



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



Celebrating Over 30 Years of Boutique Assisted Living



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18100 Cashell Rd. Rockville, MD 20853

What to Look for When Choosing a Senior Care Facility

Choosing the right care facility for an aging loved one is one of the most significant decisions a family will ever make. As someone who has operated AlfredHouse Eldercare in Maryland for over 34 years, I've seen this decision made well — and I've seen it made in crisis, under pressure, without enough time to ask the right questions. I want to help you avoid the latter.

Start with the basics: Is the facility licensed and in good standing with the state? In Maryland, assisted living facilities are regulated by the Department of Health. You can review inspection records and any citations before ever stepping foot in the door. This step alone can narrow your list considerably.

When you visit, pay attention to the atmosphere, not just the amenities. Does the staff greet residents by name? Do residents appear engaged and cared for, or are they left unattended for long stretches? Is the environment clean and free of unpleasant odors? Trust your instincts — you'll often sense more than any checklist can tell you.

Ask about staff-to-resident ratios, staff turnover rates, and how the facility handles medical emergencies. High turnover is a red flag in elder care; consistency of caregivers is directly tied to quality of life for residents, especially those with dementia.

Finally, ask how the facility involves families in care planning. The best facilities treat family members as partners. At AlfredHouse, families are always part of the conversation — because that partnership is central to everything we do.

Veena Alfred Ph D

CEO / Administrator





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Seashells, Sunshine, S'mores, Lemonade...

 August 2026  Seashells, Sunshine, S'mores, Lemonade... Family and Friends visit Saturday afternoon movies						1
2 Family and Friends visit Sunday afternoon movies	3 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, and International Watermelon Day Social	4 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Balloon Ball, Reminiscing, Singing & Board Games National Chocolate Chip Cookie Day	5 Music with Josh AH Florence, AH1, AHV and Symphony Recreation Time International Watermelon Day Social Happy Birthday – Carolyn, AH V	6 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Singing, Bowling, Outside Walk, General knowledge Quiz	7 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, Strech & Bend Poker Keno/Jungle Book Movie Happy Birthday – Thomas, Symp	8 Family and Friends visit Saturday afternoon movies
9 Family and Friends visit Sunday afternoon movies Happy Birthday – Dean, Andrus	10 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Chair Based Exercise, S'mores history, Coloring National S'mores Day	11 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Weights & Bands Singing & Action Songs Music with Julie - Andrus	12 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Back & Front throw Ball, Acrostic Poem	13 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Balloon Ball, Reminiscing, Singing & Board Games	14 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical Therapy, Singing, Tai Chi Bird Watching Happy Birthday – Genevieve, AH 3	15 Family and Friends visit Saturday afternoon movies
16 Family and Friends visit Sunday afternoon movies Happy Birthday – Kathleen, AH 2	17 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical Therapy: Chair Based Exercise & Painting	18 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Balloon Ball, Reminiscing, Singing & What if...?	19 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, Bowling, Outside Walk, General knowledge Quiz World Humanitarian Day	20 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Passing the parcel, Singing Sorting & separating Word Honeybee Day	21 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical therapy, Weights & Bands Singing & Poker Keno	22 Family and Friends visit Saturday afternoon movies Happy Birthday – Regina, AH 4 Rose, Florence
23 Family and Friends visit Sunday afternoon movies	24 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Balloon Ball, Singing & Board Games	25 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Chair Based Exercise & Book Reading	26 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Back & Front throw Ball, I wonder...! Women's Equality Day	27 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Weights & Bands Action Songs & Coloring	28 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical exercise, Tai Chi and Reminiscing	29 Family and Friends visit Saturday afternoon movies
30 Family and Friends visit Sunday afternoon movies Happy Birthday – Phyllis, AH 4	31 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Action Songs and Monthly Reflections Happy Birthday – James B, Symp, Anna, AH 2	Field Trips Monday/Thursday/Friday Symphony and AH6 10:00 am to 12:00pm AH 1, 5 and 7 2:00 pm to 4:00 pm AH 2, 3 and 4 10:00 am to 12:00 pm Andrus and Rebecca 1:30 pm to 4:00 pm  Watermelon Social ! 				



**Watermelon
Social !**

