



CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
OCTOBER 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 | 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.

October Spotlight: Planning Ahead A Gift to the People You Love



When people hear “**end-of-life planning**,” they often think about funeral arrangements. But planning ahead encompasses much more, and having these conversations before a crisis can be one of the most thoughtful things we do for the people we love.

A comprehensive plan may include funeral, cemetery, burial, or cremation preferences, but it can also address legal documents such as wills and healthcare directives, financial considerations, beneficiary designations, and how important information will be organized and shared with family.

These decisions can feel uncomfortable to discuss, which is one reason families often put them off. Some may think pre-planning is only necessary for older adults, while others worry that talking about death will feel depressing or premature. In reality, planning is simply about being prepared for something every family will eventually face.

Clearly documenting wishes can also meaningfully impact those left behind. During a time of grief, families are often asked to make numerous decisions quickly and under emotional stress. Knowing what their loved one wanted can reduce uncertainty, help prevent disagreements, and allow family members to focus more fully on supporting one another.

That is exactly what our upcoming **Lunch & Learn with Holly Donahue, Managing Partner of Fort Myers Memorial Gardens Funeral Home & Cemetery**, is designed to address.

Holly will walk caregivers and families through the key components of end-of-life planning, common challenges that arise when wishes haven't been documented, and simple steps families can begin taking now. The focus is education, not making immediate decisions. Even if your family isn't ready to have the full conversation yet, attending can give you the knowledge and confidence to begin when the time feels right.

“End-of-life planning isn’t really about death. It’s about protecting the people you love, reducing uncertainty, and making sure your wishes are known. The greatest gift we can leave our families is a plan.”

— Holly Donahue, Managing Partner, Fort Myers Memorial Gardens Funeral Home & Cemetery



LUNCH & LEARN

Please join us at our center for a **FREE Lunch & Learn with Fort Myers Memorial Gardens.**

Join us for an informative and approachable conversation about the importance of planning ahead. Learn about funeral, burial, and memorial planning, what decisions can be made in advance, and how pre-planning can help make things easier for you and your family when the time comes.

This session is all about education—not making decisions today.

Come learn, ask questions, and leave feeling a little more informed and prepared for the future.

DETAILS

 Thursday, October 8th, 2026

 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.

Thank you to our wonderful presenter and lunch provider!



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

The Power of Music & Connection

Music can have a remarkable ability to reach people in ways that words sometimes cannot, sparking memories, encouraging connection, and creating meaningful moments for individuals living with dementia. In *Florida Weekly's* “**Holding Space**,” the article explores the impact of music and music therapy and features Dan Moser, a dedicated and familiar volunteer here at The Dubin Center.

We're especially proud to see Dan and his caregiving journey featured, and we invite you to read more about the meaningful role music can play in connection, expression, and well-being.

New Resource to Check Out!

ACC MedLink: Long Distance Transport

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.

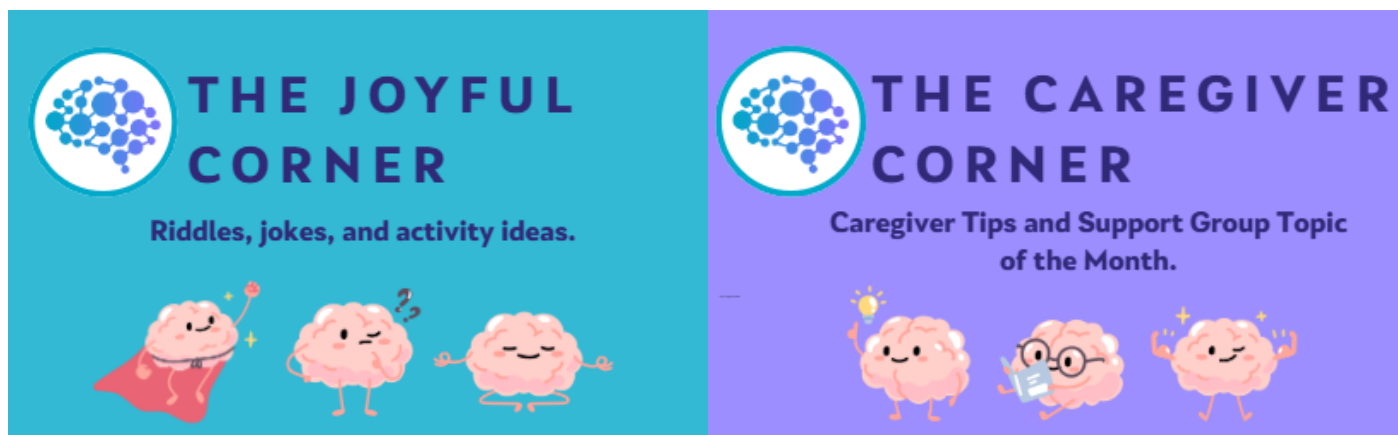
By the time they arrived in Spring Hill, Bernard, Francis and Erik had done much more than transport a gentleman from Rhode Island to Florida. They had helped a family move someone they loved through a major life transition with compassion, dignity and kindness.

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.



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:

ONE THING YOU CAN TRY:

-  You’re not stupid. Stop saying that.
 I know this is frustrating. I’m here to help.
-  You’re not stupid. Stop saying that.
 Let’s do this part together.
-  I already showed you.
 No problem. Let me show you.
-  It’s easy; just do this.
 There’s no rush. We can take our time.

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.

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

You may use me to gather fallen leaves. I have a long handle and many teeth, but I don’t bite. What am I?	Why did the pumpkin sit on the porch?	Two heads are better than.... (<i>one</i>)	What was your favorite thing to do outside in the fall?
I change colors in the fall, then flutter from the trees when the wind blows. What am I?	What did one leaf say to the other?	Turn over a new.... (<i>leaf</i>)	Did you dress up for Halloween as a child? What was your favorite costume?
	What is a pumpkin’s favorite sport?	A penny saved is a penny.... (<i>earned</i>)	What’s your favorite candy?
	Why are trees so good at making friends in the fall?	Trick or.... (<i>treat</i>)	Candy corn? Yes or No?
		Can’t judge a book by its.... (<i>cover</i>)	

*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.

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

12511 World Plaza Ln., Fort Myers, FL 33907

OCTOBER 2026: SUPPORT GROUP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 2:00 Zoom Dementia Caregiver Support Group	29 10:00 Dementia Caregiver Support Group	30 12:00 Savvy Support Group	1 10:00 Grace Beyond Guilt 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group 2:30 Dementia Caregiver Support Group @ amavida RSVP 239-544-3986	2 11:00 Dementia Caregiver Support Group @  Keystone Place at Beachwalk A Life Fulfilling Retirement Community RSVP 239-666-7558
5 2:00 Zoom Dementia Caregiver Support Group 6:30 Zoom Dementia Caregiver Support Group	6 10:00 Dementia Caregiver Support Group	7 12:00 Savvy Support Group 2:00 Memory Catchers RSVP	8 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	9 2:00 Memory Catchers RSVP
12 2:00 Zoom Dementia Caregiver Support Group	13 10:00 Dementia Caregiver Support Group	14 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group RSVP <i>Invitation Only</i>	15 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	16
19 2:00 Zoom Dementia Caregiver Support Group 6:30 Zoom Dementia Caregiver Support Group	20 10:00 Dementia Caregiver Support Group	21 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP	22 1:00 Dementia Caregiver Support Group	23 10:30  BABCOCK RANCH General Support Group RSVP 2:00 Memory Catchers RSVP
26 2:00 Zoom General Support Group	27 10:00 Dementia Caregiver Support Group	28 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group RSVP <i>Invitation Only</i>	29 1:00 Dementia Caregiver Support Group	30

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.

OCTOBER 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
28 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	29	30	1	2
5 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	6	7 2:00 Memory Catchers* RSVP	8 11:30 Lunch & Learn* - Fort Myers Memorial Gardens RSVP Required 	9 2:00 Memory Catchers* RSVP
12 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	13 12:30 PM- ZOOM Savvy Express* #1  RSVP	14	15	16 10:00- Out & About* Farmer Mike's U-Pick  RSVP
19 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	20 11:30- Among Friends Social Hour* RSVP 12:30 PM- ZOOM Savvy Express* #2  RSVP	21 2:00 Memory Catchers* RSVP	22	23 10:00 AM Savvy Advanced* #1  2:00 Memory Catchers* RSVP
26 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	27 12:30 PM- ZOOM Savvy Express* #3  RSVP	28 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters 	29 10:00 - 11:30 Halloween Party Please RSVP due to limited space 	30 10:00 AM Savvy Advanced* #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



PAWS & PUMPKINS: A FALL SOCIAL

**Come enjoy a lighthearted afternoon
of fall festivities, treats, and plenty
of puppy love!**

**Our special guest therapy dogs will
be dressed in their best Halloween
costumes, and YOU get to vote for
your favorite!**

Think cozy fall fun, not spooky
Halloween: costumes, laughs, friendly
competition, and time to connect!

Please note: This is a social event only,
there will be no caregiver support group
during this gathering.

DETAILS

 Thursday, October 29th, 2026

 10:00 am - 11:30 am

 12511 World Plaza Lane
Fort Myers, FL 33907

**Please call 239-437-3007 to
register; limited space.**



**Beesley's
PAW PRINTS**
A United Way Collaborative

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**





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

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
at Lakes Park

RSVP

239-544-3986

GUT PUNCHED

ALZHEIMER'S AND CAREGIVERS

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



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, 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



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

 gallerysriving.com

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

Advocates



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

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

Thank you to our funders!



Donate Today

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

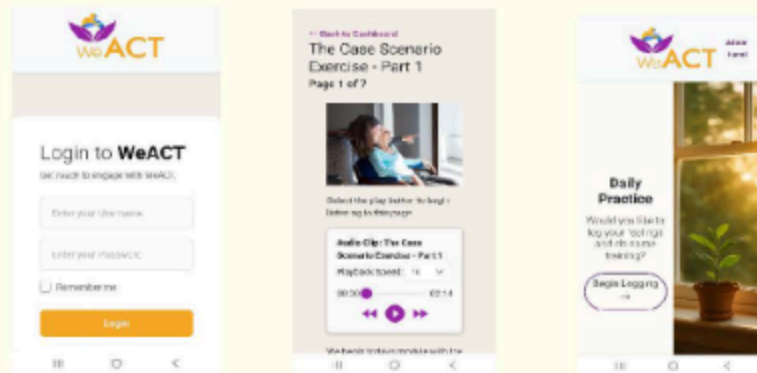
*T-SCAN Lab staff are available to assist with using the technology involved in this study

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

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

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 Rake, Leaves

Jokes - Because it had no place to gourd! - "I'm falling for you!" - Squash! - Because they're always branching out!

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