



Caregiver Connection

ISSUE #11

THE DUBIN CENTER
MONTHLY E- NEWSLETTER

AUGUST 2025

Caregiver Connection Newsletter

Welcome to the August 2025 Newsletter!

As summer slowly winds down, we embrace the quiet strength of August - a time for both reflection and renewal. The long, sun-soaked days offer a final chance to pause, take a deep breath, and recharge before the busy seasons ahead. Whether it's finding a moment of peace in a daily routine or leaning into meaningful connections, August invites us to be present and intentional.

At the Dubin Center, we remain deeply committed to supporting you on your caregiving journey. In this issue, you'll discover practical resources, upcoming programs, and heartfelt encouragement to help you navigate the challenges and celebrate the victories—both big and small—that come with caring for someone you love.

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



**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) Tuesdays: September 2nd, 9th, & 16th | **In Person** | 12:30 pm - 3:30 pm

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

Advanced Savvy Caregiver: *(for Savvy graduates caring for someone in late stages)*

(4 weeks) Tuesdays: September 9th, 16th, 23rd, 30th | **Zoom** | 10 am - 12 pm

Be sure to register ahead of time for the Zoom link.

*** In Port Charlotte? Need help with Zoom? The Zoom Savvy Advanced course can still be attended through HCA Fawcett Community Center. Registration is still required.*



SAVVY CAREGIVER ADVANCED

Savvy Caregiver Advanced is an evidence-based course available to graduates of the Savvy Caregiver program who wish to further develop their caregiving skills. This advanced-level course is designed to address the complexities of the later stages of dementia, including the emotional nuances of grief and loss, as well as the evolving concept of contented involvement during late-stage care. Meeting over the span of four weeks, Savvy Caregiver Advanced builds on foundational knowledge and requires prior participation in either the Savvy Foundational or Savvy Express course.

ZOOM- SAVVY ADVANCED

📅 Tuesday's
Sept. 9th, 16th, 23rd, 30th

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

🕒 10:00 am - 12:00 pm

📞 (239) 437-3007



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

REGISTER HERE



Upcoming Events



THE DUBIN CENTER

Where no one faces dementia alone.

INTRODUCING: 15 FOR YOU!

Starting every Monday this August

At The Dubin Center, we are always looking for ways to better support our community, and we're excited to announce the launch of a brand-new initiative: 15 for You.

What is 15 for You?

"15 for You" is an opportunity for caregivers to schedule a 15-minute one-on-one phone conversation with a Dubin Center social worker. This time is just for you - whether you need support, guidance, resource navigation, or simply someone to talk to. Our goal is to make professional support more accessible, personal, and timely.

How does it work?

Participants can **pre-register** for a time slot that fits their schedule. These mini-phone sessions are designed to provide quick, focused support without the need for a long intake or wait. Whether you're a caregiver needing quick advice or someone seeking a compassionate ear, "15 for You" calls offer a meaningful way to connect with our care team.



Why this matters:



Navigating memory loss and caregiving can be overwhelming. With a "15 for You" phone call, we aim to reduce barriers and offer a lifeline when you need it most. A few minutes can make a big difference.

Ready to sign up?



Reserve your call spot now by filling out our simple form **here**. Or give us a call at The Dubin Center (239) 437-3007.



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Info@DubinCenter.com



(239) 437-3007



www.DubinCenter.com

Out & About! August 21st



**THE
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**Join us for a hands-on, floral arranging
at Petals & Present Estero!**

Enjoy a guided floral arranging experience where creativity blossoms. You'll even get to meet Amanda, the wonderful owner, whose passion for flowers makes this event truly special.

This hands-on "class" is the perfect blend of fun, connection, and creativity—and everyone takes home their very own beautiful arrangement.

**It's more than just flowers...it's a memory in the making.
Spots are limited—come bloom with us! RSVP Early
(All supplies sponsored by the Dubin Center!)**



Thursday, August 21st



11:00 am - 12:30 pm



**20451 S. Tamiami Tr.
Estero, FL 33928**



Petals and Presents
ESTERO

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

GUIDE MEDICARE RESPITE BENEFIT

NEW!

INFORMATIONAL MEETING



GUIDE PROGRAM

The Dubin Center is excited to announce our participation in the new GUIDE Medicare Program Benefit.

This no-cost benefit is offered to those enrolled in Traditional Medicare and with a dementia-related diagnosis.

Through this benefit, unpaid caregivers are provided support, care navigation, education, and a yearly respite stipend.

Join us and Dr. Perry from Healthspan Partners of SWFL to learn more about this new benefit and begin the enrollment process.



TUESDAY, AUGUST 26TH



11:00 AM - 12:00 PM



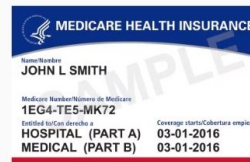
THE DUBIN CENTER

Please bring with you:

- A completed **GUIDE Initial Application**
 - You will receive the application upon your RSVP

If the application is not complete, please also bring:

- Your loved one's Traditional Medicare Card



AND

- Your loved one's official ICD-10 Diagnosis Code
 - This information can be found on your patient portal or in other documentation provided by your loved one's doctor.
 - Example: Alzheimer's Disease; ICD-10 Code = G30.0

PLEASE CALL THE DUBIN CENTER TO RSVP



239 - 437 - 3007



info@dubincenter.com



www.DubinCenter.com



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Dubin Spotlight

Meet the Dubin Team

Kelsy brings warmth, humor, and empathy to every interaction. Whether she's facilitating a support group or connecting a caregiver to services, she approaches her work with deep care and a personal touch. Her background in



Meet Kelsy Moore, one of our compassionate and dedicated social workers at The Dubin Center. Since joining the team in January 2024, Kelsy has been a beacon of support for caregivers navigating the challenges of dementia.

"The most rewarding part of my job," Kelsy shares, "is meeting with caregivers who feel overwhelmed and helping them find hope. Whether it's through education, resources, or simply reassurance, I want them to know they're not alone on this journey." Kelsy finds true fulfillment in seeing caregivers return for support and speak highly of the guidance they've received.

hospice and dementia care allows her to meet people where they are - offering not just knowledge, but genuine understanding.

When it comes to dementia, Kelsy wishes more people understood this important truth: *"Your loved one isn't trying to give you a hard time - they are having a hard time."* It's this empathetic approach that makes her such a valued part of our team.

After a long day, Kelsy unwinds on her lanai with her husband and their three beloved cats, listening to the sounds of nature in their backyard. She's also a fan of reality TV and can't resist the comforting allure of French fries or anything carb related.

If given the chance, Kelsy dreams of taking a European cruise to soak in the history, culture, and beauty of as many countries as possible. But for now, she's happy to keep rewatching *Below Deck* and making a difference in the lives of those we serve.

We're lucky to have Kelsy's heart, humor, and dedication at The Dubin Center!

Independence Day Memory Catchers



Our Memory Catcher's group celebrated Independence day early on July 2nd! With the help and coordination of our amazing volunteer Sally McClellan, our clients got to enjoy a lovely

afternoon of freedom treats, crafts, and games, and a picture booth! It was a great time had by all, let freedom ring!



Thank you to our volunteers- Sally McClellan, Pete McClellan, Steve Messner, and Donna Medeiros!



Out & About: Candle Making Fun!





Thank you to Sea Love Candle Bar for hosting us on July 28th for some candle making knowledge and fun! Our clients got to explore the different scents and aromas of Sea Love and create their own combinations to make their unique candle. Join us next month as we go to Petals and Presents and learn all about flower care and arranging, sign up today!



THE JOYFUL CORNER



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

I come in many flavors, I'm cold and sweet. In the heat of August, I'm your favorite treat. What am I?

What gets wetter the more it dries?

What do you call a snowman in August?

Why do bananas use sunscreen in August?

Why did the ice cream truck break

Back to the **(drawing board)**

Caught between a rock and **(a hard place)**

The dog days of **(summer)**

What summer job did you have growing up?

Did you have a favorite teacher or class when school started back in the Fall?

I go up but never
come down. What
am I?

down in August?

Why did the sun go
to therapy?

Make the most of
every **(moment)**

What kinds of school
supplies did you look
forward to each
year?

Insights of the Month

Caregiving in the Heat of the Moment -

August brings sunshine - but also long days that can stretch our patience. When tensions rise, try to take a breath before reacting. A short pause can make all the difference in keeping interactions calm and kind. Remember, both you and your loved one are doing your best under challenging circumstances.

Transitioning with the Season - As

summer winds down, it's a natural time to reflect and reset. What routines are working well? What's been draining? Small adjustments - like changing the time of a daily walk or rethinking your support network - can bring big relief. Give yourself permission to change and grow with the season.

The Calendar's Best - Kept Secrets

August 3 - National Watermelon Day

August 4 - National Underwear Day

August 6 - National Wiggle your Toes Day

August 10 - National S'mores Day

August 15 - National Relaxation Day

August 16 - National Tell a Joke Day

August 19 - National Potato Day

August 24 - National Waffle Day

August 30 - National Beach Day

August Calendar



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**AUGUST
2025**

For More Information Call (239) 437-3007
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12685 New Brittany Blvd Fort Myers, FL 33907

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 General Support Group @ Hope Lutheran Church-Bonita Springs 10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group	10:00 General Support Group	12:00 Savvy Support Group	1:00 General Support Group 5:30 Zoom Express Savvy #3 	1 Walk-Ins Welcomed
4 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	5 10:00 General Support Group 12:30 Zoom Savvy Express #1 	6 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers	7 10:00 Zoom by FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group	8 2:00 Memory Catchers
11 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group	12 10:00 General Support Group 12:30 Zoom Savvy Express #2 	13 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	14 10:30 Bonita Springs Memory Café -  Bonita Springs Senior Center 1:00 General Support Group	15 Walk-Ins Welcomed
18 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	19 10:00 General Support Group 11:00 Arden Courts Support Group -  15950 McGreary Blvd. • 12:30 Zoom Savvy Express #3 	20 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers	21 10:30 Zoom FTD Support Group 11:00 - Out & About @ Petals & Presents Florist  1:00 General Support Group	22 2:00 Memory Catchers
25 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:30 General Support Group @ Hope Lutheran Church-Bonita Springs 2:00 Zoom General Support Group	26 10:00 General Support Group 11:00 GUIDE Informational Meeting A CMMI Benefit for those with a dementia diagnosis Call 239-437-3007 to RSVP	27 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	28 1:00 General Support Group	29 Walk-Ins Welcomed



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

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



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The Joyful Corner Answers

Riddle - Ice Cream, A Towel, and Your Age.

Jokes - A puddle, Because they peel, It couldn't handle the Rocky Road, It was having a meltdown.

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