



CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
JULY 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!

REMINDER: Service Animals Only

While we love our furry friends, our property management company has informed us that pets are not permitted in the building without prior approval.

In line with ADA guidelines, trained service animals that are individually trained to perform specific tasks for a person with a disability are welcome to accompany participants during programs. *Emotional support, comfort, or therapy animals that are not task-trained are not considered service animals under the ADA and, unfortunately, are not permitted in the building.*

We have found that unapproved animals can sometimes be distracting and may impact the experience of others during support groups and educational sessions. Animals are otherwise not permitted during our programs, except for those brought in by certified organizations as part of pre-approved therapy dog visits.

We truly appreciate your understanding and cooperation as we work to follow these guidelines and maintain a positive relationship with our property management team and community.

Pawsitive Connection

Join us for a support group with furry friends!



General Dementia Caregiver Support Group

A therapy dog or two will be present in the room during the caregiver support group.

Therapy Dog Interaction for your loved one living with dementia in a separate room

Bring your loved one along for time with a therapy dog, socialization, and other fun pet-related activities

DETAILS



4th Thursday of every month*

June 25th | July 23rd

August 27th | Sept 24th



10:00 am - 11:00 am



**12511 World Plaza Lane
Fort Myers, FL 33907**



**Please call
239-437-3007 to
register, as this
group will have
limited space.**

Beesley's
POW PRINTS
A United Way Collaborative



***Because this group is centered around the comfort and supportive benefits of pet therapy, sessions will be held only when certified therapy dog teams are available. Registered participants will be notified in advance of any schedule changes.**

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 | In Person:

Tuesdays | July 7th, 14th, & 21st | 12:30 pm - 3:30 pm

Savvy Express | 3 Weeks | In Person:

Thursdays | August 6th, 13th, & 20th | 10:00 am - 1:00 pm

Zoom Savvy Express | 3 Weeks | Zoom:

Mondays | July 27th, August 3rd, & 10th | 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

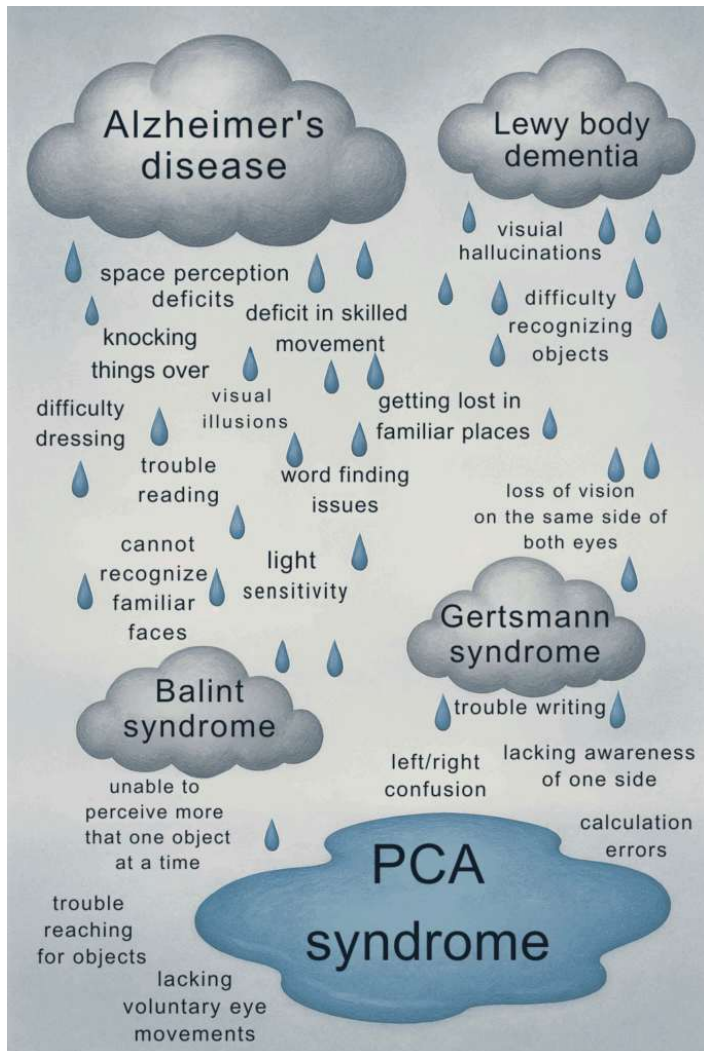
REGISTER HERE

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.

July Spotlight Posterior Cortical Atrophy [PCA]



We had the pleasure of sitting and talking with Dr. Krystal D. Mize and her research students, Solange and Kaleb, from Florida Gulf Coast University, about Posterior Cortical Atrophy (PCA).

PCA is an atypical variant of Alzheimer's disease. It is a young-onset syndrome that presents with visuospatial processing deficits instead of memory loss. This means that patients struggle to process what things are (visual) and where they are in space (spatial).

For Dr. Mize, PCA is much more than a research topic; it's personal.

After years of experiencing unexplained symptoms, including difficulties with reading, writing, navigation, and visual processing, Dr. Mize was diagnosed with PCA in 2019. Before receiving answers, she consulted 22 different doctors while her symptoms continued to progress.

Reflecting on that journey, she shared, ***"Many of us were told that our symptoms were 'all in our heads,' and I began to believe that in the years before my diagnosis."***

Rather than stepping away from the field she loves, Dr. Mize used her experience to help others. She returned to academia and now leads research to understand the lived experiences of people with PCA and their care partners. Through interviews, educational outreach, and support groups, she is helping to raise awareness of a condition that is often misunderstood and frequently diagnosed years after symptoms first appear.

One of Dr. Mize's goals is to ensure that people living with PCA have a voice in conversations about Alzheimer's disease. Her research team interviews individuals living with PCA and incorporates their stories into presentations for students, clinicians, and community audiences.

"I want to continue to give individuals living with PCA a sense of purpose by allowing them to have a seat at the table in the discussion of Alzheimer's disease," she explained.

The research is also helping educate the next generation of healthcare professionals. Solange Gonzalez, lead research assistant on the PCA project, highlighted the broader impact of their work:

"The research and publications that we're working on about time to diagnosis, word-finding issues, and the education and occupation patterns we are seeing in our sample of PCA will assist in educating future and current clinicians, helping to reduce misunderstanding about the syndrome."

Through interviews, conference presentations, educational outreach, and future publications, the team hopes to improve awareness of PCA, reduce delays in diagnosis, and provide better support for patients and care partners.

There is also reason for hope. While there is currently no cure for PCA or Alzheimer's disease, researchers increasingly recognize that PCA is most often caused by Alzheimer's disease. As treatments for Alzheimer's continue to advance, individuals living with PCA may also benefit from therapies designed to slow disease progression and preserve quality of life.

When asked what has helped her most on her journey, Dr. Mize pointed to the support of her family, connections with others living with PCA, and the opportunity to continue mentoring students and conducting meaningful work. Joining a PCA support group helped her feel understood and gave her the confidence to keep moving forward.

"I learned more about PCA from those individuals than I have ever learned from medical experts," she said. "It also validated my own experiences and made me feel less crazy."

Dr. Mize is especially proud of the students she has mentored through this work. Many have gone on to graduate programs, medical school, and healthcare careers, carrying with them a deeper understanding of PCA and dementia care. Through these future clinicians and researchers, her impact will continue for years to come.

Her message to families facing PCA is one of empowerment and advocacy:

"The more you learn about PCA, the better you can advocate for yourself or your loved one with PCA."

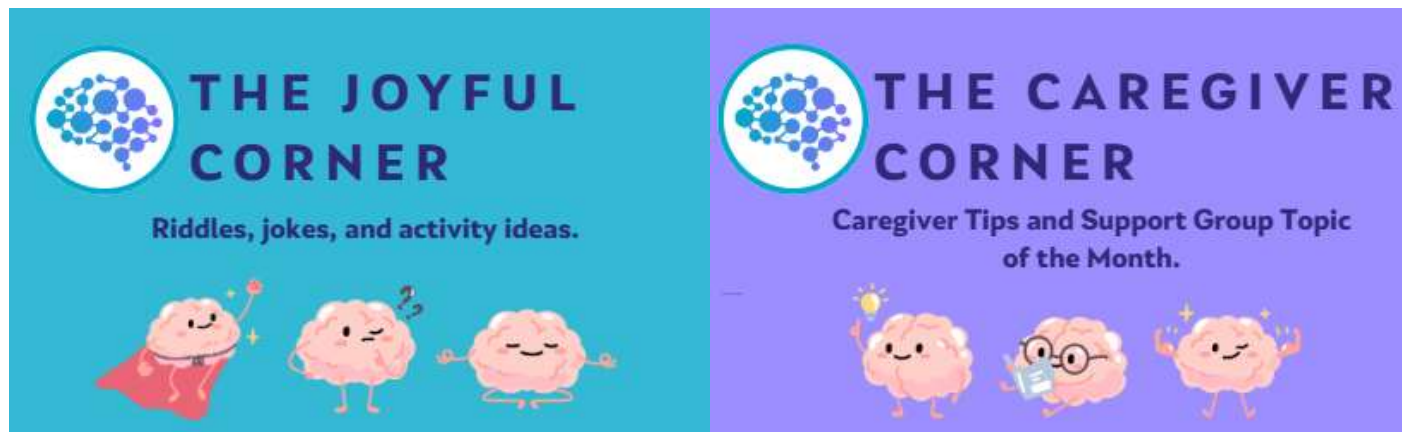
Dr. Mize and her team are also actively seeking individuals living with PCA and their care partners to participate in ongoing research interviews. By sharing their experiences, participants help educate future clinicians, researchers, and the broader community about the realities of living with PCA. These personal stories have become the foundation of the team's educational outreach efforts and contribute to research aimed at improving diagnosis, understanding, and support for those affected by PCA.

To learn more about PCA resources, educational materials, research opportunities, support groups, or participation in research, visit pca.krystaldmize.com or contact the research team at MizeLab@fgcu.edu

Acknowledgements: Special thanks to Solange Gonzalez and Jilian Thompson for interviewing Dr. Mize and organizing her responses for this feature.

This project received support from the Seidler Family through awards from the FGCU College of Arts and Sciences (2023 and 2025), as well as student research assistantships from FGCU's Scholarly Innovation and Student Research Department (2024–2025).

mizelab@fgcu.com | 239-590-7349 | @everythinglab_fgcu



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: Wandering and Dementia - How You Can Prepare

Did you know that 6 in 10 people living with dementia will wander at some point? Wandering can put individuals at risk of becoming lost, confused, or injured, making safety planning an important part of caregiving.

The good news is that the [ReUnite Program](#) is available at no cost to residents of Lee, Hendry, and Glades counties. This program helps law enforcement quickly identify and locate vulnerable individuals who may wander.



As an official ReUnite enrollment site, The Dubin Center can help families enroll in the program. Our social workers assist with application completion and submission and provide participants with a scent kit to support search efforts if needed.

To learn more about ReUnite or enroll a loved one, contact The Dubin Center today.

Caregiver Tip of the Month

Keeping Cool & Staying Safe in the Summer Heat

Florida summers bring high temperatures and increased risk for dehydration, especially for individuals living with dementia. Some people may not recognize when they are overheating, thirsty, or fatigued, making extra monitoring important during the warmer months.

Caregivers can help prevent heat-related illness by:

- Encouraging regular fluid intake throughout the day, even if your loved one says they are not thirsty
- Offering water-rich foods such as watermelon, cucumbers, popsicles, or smoothies
- Planning outdoor activities during cooler morning or evening hours
- Dressing in lightweight, breathable clothing
- Keeping indoor spaces cool with fans or air conditioning
- Watching for signs of overheating, such as confusion, dizziness, flushed skin, fatigue, or increased agitation

If your loved one enjoys being outdoors, consider creating shaded seating areas or taking short, supervised walks during cooler parts of the day. You may also want to keep an updated list of emergency contacts and medications easily accessible during hurricane season and summer storms.

A Note on Comfort: Heat can increase irritability, confusion, and restlessness for individuals with dementia. On especially hot days, quiet indoor activities, calming music, or familiar routines may help reduce stress and create a greater sense of comfort and security.

Need a hydration alternative? Check out [Jelly Drops](#).

Jelly Drops are an innovative sugar-free treat, made of 95% water with added electrolytes & vitamins, designed to increase fluid intake.



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

I light up the sky on the Fourth of July, but I'm not a star. What am I?	What do you call a dog on the beach in July?	Red, White, and.... (blue)	Have you ever gone camping?
I'm red, juicy, and perfect for picnics. You spit out my seeds in the summertime. What am I?	What kind of tree fits in your hand?	Dog days of.... (summer)	What songs remind you of summertime?
	What did the beach say when the tide came in?	Summer is in full.... (swing)	Have you ever caught fireflies on a warm summer night?
		Soak up the... (sun)	

*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

JULY 2026:

SUPPORT GROUP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 2:00 Zoom General Support Group	30 10:00 Dementia Caregiver Support Group	1 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	2 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	3  Happy 4th of July OFFICE CLOSED
6 2:00 Zoom General Support Group 6:30 Zoom General Support Group	7 10:00 Dementia Caregiver Support Group	8 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	9 1:00 Dementia Caregiver 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 Dementia Caregiver 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 Dementia Caregiver Support Group	17
20 2:00 Zoom General Support Group 6:30 Zoom General Support Group	21 10:00 Dementia Caregiver Support Group 11:00 Arden Courts - General Support Group RSVP Encouraged 	22 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	23 10:00 Pawsitive Connections RSVP Required/Limited Space 1:00 Dementia Caregiver 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 Dementia Caregiver Support Group	29 12:00 Savvy Support Group	30 1:00 Dementia Caregiver Support Group	31

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)





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12511 World Plaza Ln Fort Myers, FL 33907

JULY 2026: EDUCATION & SOCIAL ENGAGEMENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	30	1 2:00 Memory Catchers* RSVP Required	2	3  Happy 4th of July OFFICE CLOSED
6 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	7 12:30 - 3:30 Savvy Express* #1 	8	9 10:30 Bonita Springs Brain Boosters- 	10 2:00 Memory Catchers* RSVP Required
13 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	14 12:30 - 3:30 Savvy Express* #2  1:00 - Experience Day - The Gallery at Cape Coral RSVP Required	15 2:00 Memory Catchers* RSVP Required	16	17 10:30 - Out & About @ The Bent Branch  RSVP Required Sponsored By:  11:30 - Among Friends Social Hour*
20 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	21 12:30 - 3:30 Savvy Express* #3 	22 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters 	23 10:00 Pawsitive Connections RSVP Required/Limited Space	24 2:00 Memory Catchers* RSVP Required
27 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:00 ZOOM Savvy Express* #1 	28	29	30	31

***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

Memory Care in Action

A Dubin Center Caregiver Experience



What to Expect:

- Your loved one participating in Drums Alive (a standard memory care activity).
- Opportunity to observe staff interactions and the environment.
- Time for you as a caregiver to tour, ask questions, and have a conversation about the memory care setting.

What This Is:

- Drums Alive: an activity for your loved one living with dementia- an energetic fitness and wellness program where participants use drumsticks to beat on large stability balls mounted in baskets, creating a fun, low-impact, full-body workout suitable for all ages and ability levels.

What This Is Not:

- A sales presentation
- A commitment of any kind



Date: Tuesday: July 14, 2026

Time: 1:00PM-2:30PM

Location: The Gallery at Cape Coral
2307 Chiquita Blvd S, Cape Coral FL 33991

RSVP NOW 239-437-3007

12511 World Plaza Ln. Fort Myers, FL 3007

Info@DubinCenter.com

HURRICANE PREPAREDNESS

FOR SENIORS

Q & A

**WITH GULF COAST
NEWS METEOROLOGIST,
LAUREN HOPE**



WHERE: THE GALLERY AT CAPE CORAL

2307 CHIQUITA BLVD. S., CAPE CORAL

WHEN: TUESDAY, JULY 14TH AT 2 P.M.

FOR MORE INFO CALL: 239-784-6384



15 For You!

Presented by:



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

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](#)



**And a BIG Congratulations to Jeff Edwards
and the Gut Punched podcast, who
celebrated their 100th podcast episode in
April!**

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 partners!
Champions



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

amavida

RESORT RETIREMENT LIVING

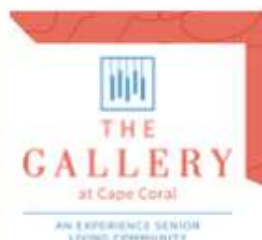
at Lakes Park

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

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

Your logo belongs here....

Become a Corporate Sponsor and put your logo + info right here.

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

**Heart
Body & Mind**
HOME CARE

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.
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Humana.



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 - Fireworks, Watermelon

Jokes - *A hot dog, A palm tree, Long time no sea!*

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