

SmithLife[®]

H O M E C A R E

Bringing care home.

**Thank You
to all the
Social Workers**

**Social Work is
Love in Action.**



March is a time to honor those who dedicate their lives to helping others. During Social Work Month, we extend our heartfelt gratitude to social workers for their dedication, compassion, and tireless efforts in improving lives. Their guidance provides comfort, their advocacy creates change, and their support strengthens communities.

To celebrate their impact, we're sharing practical tips on how to make the most of working with a social worker. Join us in recognizing and appreciating these incredible professionals who make a difference every day.

Tips from SmithLife Homecare:
Getting the Most Out of Working with a Social Worker



March is Social Work Month, a time to recognize the incredible impact social workers have on individuals and families navigating care needs. At SmithLife Homecare, we work closely with social workers who provide essential guidance, advocacy, and resources. To make the most of this partnership, here are 10 ways to effectively collaborate with your social worker.

1. Communicate Openly and Honestly

Be upfront about your needs, concerns, and challenges. The more information you share, the better a social worker can tailor their support and guidance.

2. Ask Questions

Don't hesitate to ask about available resources, care options, or legal and financial assistance. Social workers have extensive knowledge and can connect you with valuable services.

3. Be Prepared for Meetings

Bring relevant documents, a list of concerns, or questions to every meeting. Having this information ready ensures you get the most out of your time together.

4. Understand Their Role

Social workers assist with care planning, crisis intervention, and access to support services. Knowing what they can and can't do helps set realistic expectations.

5. Take Notes and Follow Up

Keep a record of key discussions, referrals, and action steps. If you need clarity or additional help, don't be afraid to follow up.

6. Set Clear Goals

Identify what you want to achieve—whether it's finding long-term care, securing financial assistance, or improving quality of life—and work with your social worker to create a plan.

7. Be Open to Their Expertise

Social workers have extensive experience navigating complex healthcare and social systems. Be receptive to their advice and recommendations.

8. Advocate for Your Needs

While social workers are there to help, it's important to voice your own preferences and

concerns. They can better assist you when they know what truly matters to you.

9. Stay Engaged in the Process

Care decisions require ongoing collaboration. Keep communication open, attend scheduled meetings, and remain active in the planning process.

10. Express Appreciation

Social workers dedicate their careers to helping others. A simple "thank you" or acknowledgment of their efforts goes a long way in building a strong, supportive relationship.

Social workers are invaluable partners in navigating care and support services. By fostering open communication and actively engaging in the process, you can maximize the benefits of their expertise. At SmithLife Homecare, we deeply appreciate the dedication of social workers and encourage everyone to make the most of their guidance. This Social Work Month, let's recognize their contributions and strengthen our partnerships for better care outcomes.

Welcome to the team!

We're excited to introduce the newest member of our SmithLife Homecare family: Summer Stephenson!

Summer brings a wealth of experience in healthcare and a passion for helping others—making her the perfect fit for our team. As a Care Specialist, she'll be working closely with families, clients, and referral partners to ensure that everyone receives the support and guidance they need when navigating home care.

Her dedication and expertise are already making an impact, and we can't wait for you to meet her! If you see her around, be sure to say hello and give her a warm welcome.



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!**



Caregivers of the Month



SmithLife®
HOMECARE
Bringing care home.

Pictured: Mariama Conteh, Kadijatu Wurie, and Marcia Reid. Aissata Bangoura was unavailable for the photo.

At SmithLife Homecare, we take immense pride in our dedicated caregivers who go above and beyond to provide exceptional care and comfort to our clients. This month, we are thrilled to recognize Mariama Conteh, Kadijatu Wurie, Marcia Reid, and Aissata Bangoura as our Caregivers of the Month for their commitment, compassion, and professionalism.

Mariama has consistently shown dedication and kindness, making her a standout caregiver. A grateful family member shared, “Mariama is an outstanding caregiver—well deserving of a 5-star review.” Her ability to connect with clients and provide attentive, high-quality care makes her truly exceptional.

Kadijatu’s devotion to her clients is evident in the heartfelt words of a client’s husband: “Kadie demonstrated unwavering dedication, compassion, and responsibility.” He also praised the SmithLife team, particularly Renan Augusto, for arranging such high-quality care. “We will certainly turn to SmithLife again for any future care needs.”

Marcia’s expertise and nurturing nature have been a source of immense relief for families. One client’s family member shared, “Marcia takes care of Mom so Dad can take a break. Her

compassion and experience are beyond compare.” Her ability to support not only clients but also their family members truly embodies the SmithLife standard of care.

After undergoing a medical procedure, one client was deeply appreciative of Aissata’s exceptional care: “I received excellent service from SmithLife Homecare. The caregivers were professional and caring.” Additionally, the client highlighted SmithLife’s reliability and responsiveness “Whenever I called SmithLife with a question, someone was always available.”

We extend our deepest gratitude to Mariama, Kadijatu, Marcia, and Aissata for their exceptional dedication to our clients. Their compassion and professionalism not only provide comfort and security to those they care for but also reinforce SmithLife Homecare’s commitment to excellence in senior care.

Congratulations to our outstanding caregivers of the month! Thank you for making a difference every day!

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



In-home senior care services are built on a simple yet essential goal: to support older adults in their desire to live comfortably and safely in their own homes. These services provide personalized assistance for seniors in Rockville, MD, and Washington, DC, designed to help them maintain independence and continue living the lifestyle and routine they enjoy. Learn more about in-home senior care, including the goals and benefits of seeking this type of support for your aging loved one. [\[Read More\]](#)

Nurse's Corner: A Giving Spirit By: Essy Gurevich, BSN, RN



The month of March is dedicated to our beloved social workers. The essence of this profession is closely aligned with the Jewish concept of “tikkun olam” – repairing of the world, as well as similar concepts about justice, advocacy and stewardship described in all of the other religions.

Like nursing, social workers are represented in many different settings – they can be clinicians, policymakers, community organizers, work in administration or education and research. However, there are some character traits that unite all the individuals who work in this field. These character traits are empathy, dependability, and a giving spirit. Having them on your side professionally is a stroke of good fortune, having them as a friend is a blessing. Such a friend provides comfort and a “no-judgement zone” when you are in need or going through a crisis.

But let’s not forget – they are human too. As natural empaths, they often internalize our sorrow, they feel our pain. So here’s my call to action: check in on the social workers in your life, offer them the same compassion they so freely give to others. If you are a social worker, we want to thank you from the bottom of our hearts for working tirelessly to repair this world, one person at a time.

Ask the Expert: Understanding Montcare’s Senior Care Services



In this edition of Ask the Expert, Andres Arrazola, Care Specialist with SmithLife Homecare, interviews Kerri Donnelly, Regional Director of Business Development for Montcare, to discuss short-term rehabilitation, long-term care, and personalized senior support.

Learn how Montcare tailors care to meet residents' unique needs and what families can expect from the admission process. If you or a loved one are exploring rehabilitation or long-term care options, this episode is a must-watch!

Watch the video to learn more, and explore SmithLife Homecare's personal care services at smithlifehomecare.com.

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

Easy Recipes for Seniors: Healthy Oatmeal with Warm Spiced Apples



Stay cozy this winter with a quick and nourishing breakfast that's gentle on digestion and packed with fiber. This warm and comforting bowl is perfect for starting the day with lasting energy.

Ingredients (Serves 4)

- 1 cup oats
- 2 cups milk (or water)
- 1 apple, diced
- ½ teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- ¼ teaspoon vanilla extract (optional)

Instructions

1. In a small pot, bring milk (or water) to a simmer. Add oats and cook for 5 minutes, stirring occasionally.
2. In a separate pan, sauté diced apple with cinnamon for 3 minutes until soft.
3. Stir apples into oatmeal, add honey, and enjoy warm!

Nutrition Highlights

- Heart-Healthy: Oats help lower cholesterol and support heart health.

- Gentle on Digestion: High in fiber, great for gut health.
- Warm & Soothing: Perfect for cold mornings and easy to chew.
- Natural Energy Boost: Apples and honey provide a mild, natural sweetness without processed sugar.
- Rich in Antioxidants: Cinnamon supports immune health, especially in winter.

What's Happening Soon

Cheers to Social Work!: An Exclusive Night of Networking and a Luxe Bingo Bash **Thursday, March 6, 5:00pm-7:00pm, In-person**

Join us in honoring the dedicated professionals who make a meaningful difference every day. This exclusive event is a chance to celebrate social work professionals, allowing them to connect, engage in valuable networking, and enjoy a sophisticated bingo experience with exciting prizes.

Designed as both a celebration and an opportunity to foster professional relationships, this event provides a well-deserved moment of recognition for those who dedicate their careers to supporting others. We invite you to unwind, strengthen connections, and enjoy an evening of appreciation and meaningful engagement.

Contact Angelique Jackson to register: ajackson@ceslc.org or call (301) 816-5052



CHEERS TO SOCIAL WORK!

**An Exclusive Night of Networking
and a Luxe Bingo Bash**

MARCH 6 • 5 – 7 P.M.

**Hebrew Home of Greater Washington, Wasserman Residence
6121 Montrose Road, North Bethesda, MD**

Join us as we raise a glass in celebration of Social Work Month!

This exclusive event invites professionals to unwind and enjoy an evening of networking, meaningful connection and friendly competition during our luxe bingo bash.

Each round of bingo offers the opportunity to win an exciting prize!

Don't miss out on this unique opportunity to network and celebrate the incredible contributions social work professionals make to our community.



RESERVE YOUR SPOT TODAY!

To RSVP, scan the QR code or contact Angelique Jackson at ajackson@ceslc.org or 301-816-5052.



Navigating Your Legacy: Estate and Financial Planning Strategies

Tuesday, March 11, 11:30am-1:00pm, In-person

Join our partners at Charles E. Smith Life Communities for an insightful session with nationally recognized expert Gary Altman, Esq., founder of Altman & Associates. This event will explore key estate planning strategies, including tax advantages, charitable giving, and how to have meaningful discussions with loved ones about securing your legacy.

Whether you're just beginning your estate planning journey or refining your approach, this session will provide essential tools and guidance to help you plan for the future with confidence.

NAVIGATING YOUR LEGACY:

Estate and Financial Planning Strategies

March 11 | 11:30 a.m. - 1 p.m.
Wasserman Residence, Bord Social Hall



Charles E. Smith
LIFE COMMUNITIES

[Register here](#)

Mark Your Calendars



This month is:

Healthcare Social Worker Month
National Cancer Prevention Month

Dates

3/3 - Registered Dietitian Nutritionist Day
3/7 - Employee Appreciation Day
3/13-3/14 - Purim
3/17 - St. Patrick's Day
3/18 - Health Workforce Well-Being Day
3/19 - Certified Nurses Day
3/30 - National Doctor's Day

Weeks

3/2-3/8 - Pulmonary Rehabilitation Week
3/10-3/14 - Healthcare HR Professionals Week
3/10-3/16 - Patient Safety Awareness Week
3/17-3/21 - LGBTQ Health Awareness Week
3/17-3/23 - Nutrition and Hydration 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.

[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.

Telephone: (301) 816-5020

Website: smithlifehomecare.com

Email: 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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