Issue 3 | September 2020

THE LBD DIGEST

Norman Fixel Institute for Neurological Diseases at UF Health

In This Issue:

- Mini Article: Coping with COVID-19
- Research Corner
- Meet Our Team

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://cincinnatizoo.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
- 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 <u>24/7 Helpline</u> at 800.272.3900 to assist with any issues you may be facing or if you are in need of additional resources.

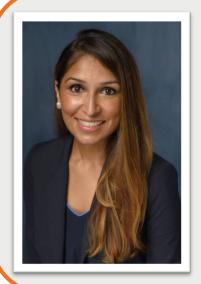
Call the Institute on Aging's free <u>Friendship Line</u> at 800.971.0016 if you are feeling isolated or just want to talk with someone.

THE LBD DIGEST Page 1

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

Research Corner

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.







Are you a caregiver in need of support?

Join our monthly Virtual Lewy Body Dementia Caregiver Support Group!

HOW TO CONNECT:

- Every 4th Friday of the month from 2-3PM.
- By telephone:
 - Call the toll free number
 - 0 +1 (646) 558-8656
 - Input Meeting ID: 540-200-2903
- Online:
 - https://uflphi.zoom.us/j/5402002903

THE LBD DIGEST Page 2