

# THE FRONT PORCH

*All the happy happenings at Cotton Grove Estate*



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## Elderly Who Distinctly Smell Roses, Paint-Thinner or Lemons Have 'Half The Risk of Dementia'

Scientists from the University of California, San Francisco (UCSF), have found that those who retain good sensory function in the later stages of life are up to half as likely to develop dementia. The researches followed 1,800 people in their seventies for up to 10 years. They concluded that the ability to identify the scent of roses, paint-thinner, and lemons is linked to a lower risk of dementia. The results were published in *Alzheimer's and Dementia: The Journal of the Alzheimer's Association*.

Scientists now wonder if the parts of the brain affected by dementia may also regulate our sense of smell. "The olfactory bulb, which is critical for smell, is affected fairly early on in the course of the disease," said lead author Dr. Willa Brenowitz. "It's thought that smell may be a preclinical indicator of dementia, while hearing and vision may have more of a role in promoting dementia."



Moreover, sensory decline in itself may trigger memory loss. “We found that with deteriorating multi-sensory functioning, the risk of cognitive decline increased in a dose-response manner,” said study author Dr. Kristine Yaffe. “Even mild or moderate sensory impairments across multiple domains were associated with an increased risk of dementia, indicating that people with poor multi-sensory function are a high-risk population that could be targeted prior to dementia onset for intervention.”

Read more at [CottonGroveEstate.com](http://CottonGroveEstate.com)

## Welcome Home, Mrs. Thelma!

***We are thrilled to introduce you to Cotton Grove's newest family member. Meet Mrs. Thelma Thomas!***

Mrs. Thelma is a Wayne County native. She is the oldest of five daughters of Sheriff and Mrs. Robert Warren. Mrs. Thelma graduated from Georgia Teacher's College in Statesboro, GA, after which time she moved to Patterson, GA, to begin her teaching career. She is affectionately known as "Miss Thelma" by most everyone in Patterson, where she taught first grade for thirty years. It wasn't long after her initial move to Patterson that Mrs. Thelma met and married the love of her life, Wendell Thomas. They enjoyed a wonderful life together until his passing in 1986. Mrs. Thelma has one daughter, two granddaughters, and one great-granddaughter.

Mrs. Thelma is well-known in her community for her candy apples, Valentine's Day cookies, pound cakes, and fried chicken. She has always been an excellent Southern cook who took great pleasure in cooking for her friends and family. A hard worker, Mrs. Thelma enjoys gardening, working in her yard, sewing, being involved at her church, and doing for others. In fact, she is the oldest surviving member of Patterson Methodist Church, where she has been a member for over 70 years. Welcome Home, Mrs. Thelma!





## Caregiver Spotlight: Chris Mullis

Chris joined the Cotton Grove Estate family in May of 2019 when her daughter Katrina, who is also a caregiver at Cotton Grove, mentioned that there was a job opening. The past 14 months have been full of beautiful memories!

Two residents in particular have left a profound mark on Chris, and she on them. The first, Mrs. Norma Mathis, "will always have a special place in my heart," said Chris. "She had my heart the very first day. We have a bond like no other. She's taught me things along the way."

The second, Mr. Sabe Woods, also has a special bond with Chris. "I'll never forget him," she said.

Chris has three children and four grandchildren. She is a devout Christian who lives by the motto: "Humble yourself and share the love you have with others."

Chris loves working at Cotton Grove Estate because of her "awesome boss, Anna," and because "it is a God-loving place to work." She says, "With God in the middle, all things are possible."



# Handmade Crafts & Large Print Bowling

The residents at Cotton Grove Estate sure have been keeping busy! With all sorts of activities to choose from, there is never a dull moment.

Recently, some of our talented ladies got their creative juices flowing with a fun craft. Not only is it a lovely experience to gather around the table and visit amongst friends while working on a fun project, but this is an excellent activity to help keep the mind and motor skills sharp!



It is a primary goal of the staff at Cotton Grove Estate to ensure that our sweet residents are able to continue enjoying all of their favorite activities after they become part of the family.

One of the ways we make this possible is by modifying activities to fit their abilities, which change over time. This month, several residents had a blast participating in a game of large print bowling.

Stop by on any day of the week, and you're likely to catch our residents during a senior yoga class, or in the middle of tending to our community herb garden. Did you know that we use those same fresh herbs and veggies in many of our home-cooked meals? All of our residents gather around the table for three homemade meals each day. We strive to use only the freshest organic ingredients here at Cotton Grove.



## A Message From Anna

Hello Friends,

The news today is full of images of heroic healthcare workers putting their lives on the line to care for patients during this crazy new reality we're all living in, and I want to tell you that we have our own such heroes right here in Wayne County.

At Cotton Grove Estate, we made the decision to implement the most stringent protocols possible to keep our residents safe during the onslaught of the global pandemic known as COVID-19. We did something we've never done before: We asked a small group of caregivers and their families to move onto the property to "shelter-in" for two weeks. In an effort to eliminate any outside contact and keep the vulnerable population we serve safe, these caregivers stayed put, and did not leave at all for two weeks at a time. They worked 12 hour shifts, and then in their "off" time, they pitched in with childcare for the caregivers who were working, and tried to get in a few hours of sleep if they could. They agreed to do this with zero hesitation. I know they were exhausted. I know they must have been concerned for their own health and for their families. But they worked tirelessly without a single complaint. Their love for our residents and dedication to their calling is unrivaled by anything I've ever seen.

One moment during this trying time was especially humbling. I had spent the early part of my day on the phone with some of the caregivers who weren't currently working due to COVID-19. Although I knew they were feeling the same financial stress as so many other Americans are with their hours having been cut or eliminated, their calls and texts were not to ask questions about their pay. No, they were calling to make sure they'd get to come back to the residents they'd grown to love when all of this madness ends. They were calling to check on the residents they adore. "Has Mrs. So-and-So gotten her medicine ok? When did she wake up? We still have those M&Ms she loves... If y'all need more, I could make a drop off. Oh, and make sure they know what Mr. So-and-So needs so he can sleep without worrying. I'm dying to get back out there. I miss them so much."

## A Message From Anna, Cont.

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As I ended a call with one of my off-duty caregivers, she said, "If I get anxious again, may I call you just to hear you say you promise I'll be able to love on my babies at work again when this ends?"

You see, this "work" we do here at Cotton Grove is so much more than a job. It is a calling. In so many ways, we are a family. And as such, this proud mama needs to brag on her kids for a moment!

I love these women and their beautiful hearts. I stand in awe of each and every one of them. Ladies, you are heroes to your community, to me, and most importantly, to our precious residents. From the bottom of my heart, thank you.

Warmly,

Anna Jones Pittard  
Owner, Cotton Grove Estate

