

Serving Montgomery County, MD  
& Washington, D.C.

# SmithLife<sup>®</sup>

## H O M E C A R E

Bringing care home.

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Our Latest Blog:  
What is 24/7 Home Health Care Versus Live-In Care?



[Click here to read!](#)

## Current Promotion for You

Due to its overwhelming popularity last February, we're excited to offer you, your friends, or anyone in your circle another opportunity to experience our premier home care services.

Don't miss out – this exclusive promotion is ending soon! Initiate your service or introduce a new client to SmithLife Homecare now, and receive 4 hours of exceptional care at no cost, a generous saving worth over \$100!

Act swiftly to take advantage of this limited-time offer and enhance your home care experience with SmithLife Homecare.

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.



## For Friendship Heights Village

Spots are filling up fast, but we still have 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 time.

Additionally we have a few one-hour appointments left during select times. Availability is extremely 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 service.

## Our Spotlight Associate



**Name:** Samara Porter

**Title:** Receptionist

**Hometown:** Washington, D.C.

**Favorite pastime:** Traveling, spending time with my family, and shopping. My favorite place that I have been to is Paris.

**Favorite food:** Spaghetti. My mom's spaghetti is the best!

**Favorite movie:** Any Marvel Comics movie

## Our Caregiver of the Month



### Congratulations Emeka Obierika!

We are delighted to announce that Emeka Obierika has been named our Caregiver of the Month!

Emeka is a standout caregiver, consistently providing exceptional care and never missing a day of work. His dedication and reliability have not gone unnoticed, earning praise from both our team and grateful clients. In fact, clients have gone the extra mile, expressed their appreciation and suggested ways to acknowledge his outstanding contributions.

On behalf of the SmithLife Homecare team, congratulations, Emeka we appreciate your steadfast commitment to our community!

## Exciting Recaps of Events



We extend warm birthday wishes to Mr. Robert Stromberg, a cherished client of our team, on this special day. Mr. Stromberg, a remarkable World War II veteran and talented photographer, possesses one of the kindest personalities we've had the pleasure of encountering.

In the accompanying image, our Director of Nursing, Esmer "Essy" Gurevich, joins in celebrating his birthday at the Ring House. We express our gratitude for the invitation, Mr. Stromberg. Thank you and wishing you all the best from your friends at SmithLife Homecare.



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Our team attended the Greater Bethesda Chamber of Commerce Annual Senior Marketing Group Breakfast. We were honored to learn from the panel of experts who have made decisions, experienced challenges, and discovered innovative solutions in senior living and health care, including Margie Hackett, Manager of Population Health and Transitional Care Coordinator at Suburban Hospital. Thank you for having us! ☺☐



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Erika Chavez had lunch with the residents of Willow Manor at Coppers Hill, where she presented to the residents and

collaborated with industry partners on promoting fall prevention.



## Upcoming Events

**Thursday, March 7, 8:00-10:30 am**

### **Spring Networking Extravaganza**

Join GROWS for the annual Spring Networking Extravaganza on March 7, 2024, at the Margaret Schweinhaut Senior Center in Silver Spring, MD. This exciting event, organized by GROWS, promises a morning filled with dynamic networking opportunities among members and guests. Enjoy dedicated rounds of networking—usually three to four—allowing professionals to connect and exchange business cards. Registration is open with the cost of \$35 for GROWS members and \$55 for guests. Don't miss out on a light breakfast, free parking, and the chance to grow your professional network. Remember to bring plenty of business cards!

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

**Wednesday, March 13, 2:00-3:30 am**, via Zoom

### **Lifestyle Factors Affecting the Risk of Alzheimer's Disease**

Alzheimer's Disease is likely caused by a combination of genetic, environmental, age, and lifestyle factors. Though research continues, evidence is strong that people can reduce the risk of Alzheimer's and some other brain disorders. Dr. Marilyn Albert, Director of Cognitive Neuroscience, Department of Neurology with Johns Hopkins Medicine, will update us on the latest research related to the potential role of lifestyle factors in modifying the progression of Alzheimer's disease. These lifestyle factors may include physical activity, a healthy diet, social engagement, cigarette smoking, and excessive drinking.

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

## Mark Your Calendars

### **Weeks**

**March 10-16** - Patient Safety Awareness Week

**March 11-15**- Healthcare HR Professionals Week



### March is:

- Social Worker Month
- Women's History Month
- Music Therapy Month

### Dates

**March 1** - Employee Appreciation Day  
**March 19** - Certified Nurses Day  
**March 19** - First day of Spring  
**March 23-24** - Purim  
**March 30** - National Doctor's Day  
**March 31** - Easter Sunday

### Work Anniversaries

Happy 1 year Ebony Brown!  
Happy 1 year Pearl Mensah!  
Happy 2 year Florence Sesay!  
Happy 2 year Joseph Siakam!

## Ask the Expert with Heartland Hospice

SmithLife Homecare recently hosted a compelling Ask the Expert session with Heartland Hospice, where Erika Chavez led a discussion with Ilene Gruber and Tyler Lloyd from Heartland Hospice on palliative and hospice care.

Ilene and Tyler shared insights on holistic palliative care, while emphasizing hospice's role in providing comfort and dignity. Watch this episode to learn all about palliative and hospice care.

Join us on our YouTube channel for more insightful episodes. □

Subscribe while you're there to stay updated on future discussions. □



[Click here to watch!](#)



## Resources

We understand the importance of having access to reliable and informative resources for caregivers, patients, and their families. That's why we've curated an extensive list of resources, designed to support you through every step of your caregiving journey. Click below to learn more about our suggested resources.

[Click here to see our Resources List](#)



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!

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

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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.  
MD #RSA-01265 | DC #HSA-0014

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