



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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18100 Cashell Rd. Rockville, MD 20853



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Dehydration and the Elderly

Those over 65 years of age are aware of the changes that take place in our body as we age. Our eyesight gets poor, our hearing becomes less sensitive, our muscles lose their firmness, we get tired more easily, our memory is not as good as it once was. However, there is one change that is not obvious, and it occurs without any noticeable outward signs—this is what makes it dangerous, especially during summer. When the heat causes us to sweat more, and our body's water supply becomes depleted.

When we get past the age of about 65, our bodies begin to store less and less water. This change is accompanied by our brain's reduced ability to detect thirst, simply because our brain has become less efficient at doing its job. These two factors put together mean that the elderly tend to suffer from dehydration more frequently than younger people. Added to this the fact many elderly have problems with their kidneys, and this affects the amount of water stored in the body. Many elderly are on several medications, and some of these medications can cause dehydration as a side effect. Thus, dehydration is a very common reason for hospitalization among the elderly.

Of course, elderly need water as much as younger folks do. Enough water is necessary in the body for maintaining the right body temperature, for flushing out toxins and waste products that might otherwise accumulate in the body, and for lubricating the body's various joints. The amount of water in our body does not remain constant, and as water is lost through sweating and urination, it needs to be replaced. However, in addition to these there are other factors that cause the body to lose water and become dehydrated.

Here are some signs to look for to know whether you are becoming dehydrated, even when you do not feel thirsty: dry mouth, headache, tiredness, lack of energy, sunken eyes, dizziness, muscle cramps, chills, flushed skin, urine that is darker than normal or less frequent than normal. When you become seriously dehydrated, your heart rate will increase significantly; you may feel confused or disoriented; you may have fainting spells; you may have difficulty moving around; and experience prolonged diarrhea or vomiting. Dehydration is a serious problem, since it can lead to heat exhaustion and heatstroke; it can cause seizures as a result of low potassium and sodium levels; it can produce kidney failure or other kidney issues such as urinary tract infections or kidney stones; and in some cases, it can cause a serious drop in blood pressure and low oxygen levels. Some or all of these can be life-threatening to the elderly.

If you are over 65, there are several things that you can do to stay adequately hydrated. Drink plenty of fluids but be careful what you drink. Water is, of course, the best drink, but milk and juices are also suitable for the sake of variety. Keep coffee, tea, soda, and alcohol to a minimum, since these drinks worsen the effects of dehydration. If you have difficulty with remembering to drink and do not feel thirsty very often, you can set reminders, use a timing device to remind you to drink water.

This will ensure that you get plenty of water on a regular basis. If you have an overactive bladder or suffer from incontinence, make sure you have easy access to a toilet.

Dr. Veena Alfred Ph.D.
CEO/Administrator



Welcome to AlfredHouse

May McCormack - AH I
 Thomas Mancuso - AH III
 Williams Wilson - AH Florence
 Joseph Buffington - AH Symphony
 Clifford Obed Briscoe - AH Symphony
 Laura Mills - AH Symphony
 Charles Cozad - AH Symphony

Month of Events - August 2024

- August 2 - National Ice Cream Sandwich Day 🍦 ...
- August 3 - Watermelon Day 🍉 ...
- August 4 - National Chocolate Chip Cookie Day 🍪 ...
- August 8 - International Cat Day 🐱 ...
- August 12 - International Youth Day 🎉

Summer Fun-Ice Cream Party

Proud of my painting

Let's Dance

We love music

What's the next move?

In-house Artist



Happy Times



Field Trips



Independence Day July 4



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Music with Josh Florence; AHI; AHV Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Balloon Tennis	2 Music with Josh Florence; AHI; AHV Music with Josh AHIII; AHIV; AHII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Summer Crafts-AHI, AHV, AHIII	3 Family and Friend Visits Saturday afternoon at the Movies-TBC
4 Family and Friends Visits Sunday afternoon at the Movies-TBC Happy B'Day Marilyn-Symphony	5 Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Summer Crafts-AHI, AHV, AHIII Bus Outing: 10am-12pm-Sym/AH6 2pm-4pm-AHI/AHV	6 Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Bus Outing: 10-12noon-1:30pm-4pm-AHVII/AHI/AHV Happy B'Day Thomas-ANDRUS	7 OLYMPIC DAY-ALL HOUSES Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Bus Outing: 10am-12pm-Sym/AH6 1:30pm-4pm-Andrus/Rebecca	8 Music with Josh Florence; AHI; AHV Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Balloon Tennis	9 Music with Josh Florence; AHI; AHV Music with Josh AHIII; AHIV; AHII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Summer Crafts-AHI, AHV, AHIII Happy B'Day Dean-Andrus	10 Family and Friend Visits Saturday afternoon at the Movies-TBC Happy B'Day Sandra-AHV
11 Family and Friends Visits Sunday afternoon at the Movies-TBC	12 Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Summer Crafts-AHI, AHV, AHIII Bus Outing: 10am-12pm-Sym/AH6 2pm-4pm-AHI/AHV	13 Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Bus Outing: 10-12noon-1:30pm-4pm-AHVII/AHI/AHV	14 Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Bus Outing: 10am-12pm-Sym/AH6 1:30pm-4pm-Andrus/Rebecca Happy B'Day Joan-AHIII	15 Music with Josh Florence; AHI; AHV Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Balloon Tennis	16 Music with Josh Florence; AHI; AHV Music with Josh AHIII; AHIV; AHII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Summer Crafts-AHI, AHV, AHIII Happy B'Day Kathleen-AHII	17 Family and Friend Visits Saturday afternoon at the Movies-TBC
18 Family and Friends Visits Sunday afternoon at the Movies-TBC	19 Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Summer Crafts-AHI, AHV, AHIII Bus Outing: 10am-12pm-Sym/AH6 2pm-4pm-AHI/AHV	20 Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Bus Outing: 10-12noon-1:30pm-4pm-AHVII/AHI/AHV	21 Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Bus Outing: 10am-12pm-Sym/AH6 1:30pm-4pm-Andrus/Rebecca	22 Music with Josh Florence; AHI; AHV Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Balloon Tennis	23 Music with Josh Florence; AHI; AHV Music with Josh AHIII; AHIV; AHII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM Summer Crafts-AHI, AHV, AHIII	24 Family and Friend Visits Saturday afternoon at the Movies-TBC
25 Family and Friends Visits Sunday afternoon at the Movies-TBC	26 Music with Josh Symphony; AHI; AHV Music with Josh AH; Florence; AHII; AHIII Physical Fitness/Yoga Daily Chronicles Summer Crafts-AHI, AHV, AHIII Bus Outing: 10am-12pm-Sym/AH6 2pm-4pm-AHI/AHV	27 Music with Josh Symphony; AHV Music with Josh Andrus; Rebecca Bus Outing: 10-12noon-1:30pm-4pm-AHVII/AHI/AHV	28 Music with Josh Symphony; AHI; AHV Music with Josh Florence; AHII; AHIII 1-2-3 Stretch/Yoga Balloon Tennis Bus Outing: 10am-12pm-Sym/AH6 1:30pm-4pm-Andrus/Rebecca	29 Music with Josh Florence; AHI; AHV Music with Josh Andrus; Rebecca Stretch and Strengthen/Yoga Assorted Board Games -AHV Balloon Tennis	30 Music with Josh Florence; AHI; AHV Music with Josh AHIII; AHIV; AHII Stretch and Strengthen/Yoga Bingo-AHI, AHV, AHVII, SYM	31 Family and Friend Visits Saturday afternoon at the Movies-TBC Happy B'Day Ana Mae-AHII

Activities are subject to change. Please contact the Recreation Department at 301-260-2080.