

SmithLife[®]

H O M E C A R E

Bringing care home.



Stroke Awareness Month

Tips from SmithLife Homecare: Stroke Awareness

May is Stroke Awareness Month, and as your trusted home care partners, we're here to provide valuable information to help you recognize the signs of a stroke and understand the steps you can take to prevent it.

Know the Signs: Act F.A.S.T.

When it comes to a stroke, every minute counts. The sooner you detect the signs and seek medical help, the better the chances for recovery. Remember the acronym F.A.S.T. to recognize the symptoms quickly:

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time: If you observe any of these signs, call emergency services immediately.

Lifestyle Changes for Stroke Prevention

Making some lifestyle changes can significantly reduce the risk of stroke:

Maintain a healthy diet: Focus on a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean proteins. Limit intake of sodium, trans fats, and cholesterol.

Exercise regularly: Aim for at least 150 minutes of moderate-intensity aerobic activity a week.

Quit smoking: Smoking accelerates clot formation by thickening your blood, and increases the amount of plaque buildup in arteries.

Limit alcohol consumption: Excessive alcohol intake increases your risk of stroke. Limit yourself to no more than one drink per day if you're a woman or two drinks per day if you're a man.

Regular Health Screenings

Frequent check-ups can catch potential health problems before they become severe. Be sure to:

Monitor your blood pressure: High blood pressure is a significant risk factor for stroke.

Check for diabetes: Managing your blood sugar levels can help prevent complications that lead to stroke.

Control your cholesterol: High cholesterol can clog arteries and lead to a stroke. Eating a healthy diet and regular exercise can help keep your cholesterol levels in check.

Support and Recovery

If you or a loved one has experienced a stroke, it's crucial to have the right support during recovery:

Rehabilitation services: These can include physical therapy, occupational therapy, and speech therapy, depending on the effects of the stroke.

Home modifications: Consider installing grab bars, ramps, and other modifications to make your living space more accessible and safe.

As your home care agency, we are here to support you and your loved ones through education, prevention, and care. Let's take proactive steps together to protect our health and well-being. For more resources or personal guidance,

don't hesitate to reach out to us.

Still have questions? Want to learn more?

We're here to help!

Call us at [\(301\) 816-5020](tel:3018165020)

Press Release: Commitment to LGBTQ+ Older Adults through Continued Partnership with SAGECare



Announces SmithLife Homecare Strengthens Commitment to LGBTQ+ Older Adults through Continued Partnership with SAGECare

Rockville, MD – April 26th, 2024 – SmithLife Homecare, an in-home care provider and nurse staffing agency, proudly announces its achievement of receiving a SAGECare Credential. This prestigious credential is a testament to SmithLife Homecare's unwavering commitment to providing an inclusive and affirming environment for LGBTQ+ older adults. [\[Read More\]](#)

[Continue reading](#)

Latest Blog: Help For Comprehending Aging Parents Who Turn Down Assistance



As your parents grow older you may face a situation where you, your siblings, and other relatives may begin to see changes in your parents that might warrant professional caregiving assistance. But what can you do when the parents you love and seek to care for reject the concept of receiving help? [\[Read More\]](#)

Continue reading

Our Caregiver of the Month

Certificate of Appreciation

In grateful recognition of your continuing service and support we hereby present

Aissata Bangoura

with this certificate of appreciation for going the extra mile.

April 5, 2024

Lillian Ellwood, Office Manager

SmithLife
HOMECARE

Congratulations Aissata Bangoura!

We are thrilled to shine a spotlight on one of our exceptional caregivers, Aissata Bangoura, as our Caregiver of the Month! Aissata embodies everything we value in a caregiver and more, consistently demonstrating compassion, dedication, and

professionalism.

Aissata's commitment to providing top-notch care shines through in every interaction with her clients. Her warmth and empathy create a nurturing environment where clients feel supported. One particularly touching testimonial comes from a family member of a previous client, who expressed, during challenging times, "Aissata was instrumental in keeping me comfortable with my family member receiving services and care." On behalf of the SmithLife Homecare team, congratulations, Aissata.

From Our Agency Director

Hello Valued Partners, Colleagues, and Clients,

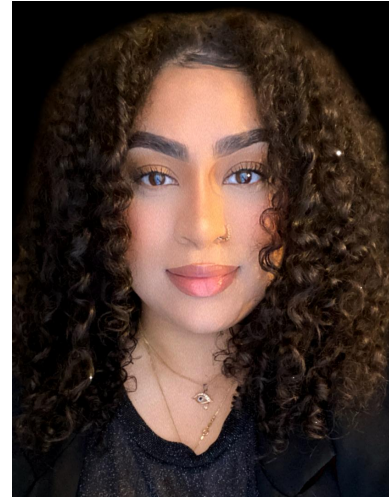
It brings me great pleasure to announce that Jihan Eltoun, our dedicated Office Manager, has been named the Administrative Staff of the month!

Jihan consistently goes above and beyond in her role, showcasing exceptional leadership skills and a strong commitment to excellence. Her efforts have not only contributed to the smooth functioning of our office but have also set a stellar example for her colleagues to follow.

Jihan's dedication and willingness to go the extra mile do not go unnoticed. Her positive attitude and proactive approach to her responsibilities have truly made a difference in our workplace.

Please join me in congratulating Jihan on this well-deserved recognition. Let's continue to support and celebrate each other's achievements as we strive for excellence together.

Le' Aira Gonzalez, Agency Director



Jihan Eltoun, Office Manager

Exciting Recaps of Events

We recently had the pleasure of meeting with a potential client at our rehab facility, where we discussed our shared goal of ensuring individuals can return home safely and confidently. By pooling our resources and expertise, we're empowering clients to explore a wide range of options for aging in place comfortably. Our commitment is to providing holistic solutions that prioritize independence and well-being.

Thank you, Jamie Vela-Bassett, PT, for your insights. We look forward to our continued partnership and the positive impact it will have on our community.



Thank you for attending our recent Drive Up & Shred event at Chevy Chase House! Held on Saturday, March 30th, this free document shredding service was a success, thanks to our community's enthusiastic participation.

Featured in the accompanying photo are Mary Lawrence, Director of Sales at Chevy Chase House, Erika Chavez, Andres Arrazola, and the wonderful volunteers who assisted attendees throughout the day. We appreciate your support and look forward to hosting more events like this!



We were thrilled to host a wonderful lunch with the amazing team at MedStar Montgomery General's Center for Successful Aging!

We had a fantastic time connecting and sharing insights about our services. Their dedication to specialized care is truly inspiring. Here's to more fruitful collaborations and making a difference together!



Ask the Expert: We Turn the Mic on Steve Gurney

If you missed our live event, don't worry—you can still catch the full recording on

our YouTube channel. Join us for a captivating interview with Steve Gurney, founder of the Positive Aging Sourcebook, hosted by SmithLife Homecare. Dive into Steve's background, his impactful contributions to the aging industry, and his aspirations for the Positive Aging Community.

□ Watch the enlightening session to discover:

- The origins and growth of the Positive Aging Community.
- Steve Gurney's personal journey and the creation of the Positive Aging Sourcebook.
- A behind-the-scenes look at the online discussions, featuring Violet!
- Valuable expert advice for professionals in the aging industry.

This interview is a treasure trove of guidance and inspiration for anyone involved in eldercare. Make sure to view the full video and subscribe to our YouTube channel to stay updated on all our future events and insights. Watch now!



[Click to watch](#)

What's Happening Soon

Thursday, May 2, 8:30am-2:30 pm, Hybrid Event(in-person and virtual option)
Sara and Samuel J. Lessans Healthcare Symposium
Embracing Calm: Navigating Anxiety in the Senior Years

Charles E. Smith Life Communities, in partnership with Suburban Hospital, a member of Johns Hopkins Medicine, is pleased to convene the fourteenth annual Sara and Samuel J. Lessans Healthcare Symposium, Embracing Calm: Navigating Anxiety in the Senior Years.

Keynote Speaker: Sandeep Jauhar, M.D., Ph.D.

Sandeep Jauhar, M.D., Ph.D., author and contributing opinion writer for The New York Times.

The program offers breakout sessions throughout the day and concludes with a luncheon speaker. Breakout sessions will focus on:

- Anxiety Disorders – gain an understanding about different disorders, how they affect older adults and suggested therapies.
- Dementia and Anxiety – learn more about how dementia causes anxiety in patients and how to help reduce anxiety.
- Artificial Intelligence – understand the advantages and uses of AI for older adults.
- Cognitive Behavior Therapy – Learn the top technology picks for empowering older adults to leverage the benefits of artificial intelligence.

Luncheon Speaker: Serena Jain

Topic: How Mindfulness Can Help Us Cope with Anxiety

This program is Approved by the National Association of Social Workers (Approval # 886932112-3852) for 4 continuing education contact hours.

The National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) has approved this program for 4 program hours of CE credit.

[Click to learn more and register](#)

Wednesday, May 22, 2:00pm-3:30pm, Virtual Protecting Yourself from Elder Fraud

Presenter: Sarah Lewis, Special Agent, FBI

Lewis has been working for the FBI Baltimore office for 14 years. She started her career at the FBI working in public corruption, focused on prison corruption. For the past three years, she has been with the financial crimes squad. She primarily works scam cases focusing on tech fraud and romance scams.

- Lewis will discuss the various forms of elder fraud, how to recognize them and what to do if you find yourself confronted by a form of fraud. She will discuss how to avoid scams, who to report them to and what to do if you find yourself a victim of fraud.

[Click to register](#)

See What the Buzz is All About!



client TESTIMONIALS

"The quick and reliable support I received after my surgery was wonderful, and the price was very reasonable. The team was flexible, and the carer was kind, thoughtful and considerate."



client TESTIMONIALS

"Smith Life home care is a wonderful service. They have great administrative staff and they are responsive and provide great follow through! They provided us with the most amazing healthcare worker named Etaferahu Abebe. I would give them the highest rating!!"



client TESTIMONIALS

"The excellent service provided By Smith Life Home Care far exceeded our expectations. This was primarily because of the exceptional dedication of Michael Cadelina Liu , my fathers primary caregiver."



client TESTIMONIALS

"I found SmithLife Homecare services and utilized them after several other far less professional calls to other companies. I was very much impressed from the beginning through the time that my family member passed away. I highly recommend SmithLife and in fact already have to a friend!"



client TESTIMONIALS

"For a year and a half, we have been blessed with Helen, a warm, caring, sensitive home aide for my husband whose dementia progressed to Alzheimer's during that time. From all most the first day, she saw what needed to be done and did more."



Mark Your Calendars



May is:

- Stroke Awareness Month
- Jewish American Heritage

Weeks

- May 6-12 - National Nurses Week
- May 12-18 - National Hospital Week
- May 12-18 - National Skilled Nursing Care Week

Dates

- May 4 - Fitness Day
- May 5 - Cinco de Mayo
- May 6 - National Nurses Day
- May 12 - International Nurses Day
- May 12 - Mother's Day
- May 16 - Honor our LGBT Elders Day

Month

- Oncology Nursing Month
- Older Americans Month
- Military Caregiver Month

May 27 - Memorial Day

SmithLife Celebrates

- Happy birthday to our Scheduling Coordinator, Pearl Mensah!

♥ A Special Message from Our Team ♥

May is a special time at SmithLife Homecare, as we take a moment to truly appreciate the incredible nurses and healthcare professionals who make our work so meaningful. Your dedication to caring for others is not just a job—it's a commitment felt deeply by the many lives you touch. Every day, you bring comfort and expert care to our community, and for that, we are endlessly grateful. Thank you for all that you do; your hard work and compassion do not go unnoticed. ♥

Our 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](#)



SmithLife Homecare is a leading provider of in-home care services in Maryland and Washington, D.C., specializing in senior care, dementia and Alzheimer's care, companion services, support for aging-in-place and support for complex medical recovery.

We are also the premier agency for nurse staffing, serving hospitals, rehabilitation centers, memory care facilities, and assisted living communities.

Contact us today for a free consultation and learn how we can help you or your loved ones.

Maryland: [\(301\) 816-5020](tel:(301)816-5020)

Washington, D.C.: [\(202\) 221-7503](tel:(202)221-7503)

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

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