

THE DUBIN CENTER

Where no one faces dementia alone.

CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
FEBRUARY 2026

THE DUBIN CENTER | 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!

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.

Evening Savvy Express | 3 Weeks | Zoom:

Tuesdays | March 31st, April 7th, & 14th | 5:30 pm - 8:30 pm

Savvy Express | 3 Weeks | In Person:

Fridays | April 3rd, 10th, & 17th | 10:00 am - 1:00 pm

Savvy Express | 3 Weeks | Zoom:

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

Savvy Advanced | 4 Weeks | Zoom:

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

This month we shine a light on our caregivers.

As we prepare to light the way in downtown Fort Myers this month for **A Light to Remember**, we pause to recognize and honor the extraordinary caregivers we are privileged to support every day.

Caregiving is a journey no two people experience the same way. Whether you are just beginning, have been walking this path for some time, or are supporting someone who is, we believe there is power in hearing directly from those who truly understand.

Over the past month, we invited caregivers from our support groups to reflect on their journeys and share one piece of advice they would give their past selves, something they wish they had known earlier.

We invite you to pause and read their reflections, words of encouragement, hard-earned insight, and hope offered from one caregiver to another:

"Early introduction of this course [Savvy Caregiver Class] on your journey will make the travel less bumpy."

"I would tell my past-self that it is okay to slow down and be more appreciative of the little moments."

"I didn't realize how much I needed a support group in a safe environment, where I could listen to what others are going through and share what has been going on for the past week as a caregiver. Thank you, Dublin Center, for being my lifeboat in a stormy sea, helping me to face the future."

"I will likely need more help and training for my future self, and it's comforting knowing I have a competent resource to reach out to."

"I was so fearful of the unknown future. The future is always full of unknowns, but being connected here has calmed my fears. I would tell my past-self to get in here sooner."

Each of these voices represents a caregiver who found support, strength, and understanding through community, and who continues to show up with courage and love, even on the hardest days.

A Light to Remember is our opportunity to honor these caregivers and ensure that support, education, and connection remain available for those who need it most. We invite you to join us; **purchase a luminary, dedicate it in honor of a caregiver, and be part of an evening that shines with remembrance, gratitude, and hope.**



THE JOYFUL CORNER

Riddles, jokes, and activity ideas.



THE CAREGIVER CORNER

Caregiver Tips and Support Group Topic of the Month.



Monthly Moment of Care

In this new section of *Caregiver Connection*, we'll shine a light on an important theme that emerged from one of the 35 support groups we host each month. 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: Respite Care (and how do I find it?)

Caring for a loved one with dementia is meaningful, but it can also be exhausting. Respite care offers caregivers short-term relief by providing safe, supportive care for your family member, giving you time to rest, attend appointments, or simply recharge.

Respite care can take many forms, including:

In-home support, where a trained caregiver comes to your home

Adult day programs, offering social engagement and supervision during the day

Short-term stays in assisted living or skilled nursing settings

The right option depends on your loved one's needs and your own.

Traditionally, respite care services are paid for through private pay, long-term care insurance, or Medicaid, which can create financial barriers for some families.

How The Dublin Center Can Help

The Dublin Center is proud to support caregivers through the **GUIDE Program** (Guiding an Improved Dementia Experience). For individuals with **Traditional Medicare**, the GUIDE Program may help cover the cost of respite care, offering meaningful support without added financial strain.

Our team can help you: Understand available respite care options, Determine eligibility for the GUIDE Program, & Coordinate services tailored to your family's needs.

You don't have to do this alone. Taking care of yourself is an essential part of caring for someone with dementia, and respite care can help make that possible.

Have further questions? Schedule a [15 For You](#) phone call with a social worker to learn more and get your questions answered.

Caregiver Tip of the Month

Introducing private duty in-home care can feel like a big adjustment, for both you as the caregiver and for your loved one. Many caregivers initially resist the idea, worrying that their loved one won't respond well, will feel uncomfortable having someone new in the home, or will feel as though they're being "babysat" when they don't believe they need help.

It's important to understand that dementia gradually changes how a person experiences their sense of self, including insight, independence, and self-esteem. While we naturally want to protect our loved ones' dignity and autonomy, the way they perceive their abilities over time may differ greatly from how we, as healthy individuals, see them. Introducing in-home care is not a failure; it is simply one step in the caregiving journey.

As dementia progresses, care needs often become more complex and demanding. Caregivers, too, need care. Finding opportunities to rest, attend to personal responsibilities, or simply recharge is essential for long-term sustainability. Private duty in-home care can offer peace of mind, knowing your loved one is safe and supported while you step away to take care of yourself.

So how do you begin introducing in-home care, especially to someone who may be resistant to the idea?

How to Introduce In-Home Care in a Way That Feels Supportive

When introducing in-home care, the way it is presented can make all the difference. Rather than framing care as supervision or assistance *because* something is wrong, try positioning it as added support, another set of helping hands for both of you.

Using gentle, reassuring language can help reduce resistance. For example, instead of saying, "You need help," you might say, "I could really use some extra support," or "This will help *me* get things done." Many individuals with dementia respond better when care is framed as benefiting their caregiver rather than themselves.

Choose Your Words Carefully

Start Small and Build Gradually

In-home care doesn't have to begin full-time. Starting with short visits, perhaps a few hours a week, can help your loved one adjust to a new face and routine. Over time, familiarity builds trust, and care can naturally increase as needs change.

Introducing care during an activity your loved one enjoys, such as going for a walk, having coffee, or working on a familiar task, can also make the transition feel more natural and less intrusive.

Expect Mixed Reactions, and Be Patient

Resistance, hesitation, or even frustration are common reactions, and they don't mean you're doing anything wrong. Dementia can make change

Language matters. Avoid terms that may feel infantilizing or threatening, such as “caregiver,” “helper,” or “watching you,” especially early on. Instead, consider phrases like:

“A friend who’s coming by to spend time with you” / “Someone to help around the house” / “Extra support so we can both have an easier day.”

Keeping explanations simple and consistent is key. Long justifications or repeated reasoning can increase confusion or anxiety.

feel especially overwhelming. If your loved one is having a difficult day, it’s okay to pause and try again later. What’s not accepted today may feel perfectly fine tomorrow.

Remember, reassurance often matters more than logic. A calm tone, gentle redirection, and consistency can go a long way.

Caring for Yourself Is Part of Caring for Them

Finally, it’s important to recognize that accepting in-home care is not giving up; it’s showing foresight and compassion for both yourself and your loved one. Sustainable caregiving requires support. When caregivers are rested and supported, they are better able to show up with patience, presence, and love.

Private duty in-home care is not about replacing family care; it’s about strengthening it.

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

What did the stamp say to the envelope?

How did the phone propose to his girlfriend?

What did one light bulb say to the other on Valentine's Day?

Why did the boy bring a ladder on Valentine's Day?

What do you call two birds in love?

Love is in the **(air)**
I love you to the **(moon and back)**

You make my heart **(smile)**

You are the peanut butter to my **(jelly)**

A match made in **(heaven)**

Sweet as **(candy)**

Chocolate makes everything **(better)**

Who was your best friend growing up?

Did you ever make or receive a handmade Valentine's Day card?

Did you ever write love letters or get one in the mail?

What was your first date like?

What candy reminds you of being young?

I'm full of love, but
I'm not a hug. I
beat all day but
never tug. What
am I?

I'm sharp, small
and fly through
the air. I make
people fall in love
- beware! What
am I?

I'm a sweet treat,
sometimes
shaped like a
heart. You might
give me on
Valentine's Day to
make a sweet
start. What am I?

UPCOMING EVENTS



Support Group Schedule
Out & About
Fundraisers
Community Events

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



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FEBRUARY 2026: SUPPORT GROUP SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | info@dubincenter.com | 12685 New Brittany Blvd Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 2:00 Zoom General Support Group 6:30 Zoom General Support Group	3 10:00 General Support Group	4 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	5 10:00 Zoom FTD Support Group 10:00 Grace Beyond Guilt 1:00 General Support Group	6
9 2:00 Zoom General Support Group	10 10:00 General Support Group	11 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	12 1:00 General Support Group	13 10:30  BABCOCK RANCH General Support Group RSVP Encouraged 2:00 Memory Catchers RSVP Required
16 2:00 Zoom General Support Group 6:30 Zoom General Support Group	17 10:00 General Support Group  11:00 Arden Courts - General Support Group	18 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	19 10:30 Zoom FTD Support Group 1:00 General Support Group	20
23  10:30 General Support Group @Hope Lutheran Church-Bonita Springs 2:00 Zoom General Support Group	24 10:00 General Support Group	25 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	26 1:00 General Support Group	27 2:00 Memory Catchers RSVP Required
MARCH 2 2:00 Zoom General Support Group 6:30 Zoom General Support Group	3 10:00 General Support Group	4 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	5 10:00 Zoom bv FTD Support Group 10:00 Grace Beyond Guilt 1:00 General Support Group	6

PLEASE SEE REVERSE SIDE FOR THE EDUCATIONAL & SOCIAL ENGAGEMENT SCHEDULE

IMPORTANT PHONE NUMBERS

EMERGENCIES: 911

BASIC NEEDS: 211

SUICID/CRISIS: 988

DISPATCH HEALTH: 239-322-3434

MOBILE CRISIS RESPONSE: 844-395-4432

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



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M-F 9:00 - 4:00 | 239-437-3007 | info@dubincenter.com | 12685 New Brittany Blvd Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 15 For You! - Phone Call with Social Worker - Schedule on DublinCenter.Com 10:00 - 1:00 Savvy Express* #1 	3	4 2:00 Memory Catchers* RSVP Required	5	6 Walk-Ins Welcome
9 15 For You! - Phone Call with Social Worker - Schedule on DublinCenter.Com 10:00 - 1:00 Savvy Express* #2 	10 12:30 ZOOM Savvy Express* #1 	11 10:30- Out & About* The Bagel Factory  8841 College Pkwy # 108, Fort Myers, FL 33919	12 10:30 Bonita Springs Brain Boosters  Bonita Springs Senior Center	13 2:00 Memory Catchers* RSVP Required
16 15 For You! - Phone Call with Social Worker - Schedule on DublinCenter.Com 10:00 - 1:00 Savvy Express* #3 	17 12:30 ZOOM Savvy Express* #2 	18 2:00 Memory Catchers* RSVP Required	19	20 11:30- Among Friends Social Hour*
23 15 For You! - Phone Call with Social Worker - Schedule on DublinCenter.Com	24 12:30 ZOOM Savvy Express* #3 	25 10:30- Out & About* The Bagel Factory  8841 College Pkwy # 108, Fort Myers, FL 33919 11:15 Sunshine Villas Brain Boosters  2:30 Lehigh Senior Center Brain Boosters 	26	27 2:00 Memory Catchers* RSVP Required
2 15 For You! - Phone Call with Social Worker - Schedule on DublinCenter.Com	3	4 2:00 Memory Catchers* RSVP Required	5	6 Walk-Ins Welcomed

***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.

- February 13; March 13**
- 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.

The Dublin Center



BABCOCK RANCH

The Dublin Center is a local Alzheimer's and dementia resource center in Fort Myers, Florida offering support to family caregivers.

12685 New Brittany Blvd
Fort Myers, FL 33907

Reach out to us!
 239-437-3007

Info@DubinCenter.com
 www.DubinCenter.com



Dementia Support Group

SUPPORT GROUPS CAN HELP YOU:

- Learn practical caregiving information.
- Get mutual support.
- Learn about your local community resources.
- Find solutions to challenging behavior.



Specially Designed for Families & Caregivers

If you are caring for someone with dementia, who is caring for you? You are not alone. This informational, supportive group will help you to learn more about the disease as well as understand their feelings about the changes dementia has made on their daily lives.

Third Tuesday of Each Month

January 20 | February 17 | March 17

11:00 a.m. to Noon

Arden Courts of Fort Myers
15950 McGregor Boulevard
Ft. Myers, FL 33908
239-454-1277

Co-Sponsors:



Kelly L. Fayer
Kelly L. Fayer, P.A.
10601 World Plaza Lane,
Building 52, Suite 2
Ft. Myers, Florida 33997
(239) 455-3434



Kelly L. Fayer, P.A.
Attorney at Law



Assisted Living Facility ID# 9502
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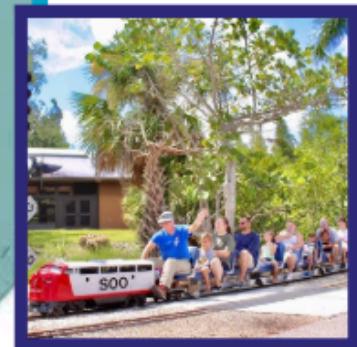
OUT & ABOUT THE BAGEL FACTORY FEBRUARY 2025

Join us at The Bagel Factory, a local and family-owned bagel store for 30 years here in Fort Myers. There, we will learn about the history of this iconic store as well as all about the bagel-making process. Stay around after the tour to enjoy a delicious bagel.

Tours have limited capacity; please be sure to RSVP and only select one date to attend. Thank you!

- WEDNESDAY, FEBRUARY 25TH, 2026
- FULL**
- 10:30 AM - 12:30 PM
- 8841 COLLEGE PKWY # 108, FORT MYERS, FL 33919
- RSVP (239) 437-3007





OUT & ABOUT

MARCH 16, 2026

RAILROAD MUSEUM OF SOUTH FLORIDA

Join us for an exciting morning at the Railroad Museum of South Florida. We will have a chance to visit and look through the museum, learn about the old railroad here in Southwest Florida, and then enjoy a mini train ride through Lakes Park!

Please RSVP to reserve your spot. We look forward to seeing you there!

- 📅 MONDAY, MARCH 16TH, 2026
- 🕒 11:00 AM - Meeting at Train Ticket Booth
- 📍 7330 GLADIOLUS DR FORT MYERS, FL 33966
- 📞 RSVP (239) 437-3007





THE DUBIN CENTER

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Among Friends

A relaxed, welcoming space for anyone who has walked or is currently walking the caregiving journey, whether you're supporting someone now or have done so in the past. Join us for conversation, connection, and a chance to simply be with others who understand.

Gathers every 3rd Friday of the Month

February 20th | 11:30am - 12:30pm

RSVP 239-437-3007

info@dubincenter.com

12685 New Brittany Blvd Fort Myers,
FL 33907



*We're just 50 luminaries away from lining our float and lighting the way.
Join us!*

[Click Here to Purchase Luminary](#)

A Light to Remember

Sponsored by Ellie Fox

Join us for this year's A Light to Remember event, featured as a float in the **Edison Festival of Lights Grand Parade!**

Honor Someone Special

Purchase a luminary for \$25 to honor, remember, or support someone affected by dementia. The names of all honorees will be displayed on luminaries on the float, on a commemorative shirt, and our online gallery.

Participate in the Parade

Luminary purchasers are invited to: Walk the 2-mile parade route with us. Or ride on the float (limited space available).

****Luminaires must be purchased before Feb 5th to be included on performance shirt & float signage**

Event Details

Date: Saturday, February 21st

Time: 7:00 PM – 10:00 PM

Location: Downtown Fort Myers River District

Reserve your luminary today and join us in lighting the way for those impacted by dementia.



THE DUBIN CENTER

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Click here
to purchase
luminary

DubinCenter.Com | Info@DubinCenter.com | 239-437-3007

Backyard GAMEDAY



**Sunday, March 8th, 2026
4 PM - 7 PM
BayStreet Yard
2136 Bay St Fort Myers, FL
33901**



Join us for an afternoon of backyard-style games, great food, drinks, raffles, and friendly competition – all to support families living with Alzheimer's and other dementias in Southwest Florida. Compete in a lively tournament featuring ping pong, bag toss, “beer” pong, and more, or just come enjoy the action, great company, and festive atmosphere. Teams will battle it out for bragging rights and the 2026 Backyard Game Day Trophy!



Looking to be a sponsor?

Sponsorship opportunities are still available!

Please email info@dubincenter.com for information.

**Purchase your
ticket here!**



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



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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 cares for individuals diagnosed with Alzheimer's disease and related dementias.

📞 (239) 428-0951

🌐 arden-courts.org



CYPRESS COVE

Cypress Cove provides a secure, engaging environment where residents can enjoy an active lifestyle while having peace of mind about their future care.

📞 (239) 323-5969

🌐 cypresscovelliving.org



Heron Pond

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🌐 liveatheronpond.com

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Friend

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Advocate



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



Healthpark SENIOR LIVING

ENRICHED • FULFILLED • CHERISHED

KSL Managed Community

Senior Living beyond your expectations; live life your way.

Dedicated Memory Care and Respite Care services tailored to each individual's care needs, filled with enriching amenities and activities.

(239) 829-5119

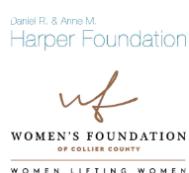
healthparkseniorliving.com

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

Thank you to our funders!



United Way of Lee County



DONATE HERE



(239) 437-3007



12685 New Brittany Blvd
Fort Myers, FL 33907



info@dubincenter.com

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}





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[The Joyful Corner Answers](#)

Riddle - A Heart, An Arrow, Chocolate

Jokes - I'm stuck on you, He gave her a ring, I love you a watt, He wanted to reach her heart, Tweetharts!

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