

SmithLife[®]

H O M E C A R E

Bringing care home.



August Spotlight: Shield Yourself Today for a Healthier Tomorrow

August is National Immunization Awareness Month, a time to focus on one of the most effective ways older adults can protect their health—staying up to date with vaccinations. As we age, our immune systems naturally weaken, making it harder to fight off infections and recover from illness. That's why being proactive about your health is so important.

Shielding Yourself Through Prevention

Vaccinations are a simple but powerful way to strengthen your defenses against preventable diseases. They reduce the risk of serious illness, lower the chance of hospitalization, and help you maintain your independence. By making immunizations a regular part of your wellness routine, you're taking an important step toward safeguarding your health and well-being.

How SmithLife Homecare Can Help

Being proactive about vaccinations is easier when you have the right support. SmithLife Homecare can:

- **Help You Stay on Schedule:** Remind you when vaccinations are due and keep track of your wellness plan.
- **Arrange Transportation:** Ensure you can get to medical appointments safely and conveniently.
- **Coordinate with Providers:** Communicate with your doctors to confirm which vaccines you may need.
- **Provide Ongoing Support:** Offer reassurance, monitoring, and assistance after your vaccination.

Your Partner in Health

Staying current with immunizations is one of the simplest steps you can take to protect yourself. With the trusted support of SmithLife Homecare, you'll have a partner dedicated to helping you stay healthy, independent, and confident - today and for the future.

This National Immunization Awareness Month, take the step to shield yourself for a healthier tomorrow. Let SmithLife Homecare help you make proactive health choices that keep you living your best life.

Tips from SmithLife Homecare

HELPFUL TIPS



- ✓ Staying up to date on vaccines is important.
- ✓ Talk to your health care provider about your needs.
- ✓ Make sure to get a yearly flu shot.
- ✓ Keep records of the vaccines you receive.

Protecting Yourself and Your Loved Ones

When care at home is part of your life, your home becomes more than just a living space—it's an active care environment. Caregivers, nurses, therapists, and other healthcare professionals visit regularly to support your health and independence. While these visits are

essential, they naturally increase your exposure to the outside world. That's why staying current on vaccinations is so important.

Protecting Your Health in Your Home Environment

Vaccinations create a strong line of defense against preventable illnesses like influenza, pneumonia, shingles, and COVID-19. They help reduce the risk of serious illness, hospitalization, and complications that can be especially dangerous for older adults. When your immune system is protected, your home care services can continue without interruption, allowing you to focus on wellness and independence.

Reducing Risk for Everyone Involved

Vaccines don't just protect you—they protect the people who care for you and your loved ones who visit your home. By lowering your risk of getting sick, you also help reduce the chance of illness spreading to caregivers, family members, and other vulnerable individuals in your community.

Supporting Independence and Recovery

Preventable illnesses can disrupt your care routine, delay recovery from surgery, and make managing chronic conditions more challenging. Staying up to date with vaccinations helps you maintain your independence, avoid setbacks, and keep your care plan on track.

The Role of SmithLife Homecare

At SmithLife Homecare, we know that proactive health measures like vaccinations are essential for safety and well-being. Our team supports clients by:

- Reminding you when important vaccinations are due.
- Arranging safe transportation to and from vaccination appointments.
- Coordinating with healthcare providers to review your vaccination needs.
- Offering support after vaccination, if needed.

Vaccinations are a simple, effective way to protect your health and keep your home care environment safe. This National Immunization Awareness Month, take the step to shield yourself and those around you. SmithLife Homecare is here to help you stay protected, independent, and well.

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

WHY VACCINATIONS MATTER



Staying Current on Vaccines for Healthy Aging

Written by: Essy Gurevich, BSN, RN

As we age, the immune system becomes less effective at fighting off infections, and common illnesses can lead to serious complications. Fortunately, several vaccines are available to reduce the risk of severe disease and support healthy aging.

- **Flu Vaccine:** A yearly flu shot is recommended for all adults, with a high-dose version suggested for those 65 and older.
- **RSV Vaccine:** Adults 60 and older should ask their provider if the RSV vaccine is right for them—especially those 75 and older or with chronic conditions.
- **COVID-19 Vaccine:** CDC recommends a 2024-2025 COVID-19 vaccine to anyone 65 and older, at high risk for severe COVID-19, or for those who have never received a COVID-19 vaccine.
- **Pneumococcal Vaccine:** Protects against pneumonia and bloodstream infections; recommended for everyone 65 and older, and younger adults with certain conditions.
- **Shingles Vaccine:** Adults 50 and older should get the two-dose Shingrix vaccine, even if they've had shingles before.
- **Tdap/Td Vaccine:** All adults need a Tdap shot once, then a Td booster every 10 years to stay protected from tetanus and diphtheria.
- **Other Vaccines:** Depending on your health and history, your provider may recommend additional vaccines, such as MMR, varicella, or hepatitis.

Vaccine recommendations aren't the same for everyone, so be sure to partner with your healthcare provider. Health conditions, age, and lifestyle all play a role in determining what's appropriate. Staying up to date on your vaccines is one of the most effective ways to protect your health and independence as you age.

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: Etaferahu Abebe and Tigist Tolosa

This month, we are proud to recognize Etaferahu Abebe and Tigist Tolosa as SmithLife Homecare's Caregivers of the Month, two dedicated professionals who exemplify what it means to provide exceptional, compassionate care.

Etaferahu Abebe, known affectionately by many as Eta, continues to earn the deep appreciation and trust of the clients and families she serves. Eta brings calm, reliability, and

kindness into every home she enters. Her commitment does not go unnoticed, not only by her clients but by their families as well. A family member of a client recently expressed heartfelt gratitude for Eta's care, even asking that we "do whatever we can for her" as a token of appreciation.

Eta's steady presence and warm nature make her a standout on our team, and we are so proud to honor her this month.

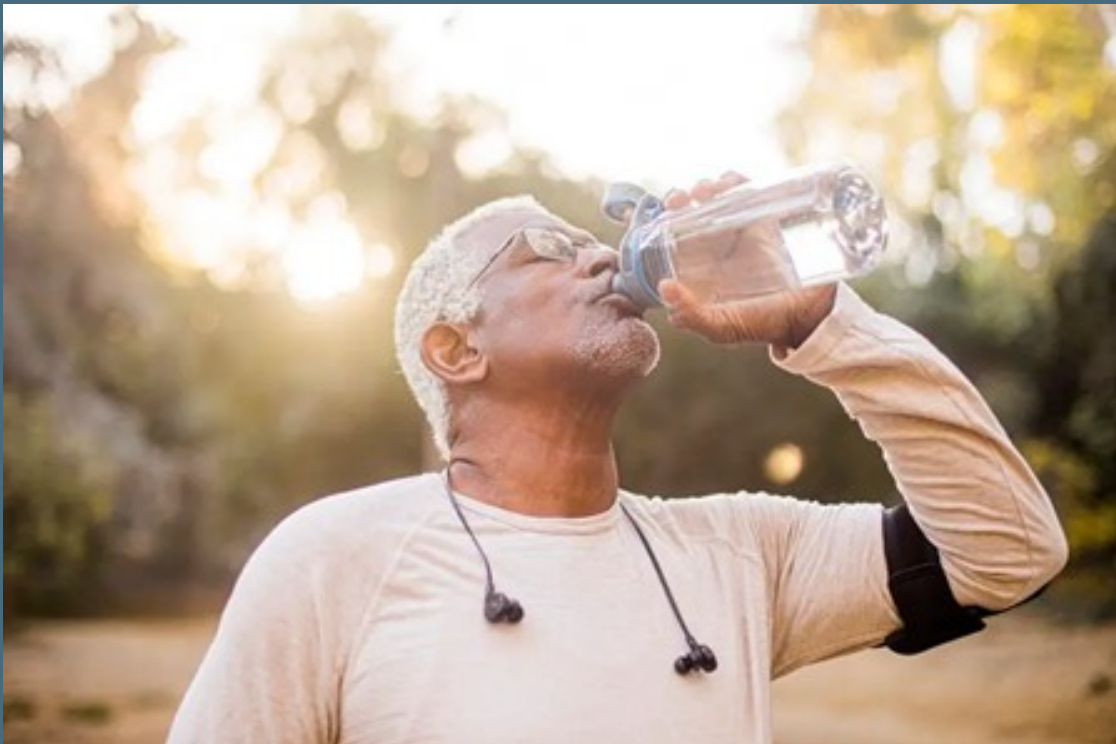
Tigist Tolosa's care is defined by attentiveness, professionalism, and a deep sense of responsibility. She recently supported a client recovering at home and left such a strong impression that the family reached out to share how much they appreciated having her there. Described as "a joy to have in our home," Tigist made the client and family feel at ease during a challenging time.

Her calm demeanor and focus on the client's well-being represent the best of what SmithLife Homecare strives to deliver.

Eta and Tigist, your dedication and compassion have made a meaningful difference in the lives of the people you serve. Thank you for representing SmithLife Homecare with such grace and excellence. Congratulations again, you've truly earned this recognition!

With appreciation,
The SmithLife Homecare Team

The Latest from Our Blog



Dehydration in Older Adults

Preventing Dehydration in Older Adults

Have you had enough water today? For most adults, the answer is probably no. Many people deal with minor symptoms of dehydration, but older adults are even more susceptible. Dehydration in older adults can lead to serious health complications beyond just extreme thirst. Fortunately, most of these symptoms can be prevented with the right approach. Here's what you need to know about dehydration in older adults and how to help your older loved ones avoid it.

What Are the Symptoms of Dehydration?

Most people have experienced mild dehydration at some point, but severe dehydration symptoms can have a significant impact on the body. Prolonged dehydration can lead to dizziness, confusion, and, in extreme cases, organ failure. In older adults, even mild dehydration can trigger significant health problems, including:

- Decreased ability to regulate body temperature
- Low blood pressure
- Decline in cognitive function

[\[Read More\]](#)

Easy Recipes for Summer

Immune-Supporting Post-Vaccine Smoothie

Light. Soothing. Packed with Vitamins



Immune-Supporting Post-Vaccine Smoothie Bowl

Here's a light, nutrient-rich recipe ideal for post-vaccination recovery, helping support the immune system, reduce inflammation, and keep you hydrated:

Light. Soothing. Packed with Vitamins.

Ingredients:

- 1 cup unsweetened almond milk (or any milk of choice)
- 1 frozen banana (rich in potassium for muscle recovery)
- ½ cup frozen blueberries (antioxidants & vitamin C)
- ½ cup Greek yogurt (probiotics & protein)
- 1 tablespoon ground flaxseeds (omega-3s to reduce inflammation)
- 1 handful spinach (iron & immune-boosting folate)
- 1 teaspoon honey (natural antibacterial properties)

Optional Toppings:

- Sliced kiwi or orange (extra vitamin C)
- Pumpkin seeds (zinc for immune support)
- Coconut flakes
- A few granola clusters

Instructions:

1. Blend all smoothie ingredients until smooth and creamy
2. Pour into a bowl and add your favorite toppings
3. Enjoy chilled with a glass of water on the side

Nutritional Highlights:

- ✓ Vitamin C
- ✓ Antioxidants
- ✓ Probiotics
- ✓ Anti-inflammatory omega-3s
- ✓ Hydrating and easy on the stomach

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

The IDEAL Approach to Guardianship and Its Alternatives

AUGUST 28, 2025 • 11:30 A.M. - 1 P.M. In-Person and Virtual • Ring House

Join us for an informative session exploring guardianship and its less restrictive alternatives, with expert insights from Randi Ames, managing attorney, Disability Rights Maryland, and Nisa Subasinghe, domestic and guardianship program manager, Maryland Judiciary's Administrative Office of the Courts.

[Register here](#)

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Charles E. Smith
LIFE COMMUNITIES

smithlifecommunities.org/events
301-816-5052



Mark Your Calendars



World Humanitarian Day, celebrated annually on **August 19**, serves as a poignant reminder of the incredible dedication and sacrifice of humanitarian workers who have lost their lives or faced injury while striving to bring aid to those in desperate need. This day not only honors their bravery but also highlights the unwavering commitment of all aid and health workers who tirelessly provide life-saving support and protection to vulnerable populations. It's a moment for us to reflect on the profound impact of compassionate care, much like the mission at SmithLife Homecare, where we strive to enhance the dignity and independence of seniors and their families. As we recognize these heroes, let us also celebrate the everyday acts of kindness that weave a fabric of support



World Humanitarian Day 2025 shines a spotlight on a powerful theme: "Strengthening Global Solidarity and Empowering Local Communities." This theme resonates deeply with our shared humanity, reminding us that the most effective crisis responses emerge from genuine collaboration between international aid organizations and the resilient local communities on the ground. These communities are not merely passive recipients of aid; they are vibrant partners, actively engaged in shaping solutions that reflect their unique needs and strengths. By fostering this dynamic partnership, we cultivate an environment where empathy and support flourish, paving the way for a more compassionate world. Let us come together to recognize and celebrate the

within our communities, reminding us that every gesture, no matter how small, contributes to the well-being of those around us.

invaluable contributions of local voices in humanitarian efforts, reinforcing the idea that when we unite in solidarity, we can overcome any challenge and uplift the dignity of every individual involved.

Editor's Note



Pictured: Salla Mbaye, July Caregiver of the Month

Our sincerest apologies to Salla Mbaye, our July Caregiver of the Month. Her photo was not included in our newsletter.

We are so grateful for you. We continue to celebrate you and your dedication.

When one family turned to SmithLife Homecare for support, they were met with more than just an efficient setup, they were met with Salla, whose presence immediately brought reassurance.

"Salla has been a fantastic caregiver. She is very understanding and works hard to develop a relationship with the client and their families she works with." Salla's quiet strength, reliability, and ability to keep things running smoothly have left a lasting impact on the clients she serves. "She communicates well, is incredibly thoughtful, and has been a huge help getting them to appointments. We feel lucky to have her." Her dedication to building trust and offering consistent care is a reflection of the very best of what SmithLife Homecare aims to provide.

A Special Note From Our Team

At SmithLife Homecare, we believe thriving at home means living with confidence, comfort, and peace of mind. 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. Let's celebrate wellness and independence—this month and every month—by making our health a priority.



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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