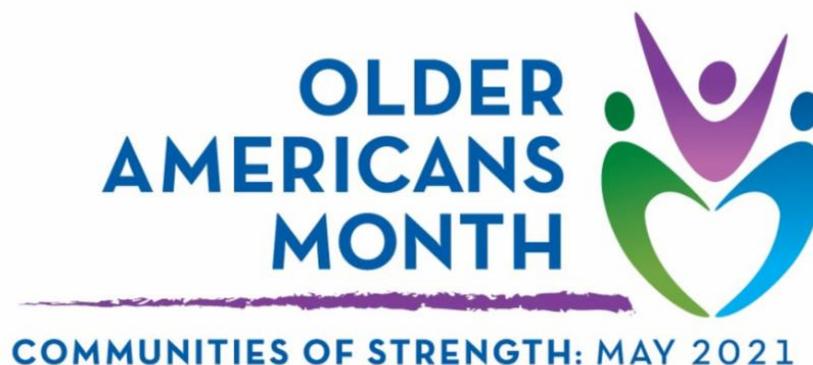




# CAREGIVER CONNECTIONS

A monthly newsletter brought to you by the Calvert County Office on Aging.

May 2021



Dear Friends,

May is Older Americans Month. It's a time to reflect on and celebrate their contributions to our country, communities and families. Yet unfortunately, many are in direct need of support. Isolation, financial insecurity, health problems, caregiving responsibilities and now COVID-19 are all taking a toll on older adults.

The Calvert County Office on Aging wants to thank all of you who dedicate your time to caring for our older Americans. If you would like to know more about what our agency has to offer, please contact Lisa Caudle at 410-535-4606 or [email](#).

## Do You Know the Difference Between Dementia and Alzheimer's Disease?

### Dementia

Dementia is a term used to describe symptoms that impact memory, performance of daily activities and communication abilities. Dementia is not a normal part of aging. It is caused by damage to the brain cells that affects one's ability to communicate, thinking, behavior and feelings. Many types of dementia exist and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously.

### Alzheimer's Disease

According to the Centers for Disease Control and Prevention, Alzheimer's disease is a common cause of dementia, causing as many as 50-70% of all dementia cases. In fact, Alzheimer's is a very specific form of dementia with symptoms such as confusion,

impaired speech and thought. Alzheimer's disease is a degenerative brain disease that progresses over time.

While most changes in the brain that cause dementia are permanent, many are not. Thinking and memory problems caused by the following conditions may improve when the condition is treated and addressed. These conditions include depression, medication side effects, excessive use of alcohol, thyroid problems and vitamin deficiencies.

It is important to talk to a doctor early and to be honest about the symptoms you are experiencing or observing in others. For more information, visit the [Alzheimer's Association website](#).



### **Alzheimer's and Dementia Caregiver's Conference**

Compassionate Care During Challenging Times

Wednesday, May 26, 8:15 a.m. to 1:30 p.m.

Empowering caregivers and health care professionals with strategies, inspiration and resources.

[Register for the Event](#)

#### **CONTACT INFORMATION**

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