



**CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
AUGUST 2026**

www.DubinCenter.com | 239-437-3007 | Info@dubincenter.com

Caregiver Connection Newsletter

Welcome!

Each month, we come together to share support, resources, and encouragement for those on the caregiving journey. In this newsletter, you'll find not only helpful tips and uplifting stories, but also important updates and news from our community. Whether it's upcoming events, new programs, or highlights of the incredible work happening around us, we're here to keep you connected!

FEATURES

Upcoming Education

Events

Community Spotlight

Joyful Corner

Caregiver Corner

Monthly Calendar



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

Live/Work in the Sarasota or Manatee Area!
Subscribe to our newsletter for



THE DUBIN CENTER

Where no one faces dementia alone.

Sarasota

Sign Up Here

EDUCATION AT THE DUBIN CENTER



Savvy Caregiver
Savvy Caregiver Advanced
Driving Crossroads



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 course of several weeks, participants 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 (239) 437-3007.

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

Savvy Advanced: For Savvy Express/Foundational graduates looking to expand their caregiving knowledge. Most individuals in this course are caring for someone in the later stages of dementia. Taught over 4 weeks.

Savvy Express | 3 Weeks | In Person:

Tuesdays | September 8th, 15th, & 22nd | 12:30 pm - 3:30 pm

Savvy Express | 3 Weeks | Evening Zoom:

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

Savvy Express | 3 Weeks | Zoom:

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

Savvy Advanced | 4 Weeks | In Person:

Fridays | October 23rd, 30th, November 6th, & 13th | 10:00 am - 12:00 pm

REGISTER HERE



COMMUNITY SPOTLIGHT

Highlighting the voices, achievements, and stories that matter most to our community. This section shares local updates, celebrates milestones, and features inspiring work happening around us, keeping everyone connected and informed.

August Spotlight: Hope PACE

Caring for a Loved One with Dementia: How Hope PACE Supports Families Every Step of the Way



We are excited to welcome Hope PACE as this month's Dubin Community Spotlight! Below, you'll learn more about the Hope PACE program, the services it offers, and the ways it supports both those living with dementia and the family caregivers who care for them.

To learn more about eligibility, available services, and whether Hope PACE may be the right fit for your family, join us for Caregiver Café (A Lunch & Learn Experience) on August 5th.

A special thank you to Jordan Hantz and the Hope PACE team for their partnership and for sharing their expertise with our readers.

Hope PACE is a Program of All-Inclusive Care for the Elderly (PACE) serving older adults throughout Lee, Collier, and Charlotte Counties. Its mission is to help older adults remain safely in their homes and communities while receiving the comprehensive healthcare and support they need.

Rather than coordinating care through multiple providers, participants receive services through one dedicated interdisciplinary team that manages medical care, therapies, medications, transportation, personal care, and social support. Hope PACE serves eligible adults age 55 and older whose health, mobility, memory, or daily living needs have increased, helping them remain safely at home while avoiding or delaying nursing home placement whenever possible.

"I wish we had found you sooner."

According to Jordan, this is one of the most common things families tell the Hope PACE team. Many caregivers wait until they are exhausted or facing a crisis before seeking additional support. However, Hope PACE often provides the greatest benefit when families connect early in the dementia journey.

If your loved one is experiencing increasing memory loss, confusion, frequent falls, medication challenges, wandering, incontinence, or you're beginning to feel overwhelmed as a caregiver, it may be time to explore whether Hope PACE is the right fit.

As Jordan explains, *"Early intervention allows our team to establish services and supports before a situation becomes overwhelming, helping participants remain safely in the community for as long as possible."*

One of the things that makes Hope PACE unique is that it supports both the person living with dementia and the caregiver.

Participants receive coordinated medical care, nursing services, therapies, transportation, medications, adult day programming, and ongoing monitoring. At the same time, caregivers receive education, guidance, communication, respite opportunities, and the support of an experienced interdisciplinary team.

It is also important to emphasize that Hope PACE is about much more than healthcare.

"We recognize that emotional well-being, social engagement, caregiver support, and quality of life are essential parts of successful aging. Caring for the whole person, and supporting the family who cares for them, is at the heart of everything we do."

He shares that many caregivers say one of the greatest benefits is simply knowing *"they are no longer facing difficult decisions alone."* Hope PACE becomes a partner in care, helping reduce caregiver stress while enhancing quality of life for the entire family.

Jordan hopes every caregiver remembers one important thing: *"You don't have to carry the weight of caregiving alone."*

Caring for someone with dementia can be physically demanding, emotionally exhausting, and often isolating. It's easy to become so focused on your loved one's needs that you forget to care for yourself.

Hope PACE believes caregivers deserve support too. Their team provides education, practical solutions, resources, and guidance to help families continue caring for their loved ones with confidence. As Jordan reminds us, *"Seeking help is not a sign of weakness; it's one of the most important steps a caregiver can take."*

The earlier families connect with Hope PACE, the more opportunities there are to build a strong support system, reduce caregiver stress, and help loved ones continue living safely and

meaningfully where they most want to be, home.

To learn more about PACE and explore whether this is the right fit for your family, please join us for a Caregiver Cafe (A Lunch and Learn experience) on Wednesday, August 5th! Details below, and please RSVP to The Dubin Center.

CAREGIVER CAFE

Our trusted Lunch & Learn series, now with coffee and pastries!

Please join us at our center for a **FREE Lunch & Learn (Coffee & Pastries)**. **Hope Pace** will be here to provide education on the PACE program, eligibility, and all-inclusive services available through their program.

DETAILS

 Wednesday, August 5th

 10:00am - 11:30am

 12511 World Plaza Lane
Fort Myers, FL 33907

Please call 239-437-3007 to register; limited space. Respite care available.

What is PACE?

Come learn more about this all-inclusive wrap-around elder care program available here in Lee County.

Coffee, pastries, and fruit will be available.
Sponsored By:



THE DUBIN CENTER | 239-437-3007 | INFO@DUBINCENTER.COM



THE JOYFUL CORNER

Riddles, jokes, and activity ideas.



THE CAREGIVER CORNER

Caregiver Tips and Support Group Topic of the Month.



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: Hurricane Preparedness for Families Living with Dementia

Living in Southwest Florida means preparing for hurricane season each year, but for families caring for someone with dementia, emergency planning requires a few extra considerations. Changes in routine, unfamiliar environments, and heightened emotions during a storm can increase confusion and anxiety for a person living with dementia. Taking time to prepare before a storm is on the horizon can help everyone feel more confident and safe.

Be sure to keep an up-to-date list of medications, important medical information, emergency contacts, and copies of identification in an easily accessible, waterproof/fireproof folder. If evacuation becomes necessary, having familiar items such as favorite snacks, family photos, a comforting blanket, or activities they enjoy can help ease stress and provide a sense of normalcy.

During severe weather, it's also important to be mindful of what your loved one is seeing and hearing. Watching hours of continuous news coverage can increase fear and confusion, especially if they have difficulty understanding what is happening. Instead, offer reassurance, stick to familiar routines as much as possible, and redirect attention to calming activities like listening to music, looking through photo albums, or spending quiet time together.

While we can't predict every storm, we can prepare for them. A thoughtful emergency plan not only protects your loved one but also gives caregivers greater peace of mind. If you have questions about preparing for hurricane season while caring for someone with dementia, The Dubin Center is here to provide guidance and support every step of the way.

Caregiver Tip of the Month

Be Prepared! Pre-register for Special Needs Shelter (Lee County)

Need Special Accommodations During a Hurricane? Does your loved one have dementia or complex medical needs? Be sure to pre-register for a Special Needs Hurricane Shelter in Lee County.

Registration must be completed in advance, whether or not you ultimately use the shelter. Applications are not processed within one week of an approaching hurricane, so don't wait until a storm is forecast. Pre-register now to ensure this option is available if you need it.



THE DUBIN CENTER

Where no one faces dementia alone.

Special Needs Hurricane Shelters in Lee County



To apply:

Visit
shelterapp.leegov.com

or call
239-533-0640

For assistance applying to a special needs shelter, contact The Dubin Center at 239-437-3007.

- ✓ Registration is free to all residents of Lee County. Transportation is available. Caregivers **MUST** accompany their loved one living with dementia when staying at a shelter.
- ✓ Lee County Emergency Management will **NOT process any applications if submitted within a 7-day hurricane window.**
- ✓ Pets are allowed, but are housed in different locations. Service animals are permitted to stay with owners.
- ✓ Once your application is processed and approved, you will receive a confirmation letter and phone call with further information.
- ✓ You do not need to complete an application every year **BUT** you must call to update your information: **239-533-0640.**

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

I'm bright yellow and turn my face toward the sun. What am I?

I help students carry their books when summer is over. What am I?

I fall from an oak tree, but I am not a leaf. Squirrels love to collect me. What am I?

Why don't fish like baseball?

Why did the student eat their homework in August?

What kind of music do planets listen to in August?

What do you call corn that joins the army?

Every cloud has a silver.... (*lining*)

Stop and smell the.... (*roses*)

Better late than.... (*never*)

Busy as a.... (*bee*)

A breath of fresh.... (*air*)

What school supplies did you look forward to getting each year?

Have you ever grown sunflowers or vegetables in a garden?

What was our favorite summer vacation destination?

*Answers at the end of the newsletter.

UPCOMING EVENTS



Support Group Schedule
Out & Abouts
Fundraisers
Community Events

Printable calendar available on our website: www.DubinCenter.com



THE DUBIN CENTER

Where no one faces dementia alone.

AUGUST 2026: SUPPORT GROUP SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | www.DubinCenter.com | info@dubincenter.com

12511 World Plaza Ln., Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 2:00 Zoom Dementia Caregiver Support Group 6:30 Zoom Dementia Caregiver Support Group	4 10:00 Dementia Caregiver Support Group	5 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	6 10:00 Grace Beyond Guilt 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	7
10 2:00 Zoom Dementia Caregiver Support Group	11 10:00 Dementia Caregiver Support Group	12 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	13 1:00 Dementia Caregiver Support Group	14 10:30  BABCOCK RANCH General Support Group 2:00 Memory Catchers RSVP Required
17 2:00 Zoom Dementia Caregiver Support Group 6:30 Zoom Dementia Caregiver Support Group	18 10:00 Dementia Caregiver Support Group 11:00 Arden Courts - 15 for You By appointment 	19 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	20 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	21
24 10:30 General Support Group @ Hope Lutheran Church-Bonita Springs  2:00 Zoom General Support Group	25 10:00 Dementia Caregiver Support Group	26 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	27 10:00 Pawsitive Connections RSVP Required/Limited Space 1:00 Dementia Caregiver Support Group	28 2:00 Memory Catchers RSVP Required
31 2:00 Zoom General Support Group	SEPT 1 10:00 Dementia Caregiver Support Group	2 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	3 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	4

PLEASE SEE REVERSE SIDE FOR THE EDUCATIONAL & SOCIAL ENGAGEMENT SCHEDULE

IMPORTANT PHONE NUMBERS

EMERGENCIES: 911

SUICIDE/CRISIS: 988

MOBILE CRISIS RESPONSE: 844-395-4432

BASIC NEEDS: 211

REUNITE: 239-433-7583

(must be registered)





THE DUBIN CENTER

Where no one faces dementia alone.

AUGUST 2026: EDUCATION & SOCIAL ENGAGEMENT SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | www.DubinCenter.com | info@dubincenter.com

12511 World Plaza Ln Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:00 - 1:00 ZOOM Savvy Express* #2 	4	5 10:00 Caregiver Cafe*: Hope PACE RSVP Required  2:00 Memory Catchers* RSVP Required	6 10:00 - 1:00 Savvy Express* #1 	7
10 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:00 - 1:00 ZOOM Savvy Express* #3 	11	12	13 10:00 - 1:00 Savvy Express* #2  10:30 Bonita Springs Brain Boosters-  Bonita Springs Senior Center	14 2:00 Memory Catchers* RSVP Required
17 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 11:00-Out & About* Petals & Presents RSVP Required 	18 11:30- Among Friends Social Hour*	19 2:00 Memory Catchers* RSVP Required	20 10:00 - 1:00 Savvy Express* #3 	21 11:30- Among Friends Social Hour*
24 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	25	26 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters  Lehigh Acres Senior Center	27 10:00 Pawsitive Connections RSVP Required/Limited Space	28 2:00 Memory Catchers* RSVP Required
31 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	SEPT 1	2 2:00 Memory Catchers* RSVP Required	3	4 11:30 Lunch & Learn*- Integrated Wellbeing (nutrition & dementia) RSVP Required 

***RSVP REQUIRED FOR ALL EDUCATION CLASSES, SOCIAL GATHERINGS & OUTINGS**
Brain Boosters does not require RSVP

TIPS FOR COMMUNICATING WITH SOMEONE LIVING WITH DEMENTIA

- Use short, simple sentences, speak slowly
- Give them adequate time to process & respond
- Avoid arguing and over-explaining
- Limit complicated choices
- Encourage them to speak for themselves
- Encourage them to join in the conversation



THE DUBIN CENTER

Where no one faces dementia alone.

WHERE NO ONE FACES

W

Welcome to the **Grace Beyond Guilt** Support Group!

S

W

This group is open to all caregivers whose loved ones live in a memory care facility.

S

W

We recognize the unique emotional and practical challenges caregivers face in this season of life and we are here to provide comfort, guidance, and community. Whether you are navigating feelings of guilt, isolation, or uncertainty, this group provides a place to talk openly, find empathy, and gain valuable resources and coping strategies.

S

W

**The 1st Thursday of Every Month from
10:00 - 11:00 am.**

S

W

12511 World Plaza Ln Fort Myers FL, 33907

S

DEMENTIA ALONE





15 For You!

Presented by:



Arden Courts
MEMORY CARE IS ALL WE DO.



THE DUBIN CENTER
Where no one faces dementia alone.

Arden Courts of Fort Myers is honored to partner with and host The Dubin Center and offer "15 For You". This is an opportunity for caregivers to schedule a 15 minute, one-on-one in person meeting with a Dubin Center social worker. This time is just for you - whether you need support, guidance, resource navigation, or just someone to talk to. Our collective goal is to make professional support more accessible, personal, and timely.

15 For You is a monthly opportunity and occurs on the 3rd Tuesday of each month from 11a-12:30p.

3rd Tuesday of each Month: 11AM - 12:30PM

- July 21st, 2026
- August 18th, 2026
- September 15th, 2026

15950 McGregor Blvd. Fort Myers 33908

Please Call 239 454-1277 to reserve your spot!

ALF License #9502

Pawsitive Connection

Join us for a support group with furry friends!



General Dementia Caregiver Support Group

A therapy dog or two will be present in the room during the caregiver support group.

Therapy Dog Interaction for your loved one living with dementia in a separate room

Bring your loved one along for time with a therapy dog, socialization, and other fun pet-related activities

DETAILS

 **4th Thursday of every month***

June 25th | July 23rd
August 27th | Sept 24th

 10:00 am - 11:00 am

 12511 World Plaza Lane
Fort Myers, FL 33907



**Please call
239-437-3007 to
register, as this
group will have
limited space.**

Beesley's
POW PRINTS
A United Way Collaborative



***Because this group is centered around the comfort and supportive benefits of pet therapy, sessions will be held only when certified therapy dog teams are available. Registered participants will be notified in advance of any schedule changes.**



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



This **Remembrance Wall** will be a permanent installation located in our new home on the large wall just outside of our support group space, a place where families gather, share, and support one another. It feels especially meaningful to create this tribute in a space filled with understanding, compassion, and connection.

Families and friends are invited to honor a loved one by purchasing an acrylic circle to be displayed on the wall. Each circle will be thoughtfully arranged in a mix of three beautiful colors: lavender, aqua, and indigo (deep purple/navy) to create a serene and uplifting display.

Each circle represents more than a name; it represents a story, a life, and the enduring impact of someone deeply loved

Small Circle

- Name
- Example: *Mary Smith*

Medium Circle

- Name + One Additional Line
- Example: *Mary Smith + Beloved Mom*

Large Circle

- Name + 2 Lines
- Example: *Mary Smith + Beloved Mom + 1935 - 2025*



[Purchase a Remembrance Circle Here](#)



**And a BIG Congratulations to Jeff Edwards
and the Gut Punched podcast, who
celebrated their 100th podcast episode in
April!**

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](#)

Thank you to our partners!
Champions

amavida

RESORT RETIREMENT LIVING

at Lakes Park

Amavida is an award-winning, 32-acre, resort-style senior living community. Offering Independent Living, Assisted Living and Memory Care, as well as an on-site professionally staffed Wellness Center, residents live with calm confidence, knowing that if healthcare needs change, support is right at home.

📞 (239) 544-3986

🌐 amavidaliving.com



AMY McGARRY LAW OFFICE, PL

PLAN FOR THE FUTURE

Estate Planning | Life Care Planning | Long Term Care Planning | Medicaid Assistance | Trust Administration

📞 (239) 945-3883

🌐 amymcgarrylaw.com



Arden Courts

MEMORY CARE IS ALL WE DO.

Memory Care Is All We Do!

Staffed by specially trained caregivers, Arden Courts is designed for people living with Alzheimer's and related dementias. The secure, familiar layout supports comfort and safe independence.

📞 (239) 428-0951

🌐 arden-courts.com



**CYPRESS
COVE**

Cypress Cove, a Life Plan Community, also known as a Continuing Care Retirement Community (CCRC), provides a secure, engaging environment where residents can enjoy an active lifestyle while having peace of mind about their future care.

📞 (239) 323-5969

🌐 cypresscoveliving.org



Heron Pond

55+ APARTMENTS



DOMINIUM

Affordable apartment homes for adults aged 55 and up. Enjoy an affordable and comfortable style of life, filled with amenities and only moments away from Lehigh Acres' vibrant shopping and dining centers.

📞 (239) 471-4023

🌐 liveatheronpond.com



**Keystone Place
at Beachwalk**

A Life Fulfilling Retirement Community

Assisted Living & Memory Care: Our senior living community provides personalized support, engaging lifestyle programs, and maintenance-free living designed to help residents thrive with confidence and independence.

📞 (239) 387-3258

🌐 keystonesenior.com



**Keystone Place
at Bonita Springs**

A Life Fulfilling Retirement Community

Assisted Living & Memory Care: Our senior living community provides personalized support, engaging lifestyle programs, and maintenance-free living designed to help residents thrive with confidence and independence.

📞 (239) 467-7854

🌐 keystonesenior.com



SENIORS Blue Book
RESOURCES FOR AGING WELL

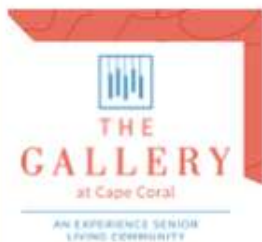
Seniors Blue Book is Collier and Lee Counties' most comprehensive and reliable resource for Aging Well.

Whether you are looking for resources, looking to promote your business or just want to know what's happening around town, the Seniors Blue Book website is your go-to!

📞 (813) 731-6069

🌐 seniorsbluebook.com/local/florida-southwest

Friends



Discover The Gallery at Cape Coral, a sanctuary for creative souls and nature enthusiasts in Southwest Florida. Exceptional amenities are crafted for your well-being. Local ingredients enhance every dish. And a spirited community brimming with curiosity and connections comes to life in harmony with your interests.

(239) 603-0094
galleriesrliving.com

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!

Advocates



GULF COAST
memory care

Gulf Coast Memory Care-redefining Memory Care. Here, you will discover a friendly Respite Care, Memory Care, Alzheimer's Care, and community where every day is celebrated in an inviting atmosphere that feels like a family get-together.

(239) 221-6120
gulfcoastmemorycare.com



Alzheimer's & Dementia and Parkinson's Care Specialists.

Our mission is to enrich the lives of our clients and their loved ones by providing individualized, holistic in-home personal care and wellness services designed to appreciate and nurture the connection between one's spirit, physical body, and emotional/intellectual self.

(239) 603-6455
hbmhomecare.com

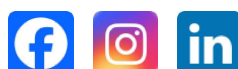
Thank you to our funders!



Daniel R. & Anne M.
Harper Foundation



Donate Today



Our Contact Information:

The Dubin Center

12511 World Plaza Lane Fort Myers, FL
33907

(239) 437-3007

www.DubinCenter.com



The Joyful Corner Answers

Riddle - A Sunflower, A Backpack, An Acorn

Jokes - *Because they are afraid of the net, Because the teacher said it would be a piece of cake, Neptunes, Kernel Corn*

You are being sent this email because you are a subscriber.

If you wish to update your Email Preferences or Unsubscribe, click *{{Unsubscribe}}*