



Residents, Families, Staff & Friend

For over 30 years, AlfredHouse communities have consistently ranked among the top assisted living and senior care providers throughout Maryland, Virginia & DC.

Thank you for giving us the opportunity to do what we love! It's been our pleasure to provide unmatched care for you and your loved one.

-Your AlfredHouse Family



ALFREDHOUSE
ASSISTED LIVING
18100 Cashell Rd. Rockville, MD 20853



Care Without Compromise.

(240) 535-0597

ALFREDHOUSE
ASSISTED LIVING

www.alfredhouse.com

BCAT Certified Memory Care • 24/7 Assisted Living Care • Hospice Care • Behavioral Support • Mobility Care
Medication Management • Personalized Care Plans • Respite Care • 1:4 Caregiver To Resident Staffing



Celebrating 30 Years of Boutique Assisted Living



(240) 535-0597

ALFREDHOUSE
ASSISTED LIVING

www.alfredhouse.com

BCAT Certified Memory Care • 24/7 Assisted Living Care • Hospice Care • Behavioral Support • Mobility Care
Medication Management • Personalized Care Plans • Respite Care • 1:4 Caregiver To Resident Staffing

All of us at AlfredHouse, wish you a peaceful and productive 2024. May this year be warm and bright and full of possibilities.

To our families I say a big thank you for being a part of your journey with us. It is with utmost gratitude that I wish to express in this message, we are thankful to each one of you who was/is a Resident of AlfredHouse family. We want to assure you of our continued service in this New Year 2024. It is the quality of care that sets us apart. Hence, we say, ‘WE NEVER STOP CARING’. Keeping this motto in mind we strive to do better each new day.

AlfredHouse had not envisioned 31/32 years tenure, providing the most essential service to the community. Very early on I had realized that there is no substitute for human touch, hence you have noticed one caregiver for every four residents at all AlfredHouse facilities.

I write this note to re-commit and renew my commitment to better care and services at AlfredHouse Eldercare in this New Year.

Veena J. Alfred, PhD., Certified Dementia Practitioner
CEO/Administrator



TESTIMONIAL

Dear Dr. Alfred,
We wish to thank you and all the AlfredHouse V staff for making mom’s last years so much better; especially Rebecca and Susan who cared for her from her first day there until her last day and John the chef who gave her extra cake. The kindness, thoughtfulness and gentle care shown by everyone there to our whole family has been incredible.

Sincerely,
Becky + Carl

IMPORTANT DAYS
& EVENTS

- January 1: Global Family Day
- January 4: World Braille Day
- January 12: National Youth Day
- January 21: World Snow Day

FACT

January is National Hot Tea Month, making it the perfect time to cozy up with a warm cup.

The beginning of the new year with a cup of tea would be a brilliant idea.

The tea drink may be for health purposes or for enjoyment. For centuries, hot tea has played a crucial role in the cultures of many nations.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>ENJOY THE SNOW</div>	<div>HAPPY NEW YEAR Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Crafts-AHI,AHVII <small>New Year's Day</small></div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Games/Trivia</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Fly south with the Monarch Butterflies-AHV,AHI</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teazers Balloon Tennis</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo Crafts-AHI, AHVII Card Games</div>	<div>Family and Friend Visits Saturday afternoon at the Movies-TBC Happy Birthday Eiko-AHV</div>
<div>Family and Friends Visits Sunday afternoon at the Movies-TBC</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Crafts-AHI ,AHVII</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Game/Trivia</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Learn about the Indigenous Americans-AHV</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teazers Balloon Tennis</div>	<div>Music with Josh Sympho ny; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo Crafts-AHI,AHVII Card Games</div>	<div>Family and Friend Visits Saturday afternoon at the Movies-TBC</div>
<div>Family and Friends Visits Sunday afternoon at the Movies-TBC Happy Birthday Marilyn- AHV</div>	<div>Martin Luther King Day Music with Josh Symphony; AHV Music with Josh AH1; Florence Learn about Martin Luther King Physical Fitness/Yoga Daily Chronicles <small>Martin Luther King Jr. Day</small></div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word GameTrivia</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Learn about the National Parks-AHV</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teazers Balloon Tennis</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo Crafts-AHI, AHVII Card Games</div>	<div>Family and Friend Visits Saturday afternoon at the Movies-TBC</div>
<div>Family and Friends Visits Sunday afternoon at the Movies-TBC <small>Activity Professionals Week</small></div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Crafts-AHI, AHVII</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Game/Trivia</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Name that Tune Major Weather Stories-AHV <small>Tu B'Shevat Begins</small></div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teazers Balloon Tennis</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo Crafts-AHI, AHVII Card Games <small>Australia Day (Observed)</small></div>	<div>Family and Friend Visits Saturday afternoon at the Movies-TBC Happy Birthday Isolde- Rebecca House</div>
<div>Family and Friends Visits Sunday afternoon at the Movies-TBC Valentine Decorations with Girl Scout Troupe. TBC AHI, AHV, AH Florence</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Crafts-AHI, AHVII</div>	<div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Game/Trivia</div>	<div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Name that Tune Learn about history of games- AHV Happy Birthdays: Susan-AHII & David-AHV</div>	<div>January 2024 LET IT SNOW!!!!!!!!!!!!!!</div>		