

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!

A note from the CEO:
Program Updates for 2027

One of the greatest joys of my work is watching the relationships that develop within The Dubin Center. What often begins as a caregiver walking through our doors looking for guidance or support grows into something much more meaningful. Friendships form, experiences are shared, and people who once felt alone find others who truly understand what they're going through.

We've watched caregivers celebrate milestones together, support one another through difficult decisions, and remain connected long after their caregiving journey has changed. There is something incredibly special about the community you've helped create.

As The Dubin Center continues to grow, we're committed to preserving that sense of community while creating opportunities for more families to join us.

With that in mind, I'm excited to share that we're expanding our Memory Catchers respite program from one day per week to three! This means that all Caregiver Support groups will have a respite option for those living with dementia. This expansion will allow more families to benefit from meaningful social engagement for their loved ones while caregivers attend support groups.

We're also exploring new scheduling software to help simplify reservations and ensure these programs remain accessible to as many families as possible. We're grateful to those who have volunteered to help us pilot different options as we determine what will work best for our Center and the families we serve.

You should have received an email earlier this week with details about these changes. We will be hosting an **informational meeting on Thursday, November 19, at 10:00 a.m. at the Dubin Center** to answer any questions and demonstrate the new reservation platform. If you didn't receive the email or have questions, please don't hesitate to contact me at Christine@DubinCenter.com.

As always, thank you for your continued support, patience, and willingness to grow alongside us. It's because of you that The Dubin Center is more than a place for support; it's a community.

Warmly,

Christine LoConte, CEO

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

THE DUBIN CENTER Sarasota
Where no one faces dementia alone.

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 & Advanced will return in person and via Zoom starting in 2027.

Sign-ups begin in December 2026!

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.

November Spotlight: Financial Planning for Caregivers
Laura Sanchez: Guaranteed Rate Affinity

For many older adults, aging in place is the goal. But as everyday expenses rise and healthcare needs change, remaining at home can become increasingly difficult to afford. For families navigating Alzheimer's or another dementia, the added costs of in-home care, respite services, and long-term support can create even greater financial challenges.

This month, we're spotlighting **Laura Sanchez**, a Loan Officer with 25 years of experience in the mortgage industry. Originally earning her engineering degree from the University of Illinois, Laura made a career change following 9/11 and has since dedicated her career to helping individuals explore their home financing options.

According to Laura, one of the biggest financial challenges facing older adults today is that inflation continues to outpace fixed incomes, including Social Security and pensions. As care needs increase, families may find themselves facing difficult decisions about how to afford additional support while preserving their financial stability.

One option that families may not have considered is **using home equity to help cover care-related expenses.** A Home Equity Conversion Mortgage (HECM), commonly known as a reverse mortgage, allows eligible homeowners age 62 and older to access a portion of their home's equity without selling their home.

Laura notes that one of the biggest misconceptions surrounding reverse mortgages is the belief that the lender takes ownership of the home. In reality, homeowners retain ownership, provided they continue meeting the loan's requirements.

However, **reverse mortgages are not a one-size-fits-all solution.** They come with costs, responsibilities, and important considerations, particularly for families navigating dementia. Changes in living arrangements, such as a permanent move into a care facility, can affect the loan and should be carefully considered when planning for the future.

Laura encourages families to begin exploring their financial options *before* a crisis occurs. Whether facing rising care expenses, reduced household income, or concerns about stretching retirement savings, understanding available resources early can help families make more informed decisions.

Curious whether a reverse mortgage could be part of your family's financial plan?

Join us for our upcoming **Lunch & Learn**, where Laura will help separate fact from fiction, address common misconceptions, and explain how home equity may fit into a broader retirement and long-term care strategy.

Whether you're planning for your own future or helping a loved one navigate the financial realities of dementia care, this session offers an opportunity to ask questions, better understand the potential benefits and limitations, and explore whether this financial option makes sense for your unique situation.

Because financial planning isn't just about what you can afford today. It's about understanding your options for tomorrow.



LUNCH & LEARN

Please join us at our center for a **FREE** Lunch & Learn with **Guaranteed Rate Affinity**.

Come learn, ask questions, and explore five financial strategies that may help you comfortably age in place using a reverse mortgage

DETAILS

Tuesday, November 10th

11:30 am - 1:00 pm

12511 World Plaza Lane
Fort Myers, FL 33907

RSVP due to limited space **239-437-3007**

Respite care will also be available during Lunch & Learn.

5 Financial Strategies

1. **Create Potential Tax-Free Supplemental Income**
2. **Reduce or Eliminate Mortgage Payments**
3. **Cover Medical & Long-Term Care Expenses**
4. **Fund Home Repairs & Modifications**
5. **Help Pay for Assisted Living & Memory Care**

Thank you to our wonderful presenter and lunch provider!

guaranteed Rate AFFINITY

C: (216) 272-1015 O: (239) 895-0657
GRArate.com/LauraSanchez
Laura.Sanchez@grarate.comt



Monthly Moment of Care

Our goal is to share meaningful (and always confidential) insights from these conversations, so even if you're not part of a group, you can still feel connected, supported, and reminded that you are not alone on this journey.

Topic: Alcohol & Dementia

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

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

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

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

Caregiver Tip of the Month
Alcohol & Dementia

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

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

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

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

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

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

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

I have feathers and gobble, but I'm not a chicken. What am I?

What has four legs but cannot walk?

The more of me there is, the less you can see. What am I?

What did the mashed potatoes say to the gravy?

Why did the turkey join the band?

What sound does a turkey's phone make?

Count your ***(blessings)***

Actions speak louder than ***(words)***

The more the ***(merrier)***

Easy as ***(pie)***

What is your favorite Thanksgiving dish?

Did you ever travel for Thanksgiving?

What dessert do you look forward to most during the holidays?

*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.

NOVEMBER 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
2 **2:00** Zoom Dementia Caregiver Support Group **6:30** Zoom Dementia Caregiver Support Group	**3** **10:00** Dementia Caregiver Support Group	**4** **12:00** Savvy Support Group **2:00** Memory Catchers RSVP	**5** **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	**6** **11:00** Dementia Caregiver Support Group @ Keystone Place at Beachwalk RSVP 239-666-7558
9 **2:00** Zoom Dementia Caregiver Support Group	**10** **10:00** Dementia Caregiver Support Group	**11** **10:00** Men's Support Group **12:00** Savvy Support Group **2:00** Early Stage Support Group Invitation Only RSVP	**12** **10:00** Zoom FTD Support Group **1:00** Dementia Caregiver Support Group	**13** **10:30** BABCOCK RANCH General Support Group RSVP **2:00** Memory Catchers RSVP
16 **2:00** Zoom Dementia Caregiver Support Group **6:30** Zoom Dementia Caregiver Support Group	**17** **10:00** Dementia Caregiver Support Group **11:00** Dementia Caregiver Support Group @ Arden Courts RSVP	**18** **10:00** ZOOM Men's Support Group **12:00** Savvy Support Group **2:00** Memory Catchers RSVP	**19** **10:00** Zoom FTD Support Group **1:00** Dementia Caregiver Support Group	**20**
23 **2:00** Zoom Dementia Caregiver Support Group	**24** **10:00** Dementia Caregiver Support Group **2:00** Early Stage Support Group Invitation Only RSVP	**25** **10:00** Men's Support Group **12:00** Savvy Support Group	**26** Office Closed Happy Thanksgiving	**27**
30 **2:00** Zoom General Support Group	**1** **10:00** Dementia Caregiver Support Group	**2** **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 **2:30** Dementia Caregiver Support Group @ amavida 239-544-3986	**4** **11:00** Dementia Caregiver Support Group @ Keystone Place at Beachwalk 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 UNITED WAY Lee, Hendry, and Glades

REUNITE: 239-433-7583 (must be registered)

NON-EMERGENCY: 239-321-7700

THE DUBIN CENTER

Where no one faces dementia alone.

NOVEMBER 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
2 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **10:00 AM-** Savvy Express* #1 RSVP SAVVY CAREGIVER	**3**	**4** **2:00** Memory Catchers* RSVP	**5**	**6** **10:00 AM** Savvy Advanced* #3 RSVP SAVVY CAREGIVER
9 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **10:00 AM-** Savvy Express* #2 RSVP SAVVY CAREGIVER	**10** **11:30 Lunch & Learn*- Guaranteed Rate Affinity** RSVP **RSVP Required** guaranteed Rate AFFINITY	**11**	**12**	**13** **10:00 AM** Savvy Advanced* #4 RSVP SAVVY CAREGIVER **2:00** Memory Catchers* RSVP
16 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com **10:00 AM-** Savvy Express* #3 RSVP SAVVY CAREGIVER	**17** **11:30-** Among Friends Social Hour* RSVP	**18** **2:00** Memory Catchers* RSVP	**19** **1:00-** Out & About* Broadwalk Palm RSVP FULL CHRISTMAS FLORIDA'S PREMIER DINNER THEATRE BROADWAYPALM	**20**
23 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**24**	**25**	**26** Office Closed Happy Thanksgiving	**27**
30 **15 For You!** - Phone Call with Social Worker - Schedule on DubinCenter.Com	**1**	**2** **2:00** Memory Catchers* RSVP	**3**	**4**

***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

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





Check out the newest episode of GutPunched!

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

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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.

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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.

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OF SOUTHWEST FLORIDA

Our Cypress Cares initiative elevates the spirit of generosity in Southwest Florida. Through partnerships with other nonprofit organizations, we extend our care and compassion beyond our campus, enriching lives and strengthening our community.

(239) -284-1772
cypresscoveliving.org/impactful-giving/

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

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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

UNIVERSITY of SOUTH FLORIDA

NIH National Institute on Aging

Participants Needed for Research Study

We are conducting a research study (STUDY009455) to examine whether the WeACT program—a self-paced, web-based program based on strategies from acceptance and commitment therapy—is feasible and beneficial for family caregivers of people living with dementia.







Participation involves approximately 5 hours in total, including:

- Completing six self-paced, weekly web-based modules and brief practice activities
- Completing online questionnaires at two time points and one online interview

Compensation: Participants who complete the key study activities will receive a $200 electronic gift card.

How to sign up: Use the link or QR code below to learn more and complete a brief screening survey.

https://bit.ly/4410RHq

Questions? Contact Dr. Areum Han at areumhan@usf.edu



Living with and helping someone with dementia?

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

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

To learn more, contact Principal Investigator Samantha Shune at

541-346-7494

eatinglab@uoregon.edu

UNIVERSITY OF OREGON

Our Contact Information:
The Dubin Center
12511 World Plaza Lane Fort Myers, FL 33907
(239) 437-3007
www.DubinCenter.com

THE DUBIN CENTER
Where no one faces dementia alone.

The Joyful Corner Answers

Riddle - A turkey, A table, Darkness

Jokes - *You've got me covered!- Because it had the drumsticks!- Wing, wing!*

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