



Caregiver Connection

ISSUE #8

THE DUBIN CENTER
MONTHLY E- NEWSLETTER

MAY 2025

Caregiver Connection Newsletter

Welcome to the May 2025 Newsletter!

As May unfolds, we're reminded of the resilience and compassion that caregivers bring to each day. Walking alongside a loved one with dementia is no easy path - but your care, presence, and unwavering support make a profound difference.

This season invites us to pause and reflect. Take a breath. Notice the small joys - sunlight through the window, a shared smile, a quiet cup of tea. You deserve these moments of peace and care, too.

Know that you are not alone. We're here to walk with you, offering support, resources, and a listening ear whenever you need it.

Warmly,

The Dubin Team

Newsletter Features:

Dubin Spotlight: Meet one of our dedicated volunteers, team members, or community partners who are making a profound impact through their unwavering commitment and compassion.

Client Corner: Hear firsthand from our clients as they share a glimpse into the transformative power of community and support.

The Joyful Corner: Discover engaging activities designed to stimulate cognitive function and bring joy to both caregivers and their loved ones.

Upcoming Calendar: Stay informed about our events, workshops, and support groups for the month ahead. We're here to help you stay connected and engaged.

In this newsletter
you can expect:

Community
News

Dubin Spotlights

Insights of the
Month

The Joyful
Corner

Monthly
Calendar



To stay up to date with our weekly schedule,
be sure to follow us on social media!

Summer Savvy



SAVVY CAREGIVER[®]

KNOWLEDGE. SKILLS. MASTERY.

The Savvy Caregiver Course is a free, evidence-based program designed to provide caregivers with practical skills, strategies, and confidence to navigate the challenges of caregiving. Over the weeks, participants will learn about the disease process, effective communication techniques, and ways to manage stress while enhancing their loved one's quality of life.

Join us to connect with other caregivers and gain the tools you need to thrive in your caregiving journey! To sign up for this course, please give us a call or register on our website!

Savvy Caregiver Express: *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Thursday: May 8th, 15th, 22nd | **In Person** | 10:00 am - 1:00 pm

Savvy Caregiver Express: *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Tuesday: June 5th, 12th, 19th | **Zoom** | 12:30 pm - 3:30 pm

Savvy Caregiver Advanced: *(for graduates of foundational or express Savvy)*

(4 weeks) Tuesday: June 3rd, 10th, 17th, 24th | **In Person** | 1:00 pm - 3:00 pm

The Dubin Center - 12685 New Brittany Blvd, Fort Myers, FL 33907



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Where no one faces dementia alone.



**SAVVY
CAREGIVER**
KNOWLEDGE. SKILLS. MASTERY.

Spend time this summer to grow your caregiver knowledge and skills! The Savvy Caregiver program is an evidence-based dementia family caregiver training program. This program has been proven to decrease family caregiver stress, burden, and depression, while increasing caregivers' sense of competence and confidence in their care role.

Have you already taken Savvy? Looking for more information and support? Build on your knowledge by participating in the Savvy Caregiver Advanced training.

**SAVVY
ADVANCED**

**JUNE
4-WEEKS**

**IN PERSON
TUESDAYS
1 - 3PM**

6/3 | 6/10
6/17 | 6/24

**SAVVY
EXPRESS**

**JUNE
3-WEEKS**

**ZOOM
THURSDAYS
12:30 - 3:30PM**

6/5 | 6/12 | 6/19

**SAVVY
EXPRESS**

**JULY
3-WEEKS**

**IN PERSON
TUESDAYS
12:30 - 3:30PM**

7/8 | 7/15 | 7/22

**SAVVY
EXPRESS**

**AUGUST
3-WEEKS**

**ZOOM
TUESDAYS
12:30 - 3:30PM**

8/5 | 8/12 | 8/19

REGISTER NOW [DUBINCENTER.COM/TRAINING](https://dubincenter.com/training)
OR CALL US AT (239) 437-3007

Port Charlotte

Savvy Caregiver Express: *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Friday: June 13th, 20th, 27th | **In Person** | 10:00 am - 1:00 pm

HCA Florida Fawcett Hospital Community Center - 3280 Tamiami Trail, Suite #493, Port Charlotte, FL 33952 (behind Winn-Dixie in the Promenades Mall).



Savvy Caregiver Training



**SAVVY
CAREGIVER**
KNOWLEDGE. SKILLS. MASTERY.



**HCA Florida
Healthcare**



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CENTER**
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Fridays
June 13
10:00 am - 1:00 pm
June 20
10:00 am - 1:00 pm
June 27
10:00 am - 1:00 pm
HCA Florida
Fawcett Hospital
Community Center,
3280 Tamiami
Trail, Suite #493,
Port Charlotte, FL
33952
Behind Winn Dixie in the
Promenades Mall

A FREE 3-week
evidence-based
course designed to
help family caregivers
manage the
challenges of caring
for someone living
with dementia.
Facilitated by a
Dubin Center social
worker.

To register visit
DubinCenter.com/training
or Call 239-437-3007

Pine Island

Savvy Caregiver Express: *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Friday: July 11th, 18th, 25th | **In Person** | 10:00 am - 1:00 pm

Beacon of Hope- 5090 Doug Taylor Circle St James City, FL 33956 (Center of Excellence Classroom)



Fridays

July 11th

10:00 am - 1:00 pm

July 18th

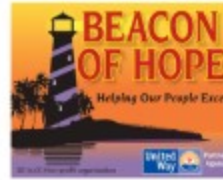
10:00 am - 1:00 pm

July 25th

10:00 am - 1:00 pm

PINE ISLAND
Beacon of Hope:
(Center for Excellence
Classroom)
5090 Doug Taylor
Circle St James City,
FL 33956

Savvy Caregiver Training



A 3-week evidence-based course designed to help family caregivers manage the challenges of caring for someone living with dementia. Facilitated by a Dubin Center social worker.

To register visit
DubinCenter.com/training
Or call 239-437-3007

REGISTER HERE



Upcoming Events

Backyard GAMEDAY

presented by



May 18 • 4-7pm
Bay Street Yard

Get ready for some friendly competition and fun at Backyard
Game Day!

**Join us on May 18th from 4:00-7:00 PM at Bay Street Yard in the heart
of the downtown Fort Myers River District.**

Compete in a lively tournament featuring ping pong, bag toss, "beer" pong,
and more! Enjoy great food, drinks, and the chance to claim the 2025
Backyard Game Day Trophy!

\$75 ENTRY TICKET

Includes food, beer, wine, seltzers, and entry to the tournament.

Don't miss out! Gather your friends and join us for a great cause!

T-shirts available for \$25

[GET YOUR TICKETS](#)





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Out and About

Come join us for a fun juice tasting at Sun Harvest Citrus! Take a trip down memory lane, learn about its rich history, and enjoy a relaxing afternoon with great company.



Tuesday, May 20th



1:00 PM



14601 6 Mile Cypress
Pkwy, Fort Myers, FL
33912



**Call The Dubin Center to
RSVP: (239) 437-3007**

Community News

CARE Alert

(Caregivers & Alzheimer's/Dementia Response Emergency Alert)



The Dubin Center is excited to announce a new partnership with Lee County's first responders through the **CARE Alert: Caregivers & Alzheimer's/Dementia Response Emergency Alert** program. This initiative invites caregivers to complete a simple form with two emergency contacts, which will be shared with Lee County Dispatch and First Responders.

Once submitted, this form will place an “alert” on the address identified, notifying first responders that a person with a dementia-related illness resides there. The information provided will help first responders understand any specific behaviors to be aware of, ensuring a more effective response in an emergency. It will also allow them to contact the caregiver’s emergency contacts, so the person with dementia is not left home alone in the event of an emergency.

We strongly encourage all caregivers of individuals with dementia living at home in Lee County to register for the CARE Alert program today. To get started, simply request the form by phone, email, or stop by The Dubin Center!

Dubin Spotlight

Meet the Dubin Team

This month, we’re excited to spotlight one of our amazing team members at The Dubin Center - our dedicated social worker Shannon Messner, who is celebrating two years with us! In her role, she provides invaluable support to caregivers, guiding them through the often challenging and emotional journey of dementia care.



When asked about the most rewarding part of her job, she shared that it’s being able to help caregivers walk through this journey and ensuring they know they are not alone. It’s that kind of heartfelt commitment that makes such a difference in our community.

She also shared something she wishes more people understood about dementia and caregiving: that everyone’s journey may look different, but finding and utilizing supportive resources and groups can make a world of difference.

Outside of work, she finds peace and joy in tending to her garden and relaxing on the porch, soaking in the view of her plants and the treetops. Her dream travel destination? Banff National Park in Canada. The photos she’s seen are breathtaking, and she hopes to one day experience its beauty in person - preferably while camping under the stars. And when it comes to comfort food, nothing hits the spot quite like a meal from Cracker Barrel!

We’re so grateful to have her on our team and appreciate the compassion, dedication, and warmth she brings to The Dubin Center every single day.

Caregiver Corner

Creating Connections through Collage

This month, we’re shining a light on a caregiver who has found a creative and meaningful way to connect with her husband - through handmade photo collages.

She also shares these collages with out-of-town family, helping them stay connected and informed about their day-to-day life. In addition to the booklets, she creates

She created heartfelt collages using recent photos of her husband and the activities they've enjoyed together, then prints and places them into a booklet they can look through as a couple. These visual reminders help spark conversations and bring joy to their daily routine - especially for her husband, who may not always remember the events without a visual cue. It's a beautiful way to revisit special moments and strengthen their bond.

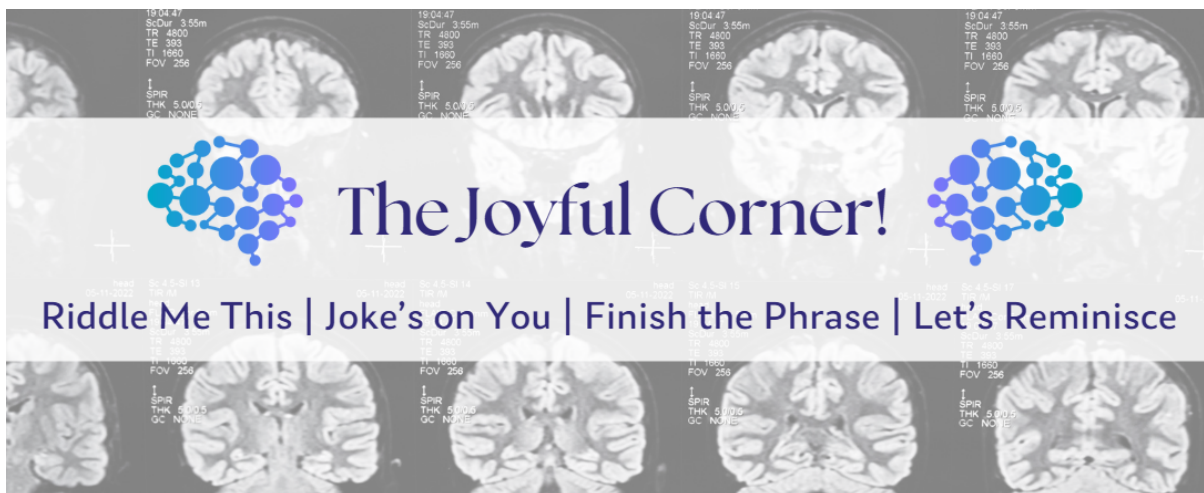
personalized collage cards for friends, family, and charitable causes - spreading creativity and kindness throughout her community.

While not every caregiver needs to make detailed collages, simply printing out photos of your loved one and the activities you've done together can be just as meaningful. Including the person's name in the photo (for example, on a label or caption) can be helpful for individuals living with dementia as they look through the images. This small gesture can support memory, prompt conversation, and offer a comforting sense of familiarity.

Her story is a touching reminder that creative expression - big or small - can bring joy, connection, and purpose to the caregiving journey.



If you would like to be featured in our monthly e-newsletter or share how The Dubin Center has impacted you; please fill out the survey [linked here](#).



I start in April, but I end in May. I bring warmth, color, and longer days. What am I?

I am often given as a gift in May, especially to moms. I am a

What did the tree say to the flower in May?

Why do flowers always drive so fast in May?

A picture is worth a thousand **(words)**

Beauty is in the eye of the **(beholder)**

Absence makes the heart grow **(fonder)**

What is the best gift you have received (or given) on Mother's Day?

What is your favorite way to celebrate the arrival of spring?

symbol of love and appreciation. What am I?

Why did the gardener plant a light bulb in May?

It's raining cats and **(dogs)**

What was your favorite vacation or trip, and why?

Insights of the Month

The Power of Connection: It's easy to feel isolated as a caregiver. Connecting with others in similar situations, whether through support groups or online communities, can provide a sense of camaraderie. You don't have to walk this journey alone—reach out, share, and learn from others.

Handling Guilt: Caregiver guilt is common, but it's important to recognize that you are doing the best you can. You deserve compassion, just as much as the person you're caring for. If you feel guilt, try to reframe it: taking care of yourself isn't selfish, it's necessary for being the best caregiver you can be.

This May, celebrate the caregiver within you. Every day you're giving love, support, and dedication to your loved one.

The Calendar's Best - Kept Secrets

May 4 – Star Wars Day

May 6 – National Nurses Day

May 9 – Lost Sock Memorial Day

May 11 – Eat What You Want Day

May 14 – Dance Like a Chicken Day

May 18 – Visit Your Relatives Day

May 20 – National Sea Monkey Day

May 21 – Talk Like Yoda Day

May 23 – World Turtle Day

May 28 – National Hamburger Day

Check out what we've been up to at The Dubin Center!



Afternoon Tea Delight!

On April 4th, our Memory Catchers Support Group was treated to a charming tea party, thanks to our wonderful friend Kat from *Choices in Living*. Attendees donned festive spring bonnets, sipped on delicious teas, enjoyed tasty treats, and learned about the rich history and etiquette of traditional afternoon tea. It was a lovely and memorable experience for all!



Spring Time! Our attendees also had the chance to express their creativity by crafting papier-mâché Easter eggs, decorated with cheerful spring-themed paper. Activities like these are wonderful for stimulating attention, enhancing fine motor skills, and supporting mental well-being. The opportunity to create and express themselves in a calm, welcoming environment made the day enjoyable for everyone.



Ice cream, anyone? A big thank-you to Love Boat Ice Cream for hosting our April *Out & About* event!

Attendees enjoyed a fun afternoon learning about the history of this iconic Southwest Florida ice cream shop—and, of course, indulging in some delicious sweet treats. It was a wonderful day filled with socializing, laughter, and plenty of smiles!

May Calendar



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**MAY
2025**

For More Information Call (239)437-3007
dubincenter.com | info@dubincenter.com
12685 New Brittany Blvd Fort Myers, FL 33907

Monday		Tuesday		Wednesday		Thursday		Friday	
28 10:30 General Support Group @Hope Lutheran Church-Bonita Springs 10:30 Zoom Savvy Support Group 1:30 Savvy Caregiver #2   2:00 Zoom General Support Group		29 10:00 General Support Group 12:30 Zoom Savvy Express #3 		30 12:00 Savvy Support Group		1 10:00 Zoom FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group 6:00 Zoom Savvy #3 		2 2:00 Memory Catchers	
5 10:30 Zoom Savvy Support Group 1:30 Savvy Caregiver #3   2:00 Zoom General Support Group 6:30 Zoom General Support Group		6 10:00 General Support Group		7 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers		8 10:00 Savvy Express #1  10:30 Bonita Springs Memory Café -  Bonita Springs Senior Center 1:00 General Support Group 6:00 Zoom Savvy #4 		9 Walk-Ins Welcomed	
12 10:30 Zoom Savvy Support Group 1:30 Savvy Caregiver #4   2:00 Zoom General Support Group		13 10:00 General Support Group		14 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only		15 10:00 Savvy Express #2  10:30 Zoom FTD Support Group 1:00 General Support Group 6:00 Zoom Savvy #5 		16 2:00 Memory Catchers	
19 10:30 Zoom Savvy Support Group 1:30 Savvy Caregiver #5 & 6   2:00 Zoom General Support Group 6:30 Zoom General Support Group		20 10:00 General Support Group 1:00 Out & About @ Sun Harvest 		21 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers		22 10:00 Savvy Express #3  10:00 Memory Café 1:00 General Support Group 6:00 Zoom Savvy #6 		23 Walk-Ins Welcomed	
26  MEMORIAL DAY CENTER CLOSED		27 10:00 General Support Group		28 10:00 Men's Support Group 11:15 Sunshine Villas Brain Boosters 12:00 Savvy Support Group 2:30 Lehigh Senior Center Brain Boosters - Lehigh Acres Senior Center 		29 1:00 General Support Group		30 Walk-Ins Welcomed	



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MEMORIAL

== DAY ==

REMEMBER AND HONOR

**IN HONOR OF MEMORIAL DAY THE DUBIN
CENTER IS CLOSED MONDAY 5/26. WE WILL
REOPEN AT 9AM ON TUESDAY 5/27.**



This podcast was produced by one of our Men's Caregiver Support Group members. It provides guidance and expert knowledge on all things Alzheimer's and caregiver related.

[GUTPUNCHED Podcast](#)

Thank you to our Corporate Sponsors!



Donate Here



(239) 437-3007



12685 New Brittany Blvd
Fort Myers, FL 33907



info@dubincenter.com

Our Contact Information

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{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



The Joyful Corner Answers

Riddle - Spring, A flower.

Jokes - You're really starting to *branch* out, because they're in a hurry to *bloom*, He wanted to grow a *power* plant!

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