



# THE LBD DIGEST

Norman Fixel Institute for Neurological Diseases at UF Health

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### Mini Article: Coping with COVID-19 Inspired by the Alzheimer’s Association

The theme for the current newsletter will be activities to do with your loved one during the pandemic. It is important to be **flexible** and **creative**.

#### Activity Recommendations

##### Alzheimer’s Association Ideas

- In need of ideas for how to spend your time? Visit this Alzheimer’s Association list for inspiration: <https://www.alz.org/help-support/resources/kids-teens/50-activities>

##### Exercise

- Find helpful information on how exercise can help you stay healthy: <https://www.nia.nih.gov/health/exercise-physical-activity>
- Engage in an online exercise class: <https://briangrant.org/exercise-videos/>
- Access free home exercise classes: <https://www.powerforparkinsons.org/free-youtube-parkinsons-videos>

##### Visit the Zoo

- Experience the live cameras at the San Diego Zoo: <https://zoo.sandiegozoo.org/live-cams>
- Experience a daily “Home Safari” at 2PM CST presented by the Cincinnati Zoo: <http://cincinnati-zoo.org/home-safari-resources/>

##### Enjoy the Arts

- Select a museum to virtually visit from the list: [https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR1JGK6nqoZoEVvp9MIYpy8HPeMq03zk8XPhhpXPWZuFm2or9\\_yXs3U3BVQ](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR1JGK6nqoZoEVvp9MIYpy8HPeMq03zk8XPhhpXPWZuFm2or9_yXs3U3BVQ)
- Experience the Metropolitan Opera online: <https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/>

##### For Sports Fans

- Watch classic Major League Baseball games for free: <https://www.mlb.com/news/classic-mlb-games-to-watch-online>

##### Virtual Stroll Through Nature

- Enjoy the Missouri Botanical Garden from the comfort of your home: <https://discoverandshare.org/ourgardenyourhome/>
- See what is happening at parks around the nation through the National Park Service: <https://www.nps.gov/subjects/watchingwildlife/webcams.htm>

### Support and Additional Resources

The Alzheimer’s Association offers a free 24/7 Helpline at 800.272.3900 to assist with any issues you may be facing or if you are in need of additional resources.

Call the Institute on Aging’s free Friendship Line at 800.971.0016 if you are feeling isolated or just want to talk with someone.

## Communication of Dementia Diagnoses: Patient and Family Experiences and Developing Best Practices

Study recruiting dementia patients who received a diagnosis in the past two years and caregivers caring for them. Find more information here: <https://m.ufhealth.org/research-study/communication-dementia-diagnoses-patient-family>. Call 352-733-2419 or email Noheli.gamez@neurology.ufl.edu for more information.

## Meet Our Team

Bhavana Patel, DO



Dr. Bhavana Patel is currently an Assistant Professor in the Division of Movement Disorders and Behavioral Neurology at the University of Florida. She joined the UF Department of Neurology and the Fixel Institute for Neurological Diseases in 2017. After medical school, she pursued a two year fellowship in Movement Disorders with a focus on behavioral neurology and memory disorders at the University of Florida from 2017-2019. During her training she completed additional clinical and research training in Lewy Body disease under the mentorship of Dr. Melissa Armstrong. Dr. Patel's research interests include Lewy body dementia, neurostimulation for movement and cognitive disorders, along with a strong interest in improving the delivery of healthcare to patients with Lewy body disease.

## CONTACT US



To contact your UF Health Lewy Body Dementia Support Team call (352) 733-2419 or email us at [DLB-support@neurology.ufl.edu](mailto:DLB-support@neurology.ufl.edu).



## Are you a caregiver in need of support?

Join our monthly Virtual Lewy Body Dementia Caregiver Support Group!

### HOW TO CONNECT:

- Every 4<sup>th</sup> Friday of the month from 2-3PM.
- By telephone:
  - Call the toll free number
    - +1 (646) 558-8656
  - Input Meeting ID: 540-200-2903
- Online:
  - <https://uflphi.zoom.us/j/5402002903>

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