



March, 2020

Dear LBDRC Friends and Caregivers,

We are thinking of you and hoping you and your families are staying safe and healthy. At this time, we are reaching out to offer additional special support and suggestions. As a reminder, we are always available to speak by phone through our Helpline at 516-218-2026 seven days per week from 8 am to 8 pm.

There is helpful information below so please scroll down.

PRECAUTIONS, ILLNESS & CONFUSION

People with LBD and other dementias may forget to wash their hands or take other recommended precautions. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia. Increased confusion is often the sign of any illness. If a person shows rapidly increased confusion, please contact your health care provider for advice.

When needed, demonstrate thorough hand-washing with soap for 20 seconds. Consider posting signs in the bathroom and elsewhere as reminders. Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person cannot get to a sink easily.

Ask your doctor or pharmacist about filling prescriptions for a greater number of days to reduce trips and deliveries to/from the pharmacy. And please know that many physicians are meeting their patients via telephone in the coming weeks so there may be no need to venture out to a scheduled appointment.

Think ahead and make alternative plans for care management if the primary caregiver should become sick.

HELPFUL INFORMATION

During this difficult time, one of the most challenging things for many people, particularly seniors, has been getting enough supplies to have at home. Snopes.com has curated a list of all major food suppliers who are offering special hours for vulnerable populations. Find the list here: <https://www.snopes.com/news/2020/03/20/grocery-stores-special-hours/>

VERY INFORMATIVE VIDEO FROM A NEW YORK PHYSICIAN

[Dr. David Price of Weill Cornell Medical Center filmed this video on March 22nd as an update](#)

on findings on COVID-19. If you don't want to watch it until the end, the first 15 minutes are very informative: <https://vimeo.com/399733860?fbclid=IwAR2uRLD7igMSI0I8uwF7qDINKYG6IIYD1EYIV-UZREIxdCLqTB0iRyk7ivA>

Quick info from the video: 1) Wash your hands or use hand sanitizer after you touch ANYTHING. 2) Wear a mask or bandana out in public--not to protect yourself--but to train and prevent yourself not to touch your face. 3) Stay 3 to 6 feet away from people. The way you get this disease is by either touching your face with your hands, or by staying in close proximity (less than 3 feet) to another person with the disease in an enclosed space for a sustained amount of time (15 to 30 minutes).

EXERCISE AT HOME

Dance for Parkinson's has many wonderful videos (both short and long) that can be done from the comfort of your home. After you click on the link, keep scrolling down. There are many videos to choose from. www.danceforparkinsons.org/resources/dance-at-home

HUMOR

And a little bit of humor. . .

1. Some men after days without sports:

"I found a young lady sitting on my couch yesterday. Apparently she's my wife. She seems nice."

2. "They said that a mask and gloves were enough to go to the supermarket. They lied. Everyone else has clothes on."

Hoping everyone is safe and doing the very best they can. Please know we are here for you via phone and email. As a reminder, all support groups will take place via conference calls until further notice. They will continue to be led by Ilene Stern for Nassau, Susanne Pargament for Suffolk, Susan Visconti for Westchester, and Norma Loeb, Laura Kramer and/or Mary Lou Falcone for Manhattan.

Thank you and stay safe,
Norma

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