



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

April, 2020

Dear LBDRC Friends and Caregivers,

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.”

We hope this newsletter finds you and your family healthy and safe.

Listed below are links to helpful information as well as to activities that can be done at home. We hope you find them useful and enjoyable.

ENJOYMENT FROM HOME

BROOKLYN BOTANIC GARDEN - Enjoy a virtual walk through the Japanese Hill-and-Pond Garden—complete with cherry blossoms—in this extraordinary video captured by cinematographer Nic Petry of **Dancing Camera**. Immerse yourself in this 18-minute journey at full screen with sound.

https://www.bbg.org/news/stroll_through_the_japanese_garden_in_bloom_video

NEW YORK PHILHARMONIC - Numerous free concerts:

<https://nyphil.org/playson>

HELPFUL INFORMATION

NYU LANGONE offers their Family Support Program **FREE OF CHARGE** to family caregivers who are residents of the five boroughs of New York City or who have family who live in NYC. Their experienced, dedicated social workers are available for counseling for all family members. The program is based on research which proved that caregivers who receive emotional and practical support experience measurable improvements in depression, stress, and physical well-being. Please call **646-754-2277** or see this link for more details and contact information: <http://nyulangone.org/locations/alzheimers-disease-related-dementias-family-support-program>

EXERCISE AT HOME

These are assorted VIDEOS--of various lengths--that focus on different parts of the body as well as relaxation: <https://www.beyondfitnessdelray.com/online-workout-videos>

13 Best At-Home Workouts for Seniors - easy to READ:

https://www.md-health.com/exercises-for-seniors-to-do-at-home.html?fbclid=IwAR02yLLFeNodw3y4GD5is0UeJWu-ueLOyq69qfrGq_hZ9103YQdXJk187Bk

SUPPLIES

MASKS

<https://www.snowjoe.com/pages/search-results?q=masks>

<https://debriefme.com/collections/all/products/the-premium-everyday-face-mask-debrief-me-3x-powerful-protection-w-superior-antipollution-melt-propylene-staycool-cotton-ultra-comfortable-reusable-portable-foldable-lightweight-dust-mask>

https://www.sitathompson.com/sita-safe-masks/?goal=0_c85aaaa038-61b53b7afe-327285237&mc_cid=61b53b7afe&mc_eid=a1af6f7afe

WORKSHOPS

NYU Langone upcoming workshops:

(1) Friday, April 24th: **Meaningful Engagement at Home**

To register, please visit: <https://bit.ly/2ynC8S0>

(2) Friday, May 1st: **Meditation & Relaxation**

To register, please visit: <https://bit.ly/2xrTvRw>

(3) Friday, May 8th: **Music at home**

To register, please visit: <https://bit.ly/2VC8bp9>

FEEL GOOD VIDEO

And a beautiful 3-minute video for all of you who give so much of yourselves:

<https://www.youtube.com/watch?v=uaWA2GbcnJU>

Please know we are here for you via phone and email. As a reminder, all support groups will take place via Zoom or 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, Mary Lou Falcone and/or Laura Kramer for Manhattan. Our helpline is available from 8am to 8pm EST seven days per week at 516-218-2026.

Warm regards to all,
Norma

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