

SmithLife[®]

H O M E C A R E

Bringing care home.



Tips from SmithLife Homecare: Alzheimer's & Brain Awareness

In recognition of Alzheimer's and Brain Awareness Month, we offer guidance and practical tips to support those affected by Alzheimer's disease. Explore these strategies to enhance daily living and overall brain health for your loved ones.

1. Understand the Symptoms:

Recognizing the early signs of Alzheimer's can be crucial. These include memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks, and confusion with time or place. Early detection can lead to better management of the condition.

2. Promote Mental Stimulation:

Engage in activities that stimulate the mind. Puzzles, reading, and games that require thought and strategy can be beneficial. Encourage participation in arts and crafts or other hobbies that the person enjoys to keep the mind active.

3. Establish a Routine:

People with Alzheimer's benefit from having a daily routine. This helps to minimize confusion and provides a sense of security and stability. Try to schedule regular times for activities such as eating, socializing, and sleeping.

4. Create a Safe Environment:

Safety is paramount. Adapt the living environment to reduce risks, such as installing grab bars in the bathroom, ensuring the home is well-lit, removing trip hazards, and using safety locks on cabinets and doors.

5. Encourage Physical Activity:

Physical exercise helps maintain good blood flow to the brain and supports mood and overall health. Activities like walking, yoga, or simple stretching exercises can be adapted to meet individual fitness levels.

6. Focus on Nutrition:

A balanced diet helps support brain health. Incorporate fruits, vegetables, whole grains, and lean proteins into meals. Consider consulting with a dietician to create a meal plan that supports cognitive function and overall well-being.

7. Stay Socially Active:

Social interaction is important to keep loneliness and depression at bay. Arrange for visits with family and friends, participate in group activities or connect with community resources that offer social programs.

8. Manage Stress:

High levels of stress can exacerbate Alzheimer's symptoms. Techniques such as deep breathing, meditation, or gentle yoga can help manage stress. Make sure caregivers also have the support they need to manage their well-being.

9. Educate Yourself and Others:

Knowledge is power. Utilize resources from reputable organizations like the Alzheimer's Association to learn more about the disease. Sharing information with family members and friends can help them understand and support your efforts.

10. Seek Professional Help:

It's important to consult healthcare professionals who specialize in dementia care. They can provide guidance, treatment plans, and support to manage the disease effectively.

Still have questions? Want to learn more?

We're here to help!

Call us at [\(301\) 816-5020](tel:3018165020)

Support SmithLife Homecare in the Readers' Choice Voting!



Dear valued community members,

We are thrilled to announce that SmithLife Homecare has been nominated for the Readers' Choice Awards by Montgomery Magazine! This recognition is a testament to our commitment to providing exceptional homecare services in Rockville, Bethesda, Potomac, and Washington DC.

We need your support to win! Your vote can help us achieve this honor. Please take a moment to vote for SmithLife Homecare by visiting the following link: [Vote Here](#)

Voting is quick and easy:

1. Click the link to visit: <https://bestof.montgomerymag.com>
2. After the initial questions, find the Home Care category in the Health & Beauty section.
3. In the "Home Care" category, select "SmithLife Homecare" and submit your vote.

Your support means the world to us, and we are grateful for your continued trust and confidence in our services. Thank you for helping us be recognized as the best in the community!

Warm regards,
The SmithLife Homecare Team

[Click to vote](#)

Latest Blog: [Early Signs of Aging Parents Needing Home Care: What Families Should Watch Out For](#)



As our parents age, we start to see a shift in dynamics and responsibilities within our families. It's often a time of reflection and sharing cherished memories. However, it's also important to recognize when your parents need additional support during this time. [\[Read More\]](#)

[Continue reading](#)

Our Caregiver of the Month

Congratulations Michael Cadelina Liu!

We're thrilled to announce Michael Cadelina Liu as our Caregiver of the Month for his exceptional dedication and outstanding care!

A family member of a former client shared that Michael's service exceeded their expectations:

"Michael was absolutely wonderful. He is perfectly suited for this kind of work because he is hardworking, sensitive, and genuinely cares about the well-being of his clients."

Michael's patience, humor, and understanding are remarkable. He won the trust of a client through his exceptional concern for safety and comfort. He is truly a wonderful aide!

Michael's compassion and professionalism make him a valued member of our team.

Congratulations, Michael! ☐ Your dedication inspires us all!



Michael Cadelina Liu, SmithLife Homecare's
Caregiver of the Month

Nurse's Corner: Monthly tips from our Director of Nursing

Soapsuds of Concern

Our skin is our biggest organ and the first line of defense against harmful microorganisms. One of the silver linings of the recent pandemic has been the shifting of public attention back to the basics – the importance of handwashing. There is no shortage of variety when it comes to types and brands of hand soap, but which one is best? The answer is simple – any soap which does not claim to be “antibacterial”. Research shows that “antibacterial” hand soap is not more effective than regular hand soap (FDA, 2019).

While triclosan, a potential hormone disruptor, has been banned from hand soap products since 2016, it has been replaced by other antimicrobial ingredients such as benzalkonium chloride, which contribute to development of bacterial resistance and is harmful to aquatic life (Liao et al., 2023). In conclusion, a regular hand soap effectively removes the microbes from our skin by a simple mechanical action, without the need for chemicals which present a hazard to people and the environment.

Essy Gurevich, BSN, RN
Director of Nursing, SmithLife Homecare

Exciting Recaps of Events

Last month, SmithLife Homecare (SLHC) had the privilege of participating in the "Tour of Homes" at Ring House. This event, hosted by Charles E. Smith Life Communities (CESLC) and sponsored by The City of Rockville and Oasis Senior Advisors, provided our assistants with a wonderful opportunity.

During the tour, our team enjoyed a delightful lunch, explored the Ring and Landow Houses, and gained valuable insights into the comprehensive services offered by CESLC. The event also highlighted SLHC's vital role as a support homecare agency within the community.

Participating in such events strengthens our commitment to providing exceptional care and support to our clients. We are grateful to CESLC, The City of Rockville, and Oasis Senior Advisors for organizing this enriching experience.

Stay tuned for more updates and events from SmithLife Homecare!



We recently had the honor of attending Seabury Resources for Aging's centennial celebration, commemorating 100 years of helping elders age gracefully. The gala, held at a beautiful venue, was a magnificent event that allowed us to connect with community partners and express our gratitude for their incredible work.

SmithLife Homecare is proud to be a sponsor of this milestone event. It was a privilege to honor the dedicated individuals and organizations committed to serving our aging community. The joy of seeing so many service-minded partners in care gathered in one room was truly inspiring.





Andres Arrazola and Erika Chavez were thrilled to represent SmithLife HomeCare at the annual Health and Wellness Symposium, hosted by the outstanding team at Charles E. Smith Life Communities. Set in the picturesque Woodmont Country Club, this event provided a perfect setting for us to engage directly with a diverse group of attendees.

Our participation as vendors allowed us to share valuable insights on aging gracefully, promote overall well-being, and highlight the exceptional services we offer. We thoroughly enjoyed the meaningful conversations and the opportunity to build connections within the community, reaffirming our commitment to enhancing the quality of life for seniors.



Ask the Expert: Freedom Mobility Solutions

In our latest "Ask the Expert" video, Andres Arrazola from SmithLife Homecare interviews Jamie Vela-Bassett, PT from Freedom Mobility Solutions. Discover

how Freedom Mobility Solutions offers essential services and products to help seniors age in place safely and comfortably. Learn about the latest mobility aids and home modifications designed to enhance independence and quality of life for seniors.

Watch the full interview here: [Watch Now](#)

Learn more about our services at the links below:

Learn more about our services by clicking on the name below:

- [Freedom Mobility Solutions](#)
- [SmithLife Homecare](#)

Make sure to subscribe to our YouTube channel to receive the latest content. Stay tuned for more expert interviews and senior care tips!



[Click to watch](#)

What's Happening Soon

Thursday, June 6, 8:30am-10:30 pm, In-person **Roundtable Networking Spectacular**

SmithLife Homecare is excited to announce our participation in the upcoming Roundtable Networking Spectacular hosted by GROWS. This event promises powerful networking opportunities for professionals.

Location: Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD 20906

Don't miss this opportunity to connect with other professionals and expand your network. We look forward to seeing you there!



ROUNDTABLE NETWORKING SPECTACULAR

▶▶ POWERFUL NETWORKING FOR
PROFESSIONALS



June 6, 2024

8:30 - 10:30 AM

Holiday Park Senior Center

3950 Ferrara Drive
Wheaton, MD 20906

REGISTER @

<https://grows.memberclicks.net/june-spectacular>

COST: \$35 GROWS Members | \$55 Guests

SPONSORSHIPS AVAILABLE (Only for GROWS members in good standing)

Breakfast Sponsor (1) - Table Included, 2 Attendees, Speaking Role at Event, List of Attendees \$300

Table Sponsor (UL) Table Included, 1 Attendee, \$200#

Click to register

Thursday, June 20, 12:00pm-1:00pm, Virtual on Zoom Scams Against Older Adults: Live & Interactive Discussion

In 2023, AARP reported that older adults in the United States lost over \$28.3 billion to scams and fraud schemes. Join us for a crucial discussion on how to protect our senior community from these threats.

Speakers:

- Brian Watson: R.O.S.E. Resources/Outreach to Safeguard the Elderly
- John Schwartz: Center for Combating Elder Financial Abuse

This live and interactive session will delve into real-life case studies, highlight red flags to watch out for, and provide valuable resources available for seniors and their families. Don't miss this opportunity to learn and safeguard against scams targeting older adults.

Scams Against Older Adults

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Brian Watson
R.O.S.E. Resources/Outreach
to Safeguard the Elderly



John Schwartz
Center For Combating Elder
Financial Abuse

Thurs., June 20 @ Noon EST



[Click to register](#)

Mark Your Calendars



May is:

- Alzheimer's and Brain Awareness Month
- Men's Health Month
- Safety Month
- PTSD Awareness Month

Weeks

- June 10-14** - Community Health Improvement Week
- June 10-16** - Men's Health Week
- June 13-19** - Nursing Assistants (CNA) Week

Dates

- June 2** - Cancer Survivor Day
- June 13** - Nurse Assistants Day
- June 27** - PTSD Awareness Day

♥ A Special Message from Our Team ♥

This month we celebrate Nursing Assistants (CNA) Week and spotlighting the incredible contributions of our Nursing Assistants. Every day, you bring dedication and compassion to your roles, profoundly impacting the lives of those in your care.

This month, we honor your unwavering commitment and the vital role you play in our community's health. Your hard work and the heartfelt care you provide do not go unnoticed. Thank you for everything you do; your efforts genuinely make a difference. Here's to celebrating each one of you—not just this week, but every day.

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.

[Click for resources](#)



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.

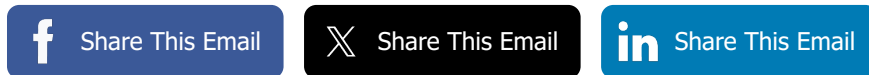
Contact us today for a free consultation and learn how we can help you or your loved ones.

Maryland: [\(301\) 816-5020](tel:3018165020)
Washington, D.C.: [\(202\) 221-7503](tel:2022217503)

Website: smithlifehomecare.com
Email: info@smithlifehomecare.com



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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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