

THE FRONT PORCH

All the happy happenings at Cotton Grove Estate



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Reduce Dementia Risk By Treating Hearing Loss

Nearly 1 in 4 people aged 65–74, and half of people aged 75+, suffer from disabling hearing loss. But, sadly, only 20% of people who could benefit from hearing treatment actually seek help. Most put it off until they can't communicate even in the best listening situations.

This can be particularly dangerous for older adults, because untreated hearing loss is linked to serious health conditions. **Multiple studies have found a correlation between hearing loss, cognitive decline, and dementia.**

In one such study performed over the course of 6 years, cognitive abilities (like memory and concentration) in people with hearing loss declined 30–40% faster than in people with normal hearing.

Hearing loss is also linked to increased stress, depression, bad moods, increased hospitalization, and greater fall risk. That means untreated hearing loss is a much bigger problem than simply having the TV on too loud or shouting during normal conversation.

There are 3 main theories as to why hearing loss might increase the risk of cognitive decline and dementia.

1. Cognitive Load

If the brain is constantly coping with and trying to make sense of sounds that are difficult to hear, it can't spend as much energy on tasks like memory and thinking.

2. Brain Atrophy

Hearing impairment could contribute to faster rates of decay in parts of the brain that process sound. Those same parts of the brain also help with memory and senses. Additionally, they've been shown to be involved in early stages of mild cognitive impairment and Alzheimer's disease.

3. Social Isolation

People who have a hard time hearing often withdraw from social activities because it's so hard to communicate with other people. And many studies have found that decreased social engagement and loneliness are risk factors for cognitive decline.



Here's the good news: something as simple as a hearing aid or hearing amplifier could have a huge impact on healthy brain function.

Hearing loss can't be seen, so you might think changes in your older adult's behavior are caused by disinterest, confusion, or shifts in personality. And sometimes, hearing loss can be confused with signs of dementia. So it's best to have your older adult's hearing checked professionally on a regular basis. That way, no one is left guessing, and if hearing loss does present itself, you can catch it early on, thereby mitigating any potential health risks that could result from leaving it untreated.

Pro-tip: Set recurring reminders in your phone to have your senior's hearing checked every six months.

Visits From Wayne Christian Academy

Happiness is... A house full of children!

Our residents made some sweet new friends when students from Wayne Christian Academy visited us not once, but TWICE during the month of May.

We were in for a real treat when they blessed us with a serenade of our favorite hymns. Many of the residents sang along, and some even had tears in their eyes as they watched the next generation of Christians in our community sing hymn after hymn by heart.



Wayne Christian Academy is located at 495 Hinson Mosley Road and offers a biblically-based education for students in Pre-K through the 9th grade. The school's mission is to nurture the hearts and minds of students so that each may realize their potential in Christ.

We are so grateful that this special school exists for the children of Jesup and we look forward to many more visits with our newfound friends!

If you just can't get enough of these smiling faces, check out some more adorable photos from our time together on the next two pages...





Caregiver Spotlight: Amy Leiner

If you're a regular reader of "The Front Porch," you may recall when we featured Mrs. Amy Leiner in an article introducing some of our newest caregivers.

That was back in April, and in just two month's time, Amy has become an integral member of our team! Thus, we would like to recognize her once again, as she has stepped up in a major way recently to support the Cotton Grove Estate management team and her fellow caregivers.

Lately, we have needed to rely on Amy more heavily than usual, but she has answered the call, always there to lend a helping hand when required.

Caregiving can be a difficult vocation, but Amy consistently arrives to work with a smile on her face, ready to take on any challenges the day might throw her way.

She is a favorite among the staff and residents for her friendly demeanor and positive attitude.

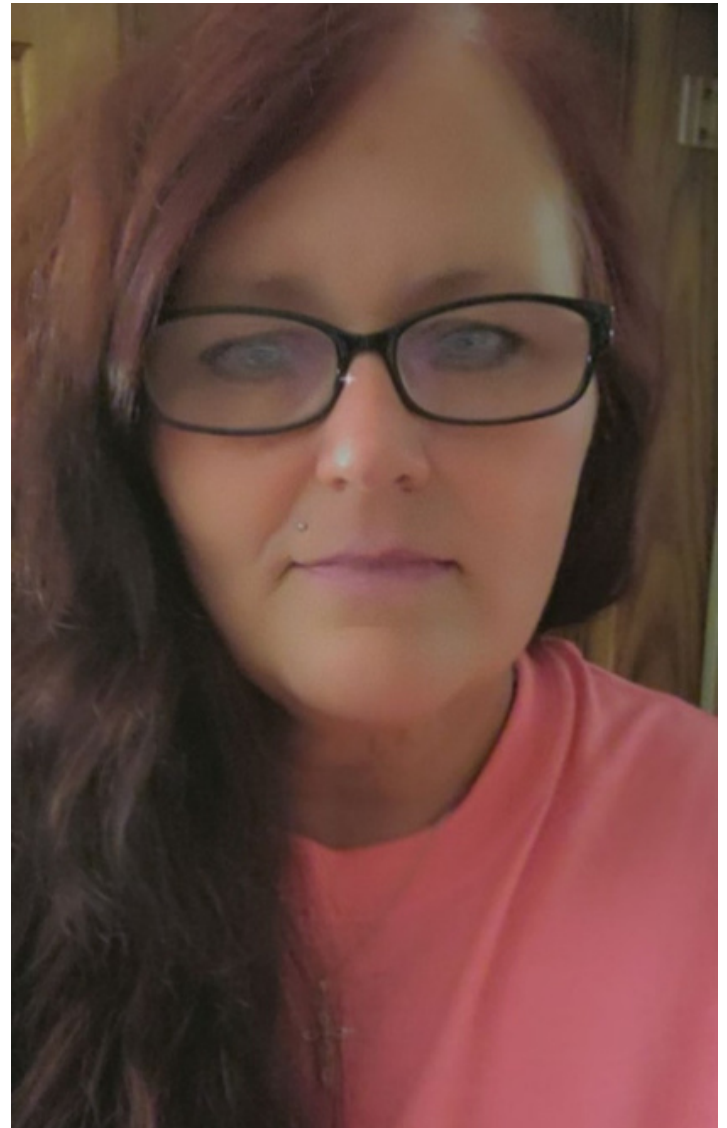
It's really no wonder that Miss Amy has proven herself to be such an exemplary caregiver; as the matriarch of a large family, she has been caring for others for as long as she can remember.

Amy is married and the proud mother of six children - four boys and two girls - who keep her very busy when she's not caring for the residents of Cotton Grove Estate.

She is also blessed with 13 grandchildren.

Her favorite hobby is reading, and when she's not at work, she loves to spend as much time as possible with her big, beautiful family.

Miss Amy, we truly do not know what we'd do without you! Thank you for all your hard work, your diligence, and your dedication to excellence. It has not gone unnoticed - we appreciate you every single day!





A Message From Anna

Dear friends,

June is here and the days are getting longer and longer! It was Bill Watterson, author of the comic strip series Calvin and Hobbes, who said, "It's a cruel season that makes you get ready for bed while it's light out."

You won't find me complaining about all this extra daylight, though. Longer days mean more time for some of my very favorite things... fishing, grilling with the family, and watching my adorable daughter, Lucy Kate, chase her dogs around the farm.

Few things lift the spirits like children and some good, old-fashioned vitamin D! Our residents had their fill of both during our picnic with the students of Wayne Christian Academy last month. They visited us twice, and both occasions were lovely days filled with live music, delicious food, and the sort of fellowship that leaves your cup overflowing.

I am so grateful for days like those... I hope you've had some yourself recently! If not, we always love making new friends at Cotton Grove Estate! Why don't you stop by sometime and pay us a visit? A glass of tea and a good conversation on the porch with one of our residents is always time well-spent.

Consider this my personal invitation to come see us sometime. Until then...

Warmly,

Anna Pittard
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