



# The Caring Connection

Caring Companions  
3207 Corporate Court  
Ellicott City, MD 21042  
(410) 750-7350

**A Resource Guide for Your  
Loved Ones & Those Who  
Provide Care.**

Edition 2, Volume 3

July – September 2019

## 2019 Calendar: July

Independence Day July 4

Juvenile Arthritis  
Awareness Month

UV Safety Month

## August

National Psoriasis  
Awareness Month

National Immunization  
Awareness Month

## September

Labor Day September 2

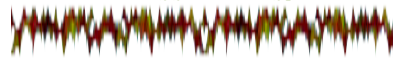
World Alzheimer's Month &  
World Alzheimer's Day  
September 21

Grandparents' Day  
September 8

Healthy Aging Month



*"Compassion automatically invites  
you to relate with people because you  
no longer regard people as a drain on  
your energy."  
– Chogyam Trungpa*



## How to get enough Vitamin D

Vitamin D is an extremely important vitamin that has powerful effects on the body. A lack of this nutrient can lead to a loss of bone density, which can contribute to osteoporosis and fractures. But, fortunately, a vitamin D deficiency is easy to fix. You can either increase your sun exposure, eat more foods that are naturally rich in vitamin D, or simply take a supplement. Foods that naturally contain some vitamin D are:

- Fatty fish such as salmon, tuna, and mackerel
- Beef Liver

- Cheese
- Mushrooms
- Egg yolks

Consuming supplements can be beneficial for people suffering from vitamin D deficiency. However, one should always check with their doctor or healthcare provider about how much they need to take, or how long they require to take it.

alzheimer's association

**The Alzheimer's Association in partnership with the Howard County Office of Aging & Independence is presenting educational programs addressing the most common questions about the disease, communication, & behavior. Register online or by calling 1-800-272-3900.**

**Effective Communication Strategies: 9/24/19 at East Columbia 50+ Center; 10/1/19 at Ellicott City 50+ Center.**  
**Understanding & Responding to Dementia-related Behavior: 12/3/19 at East Columbia 50+ Center; 12/10/19 at Ellicott City 50+ Center.**



[www.caremanager.org](http://www.caremanager.org)

[www.caregiveraction.org](http://www.caregiveraction.org)

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)



[www.aarp.org/family/caregiving](http://www.aarp.org/family/caregiving)

[www.agingcare.com](http://www.agingcare.com)

[www.alz.org/care](http://www.alz.org/care)

## Signs and Symptoms of Urinary Tract Infection in The Elderly

- The elderly can present all the same symptoms as a younger person.

However, they may show *none* of the "normal" signs or symptoms. Instead they may experience flu-like symptoms. Younger people will rarely present with flu like symptoms with a UTI.

The signs and symptoms of UTI for all ages include:

- Burning/Pain when urinating
- Burning sensation in genitals
- Lower abdominal ache or cramps
- Urgency or frequent need to urinate
- Cloudy or foul smelling urine
- Blood in urine
- Tenderness in back, under the ribs
- Sensation that urethra is swollen/raw
- Fever and chills
- Nausea

The signs and symptoms of UTI for elderly include:

- Dizziness
- Confusion
- Nausea and vomiting
- Shortness of breath
- Cough
- Fatigue
- Malaise

### UTI's and Dementia

Urinary infections can cause worsened behaviors in those with dementia. The dementia may seem to become worse practically overnight.

A person who has not been diagnosed with dementia, or who is in very early stages, may suddenly exhibit symptoms of progressive dementia.

This can include cognitive difficulties, confusion, delirium, hallucinations, and anxiety.

Existing dementia behaviors may increase in frequency too. Sundowning may be worse, the person may either have unusual insomnia or excessive sleepiness.

If an elderly person suddenly begins to show

signs of anxiety, agitation, confusion or delirium, especially if coupled with any other symptoms such as fever, nausea, cough, or dizziness...contact a doctor or take your loved one to the hospital as soon as possible.

It is better to be safe than sorry. **Don't assume it is simply the dementia "taking a turn for the worse"**, especially if the onset is very sudden.

This is especially important if your loved one is unable to communicate to you how they feel. They may simply become irritable or withdrawn, or they may say they just feel tired.

### Dangers of Untreated Urinary Tract Infections in the Elderly

In a person of any age, an untreated UTI can enter the kidneys and create scarring and further illness. Sepsis can occur if the infection spreads.

In the elderly, the immune system is already weaker. If they have a pre-existing medical condition such as high blood pressure or diabetes, the infection can cause this issue to worsen, since the immune system is suddenly overburdened.

An untreated UTI could also lead to permanent incontinence. If an elder with dementia has an untreated UTI, they can suffer dehydration, vertigo, falls, and injuries, all which can further affect their dementia.

**Contact our office at 410-750-7350 or visit [www.ADLMARYLAND.com](http://www.ADLMARYLAND.com) to learn more about in-home care services.**



## Sun-Safe Tips for Elder-Folk

- Seek out the shade. We know you may want that sunkissed tan, but remember that it's likely doing more harm than good.
- Lather on sunscreen daily. The sun's rays can cause damage even on not-so-sunny days. That's why it's important to lather up with SPF 30 or higher each day.
- Moisturize! Don't forget to keep your skin hydrated, that way it's even more prepared to tackle the harsh sun. Many lotions also contain sunscreen, so you can kill two birds with one stone.



## Powerful Tools for Caregivers

Powerful Tools for Caregivers (PTC) is an evidence-based course designed with the caregiver's well-being in mind. PTC is based on the Chronic Disease Self-Management Program developed at Stanford University's Patient Education Research Center. In the six-week course (90 minutes per class) caregivers develop a wealth of self-care tools to:

- reduce personal stress;
- change negative self-talk;
- communicate more effectively in challenging caregiving situations;

- manage their emotions; and
  - make tough caregiving decisions.
- Participants have found the program improves self-care behaviors in terms of relaxation, exercise and their own physical and mental well-being, management of emotions, increased confidence (both inside and outside their caregiving demands), and their ability to seek out and utilize community resources.

If you or someone you know is a caregiver, encourage them to take advantage of this training opportunity.

Call Kathy Wehr, Caregiver Program Support Manager, at 410-313-5955 for more information or to register. The cost of the course is \$30.00 which includes all course materials.

### Powerful Tools for Caregivers will be offered at the following times:

- Tuesdays, September 10-October 15, 2019, 6-7:30pm at the [Ellicott City 50+ Center](#)
- Wednesdays, September 25-October 30, 2019, 6-7:30pm at the [Ellicott City 50+ Center](#)



## Virtual Dementia Tour

This workshop offers a hands-on experience that simulates what it is like to live with dementia. It incorporates a debriefing and educational component for participants to gain sensitivity and awareness about those living with dementia. Space is limited. Registration is required. RSVP: 410-313-5917.

### Upcoming tours:

- Tuesday, September 17, 2019, 6-8pm at the [East Columbia 50+ Center](#)
- Tuesday, November 13th at the [Ellicott City 50+ Center](#)



## Stroke Smarts: 2019 Stroke Awareness Education



Join Stacey Wachter, M.S., C.C.C.-S.L.P., from Medstar Good Samaritan Hospital to learn about stroke risk factors, signs and prevention. Also learn techniques to reduce your chances of having a stroke and how to incorporate chair exercises as a prevention method. Free Stroke Prevention Kits will be given to all participants. Program Dates and Times: Landsdowne Sr Ctr 7/8/19 at 1pm; Catonsville Sr Ctr 8/9/19 at 1pm.

