

# SmithLife<sup>®</sup>

H O M E C A R E

Bringing care home.



## HAPPY INDEPENDENCE MONTH

### July Spotlight: Independence at Home

At SmithLife Homecare, we believe that independence is more than a goal, it's a way of life. For most, staying in the comfort of their own home, surrounded by familiar routines and cherished memories, plays a vital role in preserving dignity and quality of life.

Our caregivers provide just the right level of support to help clients live safely and confidently—without giving up control. Whether it's help with daily tasks like bathing, dressing, and meals, or medication reminders and transportation, we tailor each care plan to the individual's unique needs and preferences.

But independence isn't just physical. Social connection matters too. Our caregivers offer trusted companionship that reduces loneliness and supports emotional well-being, helping our clients feel engaged, empowered, and heard.

SmithLife Homecare's team approach, compassionate care, and dedication to personalized service ensure that every client can thrive at home—with the support they need and the independence they deserve.

This July, let's celebrate the freedom to age with dignity, comfort, and confidence—right at home.

Tips from SmithLife Homecare



# HELPFUL TIPS

## July is for Celebrating Independence-Including Yours

As we celebrate America's independence this month, it's also a meaningful time to recognize and celebrate your personal independence. Independence means living with dignity, having control over your choices, and staying connected to what matters most to you. Whether you're aging at home or in a supportive community, here are thoughtful ways to maintain your independence—your way.

## Empowering Ways To Stay Independent

### Keep Moving, at Your Pace

Regular movement - like walking, chair yoga, or water aerobics - helps maintain flexibility, strength, and balance. Even light activity can support mobility and reduce the risk of falls.

## **Create a Safer Living Space**

A few simple adjustments can make a big difference:

- Install grab bars in bathrooms
- Ensure hallways are well-lit
- Use non-slip rugs and clear floor space to reduce tripping hazards

Safety helps preserve freedom.

## **Stay Connected**

Social connection fuels mental and emotional well-being. Schedule regular calls, attend community events, or join virtual groups. Isolation can chip away at independence—staying social strengthens it.

## **Use Technology That Works for You**

Whether it's a voice assistant, medication reminder app, or video calling tool, technology can simplify life and help you feel more in control, not less.

## **Plan for the Future, Your Way**

Put your preferences in writing:

- Advance directives
- Emergency contacts
- Financial and legal planning

Having a plan in place gives peace of mind and protects your choices.

## **Ask for Help Before You Need It**

Independence isn't about doing everything alone—it's about knowing when to ask for the right kind of help. Whether it's transportation, meal preparation or personal care, supportive services can help you maintain your lifestyle.

## **Prioritize Your Passions**

Stay involved in activities that bring you joy—such as reading, gardening, music, or volunteering. Independence also means staying engaged in what gives your life meaning.

### **"What does independence mean to me right now and how can I make choices today that support it?"**

Every season of life offers a chance to redefine independence on your own terms. Let this July be a reminder that you deserve support, freedom, and joy in the way you live each day. Please reach out to SmithLife Homecare to find out how we can help you maintain your independence. Visit [smithlifehomecare.com](http://smithlifehomecare.com) or call us at 301-816-5020.

Nurse's Corner



## Meaningful Moments of Independence

Written by: Essy Gurevich, BSN, RN

July is a time when we reflect on the meaning of independence—not just as a nation, but in our personal lives and daily routines. For many older adults, independence means being seen, heard, and supported in ways that preserve dignity and self-direction.

At SmithLife Homecare, we recognize that even small, thoughtful gestures can make a big impact. Whether it's helping a client choose what to wear for the day, decorating their space with personal touches, enjoying a favorite patriotic song together, or simply sitting in conversation—these moments honor their independence.

Throughout Independence Month, we encourage our team, clients, and families to find meaningful ways to celebrate the freedoms that matter most. It's about creating connection, supporting choice, and being present in the little things that bring comfort and joy. Independence is not just a goal—it's a journey we take together.

Holidays aren't just about tradition—they're about feeling part of something. We help make that possible by showing up with presence, warmth, and attention to the little things that matter.

Wishing all our clients and caregivers a month full of meaningful moments and empowered living.

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:** Salla Mbaye and Leilani Quitoriano

## **A Heartfelt Shoutout to Our Caregivers of the Month: Salla Mbaye & Leilani Quitoriano**

**Real connection, genuine care, and families who feel the difference - this is what great caregiving looks like.**

There are moments in home care that don't show up in shift logs or care notes. It's in the small gestures, a calming presence during a stressful day, a reassuring phone call to a family member, or the steady dependability that brings peace of mind. This month, we're celebrating two caregivers who consistently show up with heart, professionalism, and deep compassion: Salla Mbaye and Leilani Quitoriano.

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."

"Leilani has a way of making people feel at ease. She shows up ready to help, pays attention to the details that matter, and builds strong rapport with her clients. She's respectful, reliable, and leaves a lasting impression, so much so that one family assumed we already knew how wonderful she was. Leilani has been terrific. We told her how grateful we are... Her care goes beyond the basics, it's thoughtful, responsive, and rooted in a deep respect for her

clients and their routines. Leilani leads with compassion and takes pride in ensuring her clients are well-supported each and every day."

To Salla and Leilani, thank you for the care you give, the trust you build, and the meaningful impact you make on the lives of the families you serve. You embody the values of SmithLife Homecare, and we're proud to celebrate you as our Caregivers of the Month.

With appreciation,  
The SmithLife Homecare Team

### The Latest from Our Blog



### Supporting Independence at Every Age A SmithLife Homecare Perspective

We believe that *independence is not about doing everything alone, it's about having the freedom to live life on your own terms, with the right support behind you.*

For older adults, the idea of independence often means staying in their own homes, keeping up with cherished routines, and making choices that reflect their values. But as daily tasks become more challenging, independence can feel at risk unless the right kind of care steps in to help. That's where SmithLife Homecare makes all the difference. [\[Read More\]](#)



# SUMMER CUCUMBER & TOMATO SALAD

## Summer Cucumber & Tomato Salad

This crisp, colorful salad is hydrating, flavorful, and perfect for summer. Serve it with grilled chicken, fish, or enjoy it solo as a refreshing side. Best of all, it comes together in just 5 minutes!

### **Ingredients:**

2 cups cherry tomatoes, halved  
1 large cucumber, sliced and halved  
1/4 red onion, thinly sliced  
2 tbsp olive oil  
1 tbsp red wine vinegar or lemon juice  
Salt & pepper to taste  
Optional: crumbled feta or fresh chopped basil

### **Instructions:**

Combine tomatoes, cucumber, and red onion in a large bowl.  
Drizzle with olive oil and red wine vinegar (or lemon juice).  
Season with salt and pepper. Toss gently to combine.  
Top with feta or basil if desired.  
Chill for 10 minutes before serving for extra freshness.

### **Nutritional Highlights (Per Serving):**

Calories: 120

Fat: 9g (mostly from olive oil)

Carbohydrates: 10g

Fiber: 2g

Protein: 2g

Rich in antioxidants, hydration, and Vitamin C

### 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

#### **What If & the Continuum of Care**

**Thursday, August 8, 10:00AM**

#### **Let's talk about...What If & the Continuum of Care**

Join us to learn more about different care settings, what Medicare covers, how to find an advocate in each space and navigating your continuum of care needs. Don't miss this important conversation designed to empower our community with the knowledge to thrive.

**Where:** Revitz House, Charles E. Smith Life Communities

**More info:** 301-770-8465



**Where**

Revitz House-  
AC 1

**When**

Thursday,  
August 7<sup>th</sup>  
10:00am

**RSVP**

Laurie Rudorfer  
(301) 770-8465

## Together We Thrive: Elevating Outcomes

*Join us to thrive together and live better.*

Navigating your care journey can be complex—but you don't have to do it alone.

**Together We Thrive** is your trusted guide, providing education that empowers. Through clear information, wellness-focused support, and compassionate guidance, we're here to help you make confident decisions and enhance your care journey.

**Our Mission:** To elevate outcomes and improve lives through education, clarity, and connection.

### Let's talk about...What If & the Continuum of Care

Join us for an educational series, featuring an informative presentation by Delores Clearfield, Senior Director of SeniorCare Ventures at Charles E. Smith Life Communities (CESLC). In this session, Delores will explain different care settings, what Medicare covers, how to find an advocate in each space and navigating your continuum of care needs. Learn about finding help in crisis and how to manage and organize your care choices. Master how to advocate for yourself or a loved one. Don't miss this important conversation designed to empower our community with the knowledge needed to thrive.

SmithLife Homecare is the trusted home care agency of Charles E. Smith Life Communities, proudly serving Maryland and Washington, D.C. With 24+ years of award-winning experience, we deliver high-quality care and support that promotes safety, independence, and quality of life—at home or wherever you call home.

(301) 816-5020 | [www.smithlifehomecare.com](http://www.smithlifehomecare.com)

### Mark Your Calendars



#### National Ice Cream Month

In 1984, President Ronald Reagan officially designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day

This month is:



- Americans lead the world in ice cream consumption, averaging 23 gallons per person annually. However, New Zealand has the highest per capita consumption at 7.5 gallons (28.4 liters) per year
- The average American eats about 19 pounds of ice cream each year
- Vanilla is the most popular flavor, followed by chocolate and cookies and cream

### A Special Note From Our Team

#### ***We are Celebrating Independence: Empowering Older Adults to Live Fully and Freely***

This July, we honor the spirit of independence—not just for our nation, but for the older adults we proudly support every day. Learn how we can help you or a loved one maintain dignity, freedom, and peace of mind.

### 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](http://smithlifehomecare.com)

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