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& Washington, D.C.

SmithLife[®]

H O M E C A R E

Bringing care home.

Maryland: (301) 816-5020
Washington, D.C.: (202) 221-7503



HELLO FEBRUARY



Current Promotions

Here's a hot offer to keep you warm in the Winter season!

Start your service or refer a new client to SmithLife Homecare and get 4 hours of service absolutely free – a value of over \$100!

To qualify for this offer, the service must meet a daily minimum of 8 hours. For more details, please refer to the coupon. Remember to mention the coupon code '100BILL' to redeem this offer.

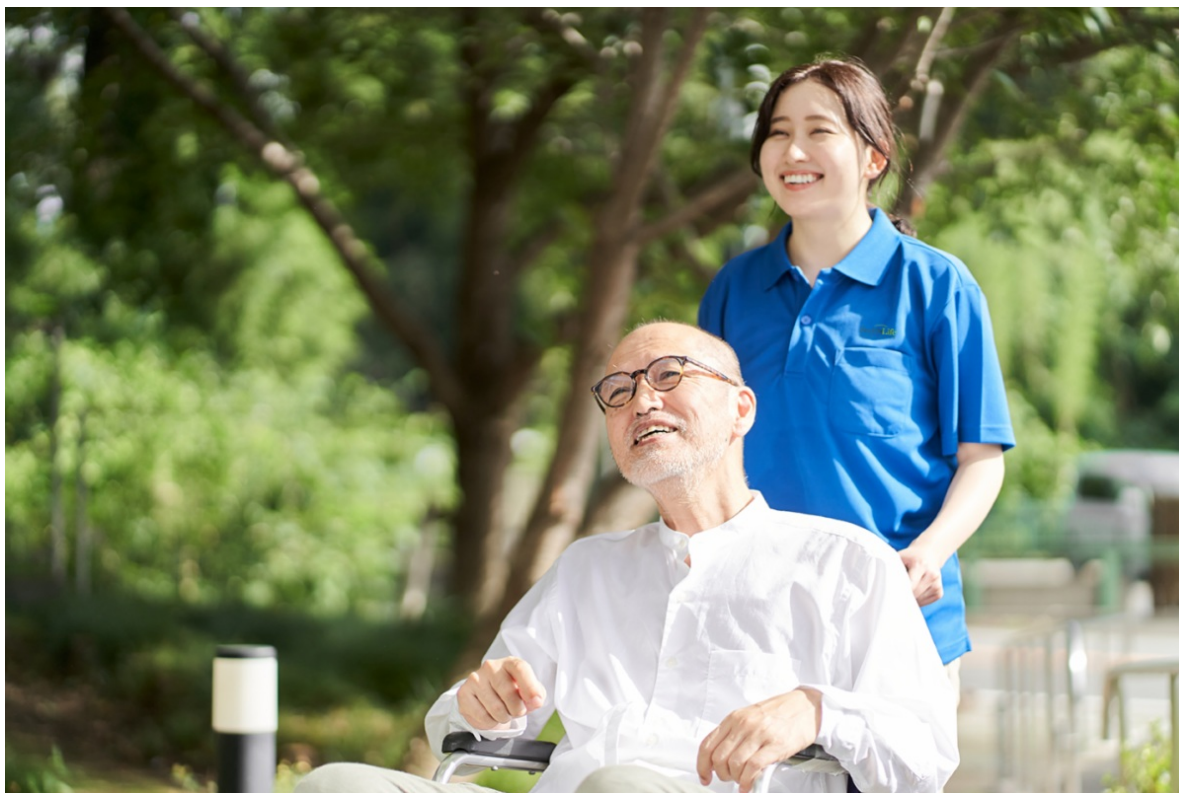


Attention Friendship Heights Village Residents

We're excited to announce limited availability for our exclusive two-hour special service, exclusively for Friendship Heights Village residents. Don't miss this opportunity – call us today to secure your spot.

Additionally we are offering one-hour appointments during select times for a limited period. Availability is limited and on a first-come, first-serve basis, so act fast! Call us at (301) 816-5020 now to learn more and reserve your appointment.

Our Latest Blog: What Makes A Great Caregiver



[Click here to read!](#)

Our Caregiver of the Month



Congratulations Hafsata & Miriam!

This month we have two caregivers of the month!

We're excited to announce that Hafsata and Miriam have been honored as Caregivers of the Month, a well-deserved recognition for their exceptional dedication and service. Hafsata and Miriam demonstrate a proactive approach by anticipating the needs of their clients and taking initiative to address them.

Hafsata's presence has been a beacon of comfort and friendship during tough times, transforming professional care into a lifelong bond. One of her clients stated, 'I will always remember her kindness, and my family feels like we have made a friend for life.' Her empathy and dedication are not just exemplary but heartwarming.

Miriam is a remarkable caregiver who embodies dependability and goes above and beyond her responsibilities. Her dedication ensures a consistently high level of care, making a significant and positive impact on those she serves.

On behalf of our team, thank you, Hafsata and Miriam, for your excellent work. Your work ethic and level of care for your clients is outstanding! Congratulations on being our caregivers of the month!

Exciting Recaps of Events

We had a wonderful celebration with our caregivers at the Ring House. It was a joyful time connecting with our dedicated aides, who truly go above and beyond. We are grateful to all our team members who make SmithLife Homecare such a wonderful place to work and shine.



Meet the latest group of compassionate individuals joining the SmithLife Homecare family! Halfway through their orientation, these dedicated caregivers are all smiles as they gear up to provide exceptional care to our community.



Our recent bowling event was a total hit! The SmithLife Homecare team came together, sharing joy and laughter as we enjoyed each other's company.

A big shoutout to Jihan on your 2-year anniversary with us - your dedication and warmth are invaluable to our team. Here's to many more years of impactful work together!

Wishing Steve a very happy birthday! Your smile and the laughter you bring to the room are truly contagious. May this year be filled with happiness and health. Congratulations on being our bowling champ!

As we say goodbye to Carla, we reflect on the wonderful memories and significant impact you've made on us all. You're moving on, but you'll forever be a part of the SmithLife Homecare story.



5	1	2	3	4	5	6	7	8	9	10	0:01
Ebony	3 5	9 -	X	6 -	2 6	5 1	⑦ 1				61
Steve	1 7	1 6	X	9 /	5 -	3 /	9 -				83
Cassie	8 -	- 3	- 1	- -	- 7	- 7	X				36
Renan	7 -	8 -	1 5	⑥ 1	8 -	1 /	- 8				56
Pearl	X	7 -	X	3 4	5 3	7 -					63
Essy	4 -	- 7	- 5	- 8	- 6	8 -					38

Take a look at the highlights from our first Spa Day at Tuckerman Rehabilitation and Healthcare Center, held on January 18th.

In the photos, you can catch a glimpse of our team member, Erika Chavez, along with our partners from Tuckerman Rehabilitation and Healthcare Center, Andres and Lawrence, as well as other wonderful participants who enjoyed the event.

Want to schedule your Spa Day? Call us! (301) 816-5020





Our team recently attended the "Name that Tune" networking event at the Village of Rockville! We had an amazing time sharing the evening with colleagues and embracing some friendly competition. Thank you for having SLHC! ☐☐



Exciting news from the 1st Chili Cook-off contest at The Terraces at Tuckerman Lane, held on January 24th! ☐☐

We witnessed a thrilling tie for first place between Tuckerman Rehabilitation & Healthcare Center's very own Andres Arrazola and Britannia Suah. The competition was fierce but friendly, as Erika Chavez from SmithLife Homecare took a well-deserved second place. Rounding off the podium, Aida from Potomac Concierge impressed everyone, securing third place.

Congratulations to all the participants for making this event a memorable and tasty one!



Renan Augusto, our Director of Digital Marketing, recently joined the GROWS Board of Directors, the Grass Roots Organization for the Well-Being of Seniors. Renan is on the marketing committee and was excited to attend his first GROWS Retreat. Learn more about GROWS by [clicking here](#).



Last week, some of our wonderful team members enjoyed lunch at the Chevy Chase House, bidding adieu to our beloved Carla Bundick and offering a warm welcome to our new DC Marketer, Nate Jennings!

Carla, thank you so much for your time with SmithLife Homecare. We are so happy to know you and wish you a future filled with boundless success and happiness. □

Nate, welcome to the team! We are thrilled to have you. Here's to new beginnings and providing exceptional care together! □



Our Spotlight Associate



Name: Nathaniel Jennings

Title: DC Sales Manager

Hometown: Arlington, VA

Favorite pastime: Spending time with my friends, family, and 2 Golden Retrievers

Favorite food: Steak. I love Fogo de Chao

My favorite movie: The Godfather

Upcoming Events

Look at What's Happening in February

Wednesday, February 7, 10:00-11:00 am, via Zoom

Cut the Clutter, with Charles E. Smith Life Communities

Ready to break free from the chaos of clutter? Join our webinar to fuel your motivation and equip yourself with practical strategies to conquer clutter once and for all! Don't miss this opportunity to transform your home.

[Click here to learn more and register](#)

Friday, February 9, 1:00-2:30 pm, via Zoom

Online Dating After 60, with Kathleen McGuinness

Learn tips to stay safe, be brave, have fun, and fall in love again with this online program. A resident of Friendship Heights, Kathleen at the age of 69 used online dating to find her own "Mr. Fabulous."

[Click here to learn more and register](#)

Wednesday, February 21st, 11:00 AM, via Zoom

The Truth About Living To Be 100, with Positive Aging, Capital

Senior Solutions, and Dr. Matthew Mintz.

Our friends from Positive Aging and Capital Senior Solutions are hosting a live and interactive episode with Dr. Matthew Mintz, titled "The Truth About Living To Be 100". This special episode promises to be an enlightening and engaging journey into the secrets of longevity and healthy aging. Don't miss this chance to uncover the mysteries and truths behind living a long, fulfilling life.

Live & Interactive Discussion with Dr. Matthew Mintz

The Truth About Living To Be

100

Living to be 80, 90 or even 100 and beyond is a new reality for which few have planned.

Find out what every person over 65 should know about living to be 100.

**Dr. Matthew L. Mintz
MD, FACP**



- Fellow, American College of Physicians (2008), (member 1997-present)
- Alpha Omega Alpha, elected as faculty (2007)
- Distinguished Teacher Award, GW School of Medicine 2004
- Sol Katz Teaching Award, American College of Physicians- DC Chapter (Nov 2009)
- Washingtonian Magazine Top Docs 2012, 2013, 2014, 2015, 2016



Wed., Feb. 21 @ 11 AM EST

Produced in Partnership

Capital Senior Solutions
Make your next move with ease.

PositiveAging
Connections • Choices • Community

[Click here to learn more and register](#)

Wednesday, February 28, 2:00-3:00 pm, in-person, The Carleton in Friendship Heights

Cool Tech #101 for Seniors, with Kathleen McGuinness

Learn how to use advances in computer technology to become more tech savvy and make life easier as you age in this in-person event at The Carleton. Bring your smartphone for a review of helpful features.

[Click here to learn more and register](#)

Mark Your Calendars



February is:

February 1st - 7th - Patient Recognition Week

February 14th - 21st - Alzheimer's & Dementia Care Education Week

February 2nd - Groundhog Day

February 14th - Valentine's Day

February 16th - National Caregivers Day

February 19th - Presidents Day

February 29th - National Leap Day

- Black History Month
- American Heart Month
- Cancer Prevention Month

A Message to Our Caregivers

Dear Caregivers,

On this National Caregiver Day, SmithLife Homecare extends heartfelt gratitude to you and all caregivers for your unwavering dedication and compassionate care. Your commitment makes a world of difference.

If you haven't already picked up a SmithLife Homecare thermos and headband, please visit our office to collect a token of our appreciation. And don't forget, your W-2s are ready for collection.

Thank you for being the heart of our mission.

Warm regards,
SmithLife Homecare

Flashback Ask the Expert Episode

□ Step back in time with our "Ask the Expert" series in a special flashback episode! We're revisiting a unique moment where we turned the tables to learn directly from one of our most skilled caregivers. Discover what it takes to be an exceptional caregiver from one of our finest, as Mariama Jarju shares her insights. Join the in-depth dialogue with our esteemed former Director of Community Relations, Kathleen McGuinness, for a heart-to-heart on the qualities that define outstanding care.

□ Watch the compelling conversation and explore more by visiting our YouTube channel. Click the video link, and while you're there, be sure to subscribe and hit the notification bell to stay updated with our latest uploads.

□ Watch Now and Subscribe

Elevate your understanding of caregiving with us – one episode at a time!



[Click here to watch!](#)

See what the buzz is all about!



client TESTIMONIALS

"We recently used SmithLife Homecare for aides to take care of my husband at home hospice. After a very unfortunate experience with a competitor we were delighted to find your agency. Every one of our expectations was met and in many cases surpassed.

I have to commend the care and love shown by Hafsata Yakubu. Hafsata showed such kindness and love taking care of my husband as well as our grieving family. She was so respectful to my dying spouse, always talking to him and asking permission to do the things aides need to do- even though my husband was not alert. I will always remember her kindness and my family feels like we have made a friend for life.

We have spent the last year and a half in a variety of hospitals and I have to say we never recieved the quality of care that we got from SmithLife Homecare.

We also had wonderful care from Yodit and Clarrissa who were loving and kind even though they had the evening shift. They were always alert and on call.

Thank you again. This is what home health care should be.

Sincerely, Judy K."

[Click here to leave us a review!](#)

What would you like to see us do the most?

Podcasts

Webinars

More blogging

Educational videos

In-person educational presentations

SmithLife Homecare offers in-home care at home, or wherever you call home.

Call us today to learn more about our personal care & health support, lifestyle care, respite care, dementia care and array of other home care services.

Did you know we are one of the area's premier choices for facility staffing?

Call today for more information!

301-816-5020

smithlifehomecare.com

info@smithlifehomecare.com

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SmithLife Homecare is a joint venture of Charles E. Smith Life Communities and Augustine Home Health Care. SmithLife Homecare combines the services and capabilities of these two respected providers. Licensed as a residential service agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality and Washington DC Department of Health as a Home Support Agency and Nurse Staffing Agency.

MD #RSA-01265 | DC #HSA-0014 | DC #NSA-0611

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