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October 2026 Newsletter

BOUTIUE ELDERCARE
35 YEARS
IN MARYLAND

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

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Celebrating Over 30 Years of Boutique Assisted Living

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Medication Management • Personalized Care Plans • Respite Care • 1:4 Caregiver To Resident Staffing

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18100 Cashell Rd. Rockville, MD 20853

Nutrition and Aging: Why What Seniors Eat Matters More Than Ever

Food is medicine — and nowhere is that more true than in the care of older adults. Over my years at AlfredHouse, I've witnessed firsthand how proper nutrition supports cognitive function, physical strength, immune health, and emotional well-being in our senior residents. It's not an afterthought; it's a cornerstone of quality care.

As the body ages, nutritional needs shift in important ways. Metabolism slows, which means caloric needs decrease — but the need for nutrients like calcium, vitamin D, B12, and protein increases. Many seniors are simultaneously eating less while needing more nutrient density per bite. This is why the quality of what they eat matters so much.

Dehydration is another serious concern that often goes unrecognized. Older adults frequently have a diminished sense of thirst, meaning they may not drink enough water unless prompted. Dehydration can contribute to confusion, falls, urinary tract infections, and constipation — all of which are common and often preventable.

For individuals with dementia, mealtime presents its own set of challenges. Difficulty using utensils, forgetting how to chew or swallow, or simply losing interest in food can all occur as the disease progresses. At AlfredHouse, our team is trained to adapt meals and mealtimes to meet each resident where they are.

If you're caring for an aging parent at home, I encourage you to have a conversation with their physician about their current nutritional status. A simple blood panel can reveal deficiencies that are remarkably easy to address — and the difference in quality of life can be significant.

Veena Alfred, Ph D.
CEO /Administrator

























October 2026

Blessings, Happiness and Gratitude!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Morning Circle, Balloon Ball and Autumn Leaf Garlands 	2 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Autumn Leaf Garlands  Rebecca $ Andrus	3 *Family and Friends visit* *Rabbi Stoliks (Chabad Olney) visit at Symphony at 02:00 pm* Simchat Torah Begins
4 *Family and Friends visit* *Movie afternoon – 9-5*	5 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Balloon Ball and Reminiscing with tea and cookies	6 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Weights & Bands Singing & Action Songs *Happy Bday Phyllis AH 3*	7 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Chair based exercise and Autumn Door Wreaths craft *Happy Bday Marjorie NW*	8 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Morning Circle Ball Back throw and Autumn Door Wreaths craft 	9 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, and social time with movie – Cheaper by the Dozen *Happy Bday Mayrene AH 1*	10 *Family and Friends visit* *Happy Bday Saraswathi Symp, Brenda AH V and Carmelita Rebecca*
11 *Family and Friends visit* *Movie afternoon - They Went That-A-Way & That-A-Way*	12 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Balloon Back throw and Puzzles Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Baking Pumpkin Pie  *Happy Bday Brian AH 1*	14 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Baking Pumpkin Pie 	15 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Morning Circle Physical Therapy: Weights & Bands Craft - Playdough figures	16 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Poker Keno with treats  Symphony	17 *Family and Friends visit* *Happy Bday John L, AH V*
18 *Family and Friends visit* *Movie afternoon – No time for Sargent's*	19 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, and social time with tea and cookies	20 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Weights & Bands Scrabble and Cards	21 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, and social time with coloring/Sketching *Happy Bday Paul Andrus*	22 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Tai Chi Craft - Playdough Figures	23 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, and social time with Dump Charades  AH 1, 5 & 7	24 *Family and Friends visit* *Happy Bday Jose Andrus*
25 *Family and Friends visit* *Happy Bday Matias Rebecca*	26 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Balloon Back throw and Puzzles	27 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Upper body twist and Tai Chi Sorting things	28 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Hangman and social time with tea and cookies	29 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Weights & Bands Coloring fall drawings	30 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Morning Circle and Bingo with treats	31 *Family and Friends visit* *Halloween dress code*  Halloween