

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!

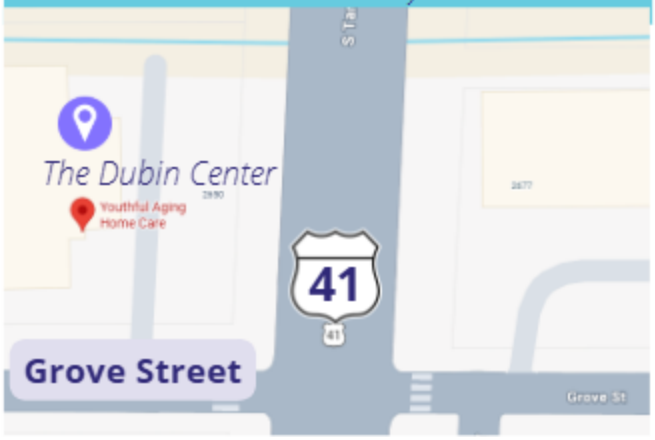
FEATURES

- 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!

The Dubin Center Sarasota at Town Square University Parkway



The Dubin Center is now at Town Square at University Parkway

The Dubin Center is a local nonprofit that has supported families impacted by dementia in Southwest Florida for over 30 years. Our mission is to promote caregiver health, strength, and resilience through education, information, hope, and compassion.

We are excited to bring these services closer to home at Town Square at University Parkway, an innovative adult day program offering a safe, engaging environment where individuals living with dementia can enjoy meaningful activities, socialization, and connection.
Together, we're supporting the person living with dementia and the family caring for them.







How Can The Dubin Center Support your Caregiving Journey?

One-on-One Consultations

Need additional support outside of a support group? Looking for specific guidance or help navigating resources? Schedule a private consultation with one of our dementia-trained social workers for personalized guidance, resources, and support.

Appointments are available at Town Square University Parkway on Tuesday afternoons and Thursday mornings.

Support Groups + Respite

Come be with others who understand.

Dementia Caregiver Support Groups are available for you at any point in the caregiving journey. Can't leave your loved one home alone? Be sure to call to learn more about respite opportunities for your loved one so you can attend support group!

Grief Support Group: Support for after the caregiving journey.
available every 2nd Thursday of the month (9:00 AM - 10:30 AM)

Additional Services Include:

Memory Screenings | Resource Navigation | Medicare GUIDE Program administration

"I waited longer than I should have because I didn't think we needed help yet. Talking to someone at The Dubin Center helped so much, allowing us to enjoy more moments together."

You don't need to have it all figured out. You just need to start the conversation.

All services are provided at no cost.

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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 taught in a 3-week format.

Zoom Savvy Express | 3 Weeks | Zoom:

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

REGISTER HERE

Savvy Express | 3 Weeks | In Person:

Wednesdays | October 21st, 28th, & Nov 4th | 10:30 am - 1:30 pm

*Location: Shannon Staub Library, 4675 Career Ln, North Port, FL 34289

Registration required with the Library

REGISTER HERE



SAVVY CAREGIVER®

KNOWLEDGE. SKILLS. MASTERY.

Wednesdays

10:30 A.M. to 1:30 P.M.

- **Oct. 21**
- **Oct. 28**
- **Nov. 4**

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 role.

This is a series and each class builds on the next.

Provided in partnership with The Dubin Center

Registration is required.
https://tinyurl.com/hec5wtmu

Sarasota County Libraries and Historical Resources
Shannon Staub Library
4675 Career Lane, North Port, FL 34289

SarasotaCountyLibraries.org | call 311 or 941-861-1110

Sarasota County | FIND YOURSELF AT THE LIBRARY

Sarasota County prohibits discrimination in all services, programs or activities. View the complete policy at scgov.net/ADA.

COMMUNITY SPOTLIGHT

ACC MedLink: Long Distance Transportation

A Journey Built on Trust

When a family asks someone to transport their father living with dementia more than 1,300 miles, they are entrusting them with far more than a passenger. They are placing someone they love in the hands of people they are counting on to understand his needs, protect his dignity, and care for him when they cannot be there themselves.

For one family, that journey began at a memory care community in Providence, Rhode Island, and ended at his new community in Spring Hill, Florida.

Before the ACC Medlink vehicle pulled away, the crew received a thorough report from his Providence care team, learning about his care needs and the things that would help him feel safe and comfortable. That same attention was given to the handoff when he arrived at his new community in Florida.

In between, something special happened.

The nurse traveling with him took the time to simply get to know him. She learned about his years in the service and began asking him about that part of his life. Old memories surfaced, stories followed, and before long, the two were laughing together.

For someone living with dementia, those moments of connection can mean everything. In a journey filled with unfamiliar places, there was suddenly something very familiar: **his own story.**

He spent much of the trip comfortably watching television and talking with the crew. When they stopped for meals, they chose the kinds of restaurants he was accustomed to frequenting. Small details like these can provide an enormous amount of comfort and reassurance for someone living with dementia.

Throughout the journey, the ACC Medlink team also provided his family with regular updates on how their father was doing and how the trip was progressing.

ACC Medlink vehicles can accommodate up to two loved ones traveling alongside the passenger, and even a family pet can come along—providing another layer of familiarity and comfort for someone experiencing memory loss.

By the time they arrived in Spring Hill, Bernard, Francis and Erik had done much more than transport a gentleman from Rhode Island to Florida. They had helped a family move someone they loved through a major life transition with compassion, dignity and kindness.

His family later shared: *“Asking someone to transport your aged father with dementia halfway across the country is very much an act of trust. ACC Medlink and their employees Bernard, Francis, and Erik exceeded our expectations. Their communications with us and the two care facilities involved was outstanding. They were timely and made an expeditious but caring delivery. Our family is grateful.”*

For families navigating dementia, there are moments when you have to trust someone else to care for the person you love.

Sometimes the most meaningful part of the journey is discovering that the people you entrusted them to understood exactly what that trust meant.

ACC MedLink offers long-distance medical transportation (non-emergency) via air ambulance, medical escorts, or long-distance ground transport. This is ideal for individuals requiring more assistance during travel or for individuals who may be relocating closer to family. Click their logo to learn more about their services.

ACC MEDLINK™
LONG DISTANCE GROUND TRANSPORT

CAREGIVER CORNER

Monthly Moment of Care

Our goal is to share meaningful (and always confidential) insights from these conversations, so even if you're not part of a group, you can still feel connected, supported, and reminded that you are not alone on this journey.

Topic: When Confidence Takes a Hit

You may hear your loved one say things like, *"I'm so stupid," "I can't do anything anymore,"* or *"Why can't I get this right?"* These comments can be difficult to hear, but they often reflect **frustration, embarrassment, or a loss of confidence** as familiar tasks become harder.

Dementia affects much more than memory. Changes in language, attention, problem-solving, processing, and sequencing can make everyday activities feel confusing or overwhelming. A person may recognize that something is more difficult without fully understanding why, which can lead to anxiety, self-doubt, or feelings of inadequacy.

These comments are often less about the actual words and more about the emotion underneath them. What your loved one may really be communicating is: *"This is hard," "I'm frustrated,"* or *"I don't feel like myself."*

Recognizing that emotional message can help caregivers respond with greater patience, reassurance, and compassion.

Caregiver Tip of the Month
Respond to the Feeling, Not the Words

When your loved one says, *“I’m so stupid,”* your first instinct may be to respond, *“That’s not true!”* Instead, try acknowledging the feeling first:

“I can see this is frustrating.”
“That’s okay. We can do it together.”
“No rush — let’s try one step at a time.”

Create Opportunities for Success:
Sometimes the best communication strategy isn't about what you say, but how you change the situation. If a task is repeatedly causing frustration:



Break it into one simple step at a time. Give two choices instead of asking an open-ended question.

Offer help without completely taking over. Focus on what they can still do independently. If frustration is building, take a break or move on to something else.

And remember: **the goal doesn't always have to be completing the task.** Preserving your loved one's sense of dignity, purpose, and confidence may be more important than getting something done correctly.

UPCOMING EVENTS

Printable calendar available on our website: DubinCenterSarasota.com

THE DUBIN CENTER

Where no one faces dementia alone.

OCTOBER 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
28 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **2:00** Zoom General Support Group	**29** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square **See reverse for Social Worker & Support Group details at Town Square.	**30** Walk-ins Welcome from 10:00-1:00 2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239	**1** **8:00 - 12:00** Dubin @ Town Square **See reverse for Social Worker & Support Group details at Town Square.	**2** Social Work Consultation by Appointment
5 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **2:00** Zoom General Support Group	**6** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square University Parkway	**7** **10:00** Grace Beyond Guilt	**8** **8:00 - 12:00** Dubin @ Town Square **1:30** Veteran Dementia Caregiver Support Group @ Manatee County Veteran Services **RSVP** **941-275-2941**	**9** We're here for you; no question is too small! Give us a call.
12 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **2:00** Zoom General Support Group	**13** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square University Parkway	**14** Walk-ins Welcome from 10:00-2:00 2650 S. Tamiami Trail Ste. 1, Sarasota, FL 34239	**15** **8:00 - 12:00** Dubin @ Town Square University Parkway	**16** **Office Closed Please call 941-275-2941 to speak with a social worker**
19 **Office Closed Please call 941-275-2941 to speak with a social worker**	**20** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square University Parkway	**21** **10:30-** Savvy Express* #1 @ Shannon Straub Library **RSVP** SAVVY CAREGIVER	**22** **8:00 - 12:00** Dubin @ Town Square **1:30** Veteran Dementia Caregiver Support Group @ Manatee County Veteran Services **RSVP** **941-275-2941**	**23** Book a Free Memory Screening
26 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **2:00** Zoom General Support Group	**27** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square University Parkway	**28** **10:30-** Savvy Express* #2 @ Shannon Straub Library **RSVP** SAVVY CAREGIVER	**29** **8:00 - 12:00** Dubin @ Town Square University Parkway	**30** 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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OCTOBER 2026

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

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

IMPORTANT PHONE NUMBERS

EMERGENCIES: 911
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MOBILE RESPONSE TEAM: 941-732-6837
BASIC NEEDS: 211
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

941-275-2941
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www.DubinCenter.com

Lincoln Center **Moments**



You don't need to travel to NYC or even leave your home to enjoy world class arts in a supported setting.

Lincoln Center Moments virtual programs, designed specifically for individuals with dementia and their caregivers, offer you the chance to experience the power of the arts from anywhere in the world.

Virtual programs include a live or recorded performance, followed by activities facilitated by educators and music therapists that explore the work through discussion, movement, music, and art-making

This program is free of charge and registration is required.

Explore the full season and register by scanning the QR code or visit

LincolnCenter.org/Moments

Support for Lincoln Center Moments is provided, in part, by a grant from The Mellon Foundation

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!

GUT PUNCHED
ALZHEIMER'S AND CAREGIVERS

Caregiver Podcast: GutPunched

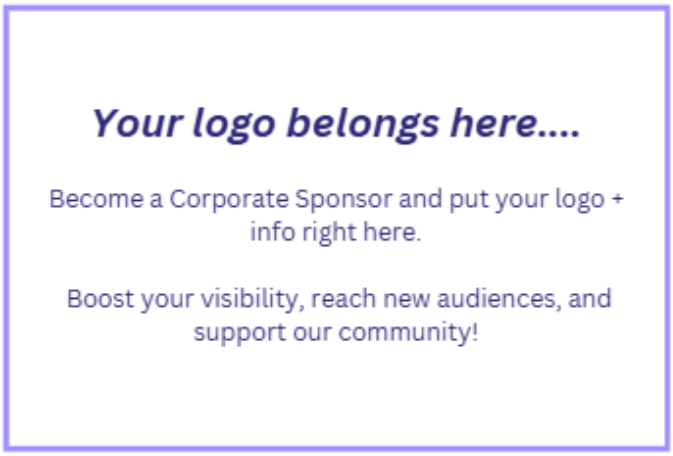
This podcast was produced by one of our Fort Myer's Men's Caregiver Support Group members. It provides guidance and expert knowledge on all things Alzheimer's and caregiver-related.

Listen Here for Free

Thank you to our partners!

Champions





Friend & Advocate Partnership's available!

To learn more about partnering with The Dubin Center at the Corporate Partner Level, please get in touch with our administrative office: (239) 437-3007.

Caregiver Research Opportunities- with compensation!

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

UNIVERSITY of SOUTH FLORIDA

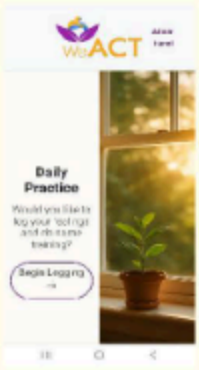
NIH National Institute on Aging

Participants Needed for Research Study

We are conducting a research study (STUDY009455) to examine whether the WeACT program—a self-paced, web-based program based on strategies from acceptance and commitment therapy—is feasible and beneficial for family caregivers of people living with dementia.







Participation involves approximately 5 hours in total, including:

- Completing six self-paced, weekly web-based modules and brief practice activities
- Completing online questionnaires at two time points and one online interview

Compensation: Participants who complete the key study activities will receive a $200 electronic gift card.

How to sign up: Use the link or QR code below to learn more and complete a brief screening survey.

https://bit.ly/4410RHq

Questions? Contact Dr. Areum Han at areumhan@usf.edu

Donate Today

Our Contact Information:

The Dubin Center
2650 S Tamiami Trl Ste 1, Sarasota, FL 34239
(941) 275-2941
www.DubinCenterSarasota.com

THE DUBIN CENTER

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