



Caregiver
Connection

ISSUE #9

THE DUBIN CENTER
MONTHLY E-NEWSLETTER

♦
JUNE 2025

Caregiver Connection Newsletter

Welcome to the June 2025 Newsletter!

As we step into the warmth of summer, we're reminded of the growth, renewal, and strength that this season brings. June offers us the perfect opportunity to reflect on the journey we've shared and the progress we continue to make. It's a time to celebrate the small victories, embrace the connections we've built, and focus on the self-care that helps sustain us along the way.

In this issue, we share resources, tips, and stories that highlight the power of caregiving, the importance of self-care, and the collective strength of our community. Remember, whether it's connecting with fellow caregivers, learning new coping strategies, or taking time for yourself, we are here to support you every step of the way.

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.

Community News: Stay connected with the latest happenings in our community! From local events and caregiver workshops to important updates and inspiring stories, this section keeps you in the know. Be sure to check back each month for news, resources, and ways to get involved.

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!

Education at The Dubin Center



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) 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

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

(3 weeks) Tuesday: July 8th, 15th, 22nd | **In Person** | 12:30 pm - 3:30 pm

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

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

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



THE DUBIN CENTER

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

MORE DATES & TIMES TO COME!

REGISTER NOW AT WWW.DUBINCENTER.COM

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®



**THE
DUBIN
CENTER**
Where no one faces dementia alone.

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

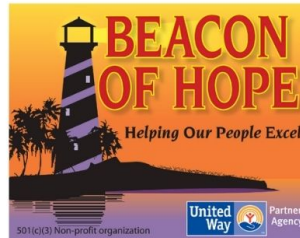
Savvy Caregiver Express: *(foundational Savvy class, taught in 3-week format)*

(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)



Savvy Caregiver Training



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

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

Not sure how to stop your loved one with dementia from driving? Join us for our Driving Crossroads course on Thursday June 12th, 2025, from 11:30am - 1:00pm.

Gain valuable insight, knowledge, tips and tricks to begin that difficult conversation about driving and safety. Call the center to RSVP!



DRIVING CROSSROADS

Please join us at our center for a FREE 1.5 hour evidence-based course designed to help families of those living with dementia to decide when and how their loved one should limit or stop driving. The goal is to prolong independence while protecting the safety of drivers with dementia.

DETAILS



Thursday, June 12th



11:30 am - 1:00 pm



12685 New Brittany Blvd,
Fort Myers, FL 33917

Please call 239-437-3007
to register

THE DUBIN CENTER



Support Groups
Caregiver Education
Social Activities
Memory Screenings



Compassionate, Personalized
Support Every Step of the Way



Proudly Serving Southwest
Florida for Over 30 Years



THE DUBIN CENTER | 239-437-3007 | INFO@DUBINCENTER.COM

Out & About! June 26th



**Join us for a hands-on, nature-inspired
experience at Twisted Acres!**

**Come explore the beauty of air plants and discover the magic behind
Twisted Acres. At this special event, you'll have the opportunity to:
Create Your Own Air Plant Terrarium –
(All supplies sponsored by the Dubin Center!)**

&

**Get to know the roots of the Twisted Acres story - Browse unique plants
& gifts – Shop from a curated selection of air plants and accessories.
Limited space, so RSVP early.**



Thursday, June 26th



11:00 am - 12:30 pm



**1940 Maravilla Ave, Fort
Myers, FL 33901**



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

Moments To Remember



Thank you to everyone who joined us in celebrating The Dubin Center's 30th Anniversary! This special evening honored three decades of serving families affected by dementia in Southwest Florida.

With your support, we raised \$38,000 to continue offering free education, support groups, and resources for caregivers and their loved ones.

Enjoy these highlights from a night filled with gratitude, community, and hope.
Cheers to the next 30 years!

[Check out the highlight video here](#)

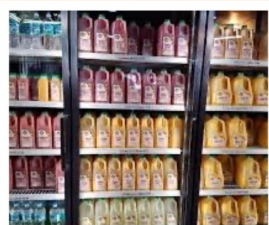


The Dubin Centers inaugural Backyard Games fundraiser was more than just fun and games - it was a celebration of **you, our caregiving community.**

Every laugh, cheer, and toss of a beanbag helped raise funds to support the free services and programs The Dubin Center provides to the community.

[Check out the highlight video here](#)

DUBIN CENTER OUTING



OUT AND ABOUT SUN HARVEST TUESDAY, MAY 20, 2025

This month's Out and About took us to Sun Harvest Citrus, where caregivers and their loved ones enjoyed fresh Florida citrus, sweet treats, and time together in the sunshine.

Special Needs Shelters - Be Ready for Hurricane Season



As hurricane season approaches, Lee County offers a Special Needs Program to help residents who require extra assistance during evacuations. This program provides transportation and shelter for those with medical needs, electricity - dependent equipment, or mobility challenges.

Pre-registration is required and must be completed **before** a storm is within five days of our area. You can apply online at leegov.com or call **239-533-0640** for assistance. Remember, you must update your registration each year!

If you plan to use a Special Needs Shelter, bring a "Go Kit" with medications, medical supplies, important documents, clothing, and comfort items. Basic meals and water are provided, and pet accommodation is available nearby.

Stay informed by signing up for emergency alerts at AlertLee.com and keep local shelter updates on your radar. Prepare early - your safety matters!

CARING FOR SOMEONE WITH DEMENTIA CAN BE STRESSFUL

Rice University's T-SCAN Lab is looking for research participants to help them learn about the role of emotion and coping in people caring for someone with dementia



No in-person visits

About 6 hours of participation over 3 months

Up to \$120 compensation by Amazon e-gift card

Requires a smartphone



Part 1

Study introduction and
consenting process via
live video chat*



Part 2

Questionnaires, heart
rate monitoring, task
introduction via live
video chat



Part 3

One week of daily
brief check-ins via
smartphone



Part 4

Follow up
questionnaires

*T-SCAN Lab staff members are available to assist with using the technology involved in this study

For more information, contact the T-SCAN team at
713-348-3528 or caregivers.tscan@gmail.com

Principal Investigator: Bryan Denny, PhD, Associate Professor
Telephone: 713-348-8257, Email: bryan.denny@rice.edu

This research study has been reviewed and approved by Rice University Institutional Review Board. (Protocol Number: IRB-FY2018-336)
If you have concerns regarding this study or questions regarding your rights as a study participant, please contact an IRB Compliance
Administrator. Email: irb@rice.edu or Telephone: 713-348-3586

Caregiver Survey Opportunity



**Are you a caregiver to someone who uses
assistive technology in their daily life?
Your voice matters!**

Survey Details

- Anonymous & Confidential
- Takes 15 minutes or less
- Includes multiple-choice & short-answer questions
- Participation is voluntary—you may exit at any time before submission

Lizeth S. Iboy, an Occupational Therapy Doctoral student at Gannon University, is conducting a research study exploring caregivers' perspectives and understanding of assistive technology used by their care recipients. She is seeking caregivers to complete a brief, anonymous survey. If you or someone you know is a caregiver and would like to participate, please use the link provided below. Your input could help inform future support and innovation in caregiving tools.

[Link to Survey Here](#)

Dubin Spotlight

Meet the Dubin Team



This month, we're shining a spotlight on Thea, our incredible Operations Manager, who has been a vital part of The Dubin Center team for the past two years.

Thea brings a unique perspective to her role, often witnessing the impact of our programs through the stories shared by our social workers. One of the most rewarding parts of her job, she says, is "hearing the incredible stories from our social workers when a caregiver has that 'aha' moment - when they truly understand and start making changes that improve both their own daily life and their loved ones."

When asked what she wishes more people knew about dementia and caregiving, Thea shared this powerful reminder: *"The caregiver and the person living with dementia are not just the diagnosis. They need friends and family involved in their lives. Caregiving can be a lonely journey - don't let someone you know go through it alone!"*

Outside of work, Thea enjoys reading, sewing, and winding down with a glass of wine alongside her husband. While she doesn't have one dream travel destination, her perfect getaway includes hiking trails, delicious food, and great wineries.

Her go-to comfort food? A rich, creamy bowl of macaroni and cheese made with full-fat cheese and butter - the ultimate cozy classic!

Thea is also a dedicated media multitasker: she listens to audiobooks on her commute, reads in the evenings, and enjoys watching one (yes, just one!) episode of a mutually agreed-upon show each night with her husband - he's not a binge-watcher! When she's sewing, though, it's a different story - she can breeze through a whole book or series of episodes of a good "Thea show."

We're so grateful for Thea's hard work, creativity, and passion. Her behind-the-

scenes efforts help keep The Dubin Center running smoothly - and her heart for caregivers is felt in everything she does.

THE JOYFUL CORNER



RIDDLE ME THIS | JOKES ON YOU | FINISH THE PHRASE | LET'S REMINISCSE

What has a heart that doesn't beat?

What can you hold in your mind, but never your hand?

What is invisible, but can bring back a flood of feelings and moments?

What is the best way to watch a fly-fishing tournament?

What did the Pacific Ocean say to the Indian Ocean?

Why did the tomato turn red?

Find a penny, pick it up and all day long you'll **(have good luck)**

Everything but the kitchen **(sink)**

He has a good head on his **(shoulders)**

What was your first summer job or a memorable adventure you took as a young adult?

What summer food or treat takes you back in time? Is there a dish that reminds you of a special time?

Insights of the Month

Find Meaning in Caregiving Tasks: While caregiving can involve repetitive or mundane tasks, each action is filled with meaning. Whether it's making your loved one's favorite meal, holding their hand, or simply being there to listen, these acts are a testament to your love and dedication.

Honor Your Loved One's Past: As dementia or Alzheimer's progresses, it can be comforting to reflect on your loved one's past and the things that brought them joy. Engage in conversations that allow them to reminisce, look through old photos, or listen to their favorite music. This can offer both of you a sense of connection.

Honor Your Loved One's Autonomy: Empower your loved one by encouraging independence whenever possible. Small choices, like picking out clothes or deciding

The Calendar's Best - Kept Secrets

June 4 – World Environment Day

June 6 – National Doughnut Day

June 8 – National Best Friends Day

June 16 – National Flip Flop Day

June 18 – International Sushi Day

June 19 – National Garlic Day

June 20 – National Ice Cream Soda Day

June 21 – National Selfie Day

June 22 – National Chocolate Éclair Day

June 23 – Take Your Dog to Work Day

on a meal, can help them feel more in control of their life, which can be incredibly affirming.

June 26 – National Paper Airplane Day

June 27 – National Sunglasses Day

June Calendar

 THE DUBIN CENTER <i>Where no one faces dementia alone.</i>					JUNE 2025	For More Information Call (239) 437-3007 dubincenter.com info@dubincenter.com 12685 New Brittany Blvd Fort Myers, FL 33907
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday		
10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group 6:30 Zoom General Support Group	10:00 General Support Group 1:00 Savvy ADVANCED #1 	10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers	10:00 Zoom bv FTD Support Group 10:00 Grace Beyond Guilt Group 12:30 Zoom Savvy Express #1 1:00 General Support Group 	2:00 Memory Catchers		
9 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group	10:00 General Support Group 1:00 Savvy ADVANCED #2 	11 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	12 10:30 Bonita Springs Memory Café -  Bonita Springs Senior Center 11:30 Driving Crossroads 12:30 Zoom Savvy Express #2 1:00 General Support Group 	13 10:00 Port Charlotte Express Savvy #1  		
16 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group 6:30 Zoom General Support Group	17 10:00 General Support Group 1:00 Savvy ADVANCED #3 	18 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers	19 10:30 Zoom FTD Support Group 12:30 Zoom Savvy Express #3 1:00 General Support Group 	20 10:00 Port Charlotte Express Savvy #2  		
23 10:30 General Support Group @ Hope Lutheran Church-Bonita Springs 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group	24 10:00 General Support Group 1:00 Savvy ADVANCED #4 	25 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 	26 10:00 Memory Café 11:00 Out & About:  Twisted Acres Air Plants 1:00 General Support Group	27 10:00 Port Charlotte Express Savvy #3  		
30 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group	1 10:00 General Support Group	2 10:00 Grief Group 12:00 Savvy Support Group 1:00 Independence Day Party Memory Catchers	3  4th of July CENTER CLOSED	4  4th of July CENTER CLOSED		



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

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



The Joyful Corner Answers

Riddle - An Artichoke, A Memory, and A Smell.

Jokes - Live Stream, Nothing, they just waved, and Because it saw the salad dressing!

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