

# Lifematters Newsletter



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Lifematters  
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## INSIDE THIS ISSUE

1. A Note from our COO
2. Skilled Nursing Services with Lifematters: Meet Our Nursing Team
3. Lifematters Photo Contest
4. Caregiver Spotlight & Interview
5. New Year's Resolutions
6. Word Search
7. Recipe

## A Note from our COO, Daniel Gold

All of us at Lifematters have been able to navigate through the ups and downs of our business journey with our clients' support. Our growth over the past years has been a cumulative outcome of that client support and the efforts of each and every caregiver and staff member associated with us. For that, we are very grateful.

Now, we are looking forward to achieving new milestones in our journey in the year 2021 and we will continue in our efforts to provide the best possible care for all whom we serve. Starting in early 2021, we will enter Pennsylvania, representing a new market for us, and will plan to start new operations in New Jersey toward the end of 2021. To achieve this endeavor and meet increased demand, we will expand our recruitment efforts for additional caregivers. Many of our caregivers and efforts have been impacted by the COVID-19 pandemic in the last year; however, the good news is that our caregivers will be first in line for the COVID-19 vaccine and many of our caregivers are starting to return to normal work schedules. We will be well-equipped to continue providing best-in-class care for our clients, old and new. One thing is for sure: this year will offer more and better ways to care for our clients and we look forward to delivering peace of mind in 2021.

*"We had a great experience with Lifematters, Mary Amankwah was a great fit for my mom, and was very friendly and kind – they got along great! She was my mother's favorite caregiver and always helped around the house. It worked out very well!"*

*(Sara, Client)*

## Skilled Nursing Services at Lifematters

Lifematters' services go beyond the typical offerings of a home care company. We offer a wide range of skilled nursing services, primarily medication management and administration, but also services such as wound care, tube feeding, IV infusion, catheter care, etc., in addition to our routine nursing assessments. Our services, both non-skilled and skilled nursing services, allow seniors to age in place and provide them the freedom to live their lives with just a little bit of support.

Lifematters' Department of Clinical Services is comprised of Licensed Practical Nurses (LPNs) and Registered Nurses (RNs) who perform direct care and provide quality oversight to ensure that the medical needs of each skilled case are met for the duration of care. Coordinating these medical needs closely with the prescribing physician and maintaining an open line of communication to promptly address changes in condition are critical aspects of Lifematters' approach to skilled services delivery. Our Clinical team can provide skilled nursing services, including but not limited to:

- Monitoring vital signs, including blood pressure
- Glucose monitoring; diabetes management and care
- Ostomy/colostomy care
- Catheter care
- Ventilator and tracheostomy care
- Pain management
- Tube feedings
- Oxygen and airway monitoring
- Chest tube drainage
- Medication management
- Wound care, including peripheral vascular ulcers
- Antibiotic infusions

Unlike short-term and intermittent skilled services covered by Medicare, skilled services provided by Lifematters are not restricted in terms of frequency or duration of care. Our services are available based upon your request (or preference) and in conjunction with a nursing assessment and current physician's order. Skilled nursing services can be provided 7 days per week on a per-visit or hourly basis. Our skilled nursing services can extend the length of time a client can spend in an independent living environment or at home by providing comprehensive medical care to complement daily living assistance. Please contact us with any questions or to explore skilled nursing services within your care plan!



## Meet Some of Our Skilled Nursing Team!

### Meet Rose Leahy, A Lifematters Supervisory RN

Rose Leahy joined the Lifematters team as a Supervisory RN in August 2020. Originally from Fairfax, VA, Rose has been an RN for 30 years and is an alum of University of Maryland and Northern Virginia Community College. She entered nursing school while she was in her 30s and after starting as a dental assistant. Rose has an impressive background in nursing and has worked in skilled care & Home Health for her entire nursing career. This includes Pediatrics, Infusion Therapy, Wound Care, Geriatrics and Supervision of LPNs and CNAs. While working in Home Health and providing skilled services, Rose enjoyed helping seniors recover from illness and surgeries and assisting families coping with Dementia.



Over the years, most of Rose's patients were receiving their skilled services at home through their Medicare benefits. While Rose enjoyed providing these skilled services, the required paperwork was quite lengthy and limited the time she could spend building a relationship and getting to know her patients. Having the time and opportunity to connect with patients and their families is Rose's true passion! Rose brings a wealth of knowledge and experience in skilled care, Home Health, private duty home care to Lifematters and provides best-in-class nursing services to our clients. In addition to her work at Lifematters, Rose is currently participating with the Medical Reserve Corps of Virginia to aid in the administration of the COVID-19 vaccine. This should be starting up in the next few weeks, and Rose is very excited to be a part of this project!

### Meet Judith Blackwood, Lifematters Director of Skilled Services

Judith Blackwood is the Director of Skilled Services at Lifematters. Judith has been with Lifematters since 2013 and her career began as a CNA right out of high school. She worked in a nursing home with seniors for 7 years and then went on to become an LPN and worked at Washington Hospital Center for 10 years. While at Washington Hospital, Judith gained most of her skilled nursing expertise. She also worked at BridgePoint Hospital as a Staff Nurse



before being promoted to Charge Nurse and further developing her nursing skills. As a Charge Nurse, Judith would instruct the new nurses at the hospital, and at Lifematters she is responsible for the training for all of our skilled nurses. Judith also worked with hospice for 2 years and considers that to be the most challenging part of her career. She would comfort families and simply listen to them while they were grieving. Judith loves working with seniors because they deserve respect and dignity. One day, when she is a senior, she hopes that someone will give her the respect and dignity that she has spent her career giving to others.

Judith loves to read, ice skate, and roller skate. She has 4 kids who she loves spending time with. During this pandemic, Judith has been homeschooling her kids and working at the same time, which has been a challenge! But Judith loves what she does, so it is worth the effort. She also works in a skilled facility every other weekend so that she can keep her skills and knowledge current in order to best serve our clients.

## Lifematters Photo Contest

A big thank you to all participants in our Lifematters Caregiver Photo Contest! Every one of the submissions made us smile and reminded us why we love doing what we do. With the isolation and challenges that we have all experienced during COVID, this contest has spread so much joy. It was so sweet to see the care and compassion between our clients and caregivers in these photos. Congratulations to the winners! Be sure to check out the video compilations of all submissions on our Facebook page.



**1st Place:**  
**Khin**



**2nd Place:**  
**KH**



**3rd Place:**  
**Eva**



**Honorable Mention:**  
**Evelyn**

## Lifematters Caregiver Spotlight: Gabriel

For our January publication, we would like to feature our amazing caregiver, Gabriel. A Lifematters client, Robert, shared the following:

*“Gabriel has acted as my weekend caregiver for the past three years. I am eighty-two years old, afflicted with Parkinson’s disease and get about mostly in a wheelchair. His duties include helping me get out of bed, making my bed, giving me a shower, dressing me, removing from my closet and laying out the shirt, necktie and jacket which I point out and propose to wear for dinner, picking up Saturday’s mail, delivering it to me and wheeling me to and from breakfast. Lately, his duties have included reminding me to wear my face mask! Gabriel has been attentive to my needs, arrives punctually around 6:00 am, leaves at 10:00 am and is invariably cheerful and ready to be of service.*



*I am a retired Navy officer. I insist that my quarters be “squared away” as I direct, kept neat and tidy, and various matters attended to in accordance with a schedule. Gabriel was a “quick study” and has required minimal supervision since coming aboard. Moreover, due to Gabriel’s patience, we have largely overcome the “language barrier” which existed between us at the beginning of the relationship.*

*Anyone who employs Gabriel will find him a diligent young man with an excellent work ethic. Caring for the elderly is not the easiest or the most pleasant of occupations. Gabriel has done all I have asked him to do without disrespect or argument. I consider myself fortunate to have him as my caregiver.”*

## Lifematters’ Caregiver Spotlight: Gabriel

**Gabriel has been a caregiver at Lifematters since February 2017. We are so thankful to have him on the team!**

### **What drove you to serve seniors and become a caregiver?**

The inspiration came from my father and how well his caregivers took care of him before he passed. I knew I wanted to give back and provide care to others, even if it was part-time. In addition to caregiving, I have been going to school studying HVAC and working as a security officer.

### **What is your favorite part of the job?**

I love spending time with my clients, discussing a variety of topics and sharing our opinions. I enjoy hearing what they have to share and being a listening ear for them.

### **What are some of your personal interests outside of work?**

I enjoy soccer; I play defender and my favorite team is Liverpool. I also like reading and fixing things around the house. I just finished school and am applying for jobs in my field while continuing as a caregiver on the weekends. I stay busy and it is important to manage my time well.

## Happy New Year! Tips to Make and Keep New Year's Resolutions

As we close out a challenging 2020 and look forward to 2021, here are some tips and tricks to make New Year's resolutions and stick to them.

1. **Start small:** Make resolutions that you think you can keep.
2. **Change one behavior at a time:** Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.
3. **Talk about it:** Share your experiences with family and friends. Consider joining a support group to reach your goals.
4. **Don't beat yourself up:** Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK.
5. **Ask for support:** Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution.

*(American Psychological Association)*



### Did You Know?

*There are 5 different types of snow, characterized by the amount of water in their consistency.*

There is:

1. Dry snow (zero percent water)
2. Moist snow (less than 3 percent)
3. Wet snow (between 3 percent and 8 percent)
4. Very wet snow (between 8 percent and 15 percent), and,
5. Slush, or snow that is 15 percent or more water.

## Word Search: New Year

### New Year

W	N	O	I	T	U	L	O	S	E	R	E	N	D
H	S	F	C	T	C	L	O	C	K	C	T	O	Y
E	I	R	L	S	D	N	E	I	R	F	E	I	A
C	F	F	E	L	M	I	D	N	I	G	H	T	N
O	F	I	Y	L	I	M	A	F	I	D	O	A	O
U	A	O	R	O	K	Y	B	O	L	Y	L	R	I
N	G	B	K	E	L	R	S	K	N	R	I	B	T
T	W	U	U	B	W	A	A	E	K	A	D	E	I
D	S	E	N	B	F	O	W	P	E	U	A	L	D
O	E	A	F	T	B	D	R	E	S	N	Y	E	A
W	U	N	O	E	T	L	L	K	O	A	L	C	R
N	C	A	N	T	A	T	Y	T	S	J	L	N	T
A	R	E	K	A	M	E	S	I	O	N	A	R	O
O	I	A	C	O	N	F	E	T	T	I	B	E	A

NEW  
FAMILY  
CELEBRATION  
TOAST  
FIREWORKS  
BALL  
CLOCK  
TRADITION  
CONFETTI  
JANUARY  
FRIENDS  
RESOLUTION  
MIDNIGHT  
NOISEMAKER  
BUBBLY  
COUNTDOWN  
SPARKLERS  
HOLIDAY



## Spaghetti Squash Lasagna with Broccolini

By Breana Killeen, *EatingWell Magazine*

### INGREDIENTS

- 1 (2 1/2- to 3-pound) spaghetti squash, halved lengthwise and seeded
- 1 tablespoon extra-virgin olive oil
- 1 bunch broccolini, chopped
- 4 cloves garlic, minced
- ¼ teaspoon crushed red pepper (optional)
- 2 tablespoons water
- 1 cup shredded part-skim mozzarella cheese, divided
- ¼ cup shredded Parmesan cheese, divided
- ¾ teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon ground pepper



### INSTRUCTIONS

Position racks in upper and lower thirds of oven; preheat to 450° F. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400° F until the squash is tender, 40 to 50 minutes.)

Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper; cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.

Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella and 2 tablespoons Parmesan.

Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.



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