

# THE FRONT PORCH

*All the happy happenings at Cotton Grove Estate*



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## What's The Difference Between Alzheimer's And Dementia?

Many people use the words Alzheimer's and dementia interchangeably, but it's important to recognize that they're not the same thing.

**Dementia** is a syndrome, which is a group of symptoms that relate to a specific disorder or disease. It's not a disease in itself. Dementia is caused when the brain is damaged by diseases like Alzheimer's, mini strokes, or traumatic brain injury.

**Alzheimer's** disease is a form of dementia. It's the most common type and accounts for 60 – 80% of all dementia cases.

Learning the difference between Alzheimer's and dementia is important, because it can help you determine the most effective way to manage your symptoms, or those of someone you love.

The ability to distinguish between these two conditions can also help you to make more informed care decisions.



## Symptoms Of Dementia

Dementia isn't just about simple memory lapses like forgetting someone's name, where you parked, or where you left your glasses.

A person with dementia struggles with at least two of the following:

- Memory
- Communication and speech
- Focus and concentration
- Reasoning and judgment
- Visual perception (can't see the difference in colors or detect movement, or sees things that aren't there)

Alzheimer's disease is the leading type of dementia and accounts for 60 – 80% of all dementia cases.

Other conditions can also cause symptoms of dementia. Some are reversible, like urinary tract infections (UTIs), delirium, thyroid problems, or vitamin deficiencies. Others, like Parkinson's disease, are not reversible.

## What Is Dementia?

**Dementia** is a blanket term for a wide range of symptoms associated with a decline in memory, reasoning, and cognitive skills.

Contrary to popular belief, dementia isn't a normal part of aging; it's actually caused by physical changes in the brain that are usually triggered by disease, stroke, or injury.

There are many different types of dementia, so the specific symptoms that someone could experience will depend on the parts of their brain that are damaged and the disease that's causing the dementia.



## What Is Alzheimer's?

**Alzheimer's** is a progressive brain disease. It is the 6th leading cause of death in the United States and, as of now, there is no cure.

Alzheimer's causes problems with cognitive functions like memory, judgement, decision-making, and behavior.



## Symptoms Of Alzheimer's

Alzheimer's symptoms are unpredictable, but usually develop slowly and worsen over time. For example, it will get progressively more difficult for the person with Alzheimer's to carry on a conversation or perform everyday tasks.

Other common symptoms are confusion, aggression, and mood changes.

In the early stages, memory loss and other symptoms are usually mild.

In later stages, common symptoms include problems with communication, complete dependence on others for care, loss of mobility, incontinence, problems eating, and challenging behaviors like repetitive questions, rummaging, wandering, or asking to go "home."

## Helen Jones Promoted To House Leader

Those of you who had the opportunity to read our previous issue in October may recall the "Caregiver Spotlight" segment featuring Helen Jones. This month, we are thrilled to announce that Miss Helen has officially been promoted to the House Leader position at the Blanton House.

Miss Helen was an impeccable caregiver with unique leadership qualities, which made her the obvious choice when the management team sought to fill the available House Leader position. In the time since her promotion, Miss Helen has taken on an incredibly difficult job with grace and determination. We are abundantly grateful for her, as she is a dedicated mentor for the women on her team, as well as a tireless advocate for the residents in her care.

Congratulations, Miss Helen, on this well-deserved achievement! We are all excited to witness your continued growth in this new position!



## Thanksgiving Plans

Can you believe Thanksgiving is already right around the corner?! It seems to sneak up on us quicker each year!

Our residents will be enjoying their home-cooked turkey and fixings around 2pm in the afternoon on Thanksgiving Day. If you would care to join us, we would absolutely love to have you! And if you would like to take one of the residents out that day, so they might spend the holiday with family or friends, we're on board with that, as well.

Please call the estate to let us know of your plans. We wish the happiest of Thanksgivings to you and yours!



## A Message From Anna

Dear family and friends,

I can hardly believe that the holidays are only a few short weeks away! This is such a lovely time of year, isn't it? It seems as though - even with the hustle and bustle of holiday preparations - we're all a bit more apt to slow down and spend quality time with our friends and family, or lend a helping hand to our neighbor, or extend those little kindnesses that sometimes get lost in the monotony of the rest of the year.

I am feeling especially grateful this year that we do not have quite so many COVID-related restrictions standing in the way of spending precious time with our loved ones. In fact, it's beginning to feel more "normal" around here than it has in quite some time.

If I don't get to see you in person, let me take a moment now to wish you a very Happy Thanksgiving! It is my most fervent prayer that everyone in the Cotton Grove family and the surrounding community is blessed with health and happiness this season.

Warmly,

Anna Pittard  
Owner, Cotton Grove Estate  
(912) 424-6422

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ANNA JONES PITTARD  
OWNER, COTTON GROVE ESTATE