



Caregiver Connection

ISSUE #14

THE DUBIN CENTER
MONTHLY E- NEWSLETTER
NOVEMBER 2025

Caregiver Connection Newsletter

Welcome to the November 2025 Newsletter!

As we enter a season of gratitude and reflection, November offers us a chance to appreciate the strength, love, and resilience within our caregiving community. It's a time to honor the quiet acts of care that happen every day that often go unseen, but never without impact.

This month reminds us of the power of togetherness. Whether you're navigating the challenges of caregiving or simply showing up in small but meaningful ways, your presence matters. We see you, and we thank you.

Inside this issue, you'll find tips for navigating the holidays with loved ones, community highlights, and ways to stay connected and supported as the year winds down. Let's move

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

into this season with open hearts and shared hope.

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!

Help us with our Newsletter!

Got 5 minutes? We'd love to hear from you! Click the link below to take a quick survey and help us make *The Dubin Center Caregiver Connection Newsletter* more relevant, helpful, and engaging for you.

TAKE THE SURVEY



Exciting Update....



Thanks to your generosity, we've raised
\$23,500!

Every gift is still being matched dollar for dollar
up to **\$50,000**. That means your donation
goes twice as far!

LET'S KEEP THE MOMENTUM GOING!



THE DUBIN CENTER

Where no one faces dementia alone.

If you have any specific questions about the new building, the funding, or the current steps we are taking, please send us an email at: info@dubincenter.com.

*Education at The Dubin Center: 2026 dates
coming soon!*



**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 Dates for 2026 are being finalized. Stay tuned for our next round of education and enjoy your holiday season!

Upcoming Events

Out & About! November 20th



Join us at Broadway Palm Dinner Theater

TECH REHEARSAL

Based on the wildly-popular holiday movie, A Christmas Story follows a bespectacled boy named Ralphie whose only Christmas wish is an Official Red Ryder Carbine-Action 200-shot Range Model Air Rifle! The infamous scenes from the movie such as the prized leg lamp, pink bunny pajamas, an irritable department store Santa, a triple dog-dare to lick a freezing flagpole, along with splashy production numbers make this the perfect holiday treat for the whole family!

Limited space, so RSVP early.



Thursday, November 20th



2:00 PM



**FLORIDA'S PREMIER DINNER THEATRE
BROADWAYPALM**



**1380 Colonial Blvd.
Fort Myers 33907**

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



Out & About! December 9th



Join us at Edison & Ford Winter Estates

Meet us at the ticket counter for a **FREE** self-guided tour of the Winter Estates decorated for the holiday season; parking is free too!



Tuesday, December 9th



10:00 AM



Edison and Ford Winter Estates;
2350 McGregor Blvd, Fort
Myers, FL 33901



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

Community Spotlight: Area Agency on Aging

Maricela Morado: President & CEO of Area Agency on Aging



A Lifelong Commitment to Service
For Maricela Morado, leadership at the Area Agency on Aging (AAA) for Southwest

Combating Loneliness and Supporting Caregivers:

The agency recognizes that aging well is about more than physical health; it's also about emotional and social well-being. Post-pandemic, isolation has taken a heavy toll on older adults. AAA is working to rebuild connections through wellness classes, volunteer opportunities, and community meal sites that offer both nourishment and friendship. "Human connection is a form of healthcare. When older adults feel seen and supported, everything else improves." The same goes for caregivers; caregivers often bear enormous responsibility, balancing work, family, and the needs of aging loved ones. AAA continues to strengthen its caregiver support network with expanded respite programs, peer groups, and training opportunities. "Caregivers are the backbone

Florida is the culmination of a career dedicated to community service and equity. After years in nonprofit work, she joined AAA in 2020 as Director of Programs and Planning, drawn by the organization's reach and mission. "I was amazed that such a critical safety net existed, and that even I, working in community services, hadn't known about it," she recalls. That realization became her motivation to spread awareness. In 2023, she was named President and CEO, continuing her commitment to ensuring no one faces aging or caregiving challenges alone.

Empowering Positive Aging Across Southwest Florida: AAA serves seven counties, Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota, empowering older adults and adults with disabilities to create their own path to positive aging. As Florida's designated Aging and Disability Resource Center, the agency serves as both a direct service provider and the central access point for in-home and community-based support.

"We serve as the front door, or as we call it, the '**no wrong door**' approach to aging services in Southwest Florida. Whether someone calls our Elder Helpline, walks into our office, or is referred by a community partner or healthcare provider, we help them navigate the often-complex system of supports available."

Facing Challenges, Building Solutions: The challenges facing older adults and caregivers today are both urgent and interconnected, and AAA is tackling them head-on. Rising costs of living, social isolation, caregiver burnout, and a complex healthcare system all pose real barriers to aging well.

Economic Insecurity: With housing, healthcare, and grocery costs at record highs, many seniors are struggling to make ends meet. "We're seeing older adults who worked their entire lives now forced to choose between paying for medicine or putting food on the table," Maricela says. To help, AAA is expanding partnerships with local organizations to connect older adults with food assistance, benefits enrollment, and energy-saving programs that stretch limited incomes.

of our system. When we support them, we strengthen entire families."

Simplifying a Complex System: Navigating Medicare, benefits, and care coordination can be daunting. That's why AAA invests in outreach, digital accessibility, and one-on-one guidance through the Elder Helpline and SHINE program, ensuring no one falls through the cracks because of paperwork or confusion.

Collaboration and Advocacy for the Future:

AAA's impact extends beyond services. The agency actively advocates at the state and federal levels to ensure that aging policy reflects real community needs. Maricela recently testified before the U.S. Senate Special Committee on Aging, bringing Southwest Florida's experiences to the national conversation. Locally, AAA is building cross-sector collaborations with hospitals, housing agencies, and emergency responders to better integrate care and strengthen community resilience.

Maricela notes that "The future of aging services isn't just about doing more. It's about doing smarter, creating systems that are responsive, inclusive, and innovative. We want every person in Southwest Florida to know: you're not alone, and aging well is possible."

A Personal Vision for Aging Well: To Maricela, aging well means dignity, independence, and choice. "It's not just about surviving, it's about living fully, staying connected, and being valued for your wisdom," she says.

Words of Advice for Families: Her message to families is simple: ***Don't wait for a crisis.*** "Know us before you need us," she emphasizes. "Aging is something we're all doing every day. When families reach out early, they can plan thoughtfully, not react under stress." She also reminds caregivers to honor their loved one's voice and care for themselves, too. "There's no shame in asking for help. We're here to walk with you, because community and connection are what make life meaningful at every age."

AAA: Programs and Services that Make a Difference

The Area Agency on Aging offers a wide network of programs designed to support older adults, caregivers, and families at every stage of the aging journey:

Elder Helpline (866-413-5337): The gateway to aging services in Southwest Florida, providing trusted information and personalized navigation to connect callers with the right programs, whether that's home-delivered meals, in-home care, or Medicare counseling.

In-Home Support & Caregiver Services: Through local service providers, AAA helps older adults remain independent by coordinating homemaking, personal care, and medication assistance. For caregivers, the agency offers respite care, training, and counseling, because caring for a loved one shouldn't mean sacrificing your own well-being.

Nutrition Services: AAA supports both **home-delivered meals** for homebound seniors and **congregate meal sites** that offer nutritious food and social connection. These programs provide more than a meal; they ensure nutrition security and regular wellness checks.

SHINE (Serving Health Insurance Needs of Elders): Certified volunteers provide free, unbiased Medicare counseling, helping thousands of beneficiaries each year navigate their coverage options, avoid scams, and make informed decisions during Open Enrollment and beyond.

Veteran-Directed Care (VDC): This program empowers veterans to direct their own care, offering flexibility to choose providers that meet their individual needs.

Health and Wellness Programs: AAA delivers evidence-based classes that promote well-being, including chronic disease self-management, falls prevention, and caregiver support programs; all proven to improve health outcomes and quality of life.

Elder Abuse Prevention: The agency works proactively to protect vulnerable adults from abuse, neglect, and exploitation through education, outreach, and community coordination.

Together, these services form a comprehensive safety net, helping older adults remain active, supported, and connected to their communities.

THE JOYFUL CORNER



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

I'm not a spoon, but I help you serve. I sit near the turkey, and

What is the key to a great Thanksgiving dinner?

Gather together and give **(thanks)**

Did you have any special traditions for Thanksgiving?

I like to swerve.
What am I?

I'm not a person, but
I can be dressed.
With celery and
herbs, I'm at my
best. What am I?

I'm full of words, but
I don't speak. I share
the news you love
each week. What
am I?

Why did the turkey
join the band?

What happens when
you are too hard on
the mashed
potatoes?

Why did the pie go
to therapy?

What do turkeys eat
for dessert?

Count your
blessings, not your
(troubles)

Home is where the
(heart is)

The best memories
are made around the
(table)

Pumpkin pie and
family go **(together)**

Did you family bake
pies, biscuits or
bread in the fall?

What kind of clothes
did you wear when
the weather turned
cold?

Who in your life are
you especially
thankful for?

Insights of the Month

The Quiet Power of Gratitude - In caregiving, it's easy to focus on what's urgent and miss what's meaningful. But even in the most tiring days, gratitude has a quiet way of grounding us. A warm smile, a shared memory, a quiet moment of peace. These are small things, but they have great power. Gratitude isn't about ignoring the hard parts. It's about noticing the good, even when it's quiet.

Seasons Change, So Do We - As November turns the world quieter and cooler, we're reminded that change is part of life, and so is rest. If this season asks you to slow down, listen. Caregiving doesn't have to be rushed to be meaningful. Sometimes, the most healing thing you can do is simply sit beside your loved one and be. The work you're doing matters, even in stillness.

The Calendar's Best - Kept Secrets

November 1 - National Author's Day

November 3 - National Sandwich Day

November 6 - National Nachos Day

November 10 - Forget-Me-Not Day

November 11 - National Sundae Day

November 13 - World Kindness Day

November 14 - National Pickle Day

November 17 - Take a Hike Day

November 23 - National Espresso Day

November 26 - National Cake Day

November Calendar



THE DUBIN CENTER
Where no one faces dementia alone.

**NOVEMBER
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
3 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	4 10:00 General Support Group 11am Out and About Farmer Mike's U Pick Fort Myers RSVP Required 5:30 Zoom Savvy Express #1 	5 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	6 10:00 Zoom FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group	7 10:00 Savvy Express #3 
10 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group	11 10:00 General Support Group 5:30 Zoom Savvy Express #2 	12 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	13 10:30 Bonita Springs Brain Boosters- Bonita Springs Senior Center  1:00 General Support Group	14 2:00 Memory Catchers RSVP Required
17 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	18 10:00 General Support Group 11:00 Arden Courts Support Group  5:30 Zoom Savvy Express #3 	19 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	20 10:30 Zoom FTD Support Group 1:00 General Support Group 2:00 Out & About Broadway Palm A Christmas Story Tech Rehearsal	21 11:30 Among Friends Social Hour RSVP Required
24 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	25 10:00 General Support Group	26 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	 Happy Thanksgiving Office Closed Office Closed	
1 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	2 10:00 General Support Group	3 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	4 10:00 Zoom FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group	5



In honor of the Thanksgiving Holiday, The Dubin Center will be closed on Thursday, Nov 27 and Friday, Nov 28.

We will reopen on Monday,
Dec. 1st at 9am

**Wishing you & your family a
Happy Thanksgiving!**



*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



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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Fort Myers, FL 33907**



info@dubincenter.com



Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



The Joyful Corner Answers

Riddle - A gravy ladle, Stuffing, A newspaper

Jokes - The tur-key, It had the drumsticks, They whip back, It was feeling crummy inside, Nothing because they are stuffed!

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