

# SmithLife<sup>®</sup>

## H O M E C A R E

Bringing care home.

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February is a month dedicated to compassion and care—both for ourselves and others. In honor of American Heart Month, we're sharing important heart health tips to support overall well-being. We're also proud to recognize the incredible dedication of caregivers on National Caregivers Day (February 21st). Their unwavering commitment makes a profound difference in the lives of so many. This month's resources are here to inspire, support, and celebrate the heart of what we do—caring for others with kindness and strength.

Caregivers of the Month





We are thrilled to spotlight four extraordinary individuals who go above and beyond every day to provide exceptional care and support to our clients. Please join us in congratulating our Caregivers of the Month!

### **Adama Jalloh**

Adama is known for his professionalism and dedication to providing top-notch service. One client shared their heartfelt appreciation, saying: "My driver, Adama Jalloh, was very professional and did everything with aplomb. I will definitely use them the next time. I love quality customer service."

Adama, your commitment to making clients feel cared for and respected is truly inspiring. Thank you for representing SmithLife Homecare with such excellence!

### **Natnael Tewolde, Zeineb Fente, and Betelhem Yeb**

This incredible trio has made a lasting impact on one family, who had this to say:

"We are fortunate to have three wonderful caregivers from SmithLife Homecare Betelhem, Zeineb, and Natnael. They are well-trained, reliable, energetic, and, best of all, caring. They help my husband with many daily tasks, including doing his exercises, and have become companions. He has made great progress with their help. They also help me with my many



chores. I cannot sing their praises enough."

Natnael, Zeineb, and Betelhem, your teamwork, compassion, and genuine care for your client and their family are a shining example of what makes SmithLife Homecare special. You are not just caregivers you are companions and a source of comfort for those you serve.

From all of us at SmithLife Homecare, thank you for your dedication to excellence. We are so proud to have you as part of our team! Keep up the amazing work, and know that you are appreciated more than words can express.

We extend our congratulations to all our outstanding Caregivers of the Month: Betelhem Yeb, Adama Jalloh, Natnael Tewolde, and Zeineb Fente.

While Betelhem is featured in the photo, Adama, Natnael, and Zeineb were unable to join us for a picture. Their dedication and hard work are equally celebrated!

### Tips from SmithLife Homecare: Honoring and Supporting Caregivers



February 21st is National Caregivers Day, a time to recognize and appreciate the dedication of caregivers who selflessly provide physical, emotional, and personal support to those in need. At SmithLife Homecare, we understand the vital role caregivers play in improving lives. This month, we're sharing ways to support and uplift caregivers who give so much of themselves every day.

**Express Appreciation:** A simple "thank you" can go a long way. A handwritten note, a kind word, or a thoughtful gesture can remind caregivers that their hard work is noticed and valued.

**Encourage Self-Care:** Remind caregivers to prioritize their own well-being. Encourage them to take breaks, eat nourishing meals, stay hydrated, and get enough rest.

**Offer Practical Help:** Help with errands, household chores, or meal preparation can provide caregivers with much-needed relief and allow them to focus on their own needs.

**Give the Gift of Time Off:** Offer to step in or arrange for respite care to give caregivers time to recharge. Even a few hours away can make a difference in their mental and physical health.



**Listen and Offer Emotional Support:** Caregiving can be emotionally challenging. Sometimes, just being there to listen can provide comfort and help caregivers feel understood.

**Encourage Connection with Support Groups:** Suggest local or online caregiver support groups where they can share experiences, gain advice, and connect with others in similar situations.

**Celebrate Their Hard Work:** Mark National Caregivers Day with a small celebration. This could be as simple as a favorite treat, flowers, or a personalized gift to acknowledge their dedication.

**Educate About Resources:** Share information about available caregiver resources, such as local respite care programs, counseling services, or wellness workshops.

**Respect Boundaries:** Understand that caregivers may need personal space and downtime. Respect their need for rest and privacy without making them feel guilty.

**Recognize Their Impact:** Remind caregivers of the difference they make in the lives of others. Their compassion and hard work greatly improve the well-being of those they care for.

Caregivers are the heart of compassionate care, dedicating themselves to the well-being of others. This National Caregivers Day, let's take the time to celebrate and support these incredible individuals. At SmithLife Homecare, we are proud to stand beside caregivers, offering resources, encouragement, and appreciation for their invaluable work. Together, let's recognize their strength, dedication, and the profound impact they have on the lives they touch.

### The Latest from Our Blog: Assistance with Activities of Daily Living (ADLs) For Seniors



Caring for an older loved one raises many questions about safety, independence, and dignity. At the heart of this are essential self-care tasks called activities of daily living (ADLs). These are the everyday things that allow adults to maintain a routine and keep up their



personal hygiene. [\[Read More\]](#)

## Join the SmithLife Community!

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!**



## Nurse's Corner: Slow and Steady By: Essy Gurevich, BSN, RN



When it comes to improving heart health, aerobic exercise, whether on its own or combined with resistance training, significantly improves cardiovascular disease (CVD) risk factors. However, resistance training alone doesn't offer the same comprehensive benefits for heart health.

Steady-state cardiovascular exercises—activities like walking, swimming, dancing, or stair climbing—have a particularly positive impact on the heart. These exercises are performed at a consistent pace where you can hold a conversation but would rather not. This moderate intensity is key to reaping the maximum cardiovascular benefits. Steady-state exercise also carries a lower risk of injury and promotes greater consistency, making it a sustainable option for maintaining long-term fitness.

The takeaway? Stay active with exercises you enjoy. Finding an activity that keeps you moving and motivated is vital to maintaining a healthy heart and managing cardiovascular risks effectively.

### References:

Duck-chul Lee, Angelique G Brellenthin, Lorraine M Lanningham-Foster, Marian L Kohut, Yehua Li, Aerobic, resistance, or combined exercise training and cardiovascular risk profile in overweight or obese adults: the CardioRACE trial, *European Heart Journal*, Volume 45, Issue 13, 1 April 2024, Pages 1127–1142, <https://doi.org/10.1093/eurheartj/ehad827>

Foster, C., Farland, C. V., Guidotti, F., Harbin, M., Roberts, B., Schuette, J., Tuuri, A., Doberstein, S. T., & Porcari, J. P. (2015). The Effects of High Intensity Interval Training vs Steady State Training on Aerobic and Anaerobic Capacity. *Journal of Sports Science & Medicine*, 14(4), 747–755.

Pinckard, K., Baskin, K. K., & Stanford, K. I. (2019). Effects of Exercise to Improve Cardiovascular Health. *Frontiers in*



## Ask the Expert: Consumer Tips for Skincare in the Golden Years

### Consumer Tips for Skincare in the Golden Years

Presented by Essy Gurevich,  
SmithLife Homecare's Director of Nursing



Discover practical skincare tips for seniors from Essy Gurevich, BSN, RN, and Director of Nursing at SmithLife Homecare. In this special presentation at Revitz House, Essy shares expert advice on maintaining healthy, glowing skin during the golden years, covering common concerns like dryness, irritation, and sun protection. Perfect for seniors, caregivers, and families, these tips enhance comfort and well-being while supporting independence.

Watch the video to learn more, and explore SmithLife Homecare's personal care services at [smithlifehomecare.com](https://smithlifehomecare.com).

Don't forget to like, subscribe, and turn on notifications for more senior care insights!

### Easy Recipes for Seniors: Creamy Tomato Basil Soup



Warm and comforting, this simple soup is perfect for seniors looking for a nutritious and easy-to-make meal. It's low-sodium, rich in flavor, and can be paired with a slice of whole-



grain bread for a satisfying lunch or dinner.

### Ingredients (Serves 4)

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 can (28 ounces) low-sodium crushed tomatoes
- 2 cups low-sodium vegetable broth
- 1/2 cup unsweetened almond milk or cream
- 1 teaspoon dried basil (or 2 tablespoons fresh basil, chopped)
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon black pepper

### Instructions

1. **Sauté the Base** - Heat olive oil in a large pot over medium heat. Add the diced onion and cook until softened, about 5 minutes. Stir in the minced garlic and cook for another minute.
2. **Simmer the Soup** - Add the crushed tomatoes, vegetable broth, and dried basil (if using). Bring the mixture to a gentle boil, then reduce the heat and let it simmer for 15 minutes.
3. **Blend for Creaminess** - Use an immersion blender to purée the soup until smooth. Alternatively, let the soup cool slightly and blend in batches using a standard blender. Be cautious of hot liquids!
4. **Add the Final Touches** - Stir in the almond milk or cream, along with salt and pepper to taste. If using fresh basil, add it now.
5. **Serve and Enjoy** - Ladle the soup into bowls and garnish with a sprig of basil or a sprinkle of grated Parmesan cheese (optional). Serve warm.

### Nutrition Highlights

- High in antioxidants from tomatoes
- Low in sodium (depending on broth and added salt)
- Heart-healthy fats from olive oil

## What's Happening Soon

# MOMENTS OF JOY:

## Building Connections in Dementia Caregiving

February 13 | 11:30 a.m. - 1 p.m.

Wasserman Residence, Bord Social Hall



Charles E. Smith  
LIFE COMMUNITIES

**Moments of Joy: Building Connections in Dementia Caregiving**

**Thursday, February 13, 11:30am-1:00pm, In-person**



Join us for an inspiring event with caregiving advocate and community educator Carolyn Schick as she shares her personal journey of caring for her parents. Drawing from Jolene Brackey's book, *Creating Moments of Joy*, Carolyn will offer practical strategies for creating meaningful moments with loved ones facing Alzheimer's or dementia.

This session provides valuable insights for caregivers looking to enhance their relationships and improve the quality of life for those in their care. Don't miss this opportunity to learn, connect, and be inspired!

[Register here](#)

## Staying Active Through the Years: Exercise Strategies for Healthy Aging and Dementia Care



Join us for an enlightening discussion led by a renowned expert in older adult health and nutrition. Gain valuable insights on the importance of exercise as we age, with a special focus on individuals living with dementia.

**Eric Levitan, CEO of Vivo**  
Offering individualized personal training for seniors via LIVE classes you can join from the comfort of your home

**Katie Starr, PhD, RD**  
Associate Professor of Medicine at the Duke University School of Medicine in the Division of Geriatrics



**Thurs., Feb. 20 @ 3 PM** Eastern Time  
(3 PM Eastern, 2 PM Central, 1 PM Mountain, 12 PM Pacific)



### Staying Active Through the Years: Exercise Strategies for Healthy Aging and Dementia Care

**Thursday, February 20, 3:00pm-4:00pm, Virtual**

Join our friends at Positive Aging Community for an enlightening discussion on exercise strategies for healthy aging and dementia care. Led by Eric Levitan, CEO of Vivo, and Katie Starr, PhD, RD, Associate Professor of Medicine at Duke University, this session will explore the importance of exercise as we age, with a special focus on individuals living with dementia.

Discover practical insights on maintaining physical health and enhancing quality of life. Don't miss this valuable event!

[Register here](#)

**Mark Your Calendars**

**Dates**

**Feb. 7 - National Wear Red Day**





**Feb. 14** - Valentine's Day ♥  
**Feb. 17** - Random Acts of Kindness Day  
**Feb. 21** - National Caregivers Day

#### Weeks

**Feb. 1-7** - Patient Recognition Week  
**Feb. 14-21** - Alzheimer's Disease and  
Dementia Care Staff Education Week

#### This month is:

- American Heart Month
- National Cancer Prevention Month

### 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.

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

Rockville, MD: **(301) 816-5020** | Chevy Chase, MD: **(301) 615-0506**  
Washington, D.C.: **(202) 221-7503**

**Website:** [smithlifehomecare.com](http://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



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