

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!

Help United Way Reach the Finish Line

United Way is currently \$1.5 million short of reaching its annual campaign goal. Many pledged donations have not yet been fulfilled, putting critical funding for local nonprofit organizations at risk.

The Dubin Center receives approximately 20% of its funding through United Way, and for decades, they have been a steadfast partner in helping us serve older adults and caregivers throughout our community. Now, we have an opportunity to support them in return.

A generous donor has provided a \$100,000 matching gift, meaning every contribution made now will have twice the impact. If you would like to help, please mail your donation to United Way at their Concourse Drive office, or utilize the button below, and include a note such as:

- "From a Dubin Center Supporter"
- "In Honor of The Dubin Center"
- "As Requested by The Dubin Center"

Together, we can help ensure United Way reaches its goal and continues providing essential support to organizations that strengthen our community every day.



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 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:

Fridays | June 5th, 12th, & 19th | 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 | 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.

June Spotlight



This June, we recognize **Alzheimer's & Brain Awareness Month**, a global initiative led by the Alzheimer's Association to raise awareness, inspire action, and support the millions of individuals and families affected by Alzheimer's disease and other forms of dementia.

Worldwide, more than **55 million people** are living with Alzheimer's or another dementia-related illness. Throughout the month, communities everywhere are encouraged to break the stigma surrounding cognitive diseases, promote early detection, and support ongoing research and care efforts.

How You Can Get Involved:

Go Purple

Purple is the official color of Alzheimer's awareness. Wear purple throughout June to show support, spark conversations, and help spread awareness in our community.

Practice Brain-Healthy Habits

Small lifestyle choices can make a big impact. The Alzheimer's Association encourages habits that support brain health, including regular physical activity, nutritious eating, quality sleep, social engagement, and keeping your mind active through learning and problem-solving.

Share Resources & Education

Understanding the warning signs and the importance of early diagnosis can help families access care sooner. Visit [Alzheimers.gov](https://www.alzheimers.gov) for trusted information, caregiver resources, and educational materials.

Together, we can raise awareness, support those impacted, and work toward a future without Alzheimer's disease.

Celebrating A New Milestone

The Dubin Center recently welcomed community members, supporters, and local leaders for a special Open House and Ribbon Cutting Ceremony. Guests toured our facility, learned more about our programs, and celebrated our ongoing commitment to supporting individuals and families affected by Alzheimer's disease and related dementias.

Thank you to everyone who joined us for this exciting milestone and for helping advance our mission in the community.





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: Understanding Dementia Progression

June is **Alzheimer's & Brain Awareness Month**, a time dedicated to increasing understanding of dementia and recognizing how these diseases can gradually affect memory, thinking, communication, behavior, and daily functioning. Dementia is not a normal part of aging, but rather a progressive set of symptoms caused by changes in the brain that affect each person differently over time.

One of the most common questions caregivers ask is: *"How do I know what stage my loved one is in?"* While there are general benchmarks that can help caregivers estimate stages of dementia, it is important to remember that no two individuals experience the disease in the same way. Each person progresses differently and often retains unique strengths and abilities throughout the journey. For the most accurate understanding of your loved one's condition, it is always best to consult with their neurologist or healthcare provider.

In the early stages, individuals may experience mild forgetfulness, difficulty finding words, or challenges managing schedules and routines. As dementia progresses, familiar tasks—such as cooking, driving, managing medications, or following conversations—may become increasingly difficult. In the later stages, individuals often require more hands-on support with personal care, communication, and everyday activities.

Because these changes can feel overwhelming and frustrating for both the individual and their caregivers, creating a calm and supportive environment becomes especially important. Many individuals living with dementia benefit from comfort-focused approaches that provide reassurance, predictability, and emotional connection. Maintaining familiar routines, engaging in meaningful activities, listening to music, looking through photographs, spending time outdoors, or simply sitting quietly together can help reduce anxiety and promote a sense of safety and belonging.

It is also important to remember that emotional connection remains meaningful throughout every stage of dementia. Even when words become more difficult to express, individuals can still experience comfort, joy, and connection through companionship, touch, music, laughter, and shared moments with loved ones. Together, through understanding, patience, and compassionate care, we can continue supporting individuals and families impacted by Alzheimer's disease and other forms of dementia.

Caregiver Tip of the Month

Tip of the Month: Companion Robotic Pets

One meaningful support tool for the later stages of dementia can be a robotic companion pet. These lifelike animals can offer a calming presence, reduce feelings of loneliness or agitation, and provide a sense of purpose through simple interaction. For many caregivers, robotic pets can create moments of joy, comfort, and connection, especially when caring for a real pet may no longer be safe or practical.



As dementia progresses, changes in perception and understanding are common, and some individuals may believe these companion pets are real animals. Rather than correcting or challenging this belief, caregivers often find that embracing the comfort and happiness the pet brings can help reduce anxiety and promote emotional well-being. The soothing movements, sounds, and companionship these pets provide can create a sense of familiarity, security, and routine.

Products such as the [\[Joy for All Companion Pets\]](#) offer a variety of options, including cats, dogs, and birds in different “breeds” and styles, allowing families to choose a companion that feels familiar and comforting to their loved one. Many caregivers report that these pets encourage conversation, gentle interaction, and nurturing behaviors while also helping decrease restlessness or feelings of isolation.

This summer, the Dubin Center is offering a **Pet Therapy Support Group**, giving caregivers and loved ones the opportunity to experience the benefits of animal-

assisted comfort in a supportive setting. This group is a wonderful way to explore how pet therapy and companion animals can support emotional well-being throughout the dementia journey.

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

What kind of tree
can you carry in
your hand?

What kind of
music do balloons
hate?

A penny saved is
a penny....
(*earned*)

What is your
favorite ice cream
flavor?

What has many
keys but can't
open a door?

Why did the ice
cream truck break
down?

Red sky at night,
sailor's.... (*delight*)

Did your family
ever go on
summer
vacations? And
where?

What goes up but
never comes
down?

What kind of
candy loves the
beach?

You scream, I
scream, we all
scream for.... (*ice
cream*)

What songs or
music remind you
of summer days?

*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.

JUNE 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
1 2:00 Zoom General Support Group 6:30 Zoom General Support Group	2 10:00 Dementia Caregiver Support Group	3 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	4 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	5
8 2:00 Zoom General Support Group	9 10:00 Dementia Caregiver Support Group	10 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	11 1:00 Dementia Caregiver Support Group	12 10:30  BABCOCK RANCH General Support Group RSVP Encouraged 2:00 Memory Catchers RSVP Required
15 2:00 Zoom General Support Group 6:30 Zoom General Support Group	16 10:00 Dementia Caregiver Support Group 11:00 Arden Courts - General Support Group RSVP Encouraged 	17 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	18 10:30 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	19
22 10:30 Dementia Caregiver Support Group @ Hope Lutheran Church-Bonita Springs  2:00 Zoom General Support Group	23 10:00 Dementia Caregiver Support Group	24 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	25 10:00 Pawsitive Connections RSVP Required/Limited Space 1:00 Dementia Caregiver Support Group	26 2:00 Memory Catchers RSVP Required
29 2:00 Zoom General Support Group	30 10:00 Dementia Caregiver Support Group	JULY 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  OFFICE CLOSED

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com</p>	<p>2</p> <p>1:00 ZOOM Savvy Advanced* #1</p> 	<p>3</p> <p>10:00 Zoom Driving Crossroads RSVP Required</p> <p>2:00 Memory Catchers* RSVP Required</p>	<p>4</p> <p>5:30 ZOOM Savvy Express* #2</p> 	<p>5</p> <p>10:00 ZOOM Savvy Express* #1</p>  <p>11:30 Lunch & Learn* Be Red Cross Ready & CPR Refresher</p>   <p>RSVP Required</p>
<p>8</p> <p>15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com</p>	<p>9</p> <p>1:00 ZOOM Savvy Advanced* #2</p> 	<p>10</p>	<p>11:10:30 Bonita Springs Brain Boosters-</p>  <p>11:00 Out & About Twisted Acres Air Plants 1960 Maravilla Ave, Fort Myers, FL 33901</p>  <p>5:30 ZOOM Savvy Express* #3</p> 	<p>12</p> <p>10:00 ZOOM Savvy Express* #2</p>  <p>2:00 Memory Catchers* RSVP Required</p>
<p>15</p> <p>15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com</p>	<p>16</p> <p>10:00 Estero Healthy Life Center Brain Boosters</p>  <p>1:00 ZOOM Savvy Advanced* #3</p> 	<p>17</p> <p>2:00 Memory Catchers* RSVP Required</p>	<p>18</p>	<p>19</p> <p>10:00 ZOOM Savvy Express* #3</p>  <p>11:30- Among Friends Social Hour*</p>
<p>22</p> <p>15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com</p>	<p>23</p> <p>1:00 ZOOM Savvy Advanced* #4</p> 	<p>24</p> <p>11:15 Sunshine Villas Brain Boosters</p> <p>2:30 Lehigh Senior Center Brain Boosters</p> 	<p>25</p> <p>10:00 Pawsitive Connections RSVP Required/Limited Space</p>	<p>26</p> <p>2:00 Memory Catchers* RSVP Required</p>
<p>29</p> <p>15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com</p>	<p>30</p>	<p>JULY 1</p> <p>2:00 Memory Catchers* RSVP Required</p>	<p>2</p>	<p>3</p> <p>Happy 4th of July OFFICE CLOSED</p>

***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

DRIVING CROSSROADS

Please join us over Zoom for a FREE 1.5 hour evidence-based course designed to help families of those living with dementia to decide when and how their loved one should limit or stop driving. The goal is to prolong independence while protecting the safety of drivers with dementia.

DETAILS

 Wednesday, June 3rd

 10:00 am - 11:30 am

 Register for the Zoom Link

Please call 239-437-3007 to register

THE DUBIN CENTER



Support Groups
Caregiver Education
Social Activities
Memory Screenings



Compassionate, Personalized
Support Every Step of the Way



Proudly Serving Southwest
Florida for Over 30 Years





**American
Red Cross**

LUNCH & LEARN

Please join us at our center for a **FREE Lunch & Learn**.
The Red Cross will be here providing education to **Be Red Cross Ready** (emergency preparedness) along with **CPR Training!**

DETAILS

 Friday, June 5th, 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.

Be Red Cross Ready- essential information for emergency and hurricane preparedness

Hands Only- CPR refresher and foundational hands-on training.

Lunch
Provided By:



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







OUT & ABOUT TWISTED ACRES AIR PLANT FARM

JUNE 11TH, 2026

Get to know the roots of the Twisted Acres story - Browse unique plants & gifts - Shop from a curated selection of air plants and accessories. And at this special event, you'll have the opportunity to: Create Your Own Air Plant Terrarium -
(Supplies & materials included)

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

-  THURSDAY- JUNE 11TH, 2026
-  11:00 AM - 12:30 PM
-  1960 MARAVILLA AVE, FORT MYERS, FL 33901
-  RSVP (239) 437-3007



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.

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 + One Additional Line
- Example: *Mary Smith* + *Beloved Mom*

Medium Circle

- Name + Two Additional Lines
- Example: *Mary Smith* + *Beloved Mom* + *1935 - 2025*

Large Circle

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



[Purchase a Remembrance Circle Here](#)



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.



 Assisted Living Facility ID# F502
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Third Tuesday of Each Month

April 21 | May 19 | June 16

11:00 a.m. to Noon

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

Co-Sponsors:



THE DUBIN CENTER

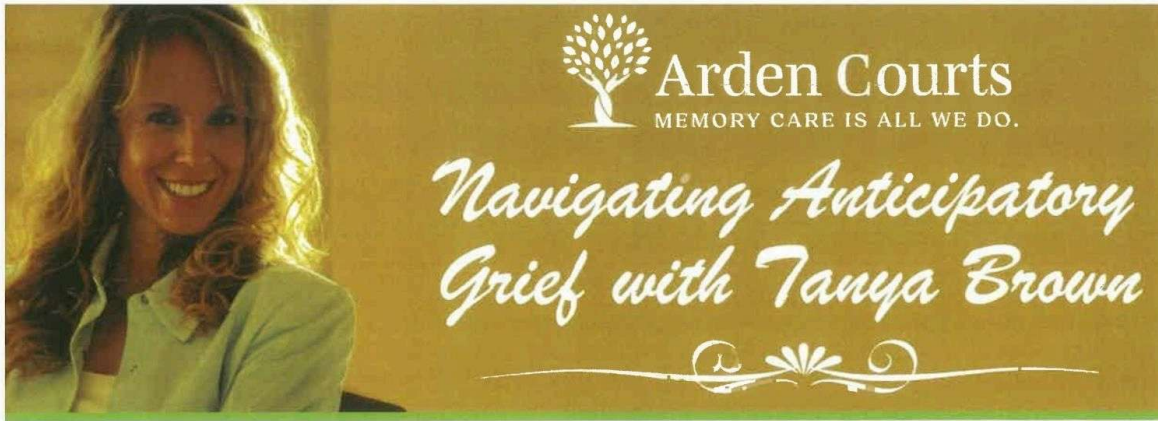
Where no one faces dementia alone.



Kelly L. Fayer
Kelly L. Fayer, P.A.
1601 World Plaza Lane,
Building 32, Suite 2
Fort Myers, Florida 33907
1291-415-9834



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



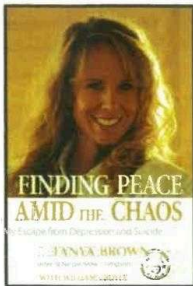
Arden Courts of Fort Myers is excited to announce an intimate speaking engagement with nationally recognized author and motivational speaker, Tanya Brown. Tanya is no stranger to trauma or adversity. After the devastating death of her sister, Nicole Brown Simpson, Tanya faced overwhelming challenges - but rather than be defined by them, she chose to transform her pain into purpose.

Join us for a presentation and open discussion on Anticipatory Grief, and how to navigate through the challenges of loving and caring for someone living with Alzheimer's and dementia. No one faces Alzheimer's and dementia alone.

Thursday, June 18th 2026 • 10AM - 11:30AM
15950 McGregor Blvd. Fort Myers 33908

Light Refreshments Provided

Books available: "Finding Peace Amid the Chaos" by Tanya Brown



Tanya Brown is a nationally recognized author, speaker, and grief recovery specialist who turned personal tragedy into purpose after the loss of her sister, Nicole Brown Simpson. A passionate advocate for domestic violence awareness and mental wellness, Tanya shares her lived experiences to inspire healing, resilience, and self-care. Through her honest and compassionate storytelling, she empowers others to navigate grief and life's challenges with strength—and reminds us that healing is always possible.

Please RSVP to 239 454-1277 by Monday, June 15th to reserve your spot!
ALF License #9502



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



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(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

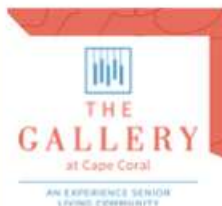
at Lakes Park

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

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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
 hbhomecare.com

Thank you to our funders!



UNITED WAY
Lee, Hendry,
and Glades

Daniel R. & Anna M.
Harper Foundation



Donate Today



Our Contact Information:

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



Where no one faces dementia alone.

The Joyful Corner Answers
Riddle - A Palm Tree, A Piano, Your age

Jokes - Pop, Because of the Rocky Road, Lifesavers!

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