



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

MARCH, 2021

Dear all,

We hope everyone will be able to get outdoors more often for sunshine and connection soon. As we think of all of you, below are some items we would like to share.

NEW SUPPORT GROUP FOR PEOPLE WITH LBD

We are happy to confirm that this new group will meet on the **FIRST THURSDAY of each month, beginning Thursday, April 1**, from 11:00 am to 12:30 pm. PLEASE JOIN US for a preliminary MEET AND GREET the week before on Thursday, **March 25** at 11:00 am. If you would like to join us and haven't already signed up, please email Norma at norma@lbdny.org so we can add you to our email list. The zoom link for these meetings will be:

<https://us02web.zoom.us/j/85730623414?pwd=bn8xNFcyVXBncHdscHlhc0ZlNDRNaQT09>

BLOG POSTS/ARTICLES

Each month, we post two informational blogs/articles on our website and on Facebook. You can view them here: <https://lewybodyresourcecenter.org/blog/> **We would very much welcome** receiving new/original short articles/blogs written by people living with LBD as well as their caregivers that we can post. We feel strongly that these personal stories--on any topic that you feel drawn to write about--will help many others. Please send them to norma@lbdny.org

APRIL 6 at 2:00 PM EST - *MANAGING BEHAVIORS IN LBD SEMINAR*

A panel of doctors, including Dr. James Galvin, Dr. Melissa Armstrong, and Dr. Tanis Ferman, will speak about how to discern and manage LBD behaviors. It will also include a Q&A session. The topics include:

Fluctuations and psychiatric features of Lewy body dementia (LBD): non-pharmacologic approaches to coping, Dr. Tanis J. Ferman, Mayo Clinic

Caregiver health and caregiver burden in LBD, Dr. James Galvin, University of Miami Miller School of Medicine

Pharmacologic approaches and current research in LBD, Dr. Melissa J. Armstrong, University

of Florida

Click here to register:

https://alz-org.zoom.us/webinar/register/WN_pKrsVo8YSKqFu3clupGhVg

THE DAILY CALM - A 10 MINUTE MINDFULNESS MEDITATION - Please consider taking just 10 minutes daily to sit and appreciate this calming meditation. It will help connect and relax you and will work well for your loved ones too.

<https://www.youtube.com/watch?v=ZToicYcHI0U>

SENIOR PLANET

The Senior Planet organization has many interesting events that they host virtually and nationwide each day. Check out them out and see if there is something you'd like to take part in:

<https://seniorplanet.org/get-involved/online/>

NEW YORK STATE COMMUNITY MEDICAID CHANGES

Please note that the policy for Community Medicaid (Medicaid at home) has changed. In the past, there was no look-back period. Starting April of **2021**, the look-back period will be 6 months and it will increase by one month each subsequent month until it is 30 months in April of 2023. For more information and eligibility, please speak to an eldercare attorney. Let us know if you help in finding one.

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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