



**CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
SEPTEMBER 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!

Do you live or work in the Sarasota or Manatee Area? Subscribe to our newsletter for



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 | Evening ZOOM: FULL- Please call or email to join the waitlist!

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 Express | 3 Weeks | In Person:

Mondays | November 2nd, 9th, & 16th | 10:00 am - 1:00 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.

September Spotlight: Eating Well with Dementia Integrated Wellbeing: Julie Hill, RD, LDN, IFMCP



Julie Hill, RD, LDN, IFMCP

This September, The Dubin Center is pleased to welcome Julie Hill of Integrated WellBeing for a special Lunch & Learn focused on nutrition support for individuals living with Alzheimer's disease and other dementias. Julie is a registered dietitian and functional medicine-certified practitioner with 13 years of experience helping clients understand nutrition science, restore balance, and improve their overall health. Her practical, evidence-based approach makes complex health topics easier to understand and apply in everyday life.

We are excited to shine our Community Spotlight on Julie and invite caregivers to learn more at our Lunch & Learn on September 4. Read on for a glimpse of what Julie will discuss during the presentation.

Caring for a loved one with dementia can feel overwhelming, and nutrition is an important but sometimes challenging part of that care. Julie aims to make nutrition feel more manageable for caregivers.

As dementia progresses, changes in appetite, food preferences, swallowing ability, hydration, and eating behaviors can make it increasingly difficult for someone to receive the nourishment they need. Thoughtful nutrition support can help prevent malnutrition and dehydration, maintain comfort, and enhance quality of life while honoring each person's dignity and individual needs.

Common mealtime challenges may include eating less, refusing previously enjoyed foods, forgetting to eat or drink, or experiencing difficulty chewing or swallowing. Changes in behavior can also make mealtimes more challenging. These concerns can be especially stressful when caregivers are unsure whether their loved one is receiving adequate nutrition and hydration.

Do any of these challenges sound familiar? Julie hopes caregivers will leave the Lunch & Learn knowing that nutrition support does not need to be perfect or complicated. Small, practical adjustments can reduce mealtime stress, support nourishment and hydration, and create a more comfortable experience for both the caregiver and the person living with dementia.

Attendees will learn about the unique nutritional considerations associated with cognitive decline, including changes in appetite, food preferences, swallowing, hydration, and eating behaviors. Julie will also share evidence-based, caregiver-friendly strategies to support adequate nourishment, reduce the risk of malnutrition and dehydration, maintain comfort, and preserve dignity and quality of life.

This Lunch & Learn will also focus on the health and well-being of caregivers. Caregiving requires tremendous physical and emotional energy. Consistently skipping meals, relying heavily on convenience foods, or neglecting hydration can affect a caregiver's energy, concentration, mood, and overall health. Caring for your own nutritional needs is not selfish; it helps you remain strong and better equipped to care for someone else.

We hope you will join us for this informative Lunch & Learn and leave with practical ways to support both your own well-being and the health of your loved one!



Where no one faces dementia alone.



Integrated
WellBeing

LUNCH & LEARN

NUTRITION SUPPORT IN ALZHEIMER'S & DEMENTIA

Please join us at our center
for a **FREE Lunch & Learn**
with **Integrated WellBeing**.

Attendees will gain evidence-based
insights and caregiver-friendly
approaches to addressing common
nutrition concerns while supporting
the dignity, WellBeing, and
individualized needs of those living
with dementia.

DETAILS

 Friday, September 4th

 11:30 am - 1:00 pm

 12511 World Plaza Lane
Fort Myers, FL 33907

**Please call 239-437-3007 to
register; limited space.
Respite care will also be
available during Lunch & Learn.**

LUNCH PROVIDED BY:



Thank you Tailored Senior Living!



**JULIE HILL, RD,
LDN, IFMCP**

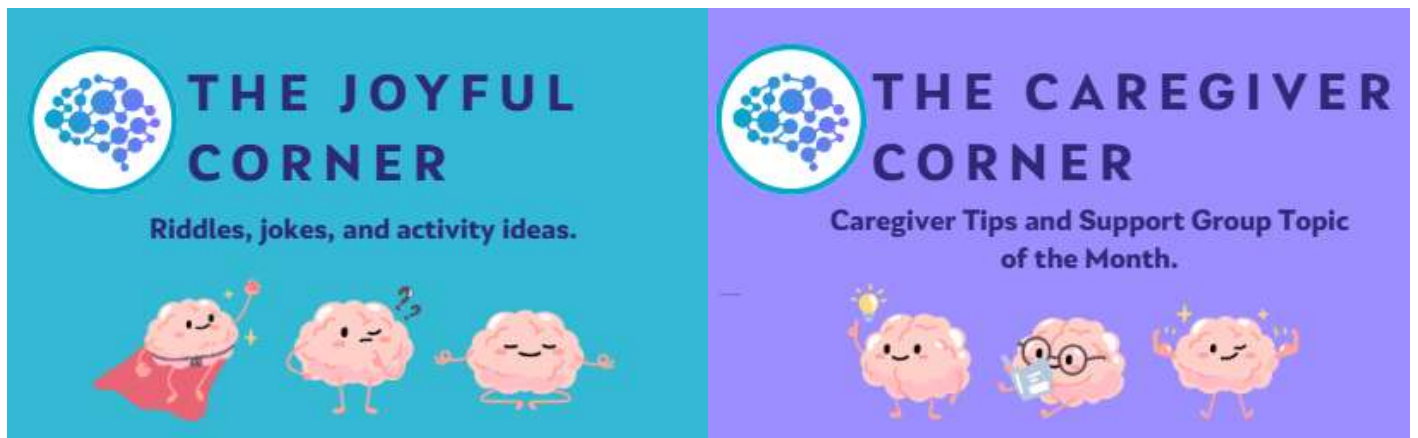


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Integrated
WellBeing

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



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: The Grief No One Talks About

Caring for someone living with dementia can bring a kind of grief that is difficult to explain. As memory, communication, abilities, and relationships change, caregivers may find themselves grieving parts of the person they once knew while still loving and caring for the person who is right in front of them. This experience is often called **anticipatory grief**.

Grief in dementia caregiving can look different from day to day. It may feel like sadness, frustration, guilt, loneliness, or even a sense of loss after a small change or missed connection. These emotions are a natural response to the many changes dementia can bring.

Although you cannot change the diagnosis, you can give yourself permission to acknowledge what you are feeling while continuing to look for meaningful moments of connection. A familiar song, a shared laugh, holding hands, or simply sitting together can still have great meaning, even when words or memories begin to fade.

At The Dubin Center, we understand that dementia affects the entire family. Through caregiver support groups, education, resources, and guidance, we are here to help caregivers feel informed, supported, and connected throughout the journey.

Caregiver Tip of the Month Create Your Help List

September is **World Alzheimer's Month**, a time to increase awareness and understanding of Alzheimer's disease and other dementias. **World Alzheimer's Day is September 21.**

Dementia affects more than memory. It can change relationships, roles, and everyday routines, while also bringing unique challenges for the people providing care. This month is an important reminder that awareness also means recognizing caregivers and making sure they feel supported.

Caregivers often hear, “*Let me know if there’s anything I can do,*” but in the moment, it can be hard to know what to ask for. Try keeping a short “**help list**” in your phone with specific things someone else could take on—picking up groceries, sitting with your loved one for an hour, bringing dinner, running an errand, or simply being there to listen. When someone offers to help, you’ll have something ready to share. **Accepting help is part of caregiving, too.**

And remember, you don’t have to have all the answers. **Save this number: Alzheimer’s Association 24/7 Helpline: 800-272-3900.** The Helpline offers free, confidential support, information, local resources, and care guidance around the clock.

ONE THING YOU CAN ASK FOR: Or, One thing you could do...



Could you pick up a few groceries for me this week?



Could you bring dinner one night this week?



I don’t need you to fix anything. Could you just listen?



Could you sit with my loved one for an hour so I can take a break?

How can I help?

Create a small list of 3 tangible things someone could do to help; and give them one specific task when they ask.

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

I have a face and two hands, but no arms or legs. What am I?

The more you take from me, the bigger I get. What am I?

I’m picked from a tree and can be red, green, or yellow. I’m sweet and crunchy. What am I?

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

What is a tree’s least favorite month?

Why did the leaf go to the doctor?

Why did the scarecrow win an award?

An apple a day keeps the doctor.... (away)

Turn over a new.... (leaf)

When there is a will, there is a.... (way)

Better late than.... (never)

As busy as a.... (bee)

What was your favorite subject in school?

Have you ever attended a fall fair or festival?

What songs remind you of your school days?

Have you ever gone apple picking?

*Answers at the end of the newsletter.

UPCOMING EVENTS



Support Group Schedule
Out & Abouts
Fundraisers
Community Events



THE DUBIN CENTER

Where no one faces dementia alone.

SEPTEMBER 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
31 2:00 Zoom Dementia Caregiver Support Group	1 10:00 Dementia Caregiver Support Group	2 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP	3 10:00 Zoom FTD Support Group 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	4 10:00 Dementia Caregiver Support Group  Keystone Place at Beachwalk A Life Fulfilling Retirement Community RSVP 239-666-7558
7  LABOR DAY OFFICE CLOSED	8 10:00 Dementia Caregiver Support Group	9 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group RSVP <i>Invitation Only</i>	10 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	11 10:30  BABCOCK RANCH General Support Group RSVP 2:00 Memory Catchers RSVP
14 2:00 Zoom Dementia Caregiver Support Group	15 10:00 Dementia Caregiver Support Group 11:00 Arden Courts -15 for You <i>By appointment</i>  RSVP	16 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP	17 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	18
21 2:00 Zoom Dementia Caregiver Support Group 6:30 Zoom Dementia Caregiver Support Group	22 10:00 Dementia Caregiver Support Group	23 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group RSVP <i>Invitation Only</i>	24 1:00 Dementia Caregiver Support Group	25 2:00 Memory Catchers RSVP
28 2:00 Zoom General Support Group	29 10:00 Dementia Caregiver Support Group	30 12:00 Savvy Support Group	OCT 1 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	2 10:00 Dementia Caregiver Support Group  Keystone Place at Beachwalk A Life Fulfilling Retirement Community RSVP 239-666-7558

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)

NON-EMERGENCY: 239-321-7700



UNITED WAY
Lee, Hendry,
and Glades



THE DUBIN CENTER

Where no one faces dementia alone.

SEPTEMBER 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
31 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	1	2 2:00 Memory Catchers* RSVP	3	4 11:30 Lunch & Learn* - Integrated Wellbeing (nutrition & dementia) RSVP  Integrated WellBeing
7  LABOR DAY OFFICE CLOSED	8 12:30- Savvy Express* #1 RSVP 	9	10 5:30 PM- ZOOM Savvy Express* #1 RSVP 	11 2:00 Memory Catchers* RSVP
14 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	15 11:30- Among Friends Social Hour* 12:30- Savvy Express* #2 RSVP 	16 2:00 Memory Catchers* RSVP	17 5:30 PM- ZOOM Savvy Express* #2 RSVP 	18 10:30- Out & About*: Cape Coral Fire Station Tour RSVP 
21 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	22 12:30- Savvy Express* #3 RSVP 	23 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters 	24 5:30 PM- ZOOM Savvy Express* #3 RSVP 	25 2:00 Memory Catchers* RSVP
28 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	29	30	OCT 1	2

***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 **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

Dementia Caregiver Support Group

OUR MISSION IS TO ACHIEVE
CAREGIVER HEALTH, STRENGTH
AND RESILIENCE BY PROVIDING
EDUCATION, INFORMATION, HOPE
AND COMPASSION.



September 4, October 2,
November 6, December 4



11:00 AM - 12:00 PM



239-666-7558
RSVP Requested



**Keystone Place at
Beachwalk**

15800 Beachwalk Blvd
Fort Myers, FL 33908

**Are you caring for someone living with dementia? Join
us for an open discussion group focused on the
challenges caregivers face, support from others who
understand, and helpful resources.**



THE DUBIN CENTER
Where no one faces dementia alone.



**Keystone Place
at Beachwalk**
A Life Fulfilling Retirement Community

RSVP 239-666-7558

Dementia Caregiver Support Group

OUR MISSION IS TO ACHIEVE
CAREGIVER HEALTH, STRENGTH
AND RESILIENCE BY PROVIDING
EDUCATION, INFORMATION, HOPE
AND COMPASSION.



October 1, November 5,
December 3, January 7



2:30 PM - 3:30 PM



239-544-3986

RSVP Requested



Amavida

7820 Fanning Ct.

Fort Myers, FL 33907

Are you caring for someone living with dementia? Join us for an open discussion group focused on the challenges caregivers face, support from others who understand, and helpful resources.



THE DUBIN CENTER

Where no one faces dementia alone.

amavida

RESORT RETIREMENT LIVING

Lakes Park

RSVP

239-544-3986

Caregiver Research Opportunity- Paid!

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

Remembrance Wall

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](#)



Check out the newest episode of GutPunched featuring our CEO, Christine LoConte, sharing about The Dubin Center's ongoing support for caregivers and its newly expanded reach.

Episode 118: Hope without Hype: The Dubin Center

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.

[Listen Here for Free](#)

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

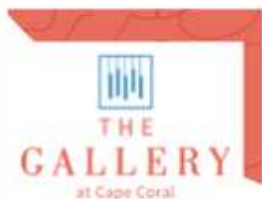
Seniors Blue Book is Collier and Lee Counties' most comprehensive and reliable resource for Aging Well.

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

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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

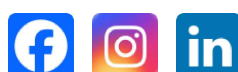
Thank you to our funders!



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 Clock, A Hole, An Apple

Jokes - Because it ran out of juice, Sep-timber, Because it was feeling green, Because he was outstanding in his field!

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