



Caregiver Connection Newsletter

Welcome to the September 2025 Newsletter!

September is World Alzheimer's Month - a time to honor those affected by Alzheimer's and recognize the incredible strength of caregivers. As we approach World Alzheimer's Day on September 21, we're reminded of the power of awareness, education, and community support.

This month is about reflection and connection - acknowledging the challenges while finding moments of hope and resilience. Whether you're new to caregiving or have been walking this path for years, know that you are not alone.

In this issue, you'll find helpful resources, upcoming events, and

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

In this newsletter you can expect:

Community
News

Dubin Spotlights

Insights of the
Month

The Joyful
Corner

Monthly
Calendar

ways we can continue supporting one another on this journey.

Warmly,
The Dubin Team

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.



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

BIG News at The Dubin Center!

A larger building has become available right next door, providing us with the opportunity to expand our programs, welcome more families, and create a truly accessible home for our community.

We're working to purchase this space *debt-free*, so every dollar raised goes directly to serving caregivers and their loved ones. Thanks to a generous matching challenge, all gifts up to \$50,000 will be doubled; your \$25 becomes \$50, your \$100 becomes \$200.

This is a powerful moment to give. Together, we can secure a stronger, more welcoming Dubin Center for the families who count on us!



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!

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

(3 weeks) Tuesdays: September 30th, October 7th, 14th | **Zoom** | 5:30pm - 8:30 pm

***FINAL SAVVY CLASS OF 2025: Express Savvy Caregiver:** *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Fridays: October 24th, 31st, November 7th | **In Person** | 12:00 pm - 3:00 pm

Port Charlotte

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

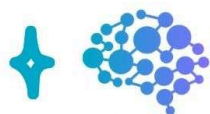
(3 weeks) Wednesdays: October 8th, 15th, 22nd | **In- Person** | 10:00 am - 1:00 pm

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

REGISTER HERE



Upcoming Events



THE DUBIN CENTER

Where no one faces dementia alone.

Among Friends

A relaxed, welcoming space for anyone who has walked or is currently walking the caregiving journey, whether you're supporting someone now or have done so in the past. Join us for conversation, connection, and a chance to simply be with others who understand.

1st Gathering:

September 19th | 11:30am - 12:30pm

Please join us at this inaugural group, share your opinions and ideas on ways The Dubin Center can connect with you outside of our formal support group settings.

RSVP 239-437-3007

info@dubincenter.com

12685 New Brittany Blvd Fort Myers,
FL 33907





THE DUBIN CENTER

Where no one faces dementia alone.

INTRODUCING: 15 FOR YOU!

Every Monday

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 by clicking on the link in the description.
Or give us a call at The Dubin Center
(239) 437-3007.



THE DUBIN CENTER

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Info@DubinCenter.com



(239) 437-3007



www.DubinCenter.com

Out & About! September 19th



Join us at The Bent Brush and paint your own pottery!

Get creative as you choose from a variety of pottery pieces to paint and personalize. Whether you're a seasoned artist or just looking for something to do, this event is perfect for all skill levels. Come enjoy great company, artistic expression, and dementia friendly socialization.

Limited space, so RSVP early.

(All supplies will be sponsored by the Dubin Center; space donated by The Bent Brush)



Friday, September 19th



11:00 am



1625 SE 47th Terrace Unit 4,
Cape Coral, FL 33904



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

Out & About! October 2nd



Join us at Broadway Palm Dinner Theater

TECH REHEARSAL

Based on the film from the 90s, get ready for a feel-good love story! When a sharp-witted Hollywood escort meets a high-powered businessman, their deal-for-a-week turns into something neither expected. As she takes on Beverly Hills high society, he learns there's more to life than boardrooms and billion-dollar deals. With plenty of laughs, romance, and unforgettable music, *Pretty Woman* proves that love can rewrite the rules—and that sometimes, the independent Cinderella rescues her Prince!

**Limited space, so RSVP early.
(Tickets sponsored by the Dubin Center)**



Thursday, October 2nd



12:30 PM



FLORIDA'S PREMIER DINNER THEATRE
BROADWAYPALM



1380 Colonial Blvd.
Fort Myers 33807

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



ALZHEIMER'S AND DEMENTIA SUPPORT GROUP SPONSORED BY THE DUBIN CENTER

**Tuesday, September 16th
11 AM-12PM**

Welcome to the public

Please join us for an open and engaging discussion aimed to support those caring for loved ones living with Alzheimer's and Dementia. This group is available to all caregivers and is an open discussion focusing on the many challenges family caregivers face.



**PLEASE RSVP TO
239-454-1277
BY FRIDAY,
SEPTEMBER 12TH
Arden Courts 15950 McGregor
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Dubin Spotlight

Meet the Dubin Team

Estefani shares, "It's important to understand that challenges exist not only for individuals with memory impairments, but also for their caregivers. Caregivers face unique struggles, and it's equally important to provide them with meaningful support and services."



We are excited to welcome **Estefani 'Stef' Foster**, our 2025–2026 FGCU Master of Social Work Intern, to The Dubin Center.

The Dubin Center has long been recognized in the community for its commitment to providing resources and support to individuals experiencing memory impairment and their caregivers. Estefani is eager to learn more about the various programs and supportive services the Center offers to community members.

Outside of her academic and professional work, Estefani enjoys reading novels to unwind after a busy day. Recently, she has also found joy in working on jigsaw puzzles while listening to music or podcasts. A passionate traveler at heart, she dreams of exploring **Japan**—hoping to see Mt. Fuji, stay in a traditional ryokan in Kyoto, and experience the iconic Shibuya Crossing in Tokyo. Sweden and other parts of Europe are also high on her travel list.

When it comes to comfort food, Estefani's favorite is freshly baked bread with butter. As for books, she recently finished **The Secret History** by Donna Tartt and highly recommends it for its masterful mix of mystery and philosophical depth.

We are delighted to have Stef with us at the Dubin Center and look forward to the energy, insight, and compassion she brings to our community!

August Out & About!





Thank you to Petals and Presents flower shop for hosting The Dubin Center for a “florally wonderful” Out and About! Our clients enjoyed learning the art of flower arranging and upkeep, and even had the joy of creating their own beautiful arrangements to take home.

This colorful and inclusive experience was the perfect way for caregivers and those living with dementia to connect, socialize, and share in creativity together. A special thank you to Amanda at Petals and Presents for your enthusiasm, thoughtfulness, and energy in making this outing such a blooming success!



THE JOYFUL CORNER



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

I get sharper the more you use me.
What am I?

I wave but have no hands, flying high across the land.
What am I?

Why did the apple stop in the middle of the street?

What do you get when you drop a pumpkin?

Who let the cat out of the **(Bag)**

Better late than **(Never)**

Actions speak louder than **(Words)**

Growing up, did you go to an apple farm or pumpkin patch in the Fall?

What is your favorite season?

What can you catch
but not throw?

What has one eye
but can't see?

What is a
scarecrow's favorite
fruit?

What did one wall
say to the other?

Every cloud has
a **(Silver lining)**

The squeaky wheel
gets the **(Grease)**

How did you
celebrate your
birthday growing up?

Who taught you how
to cook?

Insights of the Month

Permission to Pause: Caregiving can feel like a nonstop rhythm of responsibilities, but even the most dedicated caregivers need rest. Taking a break isn't selfish; it's sustainable. Whether it's a quiet moment with a book, a walk outside, or simply sitting in silence, giving yourself permission to pause helps you return with more clarity and care. You can't pour from an empty cup - and you don't have to.

Little Wins Matter: In the caregiving world, progress doesn't always look dramatic. Sometimes, it's helping a loved one smile, finishing a load of laundry, or finding a new routine that works just a little better. These small wins are not small at all—they are signs of strength, creativity, and love in action. Celebrate them. You're doing more than enough.

The Calendar's Best - Kept Secrets

September 4 - National Wildlife Day

September 7 - National Salami Day

September 9 - National Teddy Bear Day

September 14 - National Creme-Filled Donut Day

September 18 - National Cheeseburger Day

September 21 - World Alzheimer's Day

September 26 - National Pancake Day

September 29 - National Coffee Day

September 30 - National Love People Day

Save the Dates!



A Light to Remember

DATE: February 21, 2026
TIME: 7 PM to 10 PM
WHERE: Edison Festival of Light Parade

Click [HERE](#) to view our highlights from our 2025 fundraisers!

Backyard GAMEDAY

DATE: March 8, 2026
TIME: 4 PM to 7 PM
WHERE: Bay Street Yard

September Calendar

 THE DUBIN CENTER <i>Where no one faces dementia alone.</i> SEPTEMBER 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
1 <i>Let's CELEBRATE HARD WORK</i> LABOR DAY CENTER CLOSED	2 10:00 General Support Group 12:30 Savvy Express #1 	3 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	4 10:00 Zoom by FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group	5 Walk-Ins Welcomed
8 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group	9 10:00 General Support Group 10:00 Zoom Savvy Advanced #1 12:30 Savvy Express #2 	10 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	11 10:30 Bonita Springs Memory Café - Bonita Springs Senior Center 1:00 General Support Group	12 2:00 Memory Catchers RSVP Required
15 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	16 10:00 General Support Group 10:00 Zoom Savvy Advanced #2 11:00 Arden Courts Support Group 12:30 Savvy Express #3 	17 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	18 10:30 Zoom FTD Support Group 1:00 General Support Group	19 11:00 - Out & About @ The Bent Brush RSVP Required  NEW 11:30 Among Friends Social Hour
22 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	23 10:00 General Support Group 10:00 Zoom Savvy Advanced #3 	24 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	25 10:30 Shannon's Baby Celebration RSVP Required 1:00 General Support Group	26 2:00 Memory Catchers RSVP Required
29 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group	30 10:00 General Support Group 10:00 Zoom Savvy Advanced #4 	1 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	2 10:00 Zoom by FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group	3 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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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 - A Pencil, A Flag, A Cold, and A Needle.

Jokes - Because it ran out of juice, Squash, Straw-berries, Meet you in the corner

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