


941-275-2941
InfoSarasota@dubincenter.com | www.DubinCenterSarasota.com

# Welcome to The Dubin Center Sarasota Caregiver Connection!

We are excited to welcome you to our Sarasota and Manatee newsletter!

The Dubin Center is now open and providing in-person and Zoom services in Sarasota, bringing compassionate support, education, and resources to individuals living with dementia, their families, and caregivers throughout Sarasota and Manatee counties.

Each month, we'll share information about local programs and services, upcoming events, educational opportunities, caregiver resources, and other news from The Dubin Center.

We're glad you're here and look forward to staying connected with you each month!

## FEATURES

- Upcoming Education
- Events
- Community Spotlight
- Caregiver Corner
- Monthly Calendar

## LOCATION

**2650 S Tamiami Trl Ste 1, Sarasota, FL 34239**

*(Space provided by Youthful Aging Home Care)*




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

## EDUCATION

# SAVVY CAREGIVER®

KNOWLEDGE. SKILLS. MASTERY.

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

Registration is required via our website or by calling us at (941) 275-2941

**Savvy Express**: The Savvy Foundational course is taught over 3 weeks.

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**Zoom Savvy Express | 3 Weeks | Evening Zoom:**

**FULL- Please call or email to join the waitlist!**

*Thursdays* | September 10th, 17th, & 24th | 5:30 pm - 8:00 pm

**Zoom Savvy Express | 3 Weeks | Zoom:**

*Thursdays* | October 13th, 20th, 27th | 12:30 pm - 3:30 pm

**REGISTER HERE**

## COMMUNITY SPOTLIGHT

### Caregiver Education Platform: Trualta

**Currently offered at no cost to FL Caregivers!**

Florida Elder Affairs and Trualta have partnered to provide caregiver education and support at your fingertips at no cost! Register today by clicking on the QR code below.

Elder Affairs FLORIDA

TRUALTA



# A Free Online Community for Families Providing Care at Home

- Answers that lead to positive results in daily care
- Confidence through practice without the safety risk
- Personalized learning that adapts to your needs
- Quick and convenient answers for access on the go
- Targeted solutions to unique situations

## On-demand educational resources

Learn skills from short articles, videos, and interactive scenarios. Topics include:

- Communication changes
- Behavior management
- Transition from hospital to home
- Mobility and fall prevention
- Documents and decision-making
- Activities and recreation
- Your own wellness
- And more...

Register for the FREE caregiver portal today.

**Florida-Caregivers.com**

CAREGIVER CORNER

# Monthly Moment of Care

***Topic: The Grief No One Talks About***

Caring for someone living with dementia can bring a kind of grief that is difficult to explain. As memory, communication, abilities, and relationships change, caregivers may find themselves grieving parts of the person they once knew while still loving and caring for the person who is right in front of them. This experience is often called **anticipatory grief**.

Grief in dementia caregiving can look different from day to day. It may feel like sadness, frustration, guilt, loneliness, or even a sense of loss after a small change or missed connection. These emotions are a natural response to the many changes dementia can bring.

Although you cannot change the diagnosis, you can give yourself permission to acknowledge what you are feeling while continuing to look for meaningful moments of connection. A familiar song, a shared laugh, holding hands, or simply sitting together can still have great meaning, even when words or memories begin to fade.

At The Dubin Center, we understand that dementia affects the entire family. Through caregiver support groups, education, resources, and guidance, we are here to help caregivers feel informed, supported, and connected throughout the journey.

# Caregiver Tip of the Month
# Create Your Help List

September is **World Alzheimer's Month**, a time to increase awareness and understanding of Alzheimer's disease and other dementias. **World Alzheimer's Day is September 21.**

Dementia affects more than memory. It can change relationships, roles, and everyday routines, while also bringing unique challenges for the people providing care. This month is an important reminder that awareness also means recognizing caregivers and making sure they feel supported.

Caregivers often hear, *“Let me know if there’s anything I can do,”* but in the moment, it can be hard to know what to ask for. Try keeping a short **“help list”** in your phone with specific things someone else could take on—picking up groceries, sitting with your loved one for an hour, bringing dinner, running an errand, or simply being there to listen. When someone offers to help, you’ll have something ready to share. **Accepting help is part of caregiving, too.**

And remember, you don’t have to have all the answers. **Save this number: Alzheimer’s Association 24/7 Helpline: 800-272-3900.** The Helpline offers free, confidential support, information, local resources, and care guidance around the clock.

**ONE THING YOU CAN ASK FOR:**
**Or, One thing you could do...**

- Could you pick up a few groceries for me this week?
- Could you bring dinner one night this week?
- I don’t need you to fix anything. Could you just listen?
- Could you sit with my loved one for an hour so I can take a break?

***How can I help?***
**Create a small list of 3 tangible things someone could do to help; and give them one specific task when they ask.**

## UPCOMING EVENTS

**Printable calendar available on our website: DubinCenterSarasota.com**

# THE DUBIN CENTER

*Where no one faces dementia alone.*

## SEPTEMBER 2026

2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239

M-F 9:00 - 4:00 | 941-275-2941 | www.DubinCenter.com/Sarasota | InfoSarasota@DubinCenter.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **31**<br>**15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com<br>**2:00** Zoom General Support Group | **1**<br>**10:00** Dementia Caregiver Support Group<br>**12:00- 5:00** Dubin @ Town Square<br>**See reverse for Social Worker & Support Group details at Town Square. | **2**<br>**10:00** Grace Beyond Guilt | **3**<br>**8:00 - 12:00** Dubin @ Town Square<br>**See reverse for Social Worker & Support Group details at Town Square. | **4**<br>Social Work Consultation by Appointment |
| **7**<br>LABOR DAY<br>OFFICE CLOSED | **8**<br>**10:00** Dementia Caregiver Support Group<br>**12:00- 5:00** Dubin @ Town Square University Parkway | **9**<br>Walk-ins Welcome from 10:00-1:00<br>2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239 | **10**<br>**8:00 - 12:00** Dubin @ Town Square<br>**1:30** Veteran Dementia Caregiver Support Group @ Manatee County Veteran Services<br>RSVP **941-275-2941** | **11**<br>We're here for you; no question is too small! Give us a call. |
| **14**<br>**15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com<br>**2:00** Zoom General Support Group | **15**<br>**10:00** Dementia Caregiver Support Group<br>**12:00- 5:00** Dubin @ Town Square University Parkway | **16**<br>Walk-ins Welcome from 10:00-2:00<br>2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239 | **17**<br>**8:00 - 12:00** Dubin @ Town Square University Parkway | **18**<br>Social Work Consultation by Appointment |
| **21**<br>**15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com<br>**2:00** Zoom General Support Group | **22**<br>**10:00** Dementia Caregiver Support Group<br>**12:00- 5:00** Dubin @ Town Square University Parkway | **23**<br>Social Work Consultation by Appointment | **24**<br>**8:00 - 12:00** Dubin @ Town Square<br>**1:30** Veteran Dementia Caregiver Support Group @ Manatee County Veteran Services<br>RSVP **941-275-2941** | **25**<br>Book a Free Memory Screening |
| **28**<br>**15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com<br>**2:00** Zoom General Support Group | **29**<br>**10:00** Dementia Caregiver Support Group<br>**12:00- 5:00** Dubin @ Town Square University Parkway | **30**<br>Walk-ins Welcome from 10:00-2:00<br>2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239 | **1**<br>**8:00 - 12:00** Dubin @ Town Square University Parkway | **2**<br>Every Caregiving Journey Is Different. Let's find the resources that fit yours. |

### IMPORTANT PHONE NUMBERS

EMERGENCIES: 911
SUICIDE/CRISIS: 988
MOBILE RESPONSE TEAM: 941-732-6837
BASIC NEEDS: 211
ER2YOU: 941-275-2968
At home urgent care

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### MONDAY

**15 For You! -** Phone Call with Social Worker - dedicated time for you to speak with a social worker: **Schedule on DubinCenterSarasota.com**

**2:00- 3:00 PM** Zoom General Support Group
Zoom Link available on website: DubinCenterSarasota.com

### TUESDAY

**10:00- 11:00 AM** Dementia Caregiver Support Group
Hosted at 2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239

**12:00- 5:00 PM** The Dubin Center @ Town Square *
Town Square at University Parkway
8450 N Lockwood Ridge Rd Unit 55, Sarasota, FL 34243

Town SQUARE ADULT DAY CENTER University Parkway

***Need support? Let's connect at Town Square!** Meet with a Dubin Center Social Worker or join a caregiver support group. **Respite care is available** for your loved one. **Call (941) 275-2941 to RSVP and learn more.**

### WEDNESDAY

**1st Wednesdays:**
**10:00- 11:00 AM** Grace Beyond Guilt Caregiver Support Group
Hosted at 2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239

Walk-ins are welcome: see the reverse side for dates & times.
2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239

### THURSDAY

**8:00 AM - 12:00 PM** The Dubin Center @ Town Square *
Town Square at University Parkway
8450 N Lockwood Ridge Rd Unit 55, Sarasota, FL 34243

Town SQUARE ADULT DAY CENTER University Parkway

**2nd & 4th Thursdays:**
**1:30- 2:30 PM** Veteran Dementia Caregiver Support Group
@ Manatee County Veteran Services
RSVP **941-275-2941**

Manatee County FLORIDA Veterans Services

### FRIDAY

Every Caregiving Journey Is Different. Let's find the resources that fit yours.
(941) 275-2941

See reverse side for specific calendar dates

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ER2YOU: 941-275-2968 At home urgent care



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# Dementia Caregiver Support Group

**Are you caring for a loved one living with dementia? Join us for an open discussion group focused on the challenges caregivers face, support from others who understand, and helpful resources.**

**2nd & 4th Thursdays of the Month**
August 13th & 27th
September 10th & 24th
October 8th & 22nd

**1:30 PM - 2:30 PM**

**(941) 275-2941**
RSVP Requested

**Manatee County Veteran Services**
1401 3rd Ave W Bradenton, FL 34205

This group is made possible by The Dubin Center's partnership with Manatee County Veteran Services.
It is open to Veterans and their family members who are caring for a loved one with Alzheimer's or another form of dementia, and other memory impairment issues.

*The Dubin Center is a local Alzheimer's and dementia resource center offering support to family caregivers.*

Manatee County FLORIDA
Veterans Services

***Are You a Veteran and in need of transportation to this event?***

***Free Ride-Share Services for Veterans. Pre-registration needed.***

Manatee County FLORIDA
Veterans Services

Contact Manatee County Veteran Services Office to verify your eligibility status.
(941) 745-3795
vets@mymanatee.org

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## Caregiver Research Opportunity- Paid!

# 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 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 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

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## Meet Your Sarasota Social Worker; Heather!



Heather Raber earned her Master of Social Work degree from The Ohio State University. She has experience working with older adults in skilled nursing and rehabilitation settings and is passionate about supporting individuals living with dementia, as well as the families and caregivers who care for them. Heather is committed to helping individuals and families navigate the challenges of dementia by connecting them with meaningful resources, education, and compassionate support throughout their journey. In her free time, she enjoys listening to audiobooks, dog-sitting, and kayaking.

We are excited to have Heather join our team and bring such valuable knowledge, care, and support to Sarasota and Manatee Counties, welcome Heather!

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**Check out the newest episode of GutPunched featuring our CEO, Christine LoConte, sharing about The Dubin Center's ongoing support for caregivers and its newly expanded reach.**

**Episode 118: Hope without Hype: The Dubin Center**

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

**Listen Here for Free**

**Donate Today**

**Our Contact Information:**

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