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WHAT HAPPENING IN THE MONTH OF MARCH 2024

- **March 8** is **International Women's Day**,
- **March 10** is the start of **Daylight Saving Time**, which begins at 2:00A.M.
- **March 17** is **St. Patrick's Day**
- **March 24** is **Palm Sunday**, the Sunday before Easter, last Sunday of Lent.
- **March 29** is Good Friday

RECENT TESTIMONIALS

Good After noon,
- I just wanted to take a moment to let

To Sarika and Staff:

It was fortunate that Phil was placed in Symphony House after his mishap. I do appreciate all you did for six months to keep him safe, well fed and nicely groomed. His large, bright room was a pleasant retreat. I thank you for the care and attention he received at Alfred House.

Sincerely, Joan Repetto

CULTURAL SENSITIVITY IN ELDER CARE

America has always been proud of the fact that it's a cultural melting pot that welcomes people of all ethnicities and cultural backgrounds. According to the U.S. Population Reference Bureau, by the end of the current decade, about 30 percent of those over the age of 60 will be of some non-majority ethnicity. Clearly it is time for us to pay more attention to the ethnic diversity of our elderly population, especially when it comes to elder care. To bring cultural sensitivity to caring for a senior, we need to be aware of the person's worldview, cultural traditions, religious or spiritual beliefs and practices. The first step in achieving this awareness is communication. If you are a caregiver, do not hold back from asking questions about the person's cultural background, preferences, traditions, and so on. If you are a senior citizen receiving care, do not hesitate to convey your preferences to your caregiver. Conversations of this sort are an excellent way to establish rapport and develop a closer bond between caregiver and client.

There are certain areas in which major differences exist between standard American culture and the cultures of other societies. Among these are physical touch, personal space, and body language. In some cultures, people greet each other with a handshake, in others with a hug and or a kiss on the cheek, and in still others, they avoid touch altogether and simply bow or join their hands in front of them. Some cultures have regulations about who can touch whom, especially with members of the opposite sex. In terms of personal space, the standard American distance between people in social settings is between one arm's length for close friends and 4 feet or more for acquaintances and strangers. However, in many other cultures, this radius of personal space is much smaller, and maintaining physical distance may convey coldness, indifference, or hostility. In the area of body language, in American culture, avoiding eye contact conveys dishonesty or coldness or social reserve, whereas in some other cultures, direct eye contact is considered rude, and a downcast gaze is a sign of respect. Being unaware of these differences can be a source of misunderstanding when dealing with the elderly clients from non-majority cultures.

Another major area of difference is attitudes to medical care, which are often associated with religious beliefs. They may expect naturopathic treatments, herbal remedies, and they may be confused or put off by insistence on pharmaceuticals, surgery, and other aspects of contemporary Western medicine. Religious beliefs often come into play about treatment. Some religions prohibit certain treatments (such as blood transfusion) that are common in standard medical practice today. Caregivers need to be aware of this and approach the matter of medical care and treatment with caution, always respecting the wishes of the elderly person they are tending.

Food and diet are another sensitive area for the seniors of other cultures. Some religions have dietary restrictions and regulations about what foods can be eaten and how food should be prepared. Caregivers need to be aware of and respect cultural differences of the elderly clients and their worldview. If you are a senior citizen receiving care, you should know that you have a right to your cultural and other beliefs acknowledged, and honored.

Dr. Veena Alfred
Ph.D CEO /Administrator

DAILY ACTIVITIES



VALENTINE'S DAY CELEBRATION



Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday



March 2024

<div></div> <div>March 2024</div>				<div>1</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games</div>		<div>2</div> <div>Family and Friend Visits Saturday afternoon at the Movies-TBC</div>							
<div>3</div> <div>Family and Friends Visits Sunday afternoon at the Movies-TBC</div>		<div>4</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling St Patty's Day Crafts-AHI, AHV, AHIII</div>		<div>5</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</div>		<div>6</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Travelogue to Italy- Symphony</div>		<div>7</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>8</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games</div>		<div>9</div> <div>Family and Friend Visits Saturday afternoon at the Movies-TBC</div>	
<div>10</div> <div>Family and Friends Visits Sunday afternoon at the Movies-TBC <small>Ramadan Begins Daylight Saving Time Begins</small></div>		<div>11</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling St Patty's Day Crafts-AHI, AHV, AHIII</div>		<div>12</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Games/Trivia 3PM-Magruder HS: St Patty's Day Activities-SYM</div>		<div>13</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Travelogue to Ireland- Symphony</div>		<div>14</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>15</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games</div>		<div>16</div> <div>Family and Friend Visits Saturday afternoon at the Movies-TBC</div>	
<div>HAPPY ST PATTY'S DAY TOP OF THE MORNIN' TO Ya!!! Family and Friends Visits Sunday afternoon at the Movies-TBC <small>St. Patrick's Day</small></div>		<div>18</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Spring Crafts-AHI, AHV, AHIII 3pm-Travel to Ireland with Sue-Symphony</div>		<div>19</div> <div>WELCOME SPRING!!!! Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Games/Trivia <small>Spring Begins</small></div>		<div>20</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Travelogue to India- Symphony</div>		<div>21</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>22</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII SYM Card Games</div>		<div>23</div> <div>Family and Friend Visits Saturday afternoon at the Movies-TBC Happy Birthday Lois-AHV <small>Purim Begins</small></div>	
<div>24</div> <div>Family and Friends Visits Sunday afternoon at the Movies-TBC <small>Palm Sunday</small></div>		<div>25</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Spring Crafts-AHI, AHV, AHIII</div>		<div>26</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</div>		<div>27</div> <div>Music with Josh Symphony; AHV Music with Josh AH1; Florence 1-2-3 Stretch/Yoga Travelogue to France- Symphony</div>		<div>28</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>29</div> <div>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games Happy Birthday James (Jim)-Andrus</div>		<div>30</div> <div>Family and Friend Visits Saturday afternoon at the Movies-TBC</div>	
<div>HAPPY EASTER/ EASTER SUNDAY Family and Friends Visits Sunday afternoon at the Movies-TBC <small>Easter Sunday</small></div>		<div>WELCOME SPRING!!!</div>											

Activities are subject to change. Please contact the Recreation office @ 301-260-2080 for any queries.



Residents, Families, Staff & Friends:

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



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18100 Cashell Rd. Rockville, MD 20853



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