



**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*



BCAT Certified Memory Care • 24/7 Assisted Living Care • Personalized Care Plans • Respite Care • 1:4 Caregiver To Resident Staffing

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# Early Signs of Alzheimer's

## What Families Need to Know

After more than three decades of caring for seniors here in Maryland, I've sat across from countless families who say the same thing: "I noticed something was off, but I didn't know what to look for." Early recognition of Alzheimer's disease can make a profound difference — not just in planning care, but in preserving quality of life for as long as possible.

Alzheimer's is not a normal part of aging. While it's true that some forgetfulness comes with getting older, there's a meaningful difference between occasionally misplacing your keys and repeatedly forgetting the names of close family members. The disease progresses in stages, and catching it early opens the door to conversations, medications, and planning that simply aren't available later on.

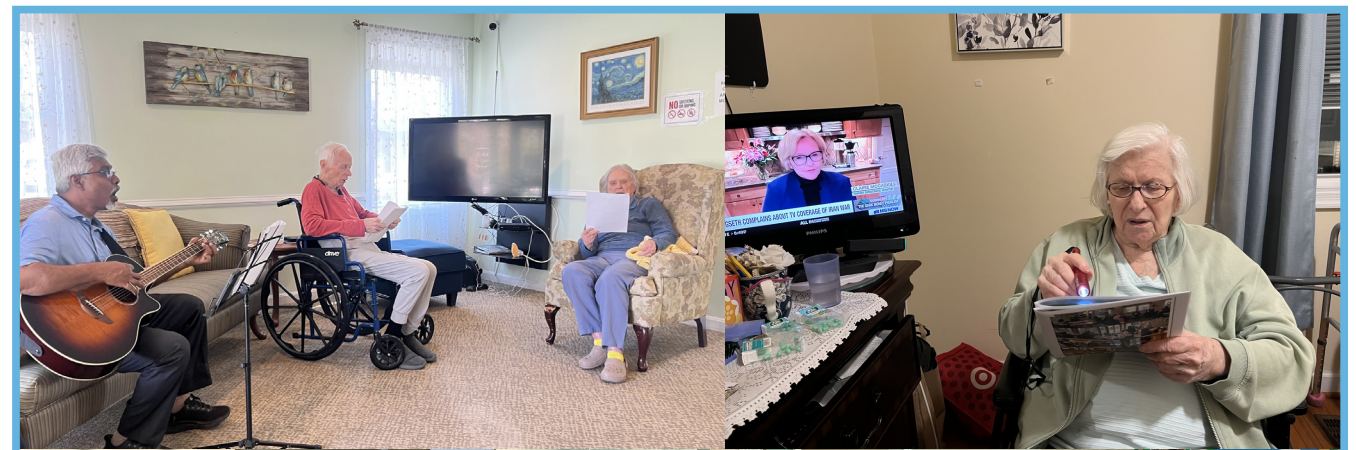
Some of the most common early warning signs include asking the same questions repeatedly within a short period of time, getting lost in familiar places, difficulty following recipes or managing finances that were once second nature, and noticeable changes in mood or personality — particularly increased anxiety, suspicion, or withdrawal from social activities.

What I always encourage families to watch for is a pattern, not a single incident. One confusing afternoon doesn't signal Alzheimer's. But if you find yourself noticing these behaviors consistently over weeks and months, it's time to schedule an evaluation with a physician.

At Alfred House, we welcome families to reach out even before a formal diagnosis. Understanding what your loved one may be experiencing — and what support looks like — helps everyone navigate the journey ahead with more confidence and less fear. You don't have to figure this out alone.

**Veena J Alfred PhD**  
CEO/Administrator





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

Morning Circle & Balloon Ball

All about Wood

May Day



Creepy Crawlies



HBday Betty AH 3

Morning circles and Stretch Exercise

Bug Coloring  
Star Wars Day

Morning circles and Tai Chi  
Stone painting



HBday Betty J AH 3  
Cinco de Mayo

Morning circles, and Stretching/Bending

Insectarium

HBday Yu Liu AH 7  
National Nurses Day

Morning circles, Weights And Walking

Insects sorting and Table displays.

Morning Circle Balloon Ball

Singing and Carousel  
HBday Farideh AH 5

Military Spouse Day



Lost Sock Memorial Day

Camping Week



Mother's Day  
National Skilled Nursing Care Week

Morning Circles and chair exercisers

Share Camping Experiences  
Make a camping list.

Morning Circles and Tai Chi

knowing the constellations



Morning circles & Bowling  
Tent making



HBday Alexandra - Rebecca

Morning circle & Leg exercise

Camping word games - Roll and Tell

Morning Circles and Camping Bingo

HB - Leslie - Symphony  
Patricia - NW  
Rhoda - AH1

Intl Day of Families



HBday - Lee - Andrus  
Armed Forces Day

Socks Week



Morning Circles and chair exercisers, Singing

Sock Toss and Juggle  
Board Games

Victoria Day (Canada)

Morning Circles and Passing the ball

Match the Socks  
Word search

Morning Circles and Weights

Sock Puppets Craft  
Singing

National Rescue Dog Day

Morning Circles and Balloon ball

Sock Mismatch - Wear different Sock

Shavuot Begins

Morning Circles and Hallway walk

Poker Keno

HBday - Michael C - Symp



History Week

HBday Ann Symp

Morning Circles and Hallway walk

Watch History Documentary

Memorial Day

Morning Circles Tai Chi

Collage Making - History Moments

Morning Circles and Passing the ball

Your favorite Historical Person

Morning Circles, Stretch and bend, Singing

Coloring - Historical Monuments

Morning Circles and balloon ball

Board Games - Cards/Dominos/Checkers

HBday Elgin - Andrus



31 Field Trips are scheduled two days before the trip, and are weather dependent.



Ice Cream Month

