

SmithLife[®]

H O M E C A R E

Bringing care home.



“The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider.”

*Jane Hirshfield,
The Heat of Autumn*

Preparing for Fall: Safety and Wellness Tips for Older Adults

As the vibrant colors of fall begin to emerge, it's essential for older adults to stay safe and healthy while enjoying the season's beauty. Cooler temperatures, shorter days, and changing conditions can bring unique challenges, but with the right precautions, autumn can be a season of wellness and comfort. At SmithLife Homecare, we've compiled a list of practical tips to help ensure that you or your loved ones are prepared for a safe and enjoyable fall.

1. Dress in Layers for Temperature Changes

Encourage wearing layers to adjust to fluctuating temperatures. Keeping warm, especially in the evenings, helps prevent cold-related health risks such as hypothermia.

2. Stay Active Indoors

Promote safe indoor exercises like stretching, yoga, or walking in place to maintain mobility and prevent muscle stiffness as cooler weather arrives.

3. Get a Flu Shot and Other Vaccinations

Remind older adults to get their seasonal flu shot and other recommended vaccines to stay protected against common fall and winter illnesses.

4. Check Home Heating Systems

Suggest that seniors have their heating systems inspected to ensure they are functioning properly. This can prevent breakdowns in colder weather and reduce the risk of carbon monoxide poisoning.

5. Hydrate Even in Cooler Weather

Remind seniors that hydration is important year-round. As the weather cools down, they may not feel as thirsty, but dehydration can still be a risk.

6. Plan for Shorter Days

With days getting shorter, it's important to remind seniors to complete outdoor activities earlier in the day and ensure that outdoor lighting is functional for safety during early evening hours.

7. Wear Proper Footwear

Encourage wearing non-slip shoes, especially when walking on damp or leaf-covered surfaces, which can become slippery and dangerous.

8. Prepare for Power Outages

Suggest keeping flashlights and batteries handy in case of fall storms that may cause power outages. Having an emergency kit ready is essential.

9. Nourish the Body with Seasonal Produce

Promote eating seasonal fruits and vegetables like pumpkins, squash, and apples, which are rich in vitamins and help strengthen the immune system.

10. Mental Wellness: Seasonal Activities

Suggest engaging in creative activities such as crafts, reading, or music therapy to keep the mind active and maintain emotional wellness as outdoor activities decrease.

By following these simple yet effective tips, you can embrace the cooler months with confidence and peace of mind. At SmithLife Homecare, we are always here to support you and your loved ones in living safely and comfortably at home, no matter the season. If you have any questions or need assistance, don't hesitate to reach out to our team for personalized care solutions this fall. Stay safe, stay well, and enjoy all that autumn has to offer!

State of Maryland Durable Medical Equipment Re-Use

If you or someone you know needs any of the following equipment:

- Manual wheelchairs
- Home hospital beds
- Shower chairs
- Walkers and rollators
- Power wheelchairs and power scooters
- Hoyer lifts
- Knee scooters
- Tub transfer benches
- Bedside commodes and toilet safety rails
- Canes and crutches



CONTACT US!

We have new and gently used durable medical equipment available to Maryland residents of all ages free of charge!



dme.maryland.gov



240-230-8000



dme.mdoa@maryland.gov



Caregivers of the Month

□ Congratulations □

Mintwab Kebebew & Mariam Manyah!

We are thrilled to announce that Mintwab Kebebew and Mariam Manyah have been chosen as our Caregivers of the Month! Both have demonstrated exceptional dedication and care to their clients, and we couldn't be more proud of their hard work.

One of Mintwab's clients shared that she is "energetic, thoughtful, and experienced. She goes above and beyond, offering help wherever she sees fit, including household chores. She truly sees this as more than just a job." Mariam's client praised her as "outstanding, engaging, and always asking the right questions. She is wonderful to work with."

On behalf of our team, congratulations to Mintwab and Mariam for embodying the spirit of compassionate caregiving!



Mintwab Kebebew and Mariam Manyah
Caregivers of the Month

Latest Blog



Montgomery County, MD, offers a wealth of activities that cater to the interests and needs of its senior residents. From engaging community centers to beautiful parks and enriching cultural events, there's something for everyone. [\[Read More\]](#)

Ask the Expert: Therapeutic Music

In this soothing episode of "Ask the Expert," Renan Augusto, MS, CDP, SHSS, Director of Digital Marketing for SmithLife Homecare, interviews Anne Apynys, a talented therapeutic harpist. Together, they explore how therapeutic music serves as a powerful, holistic approach to enhancing quality of life.

In the video, Anne reveals the remarkable benefits of harp therapy, including how it can:

- Improve sleep quality
- Reduce stress and anxiety
- Aid in both physical and emotional recovery
- Alleviate various symptoms through the calming effects of music

Interested in booking Anne for a therapeutic music session? Find her information on our [Resources List](#).

Don't forget to like, subscribe, and hit the bell for notifications on our channel to stay informed with more expert advice on enhancing well-being!



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

Being Prepared for the "Fall Back"

Written by: Essy Gurevich, BSN, RN - Director of Nursing

The end of the daylight savings time for this year is upon us: on November 3rd, our clocks will once again be set back one hour, returning us to standard time.

Our body's internal clock, known as the circadian rhythm, controls the timing of many daily physical processes. When people experience a sudden change in their schedule, such as switching work shifts or traveling across time zones, this internal clock can get out of sync with the new time¹. While it may take a few days for the body to adjust, most people have no trouble with this transition. However, there is some scientific evidence that these time shifts can cause acute health events.

A 2019 meta-analysis² showed a modest but significant increase in the risk of acute

myocardial infarction [heart attacks] following daylight savings time transitions. Another study³ linked the time switch to a rise in hospitalizations for ischemic stroke in the first two days after the change. Factors such as gender, age, and having serious health conditions may influence how likely someone is to be affected by the time shift. However, there several things that you can do to promote smooth transition⁴:

- Gradually go to bed 15-20 minutes later each night leading up to the time change.
- Start shifting daily routines like dinner and exercise to slightly later times.
- On Saturday evening, set your clocks back an hour and go to bed at your usual time.
- Get early morning sunlight on Sunday to help your body adjust to the new time.
- Be cautious on Sunday, especially when driving, if you feel sluggish due to the time change.
- Stick to your regular bedtime on Sunday night to be well-rested for the upcoming week.
- Maintain a consistent sleep schedule after adjusting to the new time for better sleep and health.
- Keep your sleep environment quiet, cool, and dark, using light-blocking curtains if needed.

I hope that these strategies will help you enjoy this beautiful season to the fullest. Happy Fall!

References:

1. Tyler, J., Fang, Y., Goldstein, C. *et al.* Genomic heterogeneity affects the response to Daylight Saving Time. *Sci Rep* **11**, 14792 (2021). <https://doi.org/10.1038/s41598-021-94459-z>
2. Manfredini R, Fabbian F, Cappadona R, De Giorgi A, Bravi F, Carradori T, Flacco ME, Manzoli L. Daylight Saving Time and Acute Myocardial Infarction: A Meta-Analysis. *Journal of Clinical Medicine*. 2019; 8(3):404. <https://doi.org/10.3390/jcm8030404>
3. Sipilä JO, Ruuskanen JO, Rautava P, Kytö V. Changes in ischemic stroke occurrence following daylight saving time transitions. *Sleep Med*. 2016;27-28:20–24. <https://doi.org/10.1016/j.sleep.2016.10.009>
4. Centers for Disease Control and Prevention. (n.d.). Here comes the sun! tips to adapt to Daylight Saving Time. Centers for Disease Control and Prevention. <https://blogs.cdc.gov/niosh-science-blog/2022/03/08/time-change/>

Last Chance to Vote!



We're thrilled to be finalists in the Washington Jewish Week Readers' Choice Awards, but we need your help to win! The polls are closing soon, and every vote counts. Don't wait—cast your vote now and help us bring home the win!

How to Vote:

- Click the link below
- We're on page 13, in the Senior section in three categories: Home Care, Alzheimer's/Dementia Care, and Hospice Care

[Click to cast your vote](#)

Exciting Recaps of Events



What's Happening Soon

Making the Most of Now: Speaking to the Person, Not the Disease
Thursday, October 3, 12:00pm-1:00pm, Virtual

Join our Positive Aging Community friends to discover information and insights into the deficits and strengths of people with early-stage memory loss. Caregivers will learn the techniques and strategies that optimize those strengths and how to avoid the pitfalls that limit connection.



Making the Most of Now: Speaking to the Person, Not the Disease?

Discover information and insights into the deficits and strengths of people with early-stage memory loss. Caregivers will learn the techniques and strategies that optimize those strengths and how to avoid the pitfalls that limit connection.

Join us for a live & interactive discussion with **Victoria Hart**, a Certified Therapeutic Recreation Specialist (CTRS), Dementia Care Practitioner (DCP), and Doctor of Musical Arts (DMA)



Thurs., Oct. 3 @ Noon

(Noon Eastern, 11 AM Central, 10 AM Mountain, 9 AM Pacific)

PositiveAging
COMMUNITY
Connections • Choices • Community

[Register here](#)

Home Care, Subacute Rehab, and Skilled Nursing

Sunday, October 13, 7:00pm, In-person

This informative session will guide you through the complex world of healthcare services, helping you make informed decisions about home care, subacute rehab, and skilled nursing options. You'll also learn about Kaiser's role in ensuring smooth transitions between levels of care.

Whether you're preparing for post-hospital recovery or exploring care options for a loved one, this session offers valuable insights to help you understand your healthcare journey.

Don't miss this opportunity to gain practical tips on navigating care transitions and insurance coverage!



Join Us at an Informative Evening on the topics of
**Home Care, Subacute Rehab,
and Skilled Nursing**

Please join us for an informative session designed to help you navigate the complex world of healthcare services, empowering you to make the best decisions for your needs. We'll also explore Kaiser's role in the care continuum to ensure seamless transitions between levels of care. Whether you are preparing for post hospital care, or simply want to learn more about the options for yourself or others, this session will provide some insights into making informed decisions about your health journey.

October 13th

7:00 PM

Riderwood Senior Living
3140 Gracefield Rd | Silver Spring, MD 20904

Topics Include:

The benefits and services provided by home care | How Skilled Nursing and Rehab can support recovery after illness or surgery | Kaiser's partnership with home care and skilled nursing facilities | Practical tips for navigation care transitions and understanding insurance coverage

Who Should Attend:

Anyone interested in understanding their healthcare options



SmithLife Homecare is dedicated to providing high-quality caregivers in your home or wherever you call home. We have been a top-rated provider for in-home senior care services and nurse staffing for over 20 years, serving Montgomery County, MD, and Washington, DC.



Montcare

Montcare believes in transformative experiences where every detail matters. Our comprehensive approach is designed to address your health needs, functional abilities, chronic illness, and desired outcomes. Whether you're seeking long-term care or a bridge from hospital to home, our team is at your side every step of the way.

Mark Your Calendars



Weeks

- Oct. 2-4** - Rosh Hashanah
- Oct. 6-12** - Emergency Nurses Week
- Oct. 6-12** - Mental Health Awareness Week
- Oct. 13-19** - Case Management Week
- Oct. 20-26** - Healthcare Quality Week

Dates

- Oct. 9** - Emergency Nurses Day
- Oct. 10** - World Mental Health Day
- Oct. 12** - World Hospice and Palliative Care Day

August is:

- Breast Cancer Awareness Month
- National Physical Therapy Month

- **SmithLife Homecare Celebrates** □
- Happy workiversary to Erika Chavez!
- Happy workiversary to Steve Vasquez!
- Happy birthday to Florence Sesay!

Special Offer for You

Our special ends this month, refer a friend and you can receive \$100 toward your home care service. Please mention our \$100 coupon to benefit from this exceptional deal.

To take advantage of this offer, please call us at [\(301\) 816-5020](tel:3018165020). Call for all details.



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 to view Resources List](#)



Join our community to stay updated with the latest news and exclusive content-
follow us on our socials!





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**

Washington, D.C.: **(202) 221-7503**

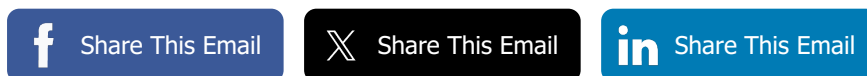
Website: smithlifehomecare.com

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



Was this email forwarded to you?
[Sign up for our monthly newsletter!](#)

[Click to sign up](#)

SmithLife Homecare | 6101 Montrose Road Suite 203 | Rockville, MD 20852 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!