

# SmithLife<sup>®</sup>

## H O M E C A R E

Bringing care home.



### Tips from SmithLife Homecare: UV Safety Awareness

July is UV Safety Awareness Month, and at SmithLife Homecare, we're committed to helping you enjoy the summer safely. Protecting yourself and your loved ones from the harmful effects of the sun's rays is crucial, especially for those with sensitive health conditions. Our tips this month will guide you in taking proactive steps to stay safe in the sun.

**Seek Shade:** Encourage staying indoors or in shaded areas during peak sun hours, typically between 10 AM and 4 PM, when UV rays are strongest. This simple step can significantly reduce UV exposure.

**Wear Protective Clothing:** Long-sleeved shirts, long pants, and wide-brimmed hats provide excellent protection. Choose clothing made from tightly woven fabric for better defense against the sun's harmful rays.

**Use Broad-Spectrum Sunscreen:** Apply a broad-spectrum sunscreen with an

SPF of 30 or higher to all exposed skin, even on cloudy days. Reapply every two hours, or more often if swimming or sweating.

**Protect the Eyes:** UV exposure can harm the eyes. Sunglasses with 100% UVA and UVB protection will shield the eyes and the surrounding skin, reducing the risk of cataracts and other eye conditions.

**Monitor UV Index:** Check the local UV index daily—it measures the risk of harm from unprotected sun exposure. Plan outdoor activities when the UV index is low, generally a level 1 or 2.

**Avoid Tanning Beds:** Discourage the use of tanning beds and sunlamps. These devices can emit UV radiation stronger than the sun, significantly increasing the risk of skin cancer.

**Use Extra Caution Near Water, Snow, and Sand:** These surfaces reflect the damaging rays of the sun, which can increase your chance of sunburn. Make sure to apply and reapply sunscreen as directed.

**Regular Skin Checks:** Encourage regular skin examinations by a healthcare professional and check your own skin for changes. Early detection of skin abnormalities can help prevent skin cancer.

As we embrace the sunny days of summer, remembering these UV safety tips can make your outdoor activities safer and more enjoyable. At SmithLife Homecare, we believe in caring for your well-being year-round, and protecting your skin and eyes from the sun is a key part of that effort. Stay shaded, stay safe, and enjoy the warmth of the season responsibly!

Still have questions? Want to learn more?

We're here to help!

Call us at **(301) 816-5020**

## Vote for SmithLife Homecare in the Washington Jewish Week Readers' Choice



The Washington Jewish Week Readers' Choice awards are now open! This is a fantastic opportunity for you to support your favorite businesses and services, including SmithLife Homecare.

Please vote for us in the Home Care section, which you'll find on the last page of the poll. Your vote can help us shine as a top organization in our community. Simply click the link below to cast your vote and share your love for SmithLife Homecare. Your support means the world to us!

Vote here: [Washington Jewish Week Readers' Choice Awards](#)

Thank you for being part of our community and helping us continue to provide exceptional care!

Vote here

## Latest Blog: Why Senior Companionship is Essential



As people age, maintaining social connections can become challenging. For many seniors, isolation and loneliness can negatively impact their health and well-being. This is where senior companionship comes into play. Companionship is more than just spending time with someone; it's about creating meaningful relationships that foster emotional and mental health. [\[Read More\]](#)

Continue reading

## Our Caregiver of the Month

### **Congratulations Helen Ganotakis!**

We're thrilled to announce Helen Ganotakis as our Caregiver of the Month! Her dedication and exceptional care have made a real difference.

One client shared, "For a year and a half, we were blessed with Helen. She was warm, caring, and sensitive, especially as my husband's dementia progressed. From day one, she saw what needed to be done and did even more. Helen was a delight to have in our home!"

Helen, your compassion and hard work are truly inspiring. Thank you for making such a positive impact. Congratulations!



Helen Ganotakis, SmithLife Homecare's  
Caregiver of the Month

## Special Achievement Spotlight

We are thrilled to announce that Erika Chavez, a dedicated member of the SmithLife Homecare team, has earned her Certified Dementia Practitioner (CDP) certificate. This prestigious certification recognizes Erika's commitment to providing exceptional care and her specialized expertise in supporting individuals with dementia.

Erika's achievement reflects our ongoing dedication to professional development and excellence in care. As a CDP, Erika brings enhanced skills and knowledge to her role, ensuring that our clients receive the highest quality of compassionate and informed care.

We are incredibly proud of Erika's accomplishment and her dedication to improving the lives of those we serve.



Erika Chavez, CDP, SHSS

## New Employee Spotlight

Tyler Lloyd recently joined SmithLife Homecare, bringing extensive experience in hospice and palliative care. He has educated healthcare professionals, families, and patients, ensuring compassionate and dignified end-of-life care. Tyler expertly managed patient journeys from referral to admission, building strong community relationships.

His extensive experience in geriatric care will be a tremendous asset to our team. Tyler has a proven track record of improving health outcomes and empowering patients through disease education and personalized care plans. His collaborative approach and ability to work seamlessly with various healthcare professionals ensure our clients receive the highest quality care and support.

Tyler's dedication to excellence and compassionate care aligns perfectly with our mission, making him a valuable addition to our team. Welcome, Tyler, to the SmithLife Homecare family!



Tyler Lloyd, SmithLife Homecare

## Nurse's Corner: Monthly tips from our Director of Nursing

### Spotlight on the Sun Vitamin

The ultraviolet index (UVI), which ranges from 1 to 11+, measures the ultraviolet radiation levels which reach the surface of the Earth. Sun protection is recommended for UVI levels of 3 and above since ultraviolet rays have the potential to cause skin cancer. However, vitamin D which our skin produces when exposed to sun, is vitally important for our health. How can one balance the risks and benefits?

In the summertime, an average adult can receive about 1000 international units (IUs) of vitamin D within 10–15 minutes of unprotected sun exposure. Daily recommended dose of vitamin D for adults is 1500-2000 IUs (Wacker & Holick, 2013). Our food also contains this vitamin, but only accounts for about 10% of our daily recommended dose (Religi et al., 2019). Getting vitamin D from the sun becomes more difficult in the winter months when longer exposure is needed to achieve the same result. In addition, some people may not be able to absorb vitamin D from the sun due to a health condition – this makes vitamin D supplementation necessary.

The takeaway here is to limit your “unprotected” time in the sun, and to apply broad-spectrum sunscreen with SPF 30 or higher (American Academy of Dermatology, 2024) if you plan on being outside longer – this way, you will reap all the benefits without the risk of skin cancer. Remember that diligent application of the sunscreen is important (if it ain't covered, it ain't protected). Be sure to monitor your vitamin D levels and supplement as necessary. Also, bring any new, irregular or dark moles to the attention of your dermatologist. Let's also not forget to wear a hat and sunglasses! Happy sunbathing!

**Essy Gurevich, BSN, RN**

Director of Nursing, SmithLife Homecare

### References

- American Academy of Dermatology. (2024). Sunscreen FAQs.

- Religi, A., Backes, C., Chatelan, A., Bulliard, J. L., Vuilleumier, L., Moccozet, L., Bochud, M., & Vernez, D. (2019). Estimation of exposure durations for vitamin D production and sunburn risk in Switzerland. *Journal of Exposure Science & Environmental Epidemiology*, 29(6), 742–752. <https://doi.org/10.1038/s41370-019-0137-2>
- Wacker, M., & Holick, M. F. (2013). Sunlight and Vitamin D: A global perspective for health. *Dermato-endocrinology*, 5(1), 51–108. <https://doi.org/10.4161/derm.24494>

## Exciting Recaps of Events

Steve Vasquez and Erika Chavez had an incredible time at the DC Senior Fest 2024! We are immensely grateful to the DC Department of Parks and Recreation for their gracious invitation. The event was a fantastic experience for DC seniors, featuring delicious food, captivating music, and a wealth of valuable information.



Andres Arrazola had the pleasure of connecting with the wonderful members of the Rockville Senior Center to discuss the valuable services we provide at SmithLife Homecare. It was an enriching experience to engage with the community and strengthen our partnerships.



We are honored to have been part of Iona's Heart of Caring Celebration in DC! It was wonderful to meet the amazing individuals who make such a difference in the community. The event highlighted the dedication and compassion of those working to support our seniors.



We are excited to share the latest episode of our "Ask the Expert" series, featuring an insightful conversation on successful home care scheduling. Renan Augusto, MS, CDP, SHSS, interviews Steve Vasquez, the Scheduling and Payroll Coordinator at SmithLife Homecare. With his extensive experience and dedication, Steve has helped hundreds of clients create effective home care schedules.

In this episode, Steve reveals key strategies for:

- Enhancing communication in home care scheduling
- Maintaining consistency for optimal care
- Establishing and adhering to a reliable routine

Whether you're a caregiver, a family member, or someone seeking professional home care services, this video is packed with valuable tips that you don't want to miss.



[Click to watch](#)

## What's Happening Soon

### Wednesday, July 10, 10:00am-11:00pm, Virtual **Life Happens, Are You Ready?**

Join us on Wednesday, July 10, for an enlightening event hosted by our partner, Charles E. Smith Life Communities. Ellen Davis, CLTC, President of Life Health Home Insurance Group, LLC, will be presenting on the complexities of long-term care insurance policies.

Gain valuable insights from Ellen, a seasoned insurance executive, who will help



you navigate the world of long-term care insurance. Her dedication to client satisfaction and education ensures you'll leave empowered to make informed decisions about your future.

Don't miss this opportunity to prepare for whatever life may bring your way.

Register for the event

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**Wednesday, July 23, 10:00am-3:00pm, In-person**  
**Dementia Education Conference**

We are excited to announce that SmithLife Homecare is participating in the upcoming Dementia Education Conference, presented by Arden Courts ProMedica Memory Care and Crossway Montessori Communities.

This incredible event will feature a series of informative talks by Dr. Tam Cummings, a renowned gerontologist, speaker, author, and dementia expert. Topics include:

- Dementia is a Brain Disease
- The Nine Common Dementias
- Communication in Dementia Care
- What Does That Behavior Mean?
- Guilt & Grief in Dementia Care

...and much more!

- Special Offer: The first 100 people to RSVP will receive a complimentary copy of Dr. Cummings' award-winning "Itty Bitty Dementia Book"!

This is a fantastic opportunity to gain valuable insights and connect with others who are passionate about dementia care. We look forward to seeing you there!

# Dr. Tam Cummings

Gerontologist | Speaker | Author | Dementia Expert

## DEMENTIA EDUCATION CONFERENCE

Presented By



### SPEAKING TOPICS INCLUDE

- ◆ Dementia is a Brain Disease
- ◆ The Nine Common Dementias
- ◆ Communication in Dementia Care
- ◆ What Does That Behavior Mean?
- ◆ Guilt & Grief in Dementia Care
- ◆ Much More!

Crossway Montessori  
Communities  
3015 Upton Drive  
Kensington, MD

**JULY 23**  
**10:00a - 3:00p**

Scan QR Code to Sign Up  
**TODAY! Or Contact Hannah**  
Hannah.Philpott@promedica.org | 667-430-8211



The first 100 people to RSVP will receive Dr. Cummings' award-winning *Itty Bitty Dementia* Book!

### Participating Vendors



Staffed by specially trained caregivers, Arden Courts compassionately cares for individuals diagnosed with Alzheimer's disease and related dementias. Our communities are purpose-built and specialized for the unique needs of our residents. We offer personalized, therapeutic programs to serve early stage memory care through end-of-life care.

Call to schedule a complimentary assessment with our nurse. Assessment can be done in our community or from the comfort of your home. **MEMORY CARE IS ALL WE DO.**

Kensington 301-493-7881 | Potomac 301-983-3620 | Silver Spring 301-847-3051

[Register here](#)

## Mark Your Calendars



### May is:

- UV Safety Awareness month

### Weeks

**July 7-13** - National Therapeutic Recreation Week

### Dates

**July 4** - Independence Day

### SmithLife Celebrates

- Happy workiversary Hupert Hoff!
- Happy workiversary Renan Augusto!
- Happy birthday Ebony Brown!

## 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:3018165020)  
Washington, D.C.: [\(202\) 221-7503](tel:2022217503)

Website: [smithlifehomecare.com](http://smithlifehomecare.com)  
Email: [info@smithlifehomecare.com](mailto: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.

MD #RSA-01265 | DC #HSA-0014

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