

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



The Dubin Center is now serving Sarasota & Manatee Counties

The Dubin Center is a local non-profit serving and supporting families and friends of individuals living with Alzheimer's or another dementia related disease. Trusted in Southwest Florida for over 30 years, our mission is to achieve caregiver health, strength, and resilience by providing education, information, hope, and compassion. We are beyond excited to provide these services and support closer to home at various locations in Sarasota and Manatee County.

How Can The Dubin Center Support your Caregiving Journey?

Dementia Caregiver Support Groups | One-on-One Social Work Consultations
Resource Navigation | Family Caregiver Education | Memory Screenings

Find The Dubin Center at:

Youthful Aging Homecare

2650 S Tamiami Trl Ste 1, Sarasota, FL 34239

- Appointments: Mondays, Wednesdays, & Fridays
- Every Monday: 15 for You Appointment slots available. Schedule online.
- Tuesdays | Nov 3 & 10: Dementia Caregiver Support Group (10 am - 11 am)
- Every Wednesday Starting Nov 18: Dementia Caregiver Support Group (10 am - 11 am)

Town Square at University Parkway

8450 N Lockwood Ridge Rd Unit 55, Sarasota, FL 34243

- Tuesdays (12 pm - 5 pm)
- Thursdays (8am - 12 pm)
- Attend a support group while your loved one enjoys a chance to socialize and engage in respite.
- Schedule time to meet with a Dubin Center social worker one-on-one.
- Free Memory Screenings also available by appointment

Manatee County Library: Support Group Starting January 2027

South Manatee Library:
6081 26th Street West Bradenton, FL 34208

- Dementia Caregiver Support Group
  - 1st Monday of the Month | 1:00 pm - 2:00 pm

Braden River Branch Library:
4915 53rd Ave E Bradenton, FL 34203

- Dementia Caregiver Support Group
  - 2nd Monday of the Month | 12:30 pm - 1:30 pm

Savvy Caregiver Course

Elsie Quirk Library: 100 W Dearborn St., Englewood, FL 34223

- 3-week, evidence-based dementia caregiver educational course (**Registration Required: (941) 861-1110** or https://www.sarasotacountylibraries.org/
- **Wednesdays: December 4th, 11th, & 18th**
- 10 am - 1 pm
- Registration opens soon!

See our full program details & calendar on our website: www.DubinCenterSarasota.com

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.

Save the Date! Registration opens this month:

Savvy Express: In Person | Fridays | *December 4th, 11th, & 18th* | 10:00 am - 1:00 pm
Location: *Elsie Quirk Library* - 100 W Dearborn St., Englewood, FL 34223

Registration will be available through the Library's website and calendar of events.

REGISTRATION OPENS SOON

COMMUNITY SPOTLIGHT

Sarasota DCCI: Memory Cafe

Sarasota DCCI: Dementia Care & Cure Initiative
Come join us at Memory Cafe this month!

What is a Memory Cafe?
Memory Café is a welcoming, relaxed social gathering for individuals living with Alzheimer's or another dementia and their care partners. Through conversation, engaging activities, and shared experiences, participants can enjoy meaningful connections in a supportive, judgment-free environment. It's an opportunity to socialize, have fun, try something new, and spend quality time together!

Meets every 2nd Friday of the month at the Frances T. Bourne Jacaranda Library (10:30 am - 12:00 pm)



See Details Here

Happy Veterans Day! Check out this event:

THE ROSKAMP INSTITUTE

VETERAN'S DAY

OPEN HOUSE

11/11/26

10:30AM-1:30PM

HONORING OUR VETERANS & MILITARY



REGISTER HERE:

EVENT HIGHLIGHTS

Information Stations on:
Traumatic Brain Injury, Gulf War Illness, PTSD, and Alzheimer's Disease

Q&A with Lead Researchers

Lab Tours

Breakfast and Lunch Provided

2040 Whitfield Ave. Sarasota, FL 34243
941-752-2949

Come meet The Dubin Center at the Town Square University Parkway Health Expo!

Town SQUARE
ADULT DAY CENTER
University Parkway

4TH ANNUAL
HEALTH EXPO

FIND OUT MORE:
TOWNSQUARE.NET/
UNIVERSITYPARKWAY

Join Town Square University Parkway for our 4th Annual Health Expo & Resource Fair off Lockwood Ridge and University Parkway. Explore 100+ local businesses, free health screenings, educational classes, resources, and food tastings from top chefs.

Free education, resources, and services are at the heart of what we do.

SAVE THE DATE

941-277-5048

Event Address:
8450 Lockwood Ridge Rd.
Sarasota, FL 34243



SAT. NOV. 7TH
10 AM - 3 PM

EXPLORE THE VENDORS
Explore 100 different businesses that serve the community. Guests will receive free screenings, products & resources.

SIGN UP FOR A CLASS
Education is power. Find the tools you need to stay in front of the challenges that affect this community most. Classes for caregivers and medical professionals. Full agenda listed online.

TOP CHEF EVENT
Enjoy the food from local community partners, place your vote for this years champion.

ALZHEIMER'S CARE ALLIANCE
of Southwest Florida



BRIDGING BRAIN HEALTH

The First Annual Community and Clinical Care Conference

Education, Connection. A Healthier Tomorrow.

Saturday, November 7, 2026

8000 Hawkins Rd. Sarasota, FL 34241

7:15 a.m. - 5:15 p.m.

Morning (7:15 a.m. - 1:15 p.m.)
For physicians & healthcare professionals

Afternoon (1:30 p.m. - 5:15 p.m.)
Open for the general public.

Registration fee applies

Who Should Attend

- Healthcare professionals
- Caregivers and families
- Community organizations
- General public

What to Expect

- Expert-led sessions
- Practical tools and resources
- Networking opportunities

Featured Topics

- Advances in Alzheimer's care
- Patients & Caregivers Panel
- Legal and care planning
- Lifestyle changes



Healthier Brains.
Stronger Communities.
Brighter Tomorrows.

Presented by
Alzheimer's Care Alliance of Southwest Florida

Info: info @ alzcarealliance.org

Telephone: 941-277-4343

www.alzcarealliance.org



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: Alcohol & Dementia

Alcohol use can present unique challenges for individuals living with dementia and those who care for them. As dementia progresses, changes in memory, judgment, and decision-making can make it increasingly difficult for someone to recognize how alcohol may affect their health and safety. For caregivers, navigating these concerns can be especially challenging when drinking has been a familiar part of their loved one's life for many years.

Alcohol can worsen confusion, increase the risk of falls, and contribute to changes in mood or behavior. It may also interact with medications and intensify symptoms associated with dementia. Caregivers may find themselves struggling to balance their loved one's independence and personal choices with growing concerns about their well-being.

Addressing alcohol use can bring feelings of frustration, worry, or helplessness, particularly when a loved one does not recognize the risks or becomes resistant to change. These situations can be emotionally exhausting, and there is rarely a simple solution. Every family's circumstances are different, so finding an approach that prioritizes safety while preserving dignity and respect matters.

At The Dubin Center, we understand that dementia caregiving often involves navigating sensitive and difficult situations. Through caregiver support groups, education, resources, and guidance, we provide a welcoming space for families to share experiences, learn from one another, and feel supported throughout their caregiving journey.

Caregiver Tip of the Month
Alcohol & Dementia

Understand the risks: Alcohol can intensify dementia symptoms and interact with medications.

Offer alternatives: Consider nonalcoholic beverages to help your loved one maintain familiar routines.

Avoid confrontation: If alcohol is a sensitive topic, approach conversations calmly and without judgment.

Focus on safety: Monitor for increased confusion, unsteadiness, or behavioral changes.

Seek medical guidance: If your loved one drinks regularly, speak with their healthcare provider before making changes, as abruptly stopping alcohol can be dangerous for someone who is physically dependent.

Remember: Navigating alcohol use and dementia can be complicated, especially when drinking has been part of someone's routine for many years. Every situation is different, and caregivers don't have to figure it out alone.

UPCOMING EVENTS

Printable calendar available on our website: DubinCenterSarasota.com

THE DUBIN CENTER

Where no one faces dementia alone.

NOVEMBER 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
2 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**3** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square **See reverse for Social Worker & Support Group details at Town Square.	**4** **10:30-** Savvy Express* #3 @ Shannon Straub Library RSVP SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	**5** **8:00 - 12:00** Dubin @ Town Square **See reverse for Social Worker & Support Group details at Town Square.	**6** Social Work Consultation by Phone
9 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**10** **10:00** Dementia Caregiver Support Group **12:00- 5:00** Dubin @ Town Square University Parkway	**11** **10:00** Grace Beyond Guilt	**12** **8:00 - 12:00** Dubin @ Town Square	**13** We're here for you; no question is too small! Give us a call.
16 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**17** **12:00- 5:00** Dubin @ Town Square University Parkway	**18** **10:00** Dementia Caregiver Support Group	**19** **8:00 - 12:00** Dubin @ Town Square University Parkway	**20** Social Work Consultation by Appointment
23 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**24** **12:00- 5:00** Dubin @ Town Square University Parkway	**25** **10:00** Dementia Caregiver Support Group	**26**  Office Closed Happy Thanksgiving!	**27**
30 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**1** **12:00- 5:00** Dubin @ Town Square University Parkway	**2** **10:00** Dementia Caregiver Support Group **1:00** Grace Beyond Guilt	**3** **8:00 - 12:00** Dubin @ Town Square University Parkway	**4** **10:30-** Savvy Express* #1 @ Elsie Quick Library RSVP SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.

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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NOVEMBER 2026

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

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**

TUESDAY

November 3 & 10
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

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

November 18 & 25
10:00- 11:00 AM Dementia Caregiver Support Group
Hosted at 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

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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BASIC NEEDS: 211
ER2YOU: 941-275-2968 At home urgent care

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

SBC
Sarasota Bay Club
Sarasota Bay Club is a luxury, full-service retirement living community located right on the Sarasota Bay. Sarasota Bay Club's outstanding services and amenities create daily opportunities for rich experiences that can be fully customized to realize your ideal retirement lifestyle.
(941) 357-1147
sarasotabayclub.net

Your logo belongs here....

Become a Corporate Sponsor and put your logo + info right here.

Boost your visibility, reach new audiences, and support our community!

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



Living with and helping someone with dementia?

Researchers at the University of Oregon are seeking volunteers to share their experience. The goal is to help healthcare professionals better understand and serve families like theirs.

- Take **four** 60-min **online surveys** (1 every 5 months)
- Take **four** 60-min **Zoom calls - optional** (1 every 5 months)
- **Be paid** $15 for 1st survey, $10 per follow-up, $50 per Zoom

To learn more, contact Principal Investigator Samantha Shune at

541-346-7494

eatinglab@uoregon.edu

UNIVERSITY OF OREGON

Donate Today

Our Contact Information:
The Dubin Center
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