



LEWY BODY DEMENTIA
RESOURCE CENTER
BRINGING AWARENESS, SUPPORTING WITH LOVE

DECEMBER, 2020

Dear LBDRC Friends,

As we approach the end of 2020, I want to send my very best to all of you--those I have known for many years as well as those who have recently joined our LBD community. Though it has been a difficult year for many, there is also much for which to be grateful. Please know we are here to help whenever you need us.

NEW HELPLINE NUMBER

We are pleased to announce our new Helpline number which will make it easiest for all caregivers and health care professionals. It is: **833-LBDLINE**. Please know that the current number will continue to work as well.

SUPPORT GROUPS

All support groups are meeting via Zoom, We would be glad to have you join us from wherever you are. Please send an email to norma@lbdny.org and we will send you a link to join.

OUR NEW BOARD MEMBER

We are happy to announce that Dr. Leon Meytin has joined our Board of Directors and Medical Advisory Council. Dr. Meytin is a Neurologist and Movement Disorder Specialist at Hartford Healthcare's new Movement Disorders Center in Stamford, Connecticut. He graduated from West Virginia University's School of Medicine and completed his neurology residency at Thomas Jefferson University in Philadelphia, followed by a movement disorders fellowship at Mount Sinai Beth Israel in New York City. Dr. Meytin has expertise in Parkinson's disease, Lewy Body Dementia, atypical Parkinson's, Huntington's disease, and more. He believes in the holistic approach to treatment, including utilizing physical and occupational therapy, exercise, speech therapy, acupuncture, and social work services to treat the entirety of the patient. Dr. Meytin is also fluent in Russian.

RELAXATION

Most care partners are highly empathetic and selfless individuals, which is important when caring for someone with LBD and other dementias. These altruistic traits also make it more likely for care partners to push themselves too far and ignore their own well-being.

This 15-minute deep breathing exercise video will help you to relax, connect within, and feel peaceful. Enjoy the feeling and consider making it a part of your day. <https://www.youtube.com/watch?v=F28MGLIpP90>

MUSIC

NPR presents a mix of live concerts and other music to help get you in the spirit of the season. ENJOY!

<https://www.npr.org/series/holiday-music/>

SUPPORT

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.

We can continually do more with your help and generosity. Please consider a donation to the Lewy Body Dementia Resource Center this year at: <https://lewybodyresourcecenter.org/donate/>

Sending love and peace with wishes for happy, healthy holidays and all the very best in 2021,

Norma

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