

SmithLife[®]

H O M E C A R E

Bringing care home.



November is a month to reflect on gratitude, and at SmithLife Homecare, we have so much to be thankful for. As we celebrate Home Care Aide Week from November 10th through 16th, we extend our heartfelt appreciation to our incredible team of aides. Their compassion, dedication, and hard work are at the heart of everything we do, making a profound difference in the lives of the families and individuals we serve. We are truly grateful for each of them and the care they provide.

We are also overwhelmed with gratitude for your support. Thanks to your votes, SmithLife Homecare was honored with the title of Best in Home Care by the Washington Jewish Week 2024 Readers' Choice Awards. This recognition means the world to us, and we couldn't have achieved it without the trust and confidence you place in our care. As we enter this season, we celebrate the connections we've built and the shared commitment to making home a place of comfort, dignity, and independence. Thank you for being part of our journey.



Tips from Your Home Care Agency: Building Strong Relationships with Your Home Care Aides

As we approach the season of giving thanks, it's an ideal time to focus on the foundational relationships within our care community. This November, our spotlight is on Building Strong Relationships with Care Aides. A strong, trusting relationship between clients and caregivers is crucial for effective home care. It enhances the care experience and ensures that care is not just a service, but a partnership based on mutual respect and understanding.

Communicate Openly and Regularly: Establish a routine of regular communication. Discuss expectations, changes in health status, and daily needs to ensure both the care recipient and the caregiver are on the same page.

Show Appreciation: Recognize the hard work and dedication of your care aides. A simple thank you can go a long way in fostering a positive relationship. Occasional gestures like thank-you notes or small gifts can also show your gratitude.

Provide Feedback: Positive feedback encourages good practices, while constructive feedback helps address areas of improvement. Ensure feedback is given in a respectful and supportive manner.

Respect Professional Boundaries: While it's important to build a close relationship, respecting professional boundaries is crucial. Understand and respect the personal space and time of your care aides.

Encourage Training and Development: Support opportunities for your care aides to expand their skills and knowledge. This not only improves the quality of care but also shows your investment in their professional growth.

Listen to Their Input: Care aides have first-hand experience with day-to-day care. Valuing their observations and suggestions can lead to more effective care strategies and shows that you trust their expertise.

Involve Them in Care Planning: Whenever possible, include your care aides in planning and decision-making processes related to care schedules, activities, and other preferences. This inclusion helps create a cooperative environment.

Address Issues Promptly: If issues arise, address them promptly and thoughtfully. A proactive approach can prevent misunderstandings and promote a harmonious working relationship.

Building and maintaining strong relationships with your care aides is essential for creating a positive and effective home care environment. By implementing these tips, you can foster a more engaged and motivated care team. At SmithLife Homecare, we believe that great care starts with great relationships, and we are here to support you in nurturing these connections every step of the way.

Caregivers of the Month

□ Congratulations □

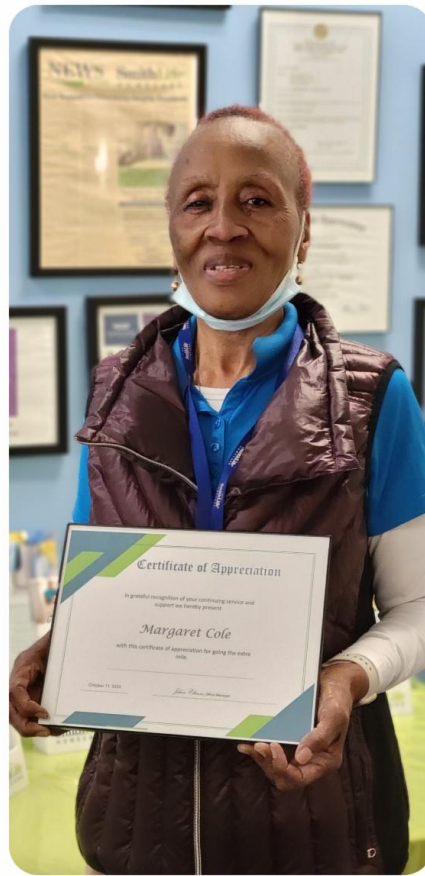
Bergeline Kemngang & Margaret Cole!

We are thrilled to announce and congratulate our outstanding Caregivers of the Month, Bergeline Kemngang and Margaret Cole! Their dedication and skillful care make a tremendous impact on the lives of their clients, and we couldn't be more proud to celebrate them.

Both Bergeline and Margaret are known for their wonderful, friendly, and supportive demeanor. They consistently go above and beyond, providing tender, warm, and patient care. Their positive attitudes shine through in everything they do, earning high praise from their clients and families.

A longtime client's family had this to say about Bergeline: "Bergeline is special, and we feel blessed to have her help! We consider her part of our family."

One of Margaret's clients described her assistance as "wonderful and friendly," reflecting the excellent care she brings to every interaction.



Bergeline Kemngang & Margaret Cole
Caregivers of the Month

Nurse's Corner

Rewards and Challenges in Home Care

By: Essy Gurevich, DON, BSN, RN

One of my responsibilities within the organization is providing new hire orientation on nursing care. During this orientation, we explore a range of essential topics—everything from recognizing and responding to emergencies to mastering the hands-on skills and core competencies required in our field. I always open with a reminder: “Home care is deeply rewarding, yet it comes with its own unique challenges.”

The rewards of this work are found in the human connections we build—getting to know our clients and their families, listening to their stories, sharing in moments of joy, and offering comfort in times of sadness. The challenges, however, demand a different kind of strength—the ability to recognize when to act swiftly and assertively, to stand firm in difficult moments, and to weather life’s storms alongside those we care for.

This, to me, is the heart of home care: it’s about connection, compassion, empathy, and finding a profound sense of fulfillment in serving others.

Latest Blog:

SmithLife Homecare Wins 2024 Washington Jewish Week Readers' Choice Award for "Best in Home Care"



We are beyond thrilled and humbled to announce that SmithLife Homecare has won the 2024 Washington Jewish Week Readers' Choice Award for "Best in Home Care". This recognition is particularly meaningful to us because it represents the voices of our clients, their families, and the greater community in Washington, DC, Rockville, Maryland, and the surrounding areas [\[Read More\]](#)

Ask the Expert:

Reflecting on our team winning the Readers' Choice Awards

In our latest Ask the Expert episode, we reflect on what brought us to this incredible milestone. From our commitment to personalized care to our deep community connections, we dive into the values that drive us forward and the trends shaping the future of home care. Our team shares insights on how we're continually evolving to make a positive impact in the lives of seniors and their families. [Watch below!](#)



Exciting Recaps of Events



What's Happening Soon

Roundtable Networking Spectacular
Thursday, November 7, 8:30am-10:30am, Virtual

Join us for the GROWS Roundtable Networking Spectacular, a powerful networking opportunity for professionals! Connect with industry peers at the Margaret Schweinhaut

Senior Center in Silver Spring. Sponsorship opportunities are available for GROWS members, including options to be a Breakfast Sponsor or a Table Sponsor, making this a perfect chance to increase visibility while building meaningful relationships. Don't miss out on this exciting event!

[Register here](#)

Virtual Mindfulness Meditation

Tuesday, November 19, 12:00pm-12:45pm, Virtual

We're excited to support our friends at Little Falls Village by featuring meditation leader Meredith McEver, who will guide us through meditation sessions until mid-January. Meredith, trained by world-renowned mindfulness expert Jon Kabat-Zinn, has been teaching his Mindfulness-Based Stress Reduction Class since 1998.

This free, relaxing class includes 30 minutes of guided meditation followed by a brief discussion. Open to everyone — members, volunteers, and friends — and you only need to register once. Meredith has led workshops for top organizations like NIH and holds a master's degree in behavioral sciences.

[Register here](#)

Using AI to Write Our Life Stories and More!

Wednesday, November 20, 12:00pm-1:00pm, Virtual

We're pleased to highlight our friends at Positive Aging Community, who are hosting a discussion with Raphael Rubens of MemoMate on how AI makes storytelling easier and more meaningful. Learn how AI-assisted storytelling promotes well-being, strengthens connections, and preserves memories for caregivers and future generations. Plus, discover how MemoMate streamlines senior living operations with automated resident profiles, satisfaction surveys, and more!

[Register here](#)

Mark Your Calendars

Weeks

Nov. 3-9 - Diabetes Education Week

Nov. 10-16 - Home Care Aide Week

Nov. 10-16 - Nurse Practitioner Week

Dates

Nov. 5 - Election Day

Nov. 11 - Veteran's Day

Nov. 28 - Thanksgiving Day



- Happy workiversary to Le' Aira Gonzalez!
- Happy workiversary to Essy Gurevich!

This month is:

- Home Care, Hospice and Palliative Care Month
- Family Caregivers Month
- Alzheimer's Disease Awareness Month
- Long-term Care Awareness Month

Resource Corner

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



Maryland
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SmithLife Homecare's 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](#)

SmithLife[®] H O M E C A R E

Join our community to stay updated with the latest news and exclusive content-
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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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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



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