



LEWY BODY DEMENTIA
R E S O U R C E C E N T E R
BRINGING AWARENESS, SUPPORTING WITH LOVE

JANUARY, 2021

Dear LBDRC Friends,

I am hoping everyone is doing the best they can. It hasn't been an easy time for most people, but it's been even more difficult for those with LBD and their families. Below is information we hope will be helpful.

MINDFULNESS SUPPORT GROUP

We will have an additional support group during the month of February by a wonderful guest social worker, Iris Cohen. Iris is the community outreach coordinator at the Comprehensive Center for Brain Health at the University of Miami. This zoom gathering is set for Tuesday, February 16 at 2:00 pm and will focus on mindfulness and YOU. All are welcome to attend. Here is the zoom link:

<https://us02web.zoom.us/j/85730623414?pwd=bm8xNFcyVXBncHdsclhpYmQzNDNaQT09>

Meeting ID: 857 3062 3414
Passcode: 330369
Dial by phone:
+1 646 558 8656 US (New York)

WEBINAR

Dr. James Galvin, of the Comprehensive Center for Brain Health in Florida, is giving a webinar on "Healthy Brain Aging and Prevention of Dementia" on Tuesday, February 2nd at 10:00 am. Please register at: <http://bit.ly/ccbh-webinar>

LUNCH SEMINAR SERIES re LBD

Columbia Presbyterian is offering another series of "Living with Lewy Body Disorders." All are taking place from 12:00 to 12:45 on the following dates:

February 11 - Exercise for LBD
February 18 - Cognitive Impairment
February 25 - Palliative Care & Hospice Care Planning

March 4 - Fall Prevention

Please register by emailing Kate at: ks3457@cumc.columbia.edu

RELAXATION

We are re-posting this one as it bears repeating for all of us. . .

Most care partners are highly empathetic and selfless individuals, which is important when caring for someone with LBD and other dementias. These altruistic traits also make it more likely for care partners to push themselves too far and ignore their own well-being.

This 15-minute deep breathing exercise video will help you to relax, connect within, and feel peaceful. Enjoy the feeling and consider making it a part of your day. <https://www.youtube.com/watch?v=F28MGLIpP90>

SUPPORT

Please know we are here to help you through our support groups, our website at www.lewybodyresourcecenter.org, and our Helpline at 833-LBDLINE from 8am to 8pm EST seven days a week.

Best to all of you,

Norma

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