

SmithLife[®]

H O M E C A R E

Bringing care home.



Monthly Tips: Cholesterol Education

September is Cholesterol Education Month, and at SmithLife Homecare, we are dedicated to providing you with the knowledge and tools needed to manage your cholesterol levels effectively. High cholesterol is a risk factor for heart disease, but it's manageable and preventable with the right lifestyle choices. Explore our tips to better understand and control your cholesterol for a healthier heart.

Understand Cholesterol Levels: Know the difference between LDL (bad) cholesterol and HDL (good) cholesterol. Aim for low LDL levels and higher HDL levels. Regular cholesterol screenings can help you manage your levels effectively.

Eat Heart-Healthy Foods: Incorporate foods that can help lower cholesterol, such as oats, barley, nuts, beans, and a variety of fruits and vegetables. Limit intake of fats, especially saturated and trans fats, which can increase bad cholesterol levels.

Maintain a Healthy Weight: Excess weight can elevate bad cholesterol and decrease

good cholesterol. Losing even a small amount of weight can help improve your cholesterol profile.

Exercise Regularly: Physical activity can help raise HDL (good) cholesterol. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking, most days of the week.

Quit Smoking and Limit Alcohol: Smoking lowers HDL cholesterol and quitting can increase your levels. Also, moderate your alcohol intake as excessive drinking can negatively impact your cholesterol and overall heart health.

Consider Medication: If lifestyle changes aren't enough to control your cholesterol, medications might be necessary. Always consult with a healthcare professional for the best treatment plan.

Educate Yourself and Family: Knowledge is power. Learn about how cholesterol affects health and share this knowledge with family and friends to encourage a supportive environment.

Managing your cholesterol is a key step towards a healthier heart and a longer life. By adopting these tips, you can make significant strides in your cardiovascular health. At SmithLife Homecare, we support your journey towards a healthier lifestyle and are here to assist you in achieving your health goals. Let's take this step together for heart health this September!

Caregivers of the Month

□ Congratulations □

Etaferahu Abebe and Sara Balcha!

We are thrilled to announce that Etaferahu Abebe and Sara Balcha have been selected as our Caregivers of the Month! Both of these exceptional caregivers have received high praise from their clients, reflecting the outstanding care they provide.

Etaferahu is consistently praised for her dedication, reliability, kindness, compassion, professionalism, and flexibility. One of her clients shared, "She is so dedicated, reliable, kind, compassionate, professional, loving, flexible, friendly, and one of the best human beings I have ever known. She always goes above and beyond." Similarly, Sara's clients have nothing but good things to say about her. One client mentioned, "Sara is kind, considerate, and caring." Her compassion and attentiveness are evident in the way she interacts with her clients.

Congratulations to both Etaferahu and Sara for this well-deserved recognition! Thank you for being such incredible members of our team!

Learn more about our caregivers here: [Our Caregivers](#)



Etaferahu Abebe & Sarah Balcha
Caregivers of the Month

Latest Blog



Caring for your aging parents is a challenging yet rewarding journey. Balancing their well-being with your own responsibilities requires understanding, patience, and a clear plan for the future. Follow this guide to help you understand the essential do's and don'ts when navigating at-home elderly care. [\[Read More\]](#)

[Read more](#)

Ask the Expert: Discharge Planning

Check out our latest "Ask the Expert" episode! Andres Arrazola, Care Specialist at SmithLife Homecare, interviews Michela Layton, Lead Social Worker at Suburban Hospital, to discuss the essentials of discharge planning. This short but informative

video covers key steps for a smooth transition from hospital to home.

If you find the video helpful, please like, subscribe, and click the bell for notifications so you never miss an update!



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

Small Dense LDL and Its Role in Cardiovascular Disease

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

Cholesterol is a lipid, a hydrophobic molecule which is synthesized by every cell in the body. It is vitally important to make up the membrane of every cell in the body. Cholesterol gives fluidity to cell membrane. It is also a backbone of hormones such as estrogen, testosterone, cortisol, and progesterone.

While many people are familiar with the terms "good" and "bad" cholesterol (misnomers, really), not all LDL (low-density lipoprotein) particles are the same. A particularly harmful type of LDL, known as small dense LDL (sdLDL), plays a critical role in cardiovascular disease. These particles are smaller and denser than typical LDL, which allows them to more easily penetrate the arterial walls. Once inside the arteries, sdLDL is more likely to oxidize and cause inflammation, contributing to the development of atherosclerosis, a condition characterized by the hardening and narrowing of arteries.

While testing of sdLDL is not a mainstream practice during annual wellness visits (and I sincerely hope that it does become part of routine tests), presence of sdLDL is often associated with other risk factors like high triglycerides, and low HDL cholesterol. These factors can lead to insulin resistance, and metabolic syndrome, significantly increasing the risk of heart attacks and strokes. Because sdLDL is more atherogenic (promotes formation of plaques) than larger LDL particles, managing its levels through diet, lifestyle changes, and, if necessary, medication is crucial in preventing cardiovascular events and maintaining heart health.

Reference:

Ivanova, E. A., Myasoedova, V. A., Melnichenko, A. A., Grechko, A. V., & Orekhov, A. N. (2017). Small Dense Low-Density Lipoprotein as Biomarker for Atherosclerotic Diseases. *Oxidative medicine and cellular longevity*, 2017, 1273042. <https://doi.org/10.1155/2017/1273042>

Vote for SmithLife Homecare



Help us win! Your vote can make a difference. It only takes a moment to cast your ballot.

Spread the word! Share this exciting news with your friends and family and encourage them to vote too. Every vote counts!

Thank you for your continued support. Let's bring home this award together!

Exciting News! We're Finalists in the Washington Jewish Week Readers' Choice Awards!

We're absolutely thrilled to announce that we've made it to the final round of voting for the Washington Jewish Week's Readers' Choice Awards! This incredible achievement wouldn't be possible without your amazing support.

How to Vote:

- We're on page 13 of the poll, in the Senior section.
- Click [here](#) to vote.

Click to cast your vote

Exciting Recaps of Events

Andres Arrazola is proud to have joined the team at Arden Courts in Kensington for their blood drive, alongside colleagues from Frederick Hospice. Supporting our community partners is a commitment that Andres always strives to uphold. It's inspiring to witness the power of collaboration in action, making a difference one step at a time.



We had the privilege of supporting the final day of The Grandkid Investigator Summer Challenge, an inspiring initiative that connects grandkids with their grandparents. A huge shoutout to Isabel Tom, the driving force behind this impactful project, and her dedicated team. It was a joy to be part of this meaningful event!



We had a fantastic time at The Leggett Independent Living in Silver Spring, where The Arc of Montgomery County and SmithLife Homecare presented our vital Respite and Homecare services. Huge thanks to Julia Abate, Administrator of The Arc, for leading an informative session, and to Dulce Flores, The Leggett manager, for warmly welcoming us. We're grateful to the seniors who participated and shared their insights.



We had the pleasure of participating in a fantastic event at the Rockville Senior Center. Each sponsor brought a taste of the world, and we were thrilled to share delicious Colombian empanadas with the community.



What's Happening Soon

Thriving Alone, Navigating Life as a Solo Ager **Tuesday, September 17, 11:30am-1:00pm, In-person**

Join our friends at Charles E. Smith Life Communities for an engaging presentation featuring a panel of experts who will discuss strategies and resources to help you successfully navigate life as a solo ager. Hear from Gary Altman, a nationally recognized estate planning authority and founder of Altman & Associates; Susy Murphy, owner of Aging Well Eldercare and a certified care manager with extensive experience; and Steve Gurney, founder of Positive Aging Sourcebook, who will share insights from his rebranded Positive Aging Community. Additionally, listen to firsthand experiences from two solo agers currently residing at Ring House. Don't miss this opportunity to gain valuable knowledge and connect with experts in the field!

[Register here](#)

A Night of Comedy: They Say Laughter is the Best Medicine!

Thursday, September 26, 6:30pm-9:30pm, In-person

Experience an evening of laughter and networking hosted by Charles E. Smith Life Communities, featuring the acclaimed comedian Dan Naturman. Dan, who shifted his focus from law to comedy after graduating, is known for his unique blend of self-deprecation and charming grumpiness. His comedic talents have earned him spots on The Late Show with David Letterman, Conan, The Late Night with Conan O'Brien, a special on "Comedy Central Presents...", and a notable performance on NBC's America's Got Talent. Don't miss out on this entertaining and engaging evening!

[Register here](#)

Mark Your Calendars



August is:

- Cholesterol Education Month
- Prostate Cancer Awareness Month

Weeks

Sept 8-14 - National Assisted Living Week

Sept 14-20 - Nursing Professional Development Week

Sept 16-22 - National Rehab Week

Dates

Sept 2 - Labor Day

Sept 8 - World Physical Therapy Day

Sept 8 - Grandparents Day

Sept 8 - Patriot Day

Sept 21 - World Alzheimer's Day

SmithLife Homecare Celebrates

- Happy birthday to Erika Chavez!
- Happy birthday to Le' Aira Gonzalez!

Special Offer for You

For a limited time, 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.

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

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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.
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