

Your Home Care Source for
Montgomery County, MD
& Washington, D.C.

SmithLife[®]

H O M E C A R E

Bringing care home.



APRIL IS

PARKINSON'S DISEASE

AWARENESS MONTH

Our Spotlight Event

WE TURN THE MIC ON *Steve Gurney*

Steve Gurney, the renowned voice behind Positive Aging Community, stepping into the spotlight as our guest.

This time, Steve is not the interviewer but the interviewee. It's your chance to see the man who's brought us countless stories and wisdom from the aging community in a whole new role.

But that's not all - you'll have the microphone too! Prepare your questions and be ready to engage in an interactive session.

REGISTER NOW!

www.bit.ly/turn-the-mic

 SCAN ME



Hosted by: Renan Augusto, MS, CDP, SHSS
Renan is the Director of Digital Marketing for SmithLife Homecare, In-Home Care & Facility Staffing
SmithLifeHomecare.com

SmithLife
H O M E C A R E



*Join us for a one-of-a-kind
event where the tables are turned!*

Don't miss this unique opportunity to connect,
learn, and turn the mic on Steve Gurney.

MARK YOUR CALENDAR

THURSDAY, APRIL 11 at 12:00pm

[Click to register](#)

See what the buzz is all about!



“Professional, courteous, and very helpful service provided quickly and with a smile”

Ram C.

Tips from Your Home Care Team: Staying Safe from Scams

Scammers often target seniors, using clever tactics to trick them into giving out personal information or money. Protect yourself by following these key tips:

Verify Identities: If contacted for personal info or money, hang up or ignore the message. Contact the company or person directly through trusted means.

Protect Your Info: Be cautious with your Social Security, bank, or credit card details. Only share on secure websites (look for a lock symbol in the address bar).

Stay Informed: Know about common scams. The Federal Trade Commission (FTC) offers updates and alerts. Report any scam attempts to agencies like the FTC to help protect others.

Use Strong Passwords: Ensure all your accounts have strong, unique passwords. Consider using a password manager.

Limit Social Media Sharing: Be mindful of what personal information you share online. Scammers can use this information to target you.

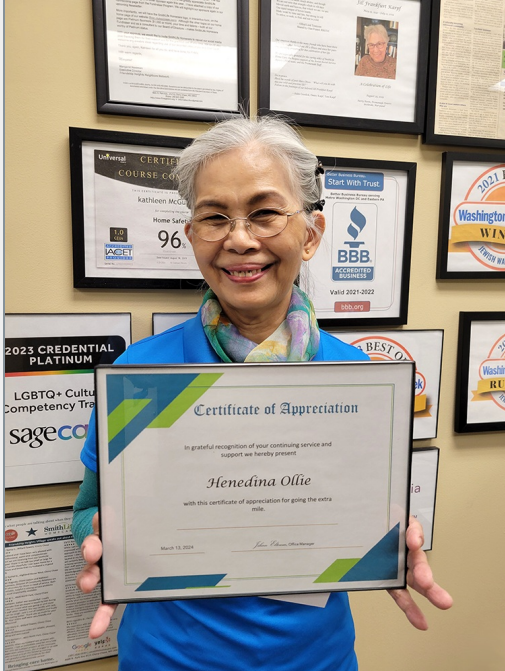
Ask for Help: If you're unsure about a request or offer, talk to a trusted family member, friend, or caregiver before acting.

By staying informed, vigilant, and cautious, you can significantly lower the risk of being scammed and safeguard not only your finances but also your peace of mind.

Still have questions? We're here to help!
Call us at **(301) 816-5020** and ask for
Renan Augusto, our Director of Digital Marketing.

Our Caregiver of the Month

Congratulations Henedina Ollie!



We're thrilled to name Henedina Ollie as our Caregiver of the Month!

Henedina has consistently been praised by her clients for her outstanding professionalism, deep compassion, and proactive approach. A recent client described Henedina as "an absolute angel and very knowledgeable." It's dedicated caregivers like Henedina who position SmithLife Homecare at the forefront of in-home care excellence.

Congratulations, Henedina, from the entire SmithLife Homecare team. Your unwavering dedication to our community is deeply valued!

Our Spotlight Associate



Name: Andres Arrazola

Title: Sales Manager

Hometown: Sincelejo, Colombia

Favorite pastime: Going to restaurants, cooking, spending time with family and watching football- go Ravens!

Favorite food: Italian, Latin cuisine, BBQ. My favorite BBQ is brisket, ribs and pulled pork.

Favorite movie: Shawshank Redemption and all Marvel Comic movies.

Favorite part of the job: Meeting new people and being able to help.

Exciting Recaps of Events

At the recent Lunch and Learn hosted by Holy Cross Germantown Hospital, Andres Arrazola, our Sales Manager, delivered an informative talk. The event was a collaborative effort where SmithLife Homecare and Charles E. Smith Life Communities engaged with hospital staff, introducing their comprehensive services and

ongoing care opportunities aimed at enhancing the quality of life for seniors.



SmithLife Homecare and Charles E. SmithLife Communities were excited to host a breakfast event in honor of Social Workers Month, together with the care navigators at Adventist HealthCare Shady Grove Medical Center.

We offer our warmest thanks to Bridget Edell for her excellent coordination of this gathering, and we are thankful to our partners, Charles E. Smith Life Communities, Veronica Beckley, and Angelique Jackson, for their crucial roles in ensuring the event's triumph. □



We enjoyed networking at the GROWS Extravaganza, Margaret Schweinhaut Senior Center! It was a fantastic opportunity to connect with peers and discuss their valuable work in senior planning across Montgomery County. Thanks for welcoming us!



Chesapeake Hearing Centers and the Greater Bethesda Chamber of Commerce hosted an engaging informational meeting. The discussion focused on the profound implications of hearing on balance, cognitive functions, and potential connections to dementia, proving to be both insightful and thought-provoking. At SmithLife Homecare, we are thrilled about the chance to network and collaborate with our peers in the community, underscoring our commitment to enhancing health and wellness together.



What's Happening Soon

COURAGEOUS CONVERSATIONS
UNDERSTANDING HOSPICE CARE FOR SENIOR SERVICE PROFESSIONALS.

WHEN
April 4, 2024
8:30 – 10:30 AM

WHERE
Montgomery Village Health Care Center
 19301 Watkins Mill Rd, Montgomery Village, MD 20886

REGISTER AT
[HTTPS://GROWS.MEMBERCLICKS.NET/COURAGEOUS-CONVERSATIONS](https://grows.memberclicks.net/courageous-conversations)



PANEL:



ILENE GRUBER, MSSW
 Hospice Care Consultant
 Heartland Hospice



MARIA KAPLAN
 Clinical Liaison
 Jewish Social Service Agency (JSSA)



ALLISON K. STEARNS
 Chief Executive Officer
 CaringMatters

Thursday, April 4, 8:30-10:30 am, Montgomery Village Health Care Center

Courageous Conversations

Catch up on the latest in senior care brought to us by GROWS at the upcoming 'Courageous Conversations' panel discussion focused on 'Understanding Hospice Care for Senior Service Professionals.'

Scheduled for April 4, 2024, from 8:30 to 10:30 AM at the Montgomery Village Health Care Center, this event promises enlightening insights from esteemed panelists Ilene Gruber, MSSW from Heartland Hospice, Maria Kaplan from Jewish Social Service Agency, and Allison K. Stearns of CaringMatters.

Don't miss this opportunity to connect with industry experts and enhance your knowledge. Join us for a morning of impactful learning and networking!

[Click to register](#)

Steve Gurney has interviewed hundreds in his 35 year career as the Publisher of *Sourcebook* and host of the popular Positive Aging Community Discussions.



This time, **Steve is NOT the interviewer but the interviewee.** It's your chance to get to connect with him in a whole new role! Bring your questions and ideas and be ready to engage in an interactive session!



Hosted by:
Renan Augusto
Director of Digital Marketing
at SmithLife Homecare

We Turn The Mic on Steve Gurney!

Thurs., April 11 @ Noon EST

Produced in Partnership

SmithLife
HOMECARE

PositiveAging
COMMUNITY
Connections • Choices • Community

Thursday, April 11, 12:00-1:00 pm, on Zoom

We Turn the Mic on Steve Gurney

Join us for an unscripted dialogue with Steve Gurney, the trailblazer of the Positive Aging Community. On April 11th at 12 PM, engage with Steve in a spontaneous conversation that promises to be as enlightening as it is unpredictable. No scripts, just authentic interaction—your chance to ask the questions that matter to you.

Secure your spot, share with peers, and prepare for an event that's all about meeting the man who brought the Positive Aging Sourcebook community together.

[Click to register](#)

Our Latest Blog:
Innovative Solutions for Combating Loneliness in the Elderly



Loneliness among elderly people is an increasingly recognized social and health issue affecting millions of older adults around the world. While it's a common part of the aging process for some, it doesn't have to be inevitable. [\[Read More\]](#)

[Continue reading](#)

Ask the Expert with Marielba Rivera-Velazquez

In this enlightening session, Erika Chavez from SmithLife Homecare sits down with the esteemed Estate Planning and Elder Law Attorney, Marielba Rivera-Velazquez, founder of MRV Attorneys and Counselors at Law.

Dive into the crucial conversation about what Marielba affectionately terms “The Super Powers” - the vital ancillary documents that serve as the backbone of an effective estate plan.

Discover the Super Powers: Learn about the ancillary documents you didn't know you needed.

Expert Guidance: Gain insights from Marielba Rivera-Velazquez, a seasoned expert in Estate Planning and Elder Law.

Plan with Confidence: Understand why these documents are indispensable for a robust estate plan.

This session is a must-watch for anyone looking to safeguard their future and ensure their wishes are honored. Whether you're just starting your estate planning journey or looking to refine your existing plan, Marielba's expertise will guide you through the essentials of an ironclad estate strategy.



Click to watch

Let's Give Back

Join us in a movement to nourish the lives of Montgomery County's seniors. By donating to the Senior Nutrition Program, you're providing more than just meals—you're offering community, comfort, and care to those facing food insecurity. Every \$7.99 helps us serve a warm, nutritious meal and a side of companionship.

Act now—your donation is their lifeline. Scan the QR code to contribute today, because together, we can ensure that no senior goes hungry. Your support means everything to them. [Click here](#) or on the flyer to support!



YOUR DONATION WILL MAKE A DIFFERENCE FOR MONTGOMERY COUNTY'S SENIORS!

10% of Maryland seniors (over 1 million) are food insecure.

The Montgomery County Senior Nutrition Program fights that by providing congregate meals at community centers, senior centers, and low-income senior housing. Eating together reduces feelings of isolation and depression among seniors.

Each meal we serve at one of these locations costs \$7.99.

You can help ensure seniors don't go hungry by **donating even a small amount.**

Please help your friends and neighbors to enjoy nutritious and delicious meals by **donating today.**



SCAN ME!



We've made donating easier than ever!
Just scan the QR code to make a cashless donation!

THANK YOU FOR YOUR SUPPORT!

For more information about our program
please visit: www.montgomerycountymd.gov

Mark Your Calendars



Weeks

April 7-13 - Public Health Week

April 7-13 - Integrated Respiratory Care Week

Dates

April 7 - World Health Day

April 15 - Tax Day

April 16 - Healthcare Decisions Day

April 18 - Exercise Day

April 22-30 - Passover

April 22 - Earth Day

April is:

- Parkinson's Awareness Month
- Occupational Therapy Month
- Stress Awareness Month

SmithLife Celebrates

- Happy birthday to our Scheduling Coordinator, Hupert Hoff!
- Happy birthday to our Registered Nurse, Joseph Siakam!
- Happy birthday to our Scheduling Coordinator, Pearl Mensah!

Trusted 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 for resources

Current Promotion for You

This is the last month! 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.



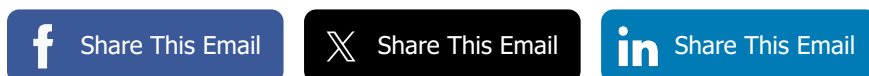
SmithLife Homecare offers in-home care at home, or wherever you call home. Call us today to learn more about our personal care & health support, lifestyle care, respite care, dementia care and array of other home care services.

Did you know we are one of the area's premier choices for facility staffing?
Call today for more information!

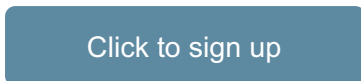
Maryland: (301) 816-5020
Washington, D.C.: (202) 221-7503

smithlifehomecare.com
info@smithlifehomecare.com

Stay connected, follow us on our socials!



Want to sign up for our newsletter?



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

SmithLife Homecare | 6101 Montrose Road Suite 203, Rockville, MD 20852

[Unsubscribe renan@smithlifehomecare.com](mailto:renan@smithlifehomecare.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@smithlifehomecare.com powered by



Try email marketing for free today!