



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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Caregiver Burnout Is Real: Recognizing It and Finding Relief

In my 34 years in senior care, some of the most worn-down people I've encountered have not been residents, but adult children and spouses caring for loved ones at home while trying to keep up with their own lives. Caregiver burnout is one of elder care's most overlooked challenges, and it deserves a more open, honest conversation.

Burnout doesn't happen overnight. It accumulates quietly—through missed sleep, skipped doctor's appointments, canceled plans, and the relentless feeling that no matter how much you give, it's never quite enough. Common signs include emotional exhaustion, increased irritability, withdrawal from friends and other family, and a sense of hopelessness about the situation.

Here's what I want every caregiver to hear: needing help is not a failure. Recognizing your limits is not abandonment. In fact, caregivers who burn out are at significantly higher risk of providing lower-quality care—not because they don't love their family member, but because they are human, and humans have limits.

Respite care — short-term relief for primary caregivers — exists precisely for this reason. Whether it's a few hours a week with an in-home aide or a temporary stay at a care facility, giving yourself a break is one of the most loving things you can do for both yourself and the person you're caring for.

If you're feeling the weight of caregiving and aren't sure where to turn, reach out. Resources exist, support groups exist, and facilities like AlfredHouse can help you explore your options without pressure or judgment.

Veena Alfred, Ph D.
CEO /Administrator







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 		1 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Balloon Ball, Reminiscing, Singing & Board Games	2 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Favorite Memory of September & Board Game	3 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Singing, Bowling, Outside Walk, General knowledge Quiz	4 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, Strech & Bend Poker Keno/Bingo	5 Family and Friends visit Saturday afternoon movies Happy BDay Symp - Michael
6 Family and Friends visit Sunday afternoon movies	7 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, and social time with tea and cookies Happy BDay Symp - Stephen Labor Day	8 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Weights & Bands Singing & Action Songs Leaf Craft	9 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Back & Front throw Ball, Guest Speaker – Mr. Symp James B	10 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Balloon Ball, Reminiscing, Singing & Board Games & Creative Speaking.	11 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical Therapy, Singing, Tai Chi Speaker Ps. Robin Axtell Florence Rosh Hashanah Begins	12 Family and Friends visit Saturday afternoon movies
13 Family and Friends visit Sunday afternoon movies Grandparents Day Grandparents Day	14 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical Therapy: Chair Based Exercise & Directions	15 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Balloon Ball, Reminiscing, Guest Speaker – Mr. Andrus - Paul	16 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Singing, Bowling, Outside Walk, General knowledge Quiz	17 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Passing the parcel, Singing Sorting & separating Word Search	18 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical therapy, Weights & Bands Spelling and Math Drill Happy BDay Symp -Eric Oktoberfest Begins	19 Family and Friends visit Saturday afternoon movies
20 Family and Friends visit Sunday afternoon movies Happy BDay Andrus - Vergia Yom Kippur Begins	21 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Balloon Ball, Singing & Board Games	22 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Chair Based Exercise & Book Welcome Fall! Autumn Begins	23 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Back & Front throw Ball, Guest Speaker – AH 3 Ms. Barbara and Jenine	24 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Weights & Bands Action Songs & Coloring Happy BDay AHV -Uma	25 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Physical exercise, Tai Chi and Reminiscing Happy BDay Symp -Laura NW - Marie Sukkot Begins	26 Family and Friends visit Saturday afternoon movies Happy BDay Andrus - Leverne
27 Family and Friends visit Sunday afternoon movies Happy BDay AH1 - Ellen	28 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Inside walk, Stand & Sit, Action Songs and Coloring	29 Music with Josh AH 2, Andrus, Rebecca Recreation activities: Physical Therapy: Chair Based Exercise & Book Reading	30 Music with Josh AH Florence, AH1, AHV and Symphony Recreation activities: Back & Front throw Ball, Reflections! Happy BDay Symp -Kelvin	September 2026 “It is beautiful to let things go.”!		