



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 • Hospice Care • Behavioral Support • Mobility Care
Medication Management • Personalized Care Plans • Respite Care • 1:4 Caregiver To Resident Staffing

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Having the Conversation

How to Talk to a Parent About Memory Care

There are few conversations harder than sitting down with a parent and expressing your concern about their memory and safety. At AlfredHouse Eldercare, we've helped guide hundreds of Maryland families through this moment, and I want to share some of what we've learned over the years.

First: timing and setting matter. Choose a calm, private moment when your loved one is well rested and not already stressed. Avoid bringing it up after an incident — when emotions are high on both sides, the conversation rarely goes well. Instead, frame it as coming from love and concern, not frustration.

Use "I" language rather than accusatory statements. Instead of "You keep forgetting everything," try "I've noticed some things lately that worry me because I love you and want to make sure you're safe." This approach invites a conversation rather than triggering defensiveness.

Be prepared for pushbacks. Many older adults are aware on some level that something has changed, and denial is a natural response to fear. Your job isn't to win the argument — it's to plant a seed of openness. Sometimes these conversations need to happen more than once before a parent is ready to take the next step.

Most importantly, make it clear you are not trying to take over their life. The goal is to support their independence and dignity for as long as possible. When families approach memory care as a team effort rather than a takeover, the transition tends to go much more smoothly for everyone — especially the senior.

Veena Alfred Ph D

CEO / Administrator





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Morning Circles Balloon Ball and Weights Music Florence, AH 1, AH V and Symphony 04 th July 250 Quiz Canada Day	2 Morning Circles Outside Walk (Vit D) Music AH 2, Andrus and Rebecca 04 th July 250 Coloring	3 Morning Circles Reach and Chair exercise, Music Florence, AH 1, AH V and Symphony 04 July 250 Prep <i>Birthday – Symp Maxine</i>	4  Independence Day (U.S.)
5 <i>Just Having Fun! Week</i>	6 Morning Circles Strech and Weights Music Florence, AH 1, AH V and Symphony <i>Rebecca house Field trip</i> Summer Coloring	7 Morning Circles Bowling and Arm Exercise Music AH 2, Andrus and Rebecca Match the Slogan	8 Morning Circles Bounce Ball and Leg Movements Music Florence, AH 1, AH V and Symphony Tongue Twisters	9 Morning Circles Outside Walk (Vit D) Music AH 2, Andrus and Rebecca <i>Symphony house field trip</i> “Remember When”	10 Morning Circles Balloon Ball Music Florence, AH 1, AH V and Symphony <i>Andrus House Field Trip</i> Movie Time – Dumb and Dumber	11 <i>Birthday – AH 2 Pius</i>
12  <i>No Bake Week!</i>	13 Morning Circles Reach and Chair exercise, Music Florence, AH 1, AH V and Symphony Ice Box cake Rebecca Reading Time	14 Morning Circles Tai Chi Music AH 2, Andrus and Rebecca Ice Box cake Andrus Unscramble Words Bastille Day	15 Morning Circles Upper Body Twists and Turns Music Florence, AH 1, AH V and Symphony Ice Box cake AH 2 Coloring <i>Birthday – AH 1 Jackie</i>	16 Morning Circles Bend and Strech Music AH 2, Andrus and Rebecca Ice Box cake AH 3 Word Search	17 Morning Circles and Bowling Music Florence, AH 1, AH V and Symphony Ice Box cake AH4 Bingo/Poker Keno <i>Birthday – AH V Ananth & Betty</i>	18 
19  <i>No Bake Week cont.!</i> <i>Birthday – AH 2 Andy</i>	20 Morning Circles Outside Walk (Vit D) Music Florence, AH 1, AH V and Symphony Ice Box cake Symphony Reading Time	21 Morning Circles Back Throw Music AH 2, Andrus and Rebecca Ice Box cake AH V – 1:30 to 2:30 Summer Coloring	22 Morning Circles Bounce Ball and Leg Movements Music Florence, AH 1, AH V and Symphony Ice Box cake AH 1 2:00 pm- 3:00 pm Story Chain	23 Morning Circles Strech and Bends Music AH 2, Andrus and Rebecca Ice Box cake AH 7 3:00 pm 4:00 pm Puzzles	24 Morning Circles Balloon Ball Music Florence, AH 1, AH V and Symphony Movie Time - Mowgli	25
26 <i>All About Board!</i>	27 Morning Circles Back Throw Music Florence, AH 1, AH V and Symphony Andrus pets on wheels visit <i>Birthday – Rebecca Seyhan</i>	28 Morning Circles Reach and Chair exercise, Music AH 2, Andrus and Rebecca Board Games	29 Morning Circles Outside Walk (Vit D) Music Florence, AH 1, AH V and Symphony Board Games	30 Morning Circles Tai Chi Music AH 2, Andrus and Rebecca Summer Coloring <i>Birthday – AH V Alice</i>	31 Morning Circles Balloon Ball Music Florence, AH 1, AH V and Symphony Bingo/Poker Keno	31 