



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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EYE HEALTH FOR THE ELDERLY

As we age, one of the first things we notice is the deterioration in our eyesight. In fact, we start having difficulty with seeing things beginning in our early to mid-40s. Fine print becomes difficult to read, and ordering off a menu in a dimly lit restaurant becomes increasingly problematic. We become more sensitive to glare, and we may find that we are losing our ability to differentiate between various shades of certain colors. Our eyes may begin to feel dry and irritated. All these changes that take place as we get older. The lenses in our eyes lose their flexibility, making it difficult to focus on things that are close. That's why we see older folk hold reading material at arm's length. Also, the clear, colorless lenses in our eyes become slightly tinted or become cloudy, and this makes it more difficult to see colors accurately. In addition, our tear glands become less efficient at producing tears, making our eyes to feel dry and itchy. We take these changes in our eyes as part of the process of growing old, and we try to compensate for them with eyeglasses, or contact lenses, or laser eye surgery, or eye drops for dry, itchy eyes.

However, there are more serious problems that can affect our eyes as we reach our 60s. Many of us in our 60s and older suffer from diabetes and high blood pressure. Both these conditions can cause damage to the fine blood vessels in the retina at the back of the eye, and this damage is less easily repaired by the body's natural repair mechanisms as we get older. So, we may experience fluctuations in our vision. At times we may be able to see clearly at other times not. Another vision problem that the elderly face is loss of side vision. When you look straight ahead, you may not be able to see what is to the left and right of you or above and below eye level. This is commonly called "tunnel vision"—it is like looking through a hollow tube. You may also experience blurring, dimness, or cloudiness in what you see. All these symptoms are the result of a condition known as glaucoma, which damages the optic nerve—the nerve that sends signals from your eyes to your brain. If glaucoma is not treated, it can result in total blindness.

Aging causes degeneration of the part of the retina that is responsible for central vision. The condition is known as "age-related macular degeneration" and its effect is the reverse of the effect caused by glaucoma. You may see a blurred, grayed or black spot in the middle of what you are looking at. As the condition gets worse, the spot gets larger and blacker. Being out in the sun too long, maintaining an unhealthy diet, and smoking can increase your risk of developing age-related macular degeneration. Medical conditions such as high blood pressure, obesity, and heart disease can also increase your risk of developing age-related macular degeneration. Another eye condition which the elderly get is a detached retina. As we get older, the gel-like substance inside our eyeballs becomes more liquid and shrinks. This shrinking causes the retina to pull away from its attachment to the back of the eye, or tear. There are other ways the retina can become detached. If you have diabetes, you are at a greater risk of developing a detached retina because the diabetes causes scarring of blood vessels in the retina, as the scars get thicker, they cause the retina to pull away from the back of the eye.

If you are in your 60s or older, it is a good idea to have regular eye examinations with an eye specialist. If you experience any of the things described above, make sure to get it checked out immediately. Your eye health is important and vision loss can be treated and even prevented.

Dr. Veena Alfred Ph.D

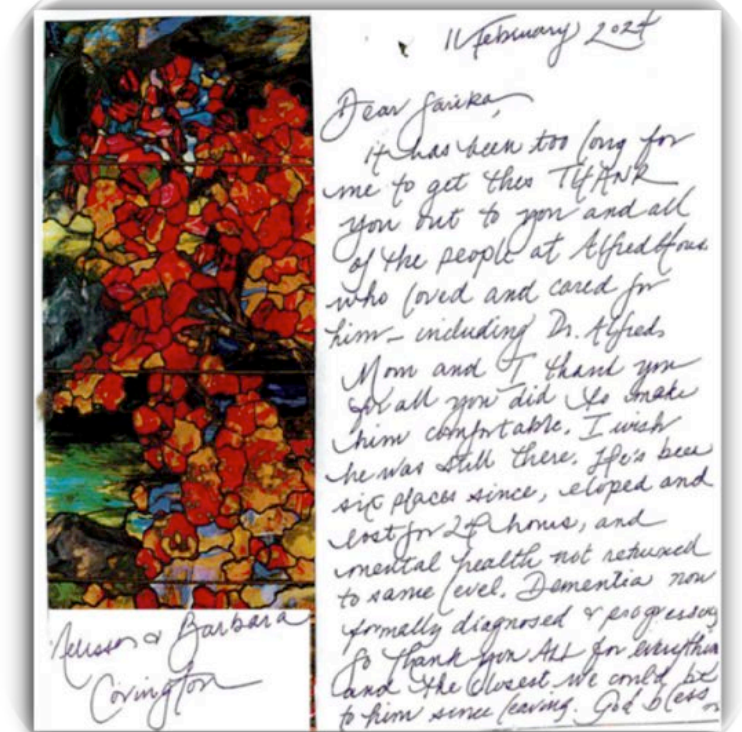
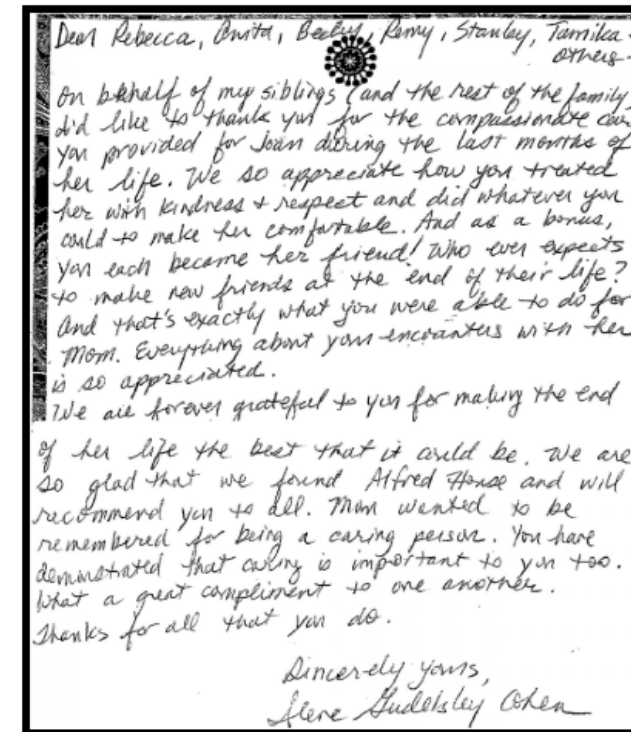
CEO /Administrator



WHAT'S HAPPENING IN THE MONTH OF APRIL 2024

- **April 22** is the start of **Passover** which begins at sundown
- **April 22** is **Earth Day**
- **April 28** is **National Arbor day.**

OUR TESTIMONIES



Welcome!

Steven - Symphony House
Dorothea - Rebecca House
Saraswathi - Symphony House
Thomas - Andrus House
Ray - House V
Anita - House IV
John - Symphony House
Ellen - House V

DAILY ACTIVITIES



DAILY ACTIVITIES





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family and Friends Visits</p> <p>Sunday afternoon at the Movies-TBC</p>	<p>1</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Spring Crafts-AHI, AHV, AHIII <small>All Fools' Day</small></p>	<p>2</p> <p>Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</p>	<p>3</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Travelogue to New York - Symphony</p>	<p>4</p> <p>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Balloon Tennis Happy Birthday Diane-Symphony</p>	<p>5</p> <p>Music with Josh Symphony; AHII Music with Josh Florence; AHII; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games</p>	<p>6</p> <p>Family and Friend Visits</p> <p>Saturday afternoon at the Movies-TBC</p>
<p>Family and Friends Visits</p> <p>Sunday afternoon at the Movies-TBC</p>	<p>8</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Spring Crafts-AHI, AHV, AHIII</p>	<p>9</p> <p>Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</p>	<p>10</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Travelogue to Australia-Symphony</p>	<p>11</p> <p>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teasers Balloon Tennis</p>	<p>12</p> <p>Music with Josh Symphony; AHII Music with Josh Florence; AHII; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games Happy Birthday Joyce-AH Rebecca Happy Birthday Ellen-AH Needwood</p>	<p>13</p> <p>Family and Friend Visits</p> <p>Saturday afternoon at the Movies-TBC</p> <p>Happy Birthday Joyce-AH Rebecca</p>
<p>Family and Friends Visits</p> <p>Sunday afternoon at the Movies-TBC</p> <p>Happy Birthday Tod-Symphony</p>	<p>14</p> <p>Spring Crafts-AHI, AHV, AHIII Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Bonanza Bowling Spring Crafts-AHI, AHV, AHIII</p>	<p>16</p> <p>Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</p>	<p>17</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Travelogue to China-Symphony</p>	<p>18</p> <p>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teasers Happy Birthday Margaret (Peggy)-Symphony</p>	<p>19</p> <p>Music with Josh Symphony; AHII Music with Josh Florence; AHII; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games Passover Mock Seder-AH Symphony</p>	<p>20</p> <p>Family and Friend Visits</p> <p>Saturday afternoon at the Movies-TBC</p>
<p>Family and Friends Visits</p> <p>Sunday afternoon at the Movies-TBC</p>	<p>21</p> <p>Happy Passover 1st Seder 22 Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Bonanza Bowling <small>Passover Begins</small> <small>Earth Day</small></p>	<p>23</p> <p>2nd Seder Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</p>	<p>24</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Travelogue to Holland-Symphony <small>Administrative Professionals Day</small></p>	<p>25</p> <p>Music with Josh Symphony; AHII Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Brain Teasers Balloon Tennis</p>	<p>26</p> <p>Music with Josh Symphony; AHII Music with Josh Florence; AHII; AHIII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Card Games <small>Arbor Day</small></p>	<p>27</p> <p>Family and Friend Visits</p> <p>Saturday afternoon at the Movies-TBC</p> <p>Happy Birthday: Peter-AH Florence; AND Sam AH Needwood; AND Darlene-AH Needwood</p>
<p>Family and Friends Visits</p> <p>Sunday afternoon at the Movies-TBC</p>	<p>28</p> <p>Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Happy Birthday: Steven-Symphony; AND Dolores-AHV Spring Crafts-AHI, AHV, AHIII</p>	<p>29</p> <p>Passover Ends 30 Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Strong and Balance/Yoga Brain Challenges Word Games/Trivia Bowling for... Fun</p>	<h1>April 2024</h1> <h2>.....APRIL SHOWERS.....</h2>			

Activities are subject to change. Please contact 301-260-2080 for further information.