

SmithLife[®]

H O M E C A R E

Bringing care home.



Tips from Your Home Care Agency: Health & Wellness

August is here, and at SmithLife Homecare, we're focusing on enhancing your Health and Wellness. Whether it's adopting new healthy habits or maintaining established ones, we're here to support you every step of the way. Dive into this month's tips to help you live your healthiest life.

Maintain Regular Check-ups: Regular health check-ups and screenings are essential for early detection of potential health issues. Encourage scheduling appointments for routine examinations.

Eat Balanced Meals: Nutrition plays a pivotal role in overall health. Focus on a diet rich in fruits, vegetables, lean proteins, and whole grains to support physical well-being and boost immunity.

Stay Hydrated: Proper hydration is crucial, especially in the warmer months. Aim to drink at least eight glasses of water a day to keep the body functioning optimally.

Exercise Regularly: Physical activity is beneficial for all age groups. Tailor exercise routines to individual ability levels, aiming for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week.

Prioritize Mental Health: Mental wellness is as important as physical health. Engage in activities that reduce stress, such as meditation, reading, or hobbies that bring joy.

Get Adequate Sleep: Sleep affects overall health significantly. Encourage maintaining a regular sleep schedule and creating a restful sleeping environment.

Monitor Medication: Ensure medications are taken as prescribed. Use pill organizers or set reminders to help with adherence and to avoid missed doses.

Stay Connected: Social interactions enhance emotional health. Encourage maintaining connections with family and friends through regular visits or digital communication.

Embracing these health and wellness tips can lead to a more balanced and fulfilling life. At SmithLife Homecare, we are dedicated to your overall well-being and are here to support you in achieving your health goals. Remember, small changes can make a big impact—here's to a healthier, happier you!

Have questions? Want to learn more?
We're here to help! Call us at **(301) 816-5020**

Special Offer Alert

We are pleased to announce the return of our highly requested special offer. For a limited time, refer a friend and you can receive \$100 toward your home care service. Please mention our \$100 coupon to benefit from this exceptional deal.

To take advantage of this offer, please call us at **(301) 816-5020**. Call for all details.



Our Caregivers of the Month

□ **Congratulations** □

Cassandra Falwell & Mulu Belay!

We are thrilled to announce Cassandra Falwell and Mulu Belay as our Caregivers of the Month!

Both of these exceptional caregivers have demonstrated outstanding dedication and compassion in their roles. One client shared, "Mulu was so kind and helpful, making sure I was as comfortable as I could be," highlighting Mulu's unwavering commitment to providing excellent care. The same client praised Cassandra, noting she was terrific, kind, and caring. Cassandra's ability to connect with clients on a personal level and her consistent kindness have made her an invaluable part of our team.

We are incredibly proud of Cassandra and Mulu for their hard work and the positive impact they make every day. Congratulations to both of you!



Cassandra Falwell and Mulu Belay
Caregivers of the Month

Latest Blog



How To Recognize and Avoid Family Caregivers' Fatigue

Posted on July 12, 2024

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Being a family caregiver is a noble and selfless role, but it often comes with significant physical, emotional, and mental challenges. One of the most pressing issues faced by caregivers is burnout. [\[Read More\]](#)

Click to continue reading

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

Creatures of Habit

Written by Essy Gurevich, BSN, RN - Director of Nursing

To quote the famous American writer Edgar Rice Burroughs, “We are, all of us, creatures of habit, and when the seeming necessity for schooling ourselves in new ways ceases to exist, we fall naturally and easily into the manner and customs which long usage has implanted ineradicably within us.” In this month of August, I would like to talk about the importance of establishing healthy routines.

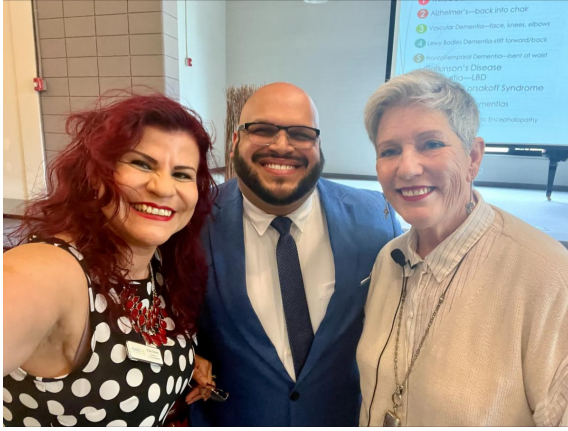
Research shows that healthy routines have positive impacts on both individuals and their environment. Individually, these routines enhance psychological and physical wellbeing. Environmentally, they improve family harmony, reduce medical costs, and foster community connections. For example, keeping active with regular walks or swims not only strengthens your heart but keeps you moving with ease. Here’s some motivation for you: imagine savoring meals filled with colorful fruits, crisp vegetables, and lean proteins; making a conscious effort to stay well-hydrated to support your body’s health. Picture yourself in serenity through meditation or gentle yoga, reducing stress and boosting your emotional well-being; waking up refreshed after a good night’s sleep, your mind and body ready to take on the day.

Socializing through clubs, volunteering, or spending time with loved ones brings joy and human connection, which is vitally important for our health. Routine health check-ups and good hygiene practices act as a shield against disease, while limiting screen time and diving into books or puzzles keeps your mind sharp and engaged. These consistent habits will create a tapestry of a healthier, more fulfilling life. For more motivational advice and specific tools to help overcome any barriers, I highly recommend a book by William Miller & Stephen Rollnick called “Motivational Interviewing: Helping People Change”.

1. Ruggeri, S. Y., Emerson, A., & Russell, C. L. (2023). A concept analysis of routines for improving health behaviors. *International Journal of Nursing Sciences*, 10(3), 277–287. <https://doi.org/10.1016/j.ijnss.2023.06.004>

Exciting Recaps of Events

A big thank you to Arden Courts ProMedica Memory Care and Crossway Montessori Community for hosting such a fantastic event! We were honored to sponsor this gathering with keynote presenter Tam Cummings, PhD, Gerontologist, who shared insightful knowledge on dementia.



Erika Chavez, Andres Arrazola, Dr. Tam Cummings



Renan Augusto and Tyler Lloyd attended the GROWS event, "Checking in on the Villages," at the Rockville Senior Center. The event highlighted the life-changing potential of The Village Movement, focusing on how it helps seniors age in place with dignity and support. Learn more about GROWS [here](#).



Tyler Lloyd, Dena Nightingale, Renan Augusto



Steve Gurney, Renan Augusto

Tyler Lloyd from SmithLife Homecare had the honor of attending the celebration of over 100 years of Seabury Resources for the Aging's dedicated service to the DMV community. This remarkable milestone highlights Seabury's enduring commitment to enhancing the lives of older adults in the area.



Margie Hackett, Tyler Lloyd, Hannah Balasubramanian

What's Happening Soon

Pain Management and Prevention with Dr. Hassan Majeed
Wednesday, August 14, 3:00pm-4:15pm, Virtual on Zoom

We are proud to support our friends at Friendship Heights Neighbors Network (FHNN) in hosting an insightful event featuring Dr. Hassan Majeed. Dr. Majeed will provide

expert guidance on what older adults need to know about managing pain. He will delve into the connection between chronic pain and the psychological and social suffering that often accompanies it, while also reviewing holistic approaches to mitigating various types of pain disorders.

Dr. Majeed is board certified in addiction medicine, pain medicine, and adult, child, and adolescent psychiatry. He completed his adult psychiatry residency at Drexel University and his interventional pain fellowship at Johns Hopkins Medical Hospital.

[Register here](#)

Online Dating After 60

Tuesday, August 13, 12:00pm-1:00pm, Virtual on Zoom

Be a part of an engaging and interactive event hosted by our friends at Positive Aging Community. Join Kathleen McGuinness, former Director of Community Relations for SmithLife Homecare and President of KMM Consulting, for a live discussion on online dating for seniors. Kathleen, a widow who began online dating at age 69 after a long marriage, will share her valuable insights on navigating the online dating landscape for seniors.

[Register here](#)

Virtual Dementia Tour: Helping sensitize people to what it may be like to have Dementia

Thursday, August 22, 12:00pm-1:00pm, Virtual on Zoom

Here's another exciting event by our friends at the Positive Aging Community. Join this engaging and interactive discussion with PK Beville, the founder of Second Wind Dreams. This evidence-based approach has helped over 3.5 million people in 24 countries increase empathy and understanding, resulting in better care.

Discover how the award-winning Dreams program has made over 10,000 dreams a reality, making elders' dreams come true. This is a unique opportunity to learn about the impactful work of Second Wind Dreams and how it fosters empathy and improved care for older adults.

[Register here](#)

Mark Your Calendars



Weeks

Aug 4-10 - Health Center Week

Aug 23-29 - Health Unit Coordinators Week

Dates

Aug 1 - World Lung Cancer Day

Aug 4 - Friendship Day

August is:

- Wellness Month
- Eye Exam Month
- Immunization Awareness Month

Aug 21 - Senior Citizens Day

Aug 23 - Health Unit Coordinators Day

SmithLife Homecare Celebrates

- Happy birthday to Essy Gurevich
- Happy birthday to Jihan Eltoum
- Happy birthday to Renan Augusto

Ask the Expert: MRV Attorneys and Counselors at Law

We are excited to share the latest episode of our "Ask the Expert" series! In this episode, Erika Chavez from SmithLife Homecare interviews Marielba Rivera-Velazquez from MRV Attorneys and Counselors at Law. They provide a detailed demonstration on creating a Power of Attorney, which can be incredibly helpful if a client cannot sign the home care agreement.

Don't miss this valuable resource to help facilitate your home care journey!



Vote for us!



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!

Nominations close August 4. Voting for the winners starts August 15.

Thank you for being part of our community!

Click here to vote

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 to view resources list



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**
Washington, D.C.: **(202) 221-7503**

Website: smithlifehomecare.com
Email: 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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