

# SmithLife<sup>®</sup>

## H O M E C A R E

Bringing care home.

---



April is Parkinson's Awareness Month, and at SmithLife Homecare, we're focused on sharing knowledge, support, and encouragement for individuals living with Parkinson's and the loved ones who care for them.

In this issue, you'll find expert advice from our registered nurse, practical tips for daily support, and thoughtful insights to help families navigate the journey with greater confidence. We're also featuring helpful resources, a fresh spring recipe, community highlights, and more. Whether you're a caregiver, a client, or a valued partner, we hope this month's newsletter offers something meaningful just for you.

Tips from SmithLife Homecare



## Supporting Those with Parkinson's

April is Parkinson's Awareness Month, a time to recognize the challenges of those living with Parkinson's disease and the caregivers who support them. At SmithLife Homecare, we understand that Parkinson's affects mobility, independence, and daily routines. This month, we're sharing practical tips to help individuals with Parkinson's maintain their quality of life while offering guidance for caregivers providing compassionate support.

1. **Encourage Regular Exercise** - Movement can help manage symptoms and improve mobility. Activities like walking, stretching, and Parkinson's-specific exercises can enhance strength and balance.
2. **Promote Safe Mobility** - Use adaptive tools like grab bars, non-slip flooring, and mobility aids to prevent falls and enhance safety at home.
3. **Focus on Speech and Swallowing Health** - Since Parkinson's can affect speech and swallowing, speech therapy and simple exercises (like speaking loudly or swallowing consciously) can be beneficial.
4. **Support Medication Management** - Ensure medications are taken on time and as prescribed. Setting reminders or using pill organizers can help with consistency.
5. **Maintain a Nutritious Diet** - A balanced diet rich in fiber and hydration can help manage digestion issues, which are common in Parkinson's. Avoid excessive protein intake, as it may interfere with certain medications.
6. **Encourage Social Interaction** - Staying socially engaged helps combat depression and isolation. Support group participation, family visits, and hobbies can provide emotional benefits.
7. **Adapt Daily Activities for Independence** - Use assistive devices, like weighted utensils for eating or button hooks for dressing, to help individuals maintain independence with daily tasks.
8. **Manage Stress and Fatigue** - Relaxation techniques like deep breathing, mindfulness, or gentle yoga can help reduce anxiety and improve sleep quality.

**9. Stay Informed and Seek Professional Guidance** - Understanding Parkinson's progression and available resources can make a big difference. Work with doctors, therapists, and home care specialists for personalized support.

**10. Offer Emotional Support** - Parkinson's can be frustrating for those affected. Providing patience, reassurance, and a listening ear can make all the difference in their well-being.

Living with Parkinson's presents daily challenges, but with the right support, individuals can maintain independence and a fulfilling quality of life. At SmithLife Homecare, we are committed to providing compassionate care and expert guidance for those managing Parkinson's. This Parkinson's Awareness Month, let's raise awareness, show support, and continue finding ways to improve the lives of those affected.

### Nurse's Corner



#### Parkinson's Disease: Adjusting Care

Written by: Essy Gurevich, BSN, RN

As with any chronic condition, care of individuals with Parkinson's disease requires thoughtful adjustments to enhance safety, independence, and comfort. Over time, as mobility declines and fine motor skills become more challenging, incorporating assistive devices can make daily activities more manageable. Whether you are a caregiver or the person with Parkinson's, be sure to look into some of the interventions below:

**Mobility Aids:** Walkers with stabilizing features, grab bars, and bed rails for safer transfers.

**Fall Prevention:** Removing loose rugs, improving lighting, and using non-slip flooring.

**Adaptive Utensils:** Weighted silverware, easy-grip cups, and spill-proof containers.

**Exercise Support:** Gentle stretching and guided movement to maintain flexibility and strength.

**Clothing Adjustments:** Individuals with Parkinson's may struggle with buttons, zippers, and shoelaces, making adaptive solutions essential: Velcro closures, slip-on shoes, and elastic waistbands.



**Personal Care Aids:** Electric toothbrushes, easy-grip grooming tools, and no-rinse bathing wipes.

**Medication Management:** Smart pill dispensers and reminder alarms.

**Technology Assistance:** Voice-activated assistants and automated home features for added convenience.

A simple online search for "Parkinson's Products" will yield a good selection of products that might end up being quite helpful in managing this condition – such wholistic care is sure to improve quality of life while maintaining dignity and promoting independence.

## Caregivers of the Month



Pictured: Elsabeth Zewde, Regina Ofori, Shaniel Garricks  
& Tayo James. Tsegiereda Zelealem was unavailable.

At SmithLife Homecare, our caregivers do more than just provide care, they bring comfort, kindness, and a personal touch to every client they serve. This month, we are thrilled to

shine a spotlight on Elisabeth Zewde, Shaniel Garricks, Regina Ofori, Tayo James, and Tsegiereda Zelealem for going above and beyond in making a difference in the lives of our clients and their families.

**Elisabeth Zewde: A Compassionate Companion**

Elisabeth's dedication is truly heartfelt. One client shared their experience, saying, "I had excellent service from SmithLife Homecare; specifically, they provided me with an aide (Elisabeth) who drove me to my colonoscopy appointment, stayed in the waiting room, and drove me home, leaving only when I assured her, I was fine. Great experience, I will use this service again." It's the little things her patience, her reassurance, and her presence that made all the difference.

**Shaniel Garricks, Regina Ofori, Tayo James, and Tsegiereda Zelealem: A Dream Team**

One client's family member couldn't say enough good things about this incredible team, sharing, "Words cannot describe how grateful I am to these caregivers. Each one has been wonderful and has made a difference in both my life and my mother's." They spoke about how each caregiver brought something special to their daily routine, whether it was a comforting conversation, a gentle helping hand, or simply a warm smile that brightened their day.

Elisabeth, Shaniel, Regina, Tayo, and Tsegiereda, your kindness, dedication, and genuine care do not go unnoticed. You are the heart and soul of what makes SmithLife Homecare special. From all of us thank you for the warmth, patience, and compassion you bring into the lives of our clients.

Congratulations to our Caregivers of the Month! Keep shining!

Ask the Expert

## Ask the Expert with Flying Angels

Air ambulance alternative providing  
non-emergency medical transport



### Non-Emergency Medical Transport with Flying Angels

Erika Chavez, Director of Community Relations at SmithLife Homecare, interviews Bob Bacheler of Flying Angels to explore how their team of RN Flight Coordinators provides bedside-to-bedside non-emergency medical transport.

Learn how families, caregivers, and case managers can arrange safe air travel with medical oversight for loved ones needing extra support while flying. Watch the full episode by pressing play above and discover how Flying Angels makes medical air travel easier.

### The Latest from Our Blog



### What is Companion Care?



Are you exploring senior care options for your aging loved one? If they're still relatively independent but want a caregiver and friend to help them live a more fulfilling life, companion care services in Rockville, MD, could be the right option. This service offers essential non-medical support and social interaction for seniors, helping them enjoy independence, companionship, and safety while remaining at home. [\[Read More\]](#)

## Easy Recipes for Seniors



### Springtime Chicken Salad

As the weather warms up, this light and protein-packed chicken salad is the perfect refreshing meal. It's easy to chew, full of flavor, and can be enjoyed on its own or in a sandwich.

#### Ingredients (Serves 2-3)

- 1 cup cooked chicken breast, shredded or diced
- ½ cup Greek yogurt or light mayo
- ¼ cup diced celery
- ¼ cup diced apples or grapes
- 1 tablespoon chopped walnuts (optional)
- ½ teaspoon Dijon mustard (optional)
- Salt & pepper to taste

#### Instructions

1. In a bowl, mix the chicken, Greek yogurt (or mayo), celery, apples (or grapes), and walnuts.
2. Stir in Dijon mustard (if using) and season with salt & pepper.
3. Serve on whole-grain toast, over fresh greens, or in a lettuce wrap for a crisp, healthy bite!

#### Nutrition Highlights

- **Protein-Packed:** Supports muscle health and energy.
- **Heart-Healthy:** Walnuts and Greek yogurt add healthy fats.
- **Easy to Digest:** Soft textures make it easy to chew.
- **Light & Refreshing:** Perfect for spring meals!

Have you connected with us on social media yet? If not, we'd love to see you there! Dive deeper into our community—follow us for updates on events, useful resources, and community highlights.

Never miss a moment—**follow us today!**



## What's Happening Soon

### Sherlock Holmes and The Case of the Secret Formula: A Murder Mystery for the Sleuth in You!

**Thursday, April 24, 11:30am-1:00pm, In-person**

We're excited to feature a unique event from our partners at Charles E. Smith Life Communities and the Literary Adventure Society—Sherlock Holmes and The Case of the Secret Formula: A Murder Mystery for the Sleuth in You!

Join fellow mystery lovers for lunch and an afternoon of intrigue as you team up with Sherlock Holmes to crack a curious case. Working in teams, you'll examine evidence, solve puzzles, and uncover clues to help catch the culprit before the day is through.

Featuring performers Jon Reynolds as Sherlock Holmes and Kerry McGee as Watson (and more), this interactive experience promises fun, teamwork, and a bit of brainwork.

□ Where: Ring House (complimentary parking available)

[Register here](#)

---

### Parkinson's Advances & Updates

**Thursday, April 3, 8:30am-10:30am, In-person**

We're featuring an important event from our friends at GROWS, bringing the latest updates on Parkinson's disease. Dawn Lewis, Advancement Director for the Mid-Atlantic Chapter of the Parkinson's Foundation, will lead an insightful discussion on advancements in research, treatments, and support for those affected by Parkinson's.

□ Where: Rockville Senior Center, 1150 Carnation Dr, Rockville, MD



# PARKINSON'S ADVANCES & UPDATES

featuring

## ● Dawn Lewis

Advancement Director, Mid-Atlantic Chapter,  
Parkinson's Foundation



**WHEN:** Thursday, April 3

**TIME:** 8:30 - 10:30 AM

**WHERE:** Rockville Senior Center

1150 Carnation Dr, Rockville, MD 20850

**REGISTER @**

[https://grows.memberclicks.net/  
april-2025-event](https://grows.memberclicks.net/april-2025-event)



[Register here](#)

## Mark Your Calendars



### This month is:

Parkinson's Awareness Month  
Occupational Therapy Month  
Autism Awareness Month  
National Volunteer Month

### Dates

**4/2** - World Autism Awareness Day  
**4/7** - World Health Day  
**4/11** - World Parkinson's Day  
**4/15** - Tax Day  
**4/23** - Administrative Professionals Day

### Weeks

**3/30-4/5** - Patient Access Week  
**4/6-4/12** - Occupational Health Nurses Week  
**4/7-4/13** - National Public Health Week  
**4/12-4/20** - Passover  
**4/20-4/26** - National Volunteer Week  
**4/28-5/02** - Patient Experience Week

## 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.



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 to learn how we can help you or your loved ones.

**Telephone:** (301) 816-5020

**Website:** [smithlifehomecare.com](https://smithlifehomecare.com)

**Email:** [info@smithlifehomecare.com](mailto:info@smithlifehomecare.com)



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



Share This Email



Share This Email



Share This Email

Was this email forwarded to you?  
Sign up for our monthly newsletter!

[Click to join](#)

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

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