



Where no one faces dementia alone

CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
MARCH 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!

Caregiver Feedback Requested

Thank you to those who have already responded. We have received about 102 responses to the short 5-question survey linked below. Thank you!

Caregivers are the backbone of healthy families and communities. This survey is an opportunity to reflect on your experience, share what has been most helpful, and tell us where we can do better. Your input helps us better understand the real value of our work, from your perspective, and guides how we invest in supporting caregivers like you. Whether you attend a group or social activity regularly, occasionally, or not at all, we want to hear from you!

When you submit this form, it will not automatically collect your details, like name and email address, unless you provide them yourself.

[Give Us Your Feedback 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 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 | Zoom:

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

Savvy Express | 3 Weeks | In Person:

Tuesdays | May 5th, 12th, & 19th | 12:30 pm - 3:30 pm

Savvy Advanced | 4 Weeks | Zoom:

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

REGISTER HERE




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, April 1st

 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



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

**Lunch & Learn: Life Care Planning for Caregivers
Thursday, April 9th at 11:30am**

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



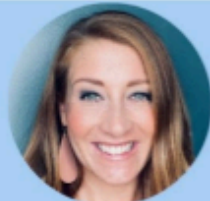
Identify safety, capacity, and family-dynamic red flags early



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

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.

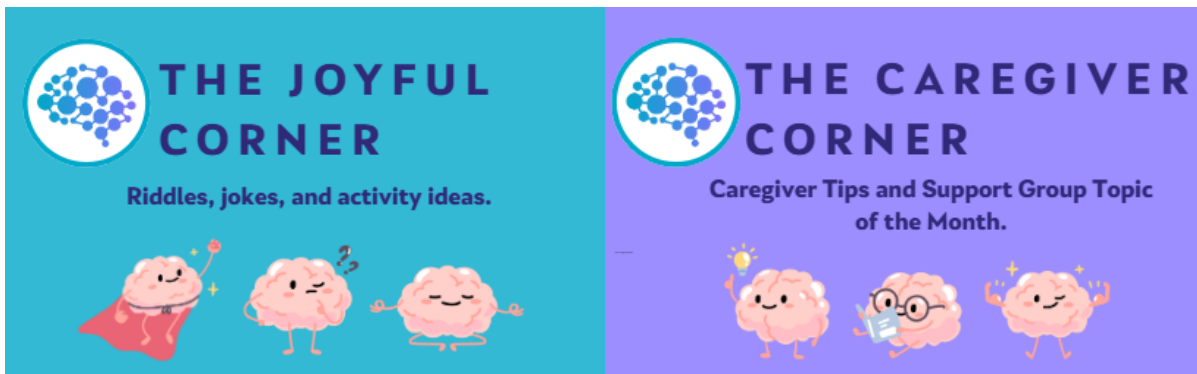
Community Spotlight: A Light to Remember Sponsored by Ellie Fox

*A Light
to Remember*

Thank you to everyone who helped and supported us as we lit the way in downtown Fort Myers this past weekend at the Edison Festival of Lights Parade!

Our float featured over 100 luminaries honoring and memorializing caregivers and those affected by dementia. It was not only a tribute, but also a reminder to our community that we are here, offering support, resources, and hope to those navigating the dementia journey.





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: Driving & Dementia

When Is It Time to Talk About Driving?

Across our 35+ caregiver support groups each month, certain topics surface again and again. Driving is one of the most emotional.

For someone living with dementia, driving represents independence and freedom. For caregivers, it often brings growing concern, concern about safety, liability, and how to begin a conversation that feels overwhelming.

If this is weighing on you, you are not alone.

When Is It Time to Take the Keys?

There is rarely one dramatic moment. More often, caregivers notice gradual changes:

- Getting lost on familiar routes
- Slower reaction time
- New dents or scrapes on the car
- Confusion at intersections
- Increased anxiety while driving

Dementia is progressive. While a diagnosis does not always mean an immediate stop to driving, planning early allows your loved one to be part of the discussion while they still can. If safety is becoming a question, it's time to start talking.

Can I Limit Where They Drive?

Some families try gradual adjustments in the early stages, such as:

- Driving only during daylight
- Avoiding highways or heavy traffic
- Staying within familiar routes
- Keeping trips short and local

While these steps may work temporarily, dementia can affect judgment unpredictably. Ongoing reassessment is important.

How Do I Start the Conversation?

This is often the hardest step. Caregivers in our groups often share these strategies:

- Start early and frame it as future planning
- Focus on safety rather than loss
- Blame the disease, not the person
- Involve a physician when possible
- Revisit the conversation over time - it's rarely one and done

If this is a conversation you're facing, or know is coming, we invite you to join us for:

Driving Crossroads: Caregiver Workshop

Date & Time: Wednesday April 1st, 2026 | 10:00 am - 11:30 am

Zoom: Register for the Zoom Link

Caregiver Tip of the Month

Location Technology for Peace of Mind:

If your loved one is still driving, but you're beginning to notice changes, location technology can provide an added layer of reassurance while you navigate the next steps.

Many caregivers find comfort in tools such as:

- **Smartphone location sharing** ([Find My iPhone](#), [Google Location Sharing](#))
- **Bluetooth trackers** ([such as AirTags](#)) placed discreetly in a vehicle
- **GPS vehicle tracking devices** [that plug into the car](#)
- **[Medical alert systems](#) with GPS capabilities**

These tools can:

- Help you quickly locate your loved one if they become disoriented
- Reduce the need for repeated "Where are you?" phone calls
- Allow for faster response in an emergency
- Provide peace of mind during short, local trips

Technology cannot replace ongoing evaluation of driving safety, but it can offer support during the transition period.

A Note on Safety and Privacy

When possible, incorporate tracking into a shared safety plan. Framing the conversation around support, "This helps me worry less," can preserve dignity and maintain trust. However, every dementia journey is different. In situations

where conversations escalate or create distress, caregivers sometimes need to prioritize immediate safety. Use your judgment and choose the approach that best protects everyone involved.

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

I fall, but I don't get hurt. I pour, but I'm not a jug. I help plants grow, but I'm not the sun. What am I?

Lives in winter, dies in summer, and grows with its roots upward. What is it?

What has eyes but can't see?

Why was the calendar so busy before April?

Can February march?

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

What do you call a leprechaun who gets sent to jail?

Luck of the **(Irish)**

The early bird catches the **(worm)**

Spring is in the **(air)**

All that glitters is not **(gold)**

You can't judge a book by its **(cover)**

What was the weather like in the spring where you grew up?

Have you ever found a four leaf clover?

Have you ever visited Ireland? And was it a nice trip?

*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.

MARCH 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 bv FTD Support Group 10:00 Grace Beyond Guilt 1:00 General Support Group	6 Walk-Ins Welcomed
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 - <i>Invitation Only</i>	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 RSVP Encouraged 	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 - <i>Invitation Only</i>	26 1:00 General Support Group	27 2:00 Memory Catchers RSVP Required
30 2:00 Zoom General Support Group	31 10:00 General Support Group	APRIL 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 Walk-Ins Welcome

PLEASE SEE REVERSE SIDE FOR THE EDUCATIONAL & SOCIAL ENGAGEMENT SCHEDULE

IMPORTANT PHONE NUMBERS

EMERGENCIES: 911

SUICID/CRISIS: 988

MOBILE CRISIS RESPONSE: 844-395-4432

BASIC NEEDS: 211

DISPATCH HEALTH: 239-322-3434

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



THE DUBIN CENTER

Where no one faces dementia alone.

MARCH 2026: EDUCATION & SOCIAL ENGAGEMENT 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 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	3	4 2:00 Memory Catchers* RSVP Required	5	6 Walk-Ins Welcomed
9 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	10 1:00 Savvy Advanced* #1 	11	12 10:30 Bonita Springs Brain Boosters-  5:30 ZOOM Savvy Express* #1 	13 2:00 Memory Catchers* RSVP Required
16 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:30- Out & About* Railroad Museum of South Florida  7330 Gladiolus Dr. Fort Myers, FL 33907	17 1:00 Savvy Advanced* #2 	18 2:00 Memory Catchers* RSVP Required	19 5:30 ZOOM Savvy Express* #2 	20 11:30- Among Friends Social Hour*
23 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	24 1:00 Savvy Advanced* #3 	25 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters 	26 5:30 ZOOM Savvy Express* #3 	27 2:00 Memory Catchers* RSVP Required
30 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	31 1:00 Savvy Advanced* #4  5:30 ZOOM Savvy Express* #1 	APRIL 1 2:00 Memory Catchers* RSVP Required	2	3 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

Backyard GAMEDAY

PRESENTED BY



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!



March 8th | 4pm-7pm

Bay Street Yard

2136 Bay St, Fort Myers, FL 33901

**Purchase Tickets
Here**



THE DUBIN CENTER

Where no one faces dementia alone.



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.



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 Dubin Center





BABCOCK RANCH

The Dubin 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.



 Assisted Living Facility ID# 9502
© 2025 Arden Courts, All rights reserved. PSC 549929-001

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.
12601 World Plaza Lane
Building 51, Suite 2
Fort Myers, Florida 33907
(239) 415-3434

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



OUT & ABOUT RAILROAD MUSEUM MARCH 16, 2026 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









OUT & ABOUT SUNDANCE ORCHIDS APRIL 7, 2026 & BROMELIADS

Sundance Orchids and Bromeliads is a retail orchid and bromeliad nursery. Join us as we get to explore the nursery and participate in a private Living Log Class. Living Logs takes pieces of wood, flower arranging, and orchid care to a new and creative level.

Please RSVP to reserve your spot. Costs & Materials will be covered.
We look forward to seeing you there!

-  TUESDAY, APRIL 7TH, 2026
-  9:00 AM - 11:00 AM
-  16095 S PEBBLE LN, FORT MYERS, FL 33912
-  RSVP (239) 437-3007



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



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
🌐 cypresscoveliving.org



Heron Pond
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.

📞 (239) 471-4023
🌐 liveatheronpond.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!

Friend

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!

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

NSL 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

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

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!

Thank you to our funders!



Daniel R. & Anne M. Harper Foundation



DONATE HERE



Our Contact Information

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





The Joyful Corner Answers

Riddle - Rain, an Icicle, a Potato,

Jokes - Because there was so March to do!, No but April May, A rash of good luck, A Leper-Con

You are being sent this email because you are a subscriber.

If you wish to update your Email Preferences or Unsubscribe, click [*{{Unsubscribe}}*](#)