



**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*



**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 Over 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

# Dealing with Uncertain Economic Times

If there is one thing that stands out about the times in which we are living right now is, uncertainty about what we can expect in the immediate future, especially the economic uncertainty we face. It is far more difficult for seniors to deal with uncertainty than it is for younger people, so the seniors among us are being affected mentally and emotionally more than any other age group. Already, seniors across the country are expressing anxiety and concern.

Retired seniors and those approaching retirement are being particularly affected by the economic instability that we are experiencing. Retired people live on a fixed income, and as such they do not have much “wobble room” when it comes to personal finances. The cost of living for all Americans is rising, and it can be expected to keep rising in the immediate future. A lot of the things that seniors need to buy are produced outside the country, and this means that they will be spending a lot more on day-to-day necessities—on certain food items that are imported, such as fruits, vegetables, coffee, and items related to personal hygiene.

Senior can offset this anticipated rise in prices by choosing to stock up on your daily necessities now, while prices are still affordable. This may mean going beyond your weekly or monthly budget, it may pay off in the long run. Something else that you may want to do is shop for groceries at local farmers’ markets instead of the supermarket. You may need to make some changes in your diet and rely only on locally grown food items, since these will be less expensive than imported products.

If you are on prescription drugs, you do not have much choice in avoiding the price increases, since most drugs are manufactured abroad, and they will be subject to price hikes, just like other imported items.

If you are receiving healthcare services from a healthcare professional, you should be prepared for an increase in your healthcare premiums, since economists are expecting inflation to rise, and this will set off a chain reaction, in which rising prices generally will create a need for higher salaries across the board, which means that it will become more costly to engage the services of healthcare providers. This is a cost that seniors will have to absorb, and there is no way to work around it.

If you are receiving a pension, you will find out, because your pension is a fixed amount, it will not go as far as it used to just a few months ago. If you depend heavily on your pension to survive, you will need to do some serious re-budgeting to make your monthly expenses fit your monthly income.

If you have a 401(k), you may have already noticed some discouraging changes. Once again, there is no way to work around this. All you can do is work with it by cutting down on spending and keeping only the essentials. Younger people can look to the more distant future, when economic stability might be restored. However, seniors do not have that option. They cannot look to 20 or 30 years down the road and wait for things to improve over time, so long-term optimism for investments does not work for seniors.

None of this is good news, but if you are prepared you will not be caught off guard.

**Veena Alfred Ph.D.**  
**CEO/Administrator**



## ARTS, CRAFTS & MUSIC





## Testimonials



Dear Dr. Alfred,

*Thank you so much for the wonderful care you have provided for my dear Dad & for the kind reassurance you gave me during this onerous time.*

*Best regards to you all,*  
*Sincerely,*  
*Carol Ragsdale*

YOUR WORDS HAVE COMFORTED US,  
 YOUR SUPPORT HAS STRENGTHENED US,  
 AND YOUR LOVE HAS SUSTAINED US.

*We extend our deepest thanks to you for your kindness during our greatest sadness. We appreciate it more than words can express and it will always be remembered.*

THE FAMILY OF  
 Tod Anthony Ragsdale

Outlook

Thank You / Franklin Price / ALFREDHOUSE Andrus

From John Price <jprice8878@gmail.com>

Date Sat 4/26/2025 6:38 PM

To shane777md@aol.com <shane777md@aol.com>

Cc Ravi Thummalappali <ravi@alfredhouse.com>; vjalfred@gmail.com <vjalfred@gmail.com>; Evangeline Moses <emoses@alfredhouse.com>; Lori Price <pricehouse97@aol.com>

Dear Shane:

Lori and I wish to take a moment to express our sincere thanks to you and your team for the care and attention that was shown to my father and us during our relationship together.

I guess that dad had been in your care for around a decade, and during this time Lori and I always felt that you looked after dad and us more as a brother and a family member than just a client.

I know that the work that you do is filled with challenges, especially in your specialized type of care, but we always felt that your operation was well managed and very attentive to our concerns.

So thanks for that - it meant a lot to me personally knowing that I had you there to care for my father as I worked to look after 2 retired parents as an only son.

And I know that your heart is big and genuine.

Thanks again Shane, and so endeth the chapter of Mr. Franklin Price. I know that he is in a better place now and probably much more comfortable.

Kind regards,

John & Lori Price  
 M 203-273-3491

## OUTING AND ACTIVITIES



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2025

**BUS OUTING FOR MAY:**  
Monday-10am-12pm-AH Symphony/AH6  
2pm-4pm-AH/AHV/AHVII

**Wednesday-10am-12pm-AHIII/AHIII/AHIV**  
1:30pm-4pm-AH Andrus/AH Rebecca

4  
Family and Friends Visits  
Sunday afternoon at the Movies-TBC

5  
**Bus Outings Begin-**  
**Schedule above**  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
**Mother's Day Crafts-**  
**AH; AHV; AHIII; AH**  
**Florence**  
**Happy BDay Betty-AHIII**  
Cinco de Mayo

6  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Strengthen  
Word Games/Trivia  
Symphony-Orchid:  
Lunch Recital, Exercises  
**Happy BDay:Marie-Symphony**  
**AND Yu-AH Florence**

7  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Workout  
Symphony- Orchid:  
Lunch Recital, Exercises,  
Balloon Ball, Crafts

8  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Tone  
Symphony-Orchid:  
Lunch Recital, Exercises,  
**Mother's Day Crafts- AHI;AHV;**  
**AH Florence**  
**Happy BDay Farideh-AHV**

9  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physically Fit  
Bingo-AHI; AHV; AH Florence  
Scrabble-AHV  
Symphony-Orchid:  
Lunch Recital, Exercises,  
Word Games, Balloon Ball

10  
Family and Friends Visits  
Saturday afternoon at the Movies-TBC

11  
**HAPPY MOTHER'S DAY**  
Family and Friends Visits  
Sunday afternoon at the Movies-TBC  
**Mother's Day Celebrations**  
Mother's Day  
National Skilled Nursing Care Week

12  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Fitness,  
**Memorial Day Crafts-**  
**AHI;AHV;AHIII; AH**  
**Florence**  
Symphony- Orchid:

13  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Strengthen  
Word Games/Trivia  
Symphony-Orchid:  
Lunch Recital, Exercises  
Balloon Ball, Crafts  
**Happy BDay Ellen-AHV**

14  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Workout  
Symphony- Orchid:  
Lunch Recital, Exercises,  
Balloon Ball, Crafts

15  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Tone  
Card Games-AHV  
Symphony-Orchid:  
Lunch Recital, Exercises,  
**Memorial Day Crafts- AHI; AHV;**  
**AH Florence**  
**Happy BDay Rhoda-AHI**

16  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physically Fit  
Bingo-AHI; AHV; AH Florence  
Scrabble-AHV  
Symphony-Orchid:  
Lunch Recital, Exercises,  
Word Games, Balloon Ball  
**Happy BDay Lee-Symphony**

17  
Family and Friends Visits  
Saturday afternoon at the Movies-TBC  
**Happy BDay Thomas-AHII**  
Armed Forces Day

18  
Family and Friends Visits  
Sunday afternoon at the Movies-TBC

19  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Fitness, Chronicles  
**Memorial Day Crafts-**  
**AHI;AHV;AHIII; AH Florence**  
Symphony- Orchid:  
Lunch Recital, Exercises  
Balloon Ball, Crafts  
Victoria Day (Canada)

20  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Strengthen  
Word Games/Trivia  
Symphony-Orchid:  
**3pm-Magrunder HS-Leo Club-**  
**Mother's Day Flower**  
**Arranging-Symphony**

21  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Workout  
Symphony- Orchid:  
Lunch Recital, Exercises,  
Balloon Ball, Crafts

22  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Tone  
Card Games-AHV  
Symphony-Orchid:  
Lunch Recital, Exercises,  
Word Games, Balloon Ball  
**Memorial Day Crafts- AHI; AHV;**  
**AH Florence**

23  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physically Fit  
Bingo-AHI; AHV; AH Florence  
Scrabble-AHV  
Symphony-Orchid:Lunch Recital,  
Exercises,  
Word Games, Balloon Ball

24  
Family and Friends Visits  
Saturday afternoon at the Movies-TBC  
**Happy BDay Ann-Symphony**

25  
Family and Friends Visits  
Sunday afternoon at the Movies-TBC

26  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Fitness, Chronicles  
**Memorial Day Crafts-**  
**AHI;AHV;AHIII; AH Florence**  
Symphony- Orchid:  
**MEMORIAL DAY BBQ-**  
**Weather pending**  
Memorial Day

27  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Strengthen  
Word Games/Trivia  
Symphony-Orchid:  
Lunch Recital, Exercises  
Balloon Ball, Crafts

28  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physical Workout  
Symphony- Orchid:  
Lunch Recital, Exercises,  
Balloon Ball, Crafts

29  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AHIII; AHIV; AHII  
Stretch and Tone  
Card Games-AHV  
Symphony-Orchid:  
Lunch Recital, Exercises,  
Word Games, Balloon Ball  
**Spring Crafts- AHI; AHV;**  
**AH Florence**

30  
Music with Josh  
AH Andrus; AH Rebecca  
Music with Josh  
AH Florence; AHV; AHI  
Physically Fit  
Bingo-AHI; AHV; AH Florence  
Scrabble-AHV  
Symphony-Orchid:Lunch Recital,  
Exercises,  
Word Games, Balloon Ball  
**Happy BDay Elgin-Symphony**

31  
Family and Friends Visits  
Saturday afternoon at the Movies-TBC

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