



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

**JULY, 2020**

Dear LBDRC Friends and Caregivers,

*“Compassion is the greatest form of love humans have to offer.”*

We are aware it hasn't gotten much easier and many of you have experienced difficult days. We do hope you are able to get outside during the nice weather and also enjoy the positive moments. Below is some helpful information.

## **ENJOYMENT FROM HOME**

### **Best Travel Documentaries**

[https://www.cntraveler.com/story/best-travel-documentaries?fbclid=IwAR15OpZ1AA-Dabo7mmtHFz0wwobVUdYomLTVrAILcQiQRy3ZvPIUq\\_Mk5LY](https://www.cntraveler.com/story/best-travel-documentaries?fbclid=IwAR15OpZ1AA-Dabo7mmtHFz0wwobVUdYomLTVrAILcQiQRy3ZvPIUq_Mk5LY)

### **52 Craft Ideas**

[https://www.greatseniorliving.com/articles/crafts-for-seniors?fbclid=IwAR0I\\_gBj9WvqVHdB1hY-ZzQk1\\_1tK0Wz-gURGZBTQ4YqJmWJna4UuIZNv5o](https://www.greatseniorliving.com/articles/crafts-for-seniors?fbclid=IwAR0I_gBj9WvqVHdB1hY-ZzQk1_1tK0Wz-gURGZBTQ4YqJmWJna4UuIZNv5o)

## **HELPFUL INFORMATION**

### **Are You Drinking Enough Water?**

<https://mailchi.mp/nih.gov/are-you-drinking-enough-water?e=66f33c5afb>

### **Eight Dementia Products that can make Life Easier**

<https://www.elder.org/the-elder/eight-great-dementia-products-that-can-make-life->

[easier/?](#)

[fbclid=IwAR2mHz1b3Qkiet1VGygQ3sL5GoHppqhdhEhjUUvoYCrwDLsl4o0ofUA74SA#:~:text=Eight%20Great%20Dementia%20Products%20That%20Can%20Make%20Life,10%E2%80%9D%20coloured%20dinner%20plate.%20...%20More%20items...%20](#)

## RESOURCES

### Did you know Mount Sinai has a Geriatric Emergency Care Center?

<https://lewybodyresourcecenter.org/what-you-need-to-know-about-the-geriatric-emergency-department-at-mount-sinai-hospital/>

### Why Support Groups for Caregivers are so Important

<https://lewybodyresourcecenter.org/why-support-groups-for-dementia-care-partners-are-so-important/>

### On the Light Side

**The Owl & The Pussycat:** An enjoyable few minutes

<https://www.youtube.com/embed/mWhD5bc6Fmg>

Please know we are here for you via phone and email. As a reminder, all support groups are taking place via Zoom or conference calls. Our helpline is available from 8am to 8pm EST seven days per week at 516-218-2026. You can also feel free to email any questions to [norma@lbdny.org](mailto:norma@lbdny.org).

Warm regards to all,

Norma

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