



**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 • Hospice Care • Behavioral Support • Mobility Care • Medication Management • 1:4 Caregiver To Resident Staffing

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# Dementia vs. Normal Aging: How to Tell the Difference

One of the questions I hear most often from adult children who visit Alfred House is: "Is what I'm seeing in my parent normal, or should I be worried?" It's one of the most important questions you can ask — and the answer matters enormously for how you plan ahead.

Normal aging does affect memory and cognition, but in predictable, manageable ways. A 75-year-old might take a little longer to recall a name or need to write down appointments more consistently than they did at 50. These changes are inconvenient but don't interfere with daily life in a significant way.

Dementia, on the other hand, is characterized by a decline that interferes with everyday functioning. Signs that go beyond normal aging include becoming confused about the year or season, difficulty recognizing longtime friends or family members, using wrong words regularly or losing the thread of a conversation, trouble with basic self-care tasks, and making poor judgment calls that would have been uncharacteristic before.

It's also worth noting that dementia is an umbrella term — Alzheimer's disease is the most common form, but there are others, including vascular dementia, Lewy body dementia (LBD), and frontotemporal dementia (FTD). Each has slightly different patterns of symptoms and progression, which is why a thorough medical evaluation is essential.

If you're unsure whether what you're observing warrants concern, please don't hesitate to speak with a healthcare professional. In 34 years, I have never once had a family regret asking the question. Early conversations lead to better outcomes — every time.

**Veena Alfred, PhD**  
**CEO/Administrator**





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### Craft week

1  
Discussion circles and  
Strech Exercise  
  
Cotton Ball Candy  
Making  
*HBDay Dorothy AH1*

2  
Discussion Circles, Tai  
Chi, Singing  
  
Stoney Craft

3  
Reminiscing  
and Stretching/Bending  
  
Button Tree craft  
*HBDay Susan - Andrus*

4  
Dumb Charades,  
Weights and Singing  
  
Sun Craft

5  
Discussion circles and  
Balloon Ball  
  
Board Games  
Environment Day



### World Ocean Week



7  
Discussion circles and  
Bowling  
World Ocean Day  
Dolphin Day  
  
*HBDay Melissa Andrus &  
Janine AH 3*

8  
Exercise and Singing  
  
Starfish Day  
  
*HBDay Dennis - Rebecca*

9  
Discussion circles and  
Chair Exercise  
Octopus Day  


10  
Morning Circles and  
Hallway walk  
Gelly Fish Day  


11  
Discussion circles and  
Weight exercise  
  
Poker Keno with gifts



### Mix Week

Flag Day (U.S.)

14  
Sharing Circles and  
chair exercise, Singing  
  
Painting

15  
Sharing Circles and  
Passing the ball  
  
Puzzles Day

16  
Passing the parcel,  
and Stretching/Bending  
  
Reminiscing and drawing  
HS and University Mascots  
  
National Mascot Day

17  
Morning circles & Leg  
exercise  
  
Father's Day Craft

18  
Morning circles and  
Strech Exercise  
  
Bingo with gifts



*HBDay Becky AH2*

Juneteenth

### Rainforest Week

Father's Day  
Summer Begins

21  
Dumb Charades and  
chair exercisers  
  
Watching videos on  
rainforest

22  
Morning Circles,  
Singing  
  
Rainforest Flora and Funa  
  
Typewriter Day

23  
Discussion circles,  
Weights, stand and sit  
exercise  
  
Rainforest word  
puzzles

24  
Discussion circles and  
Balloon Ball  
  
Rainforest Quiz

25  
Discussion circles  
  
Mowgli Movie  
  
Barcode Day activity



Helen Keller Day

### Memory Lane Week

*HBDay Anthony - AH1  
James H - AHV*

28  
Morning Circles and  
Hallway walk  
  
Back in 60's and 70's  
  
*HBDay Keith - Symphony*

29  
Discussion circles, Tai  
Chi Exercise and  
Balloon Ball  
  
Board Games



# June 2026

## Welcome Summer!

