

# Lewy Body Dementia Day

## Community Resources & Information

### Books

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- *A Caregivers Guide to Lewy Body Dementia* by Helen Buell Whitworth & Jim Whitworth
- *The 36 Hour Day* by Nancy Mace and Peter Rabins
- *Be Brave: A Wife's Journey Through Caregiving* by Florrie Munat
- *Activities for the Family Caregiver, Lewy Body Dementia* by Scott Silkknitter, Robert Brennan, & Linda Redhead
- *Lewy Body Dementia: Causes, Tests and Treatment Options* by Adam Wainwright, Erik Stevenson, & Deanna R. Miller
- *Forget Memory: Creating Better Lives for People with Dementia* by Anne Basting
- *Who Says Men Don't Care?* by James V. Gambone
- *The Unexpected Caregiver* by Kari Berit
- *Sexuality and Dementia* by Douglas Wornell
- *Loving Someone Who Has Dementia* by Pauline Boss
- VIDEO: "Lewy Body Dementia: It isn't Alzheimer's or Parkinson's Disease" with Teepa Snow (*available on Youtube*)

### Organizations

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- Lewy Body Dementia Association, 1.800.539.9767, [www.lbda.org](http://www.lbda.org)
- Alzheimer's Association, Washington State Chapter: 206.363.5500, [www.alzwa.org](http://www.alzwa.org)
- National Parkinson Foundation, 1.800.473.4636 [www.parkinson.org](http://www.parkinson.org)

- Michael J. Fox Foundation [www.michaeljfox.org](http://www.michaeljfox.org)
- Northwest Parkinson's Foundation, 206.748.9481, <https://nwpf.org>
- American Parkinson Disease Association, Northwest Chapter, 206.695.2905, [www.apdaparkinson.org/community/northwest](http://www.apdaparkinson.org/community/northwest)

### Websites

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- NINDS Dementia With Lewy Bodies Information Page [www.ninds.nih.gov/disorders/dementia-withlewybodies/dementiawithlewybodies.htm](http://www.ninds.nih.gov/disorders/dementia-withlewybodies/dementiawithlewybodies.htm)
- Mayo Clinic Dementia With Lewy Bodies [www.mayoclinic.org/lewy-body-dementia](http://www.mayoclinic.org/lewy-body-dementia)

### Community Programs

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- Seattle Lewy Body Dementia Caregiver Support Group, 206.473.2565
- Momentia Seattle, [www.momentiasseattle.org](http://www.momentiasseattle.org)
- Seattle Parks & Recreation "Dementia-Friendly Recreation," 206.615.0100, [www.seattle.gov/parks/find/dementia-friendly-recreation](http://www.seattle.gov/parks/find/dementia-friendly-recreation)
- Frye Art Museum "Creating Aging Programs," 206.432.8265, [www.fryemuseum.org/creative\\_aging](http://www.fryemuseum.org/creative_aging)
- Greenwood Senior Center "Memory Loss Programs," 206.297.0875, [www.phinneycenter.org/gsc/memory](http://www.phinneycenter.org/gsc/memory)
- Pedaling for Parkinson's, [www.pedalingforparkinsons.org/about/satellite-programs](http://www.pedalingforparkinsons.org/about/satellite-programs)
- Dance for Parkinson's, [www.danceforparkinsons.org/find-a-class/class-locations/united-states/washington](http://www.danceforparkinsons.org/find-a-class/class-locations/united-states/washington)