



Caregiver Connection

ISSUE #10

THE DUBIN CENTER
MONTHLY E- NEWSLETTER

JULY 2025

Caregiver Connection Newsletter

Welcome to the July 2025 Newsletter!

As we enter the heart of summer, we're filled with gratitude for the vibrant community we've built together. July is a time for celebrating the warmth of summer, spending quality time with loved ones, and reflecting on the milestones we've reached. It's also a great opportunity to take a moment for yourself - whether it's through a quiet break, a refreshing outdoor activity, or connecting with others who understand your journey.

As always, we're committed to providing the resources and support you need as a caregiver. In this issue, you'll find helpful tips, upcoming events, and insights into how we can continue to support each other through the caregiving journey.

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.

In this newsletter you can expect:

Community News

Dubin Spotlights

Insights of the Month

The Joyful Corner

Monthly Calendar

Warmly,
The Dubin Team

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.



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

Education at The Dubin Center

Dubin Center & Avow Kids Partner Dementia Summit: August 8th 10am - 2pm

The Dubin Center is proud to partner with **Avow Kids** to host a **family-friendly Dementia Summit**, specially designed for children and teens aged **10 to 17**. This unique event will offer a meaningful opportunity for young people to bring their **loved one living with dementia** to The Dubin Center for a **half-day of fun, interactive, and educational activities**.

Throughout the summit, participants will:

Learn age-appropriate information about dementia and its effects on behavior.

Discover effective communication tools to better interact with their loved one.

Take part in guided activities that foster understanding, empathy, and lasting connection.

Our **intergenerational goal** is to help families build **confidence and closeness** in their caregiving journey. We believe that by empowering children with knowledge and skills, we can create positive and lasting connections with the person living with dementia.

We'd love your input!

Take our quick survey to let us know if you're interested and help us shape the details of this special intergenerational event.

TAKE SURVEY NOW



**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!

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

(3 weeks) Thursday: July 17th, 24th, 31st | **Zoom** | 5:30 pm - 8:30 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



SAVVY CAREGIVER

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.

ZOOM- EXPRESS EVENING

📅 Thursday's
July 17th, 24th, 31st

🕒 5:30 pm - 8:30 pm

📍 Be sure to sign up to receive the Zoom Link.

ZOOM- EXPRESS AFTERNOON

📅 Tuesday's
August 5th, 12th, 19th

🕒 12:30 pm - 3:30 pm

📍 Be sure to sign up to receive the Zoom Link.



**Please call the center to RSVP
(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

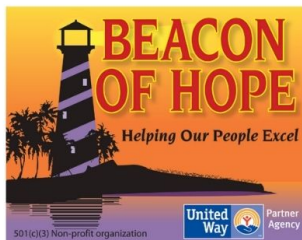
10:00 am - 1:00 pm

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



Community News

GUIDE: NEW TRADITIONAL MEDICARE RESPITE BENEFIT

Join us at The Dubin Center this August to learn more about the New Traditional Medicare Respite Benefit available for those with a dementia diagnosis and their family (unpaid) caregivers! The informational session will cover eligibility requirements, benefits, and the overall onboarding process. Call us to RSVP (239)-437-3007!



THE DUBIN CENTER

Where no one faces dementia alone.



Healthspan Partners of SWFL
Comprehensive Dementia Care

GUIDE RESPITE INFO MEETING

Join us to learn more about the no-cost Traditional Medicare Benefit available for those with a dementia diagnosis and their caregivers.

This program aims to help reduce caregiver burden, by providing a care navigator, education, 24/7 help-line, and a yearly stipend up to \$2,563, to be used for respite services.

INFO SESSION

Tuesday, August 26th

11:00 am - 12:00 pm

12685 New Brittany Blvd
Fort Myers, FL 33907

**Please call the center to RSVP
(239) 437-3007**

ELIGIBILITY

- Traditional Medicare
- Dementia Diagnosis
- NOT on Hospice or Pace programs
- NOT living in a Skilled Nursing Facility
(living in independent, assisted, or memory care is okay)

BENEFITS

- An assigned Dubin Center Care Navigator
- Monthly check-ins
- Access to a 24/7 helpline
- Access to Trualta, an online caregiver platform
- up to \$2,563 respite stipend

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

Just Diagnosed with Dementia? Start Here

Being diagnosed with dementia can feel overwhelming - for both the individual and their loved ones. At the Dubin Center, we believe in empowering you from the very beginning. We've created a simple, thoughtful form to guide you through important questions and considerations as you begin this journey.

Whether you're thinking about medical planning, emotional support, or next steps for daily living, this form is designed to help you reflect, prioritize, and take your first steps with confidence and clarity.

Be Prepared: First Steps After a Dementia Diagnosis

This checklist is here to help guide you through the first steps after a dementia diagnosis. You don't have to do everything at once—start where you can, and reach out for support when needed. The Dubin Center is here to help.

Medical and Diagnosis Confirmation



- ☐ Confirm diagnosis details (Type of dementia? Stage? Symptoms?)
- ☐ Ask about treatment options (Medications? Therapy? Clinical trials?)
- ☐ Schedule follow-up neurology and primary care visits
- ☐ Screen for coexisting conditions (diabetes, heart disease, depression)
- ☐ Assess for safety concerns (driving, medication management, wandering risks)

Legal and Financial Planning



- ☐ Discuss power of attorney (POA) for healthcare and finances
- ☐ Ensure advance directives/living will are in place
- ☐ Check/update financial accounts & beneficiaries
- ☐ Consult a Florida elder law attorney (Medicaid planning, trusts, long-term care)
- ☐ Look into Social Security Disability (if early-onset)
- ☐ Check for veteran benefits or state-specific assistance

Home Safety and Environment



- ☐ Assess fall risks & home modifications (grab bars, clear pathways)
- ☐ Secure medications, sharp objects, and hazardous substances
- ☐ Set up memory aids (labeled drawers, clocks, calendars, reminders)
- ☐ Consider door alarms or GPS trackers (if wandering risk)
- ☐ Ensure access to emergency contacts & medical info

Community Resources and Support Services



- ☐ Join a caregiver support group (in-person or online)
- ☐ Identify respite care options (in-home, adult day centers)
- ☐ Check eligibility for home health services
- ☐ Explore transportation options for medical appointments

Long-Term Care Planning



- ☐ Discuss care preferences early (home vs. facility care)
- ☐ Tour local memory care communities
- ☐ Understand Medicare/Medicaid long-term care coverage
- ☐ Create an emergency backup plan if primary caregiver is unavailable:
"Just in Case" Programs are available through different homecare agencies



Dubin Spotlight

Meet the Dubin Team



Our Dubin Spotlight this month shines on Elizabeth Cochran, one of our dedicated social workers here at The Dubin Center.

Elizabeth has been with us for just over a year and brings a deep passion for nonprofit work. She loves the flexibility of her role and the opportunity to address unmet needs in the community:

"I love being able to spot a need or a gap in services and actively work towards filling it. Being able to have that flexibility and encouragement from our management makes the work we do super rewarding!"

When asked what she wishes more people understood about dementia and caregiving, Elizabeth shared how the disease impacts far more than just memory. The interpersonal, behavioral, and communication changes make navigating the condition incredibly complex.

"It saddens me when caregivers share that they have no one, that their friends have slowly faded away. My hope is that as we continue to educate families and our communities, people feel less isolated, more comfortable asking for help, and friends and family feel more comfortable interacting with a person living with dementia."

Outside of work, Elizabeth enjoys unwinding with a good book and quality time with her family. She's currently reading *The Clinic* by Cate Quinn, a gripping psychological thriller. If she could travel anywhere, her dream destination would be Germany during Oktoberfest: "I've always wanted to visit Germany and going during one of their biggest traditions would be so much fun."

And her current comfort food of choice? Butter Chicken with Garlic Naan—thanks to a favorite Indian restaurant in Cape Coral she's loving right now.

We're so grateful to have Elizabeth as part of The Dubin Center family. Her heart for service and genuine care for others continues to make a lasting impact on the lives of those we serve.

Out & About- June Recap!



Our clients had a delightful afternoon on June 26th at Twisted Acres Air Plant Farm! They learned all about air plants; how they grow, thrive, and how to care for them. The day ended on a with a creative session where each client designed their own unique air plant terrarium.



A heartfelt thank you to our friends at Twisted Acres for hosting such a dementia-friendly event, filled with education, creativity, and joy!



THE JOYFUL CORNER



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

I have keys but no locks. I have space but no room. You

Why do bees have sticky hair?

You can't teach a dog new **(tricks)**

Who was your childhood hero or

can enter but not go outside. What am I?	What kind of tree fits in your hand?	Good things come to those who (wait)	someone you looked up to?
What begins with T, ends with T, and has a T in it?	Why did the cookie go to the hospital?	The grass is always greener (on the other side)	Did you ever win a contest, prize or award? What was it for?
What runs all around your backyard, but never moves?	Why did the golfer bring two pairs of pants?	You're never too old to (learn something new)	What games did you play outside with neighborhood kids?

Insights of the Month

Letting Go of 'Should': Many caregivers carry around a list of invisible “shoulds”: I should be more patient. I should do more. I should never feel frustrated. But caregiving is complex and emotional. Instead of holding yourself to unrealistic standards, try replacing “should” with “I’m doing the best I can.” Progress, not perfection, is the true mark of a devoted caregiver.

Making Space for Joy: In the midst of doctor’s appointments, medication schedules, and to-do lists, joy might feel out of reach. But joy doesn’t need to be grand—it can be a warm cup of coffee, a song that brings back a memory, or a five-minute laugh break. Joy doesn’t erase the hard parts, but it helps lighten them. You’re allowed to feel both the weight and the wonder of caregiving.

The Calendar's Best - Kept Secrets

July 1st - International Joke Day

July 6th - National Fried Chicken Day

July 14th - National Mac & Cheese Day

July 17th - World Emoji Day

July 20th - National Lollipop Day

July 21st - National Junk Food Day

July 27th - Take Your Houseplants for a Walk Day

July 28th - National Milk Chocolate Day

July 30th - International Day of Friendship

July Calendar



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**JULY
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
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  CENTER CLOSED	4  CENTER CLOSED
7 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group 6:30 Zoom General Support Group	8 10:00 General Support Group 12:30 Savvy Express #1 	9 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	10 10:00 Grace Beyond Guilt Group 10:30 Bonita Springs Memory Café -  Bonita Springs Senior Center 1:00 General Support Group	11 10:00 Savvy Express #1 at Beacon of Hope Pine Island   2:00 Memory Catchers
14 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group	15 10:00 General Support Group 12:30 Savvy Express #2 	16 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers	17 10:30 Zoom FTD Support Group 1:00 General Support Group 5:30 Zoom Express Savvy #1 	18 10:00 Savvy Express #2 at Beacon of Hope Pine Island  
21 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group 6:30 Zoom General Support Group	22 10:00 General Support Group 12:30 Savvy Express #3 	23 10:00 Men's Support Group 11:15 Sunshine Villas Brain Boosters 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only 2:30 Lehigh Senior Center Brain Boosters - Lehigh Acres Senior Center 	24 1:00 General Support Group 5:30 Zoom Express Savvy #2 	25 10:00 Savvy Express #3 at Beacon of Hope Pine Island   2:00 Memory Catchers
28 10:30 General Support Group @ Hope Lutheran Church-Bonita Springs 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group	29 10:00 General Support Group	30 12:00 Savvy Support Group	31 1:00 General Support Group 5:30 Zoom Express Savvy #3 	1 Walk-Ins Welcomed



JULY 3RD & 4TH
CLOSED

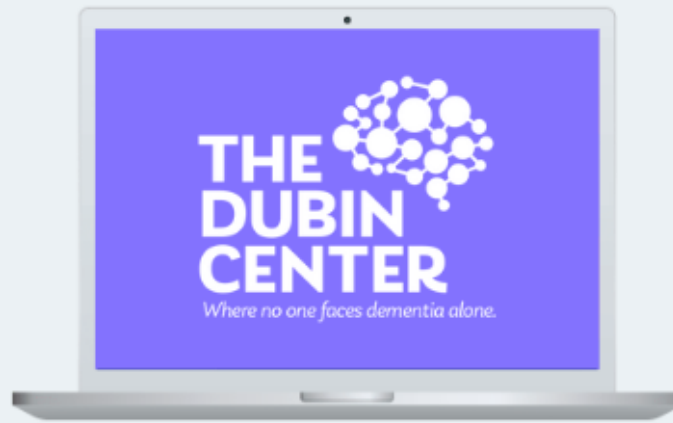


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***We will re-open Monday,
July 7th @ 9am***

Virtual Support Groups Update



VIRTUAL SUPPORT GROUPS

Having a hard time getting to the center for a support group?

Join The Dubin Center via Zoom every Monday for a Caregiver Support Group! Come and connect with other caregivers virtually.

Links for the Zoom meetings can be found on our website.

We hope to see you there!

VIRTUAL SUPPORT GROUP

Every Monday via Zoom 2pm - 3pm

EVENING VIRTUAL SUPPORT GROUP

1st and 3rd Monday of the Month via Zoom

6:30 pm - 7:30 pm

Support the Credit for Caring Act



Family caregivers are the unsung heroes of our healthcare system, often balancing work, family responsibilities, and the emotional and financial demands of caregiving.

The Credit for Caring Act (S. 925 / H.R. 2036) is a bipartisan bill that aims to provide much-needed financial relief to working family caregivers. If passed, this legislation would offer a non-refundable federal tax credit of up to \$5,000 annually to eligible caregivers. This credit could help offset expenses such as:

Respite care

Home modifications

Transportation costs

Lost wages due to caregiving responsibilities

Assistive technologies

Why It Matters:

In 2023, over 11 million Americans provided unpaid care for individuals with Alzheimer's or other dementias, contributing an estimated 18.4 billion hours of care valued at nearly \$350 billion. This act recognizes their invaluable contribution and seeks to alleviate some of the financial burdens they face.

Take Action Today:

Urge your members of Congress to support the Credit for Caring Act and provide essential support to our nation's caregivers. [Send a message to your lawmakers now](#)

Together, we can make a difference in the lives of caregivers and those they care for.



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](#)

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Our Contact Information

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The Joyful Corner Answers

Riddle - A Keyboard, A Teapot, and A Fence

Jokes - Because they use honeycombs, A Palm Tree, Because it felt crumb-y, In case he got a hole in one!

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