



LEWY BODY DEMENTIA
RESOURCE CENTER
BRINGING AWARENESS, SUPPORTING WITH LOVE

FEBRUARY, 2021

Dear all,

There are quite a few informational webinars and zoom gatherings pertaining to LBD this month. I am posting a new one (taking place tomorrow) as well as reminders of others available during February.

1. LBD Behaviors Conference - February 10 & 11 - 11:00 am to 2:30 pm

"This conference is about the most challenging issues we face as dementia caregivers—behaviors. Even if your loved one does not presently have significant behavior issues, the techniques presented in the conference will prepare you with helpful ideas for possible future problems."

This is a wonderful chance to see Helen Whitworth, a caregiver guru for LBD. Pat Snyder is also one of the speakers. Dr. Trey Bateman, a mentee of Dr. Daniel Kaufer, has prepared a caregiver user-friendly presentation.

"Helen and Jim Whitworth's books are the gold standard for LBD caregivers:"

A Caregiver's Guide to Lewy Body Dementia (second edition now available)

Managing Cognitive Issues

Responsive Dementia Care: Fewer Behaviors Fewer Drugs

Their webpage is www.lbdtools.com Blog

is <http://lewybodydementia.blogspot.com/>

There is NO COST for family caregivers. But **YOU MUST REGISTER TO BE ABLE TO GET ACCESS TO THE RECORDED EVENT if you are not able to be there for the live event.** To register: www.DementiaNC.org/Behaviors2021

2. The Mindful Caregiver

We at the Lewy Body Dementia Resource Center are holding an extra, supportive group this month on **TUESDAY, FEBRUARY 16 from 2:00 to 3:00 pm** entitled The Mindful Caregiver. Learn about the importance of self-care through this unique program exploring basic tenets of mindfulness intervention designed for the care partners of persons diagnosed with LBD.

This program will be led by **Iris R. Cohen, MSW**. **Iris** is a social worker and a Community Outreach Coordinator for the Comprehensive Center for Brain Health at the University of Miami Miller School of Medicine. She received her B.A. from the University of Massachusetts and her MSW with emphasis on aging populations from Florida Atlantic University, serving as a Provost Fellow. Iris has expertise in mindfulness-based approaches and individual, couples, family, and group psychotherapy. She provides assistance with Advance Care Planning for patients and research participants.

You can use our regular monthly zoom support link to join:

<https://us02web.zoom.us/j/85730623414?pwd=bm8xNFcyVXBNCkdsclhpYmQzNDNaQT09>

Meeting ID: 857 3062 3414

Passcode: 330369

By phone: 1 646 558 8656

3. LUNCH SEMINAR SERIES re LBD

Columbia University Medical Center 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

here: <https://columbiacuimc.zoom.us/meeting/register/tJ0kf-6srD8jEtEuctmIGJEWm2sNIPkXtOVR%20>

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

Norma Loeb

Founder

norma@lbdny.org

February, 2021

Dear LBD Caregivers,

To accommodate LBD caregivers who are unable to attend support groups during the day, we will begin an evening group in March. This group will meet once a month on either a Monday or Wednesday beginning at 6:30 pm.

Please let me know if you are interested in attending this evening meeting. We will then confirm the day that works best for most.

In the meantime, if you have any questions, please don't hesitate to call our Helpline which is available for you seven days a week from 8am to 8pm at 516-218-2026 or 833-LBDLINE. You can also email questions to: norma@lbdny.org.

Thank you,

Norma

Norma Loeb
Founder & Executive Director

February, 2021

Dear LBD Friends,

As we are aware of the need for a support group for those who have been diagnosed with Lewy Body Dementia, we are glad to announce a group beginning in March for persons who are in early to mid-stage of LBD. The meeting would take place on the first Thursday of each month at 11:00 am for one hour. If we find a second meeting per month would be helpful, we will certainly consider that as well.

Please let me know if you or your loved one would be interested in attending this group and I will follow up with details.

In the meantime, if you have any questions, please don't hesitate to call our Helpline which is available for you seven days a week from 8am to 8pm at 516-218-2026 or 833-LBDLINE. You can also email questions to: norma@lbdny.org.

Thank you,

Norma

Norma Loeb
Founder & Executive Director