

Your Trusted Partner for In-Home Care Across
Montgomery County, MD, and D.C.



Bringing care home.

HEALTHY AGING MONTH SEPTEMBER



**IT'S NEVER TOO LATE
TO REINVENT YOURSELF**

September Spotlight:

Reinventing Yourself: Healthy Aging Month Inspiration

September is Healthy Aging Month, a time to celebrate the opportunities that come with growing older. Too often, aging conversations focus only on maintaining health, vitality, and

independence. While those are important, this month we invite you to think bigger about reinvention. Healthy aging isn't just about preserving the past; it's about transforming your future with purpose and excitement.

Why Reinvention Matters

Reinvention means more than changing hobbies or routines. It's about embracing a new vision of what your life can be. Many older adults find themselves at a crossroads after retirement, after children are grown, or as daily life slows down. Instead of seeing these transitions as endings, think of them as fresh beginnings.

When you reinvent yourself, you:

- **Unlock new purpose:** Pursuing passions, volunteering, or starting projects that align with your values.
- **Boost mental well-being:** Challenging yourself with new experiences keeps your brain active and engaged.
- **Stay socially connected:** Reinvention often involves joining new groups, communities, or learning circles.
- **Enhance resilience:** By adapting and growing, you build confidence to face whatever comes next.

Practical Ways to Reinvent Yourself

- Try something you've always wanted to do. Whether it's painting, playing an instrument, gardening, or writing a memoir, now is the time.
- Reframe your career or volunteer work. Many older adults find joy in consulting, mentoring, or giving back to their communities.
- Invest in your health. Reinvention can include setting new fitness goals, trying group exercise classes, or adopting mindful practices like yoga or meditation.
- Build new connections. Join local clubs, senior centers, or virtual communities that bring together like-minded people.
- Learn continuously. Online courses, book clubs, and workshops can spark excitement and curiosity at any age.

The Spirit of Possibility

Reinvention isn't about becoming someone you're not. It's about uncovering parts of yourself that may have been waiting for their moment to shine. Healthy aging means saying, "It's never too late to start something new."

As you reflect this September, ask yourself:

- What excites me?
- What legacy do I want to leave?
- How can I make these next years even more fulfilling than the last?

Something to Consider

Healthy Aging Month is a reminder that aging is not the end of growth, it's the beginning of reinvention. By embracing this chapter with purpose and excitement, you're not just sustaining vitality...you're transforming your future into something truly extraordinary.

HELPFUL HINTS FOR HEALTHY AGING



Helpful Tips for Healthy Aging & Reinvention

Healthy aging means embracing change while also being mindful of safety and support. As you reinvent yourself, keep these practical tips in mind.

Stay Physically Safe

- Check your environment: Ensure your home is well-lit, clutter-free, and safe from fall risks.
- Balance activity with rest: Try new hobbies or fitness routines gradually, giving your body time to adjust.
- Stay current with check-ups: Regular health screenings and medication reviews support safe reinvention.

Prioritize Emotional Well-Being

- Build a support network: Share new experiences with friends, family, or groups that uplift you.
- Stay connected: Isolation can hinder reinvention, regular social interaction keeps you motivated and safe.
- Nurture joy: Choose activities that bring happiness, not stress.

Use Homecare to Reinvent Safely

SmithLife Homecare can help you reinvent your life with confidence:

- Companionship & encouragement: Caregivers can join you in new activities, offering both support and motivation.
- Transportation assistance: Safely get to classes, social outings, or medical appointments.
- Health & wellness monitoring: Professional oversight ensures you pursue new goals without compromising health.
- Daily living support: With help at home, you have more energy and freedom to focus on what excites you most.

Reinvention works best when paired with support. With the right resources, including homecare, you can embrace purpose, joy, and a healthier, more vibrant life.

Please reach out to SmithLife Homecare to find out how we can help. Visit smithlifehomecare.com or call us at 301-816-5020.

Nurse's Corner

NURSE'S CORNER



Aging Well, Living Fully: Your Path to Healthy Aging
Written by: **Essy Gurevich, BSN, RN**

As a nurse working in homecare, I've had the privilege of witnessing the resilience, strength, and wisdom that come with aging. This September, we join the national movement to

celebrate Healthy Aging Month. A reminder that whether you're 45 or 85, every stage of life holds opportunities for growth, healing, and transformation.

Why Healthy Aging Month Matters

Too often, aging is viewed through a lens of limitation rather than possibility. Healthy Aging Month turns that perspective around, encouraging adults, especially those over 45, to take charge of their well-being across all dimensions: physical, mental, social, and financial.

Healthy aging means caring for your whole self, body, mind, and spirit:

- **Physical Health:** Daily habits like walking, stretching, or light exercise improve heart health, mobility, and balance, especially when paired with nutritious meals and hydration. Staying current with check-ups helps with prevention and early detection.
- **Mental Wellness:** Keeping your mind active through puzzles, reading, or learning something new strengthens cognitive health and gives a sense of accomplishment.
- **Social Connection:** Staying in touch - whether through phone calls, coffee with friends, or online chats, connections combat loneliness and boost our mood.
- **Financial Wellness:** Reviewing your financial plans and seeking guidance can provide peace of mind for the future.

Our needs may change with time, but our quality of life doesn't have to decline. With the right mindset and support, this chapter can be one of the most fulfilling yet.

Aging as an Opportunity

This September, let's shift the narrative. Aging is not about slowing down. It's about discovering what truly matters and creating space for joy, purpose, and reinvention. Every day, I see the extraordinary courage of clients who prove that reinvention has no expiration date. Aging well is about embracing possibility, not limitation.

SmithLife Homecare: Supporting Your Journey

At SmithLife Homecare, we're committed to walking beside you at every step of your journey. From health support to companionship and a listening ear, our team is here to help you live well, age strong, and thrive.

Here's to a healthier, happier you—this month and always.

If you have questions, concerns, or simply need some encouragement, we're always here for you. Please don't hesitate to reach out to our team at SmithLife Homecare by calling [301-816-5020](tel:301-816-5020).

Caregivers of the Month



Pictured: Roselord Joseph and Haimanot Wordofa

This month, we are proud to recognize Roselord Joseph and Haimanot Wordofa as SmithLife Homecare's Caregivers of the Month, two dedicated professionals who exemplify what it means to provide exceptional, compassionate care.

Behind every act of care is a story of kindness, patience, and dedication. For clients and their families, Roselord Joseph and Haimanot Wordofa have become more than caregivers, they've become trusted partners in recovery and daily living. Their impact is a reminder of the difference one person's care can truly make.

Roselord Joseph - When a client returned to rehab after hospitalization, his family knew he would need both compassion and vigilance. With visual impairment, personal care needs, and hydration goals, it was essential to have someone attentive by his side. Roselord rose to the occasion.

She not only provided reassurance and hands-on assistance with eating and personal care but also monitored his intake closely and worked seamlessly with facility staff. Her calm presence helped him meet important recovery goals while keeping his family reassured. Through her attentiveness and collaboration, Roselord made an important difference during a vulnerable time.

Haimanot Wordofa - Families describe Haimanot as someone whose kindness and bright spirit naturally uplift everyone around her. With her quiet strength and dedication, she creates a sense of comfort that makes clients feel not just cared for but truly valued. One client's family offered this heartfelt reflection, "Haimanot is a dedicated caregiver who delights in making her clients comfortable and happy. Her bright spirit automatically lifts you up... We were very lucky she was available when we made our request."

Known for her empathy, industrious nature, and skill, Haimanot has become a trusted presence in her clients' lives. One neighbor even called her "the #1 caregiver," a reflection of the impact she has on the entire community.

Roselord and Haimanot represent the heart of SmithLife Homecare: caregivers who bring compassion, professionalism, and humanity to every moment of care. Their dedication reminds us that great caregiving is not only about meeting needs, but also about lifting spirits and fostering trust.

We sincerely thank Roselord Joseph and Haimanot Wordofa for their hard work, compassion, and commitment to our clients and families. Their contributions inspire us all and make SmithLife Homecare stronger every day.

With appreciation,
The SmithLife Homecare Team

The Latest from Our Blog



Meal Planning & Nutrition for Aging Adults

What You Need to Know About Meal Planning for Older Adults

Proper nutrition is essential at any age. However, keeping up with a consistent meal plan is no easy task. We're all busy, and too often, nutrition can fall by the wayside. For older adults, a healthy diet is especially important. As we age, changes in appetite, mobility limitations, and shifting dietary needs can make it more difficult to eat well-balanced meals consistently. But with some thoughtful meal planning, you can help your older loved ones with their nutrition and promote healthy aging. Check out our guide to the benefits of meal planning for older adults and how to get started.

How Older Adults Benefit from Meal Planning

Meal prep is popular at all stages of life, and we can all benefit from an intentional approach to eating. Older adults especially stand to benefit from meal planning. Here's how:

Consistent Nutrition

Meal planning for older adults helps older adults maintain steady nutrition throughout the week. When healthy meals are already prepared, there's less temptation to skip meals or rely on less nutritious convenience foods. If your loved one needs to manage their blood sugar or another health condition, this consistency is particularly important. What's more, batch cooking allows for better portion control and nutrient balance across multiple meals. Rather than making daily decisions about what to eat, older adults can focus their energy on other activities they enjoy, like spending time with family and friends.

[\[Read More\]](#)

Easy Recipes for Summer

REINVENTED QUINOA & ROASTED VEGGIE POWER SALAD



Reinvented Quinoa & Roasted Veggie Power Salad

This dish takes a familiar side (roasted vegetables) and reinvents it into a nutrient-dense, heart-healthy meal packed with protein, fiber, and flavor. This recipe is ideal for supporting brain health, bone strength, and overall vitality.

Ingredients

- 1 cup cooked quinoa (protein and fiber boost)
- 1 cup roasted vegetables (carrots, zucchini, bell peppers, or broccoli)
- ½ cup chickpeas (rinsed and drained)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon turmeric or cumin (anti-inflammatory)
- 2 tablespoons chopped walnuts or almonds (for brain and heart health)
- Handful of fresh spinach or arugula
- Sprinkle of feta cheese (optional)

Directions

1. Cook quinoa according to package instructions and let cool slightly.
2. Roast vegetables with 1 tablespoon olive oil, salt, and pepper at 400°F for 20–25 minutes.
3. In a large bowl, combine quinoa, roasted veggies, chickpeas, and greens.
4. Drizzle with olive oil, lemon juice, and spices. Toss well.
5. Top with nuts and feta if desired. Serve warm or chilled.

Reinvention Tips

- Swap quinoa for farro or brown rice if you prefer.
- Change up veggies seasonally for variety.
- Add grilled salmon or chicken for extra protein.
- Make it a “meal prep bowl” for easy lunches during the week.

This recipe reflects Healthy Aging Month by showing that reinvention can start on your plate, delicious, colorful, and full of purpose.

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!**



What's Happening Soon

Ageless Adventure: Discover Your Next Chapter at Landow House

September 10, 2025 • 11:30 A.M. - 1 P.M. In-Person • Landow House

Join us for an afternoon of adventure at Landow House, the beautiful, award-winning assisted living community on the Charles E. Smith Life Communities campus. Your Ageless Adventure begins with a guided tour, followed by opportunities to hear directly from our valued residents and associates.

[Register here](#)



Ageless Adventure:

DISCOVER YOUR
NEXT CHAPTER AT
LANDOW HOUSE

Wednesday, September 10
11:30 a.m. – 1 p.m.

Landow House
1801 East Jefferson Street
Rockville, MD 20852



Mark Your Calendars



National Senior Center Month

"Celebrating Community & Connection"

Every September, we celebrate National Senior Center Month, a time to honor the vital role that senior centers play in fostering health, wellness, connection, and lifelong learning for older adults.

Senior centers are more than gathering places. They are hubs of reinvention, purpose, and joy, offering programs that promote:

- Health & Fitness: Group exercise, wellness screenings, and nutrition

Why We Shy Away from Senior Centers

Senior centers are designed to be vibrant hubs of community, learning, and connection. Yet, many older adults hesitate to walk through their doors. Why is that?

1. Perceptions About Aging

For many, the idea of going to a senior center feels like "admitting" they've grown old. Society often links aging with decline, and that stigma can prevent people from embracing spaces that are actually built to empower them.

2. Fear of the Unknown

If you've never visited a senior center, it's easy to imagine it as dull or outdated. In reality, most centers are lively and diverse, with fitness classes, art workshops, technology training, and wellness programs. But without firsthand experience, misconceptions often win out.

3. Desire for Independence

Some older adults feel that attending a senior center means giving up their independence. In truth, these programs are designed to support independence by

- **education.**
- **Social Engagement:** Clubs, outings, and volunteer opportunities to build connections.
- **Lifelong Learning:** Technology classes, arts, and workshops to keep minds sharp.
- **Support & Services:** Resources for caregiving, benefits counseling, and community assistance.

This year's theme highlights how senior centers empower older adults to thrive, stay active, and embrace new possibilities.

Whether it's learning a skill, joining a fitness class, or making a new friend, senior centers remind us all that aging is about living fully.

keeping people active, engaged, and connected.

4. Generational Pride

Many older adults were raised to "manage on their own," making it harder to ask for support or join a group setting.

Changing the Narrative

Reinvention doesn't stop with individuals, it applies to how we see senior centers, too. Far from being places of decline, they are hubs of purpose, vitality, and connection. By reframing senior centers as communities of growth and joy, more people can embrace the opportunities they offer.

A Special Note From Our Team

At SmithLife Homecare, we believe that thriving at home means more than simply maintaining routines, it's about living with confidence, comfort, and peace of mind. Healthy aging is not just about adding years to life, but about adding life to years.

Too often, aging is viewed as something that limits opportunities. We see it differently. Each stage of life holds the potential for reinvention, to rediscover passions, to explore new hobbies, and to nurture meaningful connections. Whether you're 55 or 95, it's never too late to reimagine what wellness, independence, and joy look like for you.

Our team is here to provide the compassionate support and resources you need to stay healthy, independent, and engaged in the moments that matter most. From personalized care at home to encouragement in pursuing new goals, we walk alongside you every step of the way.

This September, as we celebrate Healthy Aging Month, let's honor the spirit of reinvention. Let's make our health a priority, not just this month, but every month, by embracing new possibilities, nurturing wellness, and creating a future filled with meaning and purpose. At SmithLife Homecare, we believe thriving at home is thriving in life. And it's never too late to reinvent yourself.



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 proudly owned by Charles E. Smith Life Communities, a trusted leader in senior care for over 115 years. Backed by a century-long legacy of excellence in healthcare, SmithLife Homecare provides compassionate, professional in-home support that empowers older adults to live independently and safely at home, or wherever they call home.

Licensed as a residential service agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality and Washington, D.C. Department of Health as a Home Support Agency. MD #RSA-01265 | DC #HSA-0014



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