



CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
APRIL 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 and informed.

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!

We have officially moved!

We are so excited to be officially hosting all our services in our new building. We look forward to welcoming all our donors and community members who made this dream a reality to a ribbon-cutting and open house celebration in early May—details to be announced soon.

New Address: 12511 World Plaza Lane, Fort Myers, FL 33907
World Plaza II: Building #50

Please call us at (239) 437-3007 if you need assistance locating our building.



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 call us at (239) 437-3007).

Savvy Express: The Savvy Foundational course is taught in a 3-week format.

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 (in a 4-week format).

Zoom Savvy Express | 3 Weeks | Zoom:

Fridays | May 1st, 8th, & 15th | 10:00 am - 1:00 pm

Evening Zoom Savvy Express | 3 Weeks | Zoom:

Fridays | May 28th, June 4th, & 11th | 5:30 pm - 8:30 pm

Savvy Advanced | 4 Weeks | Zoom:

Tuesdays | June 2nd, 9th, 16th, & 23rd | 1:00 pm - 3:00 pm

Zoom Savvy Express | 3 Weeks | Zoom:

Fridays | June 5th, 12th, & 19th | 10:00 am - 1:00 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.

Community Spotlight: The Dubin Center Remembrance Wall

At The Dubin Center, we see every day how powerful memories can be, how they connect us, comfort us, and remind us that those we love are always a part of us. Today, we are sharing something special and are honored to introduce a meaningful new tribute:

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.

This wall will serve as a daily reminder to our community that even as memories change, love remains and lives on.

We would be honored for you to participate in this special tribute. Thank you for helping us create a space filled with remembrance, meaning, and hope.

Small Circle: \$250

- Name + one additional line
- Example: *Mary Smith* + *Beloved Mom*

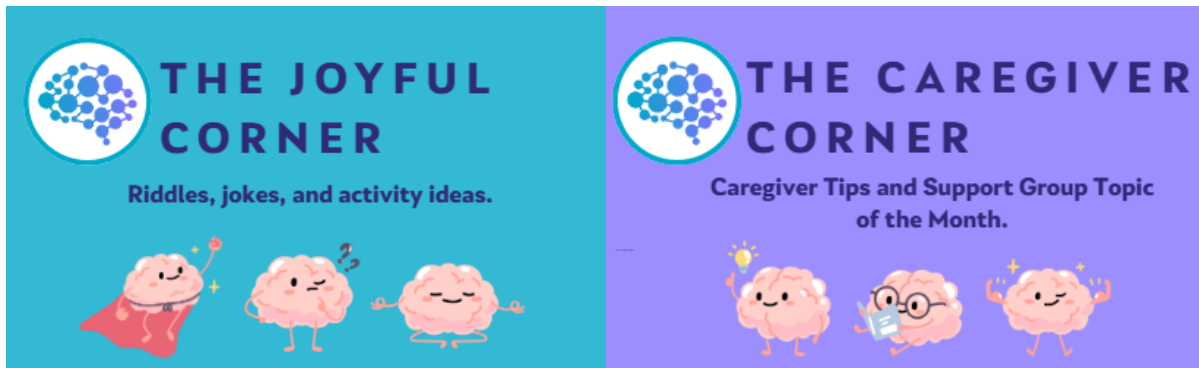
Medium Circle: \$500

- Name + two additional lines
- Example: *Mary Smith* + *Beloved Mom* + *1935 - 2025*

Large Circle: \$1,000

- Name + full customization (2-3 lines)
- Example: *Mary Smith* + *Beloved Mom* + *Always in our hearts.*

Purchase a Remembrance Circle Here



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: Planning Ahead - Why Life Care Planning Matters

When Is the Right Time to Start Planning?

Across our 35+ caregiver support groups each month, certain topics surface again and again. One that often comes up - especially after a crisis - is, "I wish we had planned sooner."

Life care planning can feel overwhelming, emotional, and easy to put off. Many families don't begin the process until they are already facing urgent decisions. If this is something you've been avoiding or unsure about, you are not alone.

What Is Life Care Planning?

Life care planning helps families prepare for the legal, financial, and care needs that come with aging and dementia. It often includes:

- Establishing powers of attorney
- Planning for long-term care needs
- Protecting assets while accessing care
- Creating a roadmap for future decision-making

Having a plan in place can reduce stress and uncertainty later on.

Why Does Planning Early Matter?

- Caregivers often share that waiting too long can make things more complicated:
- Your loved one may no longer be able to participate in decisions
- Fewer legal and financial options may be available
- Decisions may need to be made quickly during a crisis
- Increased stress and uncertainty for the entire family

Planning early allows your loved one to have a voice in their future while they still can.

How Do I Get Started?

Getting started doesn't have to mean having all the answers. Caregivers in our groups suggest:

- Start with a conversation, not a full plan
- Focus on peace of mind rather than worst-case scenarios
- Involve trusted professionals (elder law attorneys, financial planners)
- Take it one step at a time
- Ask questions - there are no "silly" ones in this process

A Gentle Reminder

Planning ahead is not about expecting the worst. It's about creating clarity, reducing stress, and protecting the people you love. Even small steps today can make a big difference tomorrow.

If you'd like to learn more, we invite you to join us for:

Life Care Planning: Lunch & Learn

Date & Time: Thursday, April 9th at 11:30 am

Location: 12511 World Plaza Ln. Fort Myers, FL 33907

Presented in partnership with Amy McGarry Law Office, this session will provide guidance, answer questions, and help you feel more prepared for what lies ahead.

Lunch & Learn Life Care Planning for Caregivers

When legal planning and real-life care work together

Caregivers are often the first to see when something isn't right. Needs are escalating, safety is slipping, family conflict is growing, or legal authority is unclear.

Life Care Planning integrates elder law and hands-on care coordination to support caregivers and the older adults they love. Before, during, and after crises.



AMY MCGARRY LAW OFFICE, PL

PLAN FOR THE FUTURE



MEET AMY

Board Certified Elder Law Attorney

Thursday April 9th at 11:30 a.m.



THE DUBIN CENTER

Where no one faces dementia alone.



Bridge between caregivers, families, medical providers, and legal planning



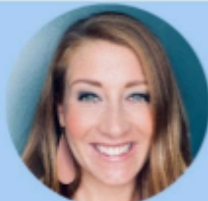
Identify safety, capacity, and family-dynamic red flags early



Clarify who has decision-making authority



Translate legal documents into practical, real-world guidance



JAIMEE THOMPSON, ECC

Elder Care Coordinator
FGCU Senior Care Partner Program Certified
20+ years supporting aging adults and families in SW Florida

"I HELP FAMILIES THINK THROUGH COMPLEX ELDER CARE SITUATIONS SO THEY CAN MAKE INFORMED DECISIONS"

RSVP 239-437-3007 12511 World Plaza Ln. #50
Ft. Myers, FL 33907

Caregiver Tip of the Month

Home Safety Check: Preventing Falls and Accidents:

Spring is a great time to refresh your home environment - and for caregivers, it's also an opportunity to reduce safety risks.

Falls are one of the most common causes of injury for individuals living with dementia, often due to changes in balance, depth perception, and judgment.

Consider doing a simple home safety check:

Remove tripping hazards such as loose rugs, cords, or clutter

Ensure walkways and frequently used areas are well-lit

Install grab bars in bathrooms and near steps

Use non-slip mats in showers and on tile floors

Keep commonly used items within easy reach to avoid climbing or stretching

Check that footwear is supportive and non-slip

You might also consider:

Motion-sensor night lights for evening navigation

Door alarms or alerts if wandering is a concern

Securing potentially dangerous items (cleaning supplies, sharp objects, medications)

Creating a safer environment doesn't require major renovations - small changes can significantly reduce risk.

A Note on Independence

Safety measures can sometimes feel restrictive to your loved one. When possible, involve them in small decisions and frame changes as a way to support their independence, not take it away. A safer space can help them continue doing more on their own, with confidence.

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

I show up after clouds, but I'm not rain. I stretch across the sky, but I'm not a bridge. I'm full of colors, but I'm not paint. What am I?

I'm loud in April, but I'm not a drum. I flash without a camera. I can make you count seconds. What am I?

Why do bees have sticky hair in the spring?

Why are frogs so happy in April?

What do you get when you cross poison ivy with a four-leaf clover?

What goes up when the rain comes down?

Don't count your chickens before they **(hatch)**

Birds of a feather flock **(together)**

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

April showers bring May **(flowers)**

When it rains, it **(pours)**

What was your favorite place to visit when the weather got warmer?

Have you ever watched a spring rainstorm from a porch or window?

What outdoor games did you like to play in the spring?

*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

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APRIL 2026: SUPPORT GROUP SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | info@dubincenter.com | 12511 World Plaza Ln Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	2 10:00 Zoom bv FTD Support Group 10:00 Grace Beyond Guilt 1:00 General Support Group	3
6 2:00 Zoom General Support Group 6:30 Zoom General Support Group	7 10:00 General Support Group	8 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	9 1:00 General Support Group	10 10:30  BABCOCK RANCH General Support Group RSVP Encouraged 2:00 Memory Catchers RSVP Required
13 2:00 Zoom General Support Group	14 10:00 General Support Group	15 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	16 10:30 Zoom FTD Support Group 1:00 General Support Group	17
20 2:00 Zoom General Support Group 6:30 Zoom General Support Group	21 10:00 General Support Group 11:00 Arden Courts - General Support Group 	22 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	23 1:00 General Support Group	24 2:00 Memory Catchers RSVP Required
27 10:30 General Support Group @ Hope Lutheran Church-Bonita Springs  2:00 Zoom General Support Group	28 10:00 General Support Group	29 12:00 Savvy Support Group	30 1:00 General Support Group	MAY 1 Walk-Ins Welcome

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

DISPATCH HEALTH: 239-322-3434

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













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M-F 9:00 - 4:00 | 239-437-3007 | info@dubincenter.com | 12511 World Plaza Ln Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Zoom Driving Crossroads RSVP Required 2:00 Memory Catchers* RSVP Required	2	3 10:00 - 1:00 Savvy Express* #1 
6 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	7 10:30 - Out & About* Sundance Orchids & Bromeliads  16095 S Pebble Ln, Fort Myers, FL 33912 5:30 ZOOM Savvy Express* #2 	8	9 10:30 Bonita Springs Brain Boosters  11:00 Lunch & Learn Life Care Planning for Caregivers: Amy McGarry Law Office RSVP Required  <small>AMY MCGARRY LAW OFFICE, P.L. 14000 10th Avenue</small>	10 10:00 - 1:00 Savvy Express* #2  2:00 Memory Catchers* RSVP Required
13 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	14 5:30 ZOOM Savvy Express* #3 	15 2:00 Memory Catchers* RSVP Required	16	17 10:00 - 1:00 Savvy Express* #3  11:30 - Among Friends Social Hour*
20 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	21	22 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters 	23	24 2:00 Memory Catchers* RSVP Required
27 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	28	29	30	MAY 1 10:00 - 1:00 Savvy Express* #1 

***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.

Dementia Caregiver Support Group

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



Friday, April 10



10:30 AM - 11:30 AM



239-437-3007
RSVP Requested



Lake Timber Lodge:
42147 Lake Timber Dr.
Punta Gorda, FL 33982

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.



BABCOCK RANCH





OUT & ABOUT

MAY 4, 2026

BABCOCK RANCH ECO TOURS

Join us for a 60-minute bus ride tour of the Babcock Ranch preserve. Enjoy an informative tour to learn about the history of Babcock Ranch and the natural wildlife in SWFL. This tour gives you a chance to experience nature in Florida as you've never seen it before.

Please RSVP to reserve your spot (space is limited).
We look forward to seeing you there!

 MONDAY, MAY 4TH, 2026

 Please arrive by **10:45 am** | Tour: 11:15 am - 12:15 pm

 8502 FL-31, PUNTA GORDA, FL 33982

 RSVP (239) 437-3007

Free Parking
Swamp Buggy = Tour bus is an old school bus with no windows



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 Sponsors!

Champion



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



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Memory Care Is All We Do!
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📞 (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



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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.

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🌐 liveatheronpond.com



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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

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Advocate



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gulfcoastmemorycare.com

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Body & Mind**
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hbhomecare.com

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- *{{Organization Address}}*
- *{{Organization Phone}}*
- *{{Organization Website}}*





The Joyful Corner Answers

Riddle - *A Rainbow, Thunder*

Jokes - *Because they use honeycombs, Because they finally get to jump into spring, A rash of good luck, An Umbrella*

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