



CAREGIVER CONNECTION
MONTHLY E-NEWSLETTER
MAY 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!

Notice on Pets at The Dubin Center

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.

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 have found that unapproved animals can sometimes be distracting and may impact the experience of others during support groups and educational sessions.

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.

**Coming this summer
at The Dubin Center:
A new Support Group
with Pet Therapy!**



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 Advanced | 4 Weeks | Zoom:

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

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

[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.

**May is Mental Health Awareness Month!
Karen Magin- A Better You: Counseling & Wellness**



My name is Karen Magin. I am a Licensed Clinical Social Worker (LCSW) and founder of A Better You Counseling & Wellness in Fort Myers, Florida. With over 15 years of experience, I have worked with individuals, families, and groups, specializing in supporting older adults and caregivers. My dedication to this field began through volunteer work, deepened during graduate studies with focused coursework and a hospice internship, and continued to grow through my professional roles at the Dubin Center, Hope PACE, and now in private practice.

What do you find most rewarding about this work?

Many aging adults and caregivers find themselves on unexpected and often

Why is Mental Health Awareness Month important for this community?

unwelcome paths, making it challenging to navigate life's stressors alone. One of the most meaningful aspects of my work is walking alongside clients as they strive to become the best versions of themselves, even in the face of obstacles. Counseling can provide support in gaining clarity, adapting to change, managing thoughts and emotions, building healthy coping strategies, and strengthening relationships.

What mental health challenges do you see most often in caregivers?

I often hear clients say, "The golden years aren't so golden" or "Life wasn't supposed to be this way." Many caregivers experience grief long before their loved one passes. This grief can stem from changes in the relationship—loss of communication, connection, and partnership—as well as the loss of how life once was, how it was expected to be, and a sense of normalcy.

Caregivers frequently take on additional responsibilities, often stepping into roles their loved one once held, which can lead to significant stress and burnout. It's common for caregivers to feel depressed, lose a sense of themselves in the process, neglect their own self-care, and withdraw from relationships and activities they once enjoyed. Anxiety is also common, often tied to worries about what the future may hold.

What's one message you'd like caregivers to remember this May?

You don't have to do this alone. Your needs, feelings, and well-being matter just as much as the person you're caring for. Taking care of yourself isn't selfish --

Mental Health Awareness Month is important for the community because it brings attention to oftentimes overlooked emotional challenges like grief, stress, anxiety, and depression. It helps normalize these experiences, reduce stigma, and encourages individuals to seek support. It also highlights some unique challenges of caregiving, such as burnout and role changes, while reinforcing that mental health is just as important as physical health and that help is available.

What everyday strategies can help caregivers protect their mental health?

Caregivers can protect their mental health by prioritizing self-care -- like getting enough rest, eating regularly, and taking short breaks. Even a few minutes of quiet time, getting outside, or movement each day can help reset both mind and body.

Staying connected is also important. Reaching out to friends, family, or support groups can reduce feelings of isolation and provide emotional relief. Setting realistic expectations and boundaries helps prevent burnout, especially when caregivers feel pressure to do everything on their own.

It's also helpful to check in with your thoughts and emotions—acknowledging stress, grief, or frustration without judgment. Simple coping strategies like deep breathing and mindfulness can ease anxiety. Most importantly, caregivers should remind themselves that asking for help is not a weakness -- it's an essential part of sustaining their own well-being.

it's essential to sustaining the care you provide.

We are grateful for the compassionate care and guidance that Karen provides every day. This Mental Health Awareness Month, let's remember the importance of supporting caregivers and older adults, because caring for others begins with caring for ourselves.



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: Healthy Aging & Brain Health

While we can't control every aspect of aging, small, everyday choices can have a meaningful impact on brain health and overall well-being.

Staying mentally and physically engaged is key. Encouraging simple routines such as light movement, social interaction, and nourishing meals can support cognitive function, boost mood, and enhance quality of life. ***In fact, research shows that prolonged social isolation can have health risks comparable to smoking up to 15 cigarettes a day,*** highlighting just how vital connection is to overall health. Even small moments, like sharing a meal, going for a short walk, or listening to music together, can make a meaningful difference.

It's also important to remember that social connection remains vital, even after a dementia diagnosis. While abilities may change, the need for connection, purpose, and belonging does not. Finding ways to keep your loved one engaged in meaningful and enjoyable activities can help support their emotional well-being, reduce feelings of isolation, and even improve overall quality of life.

Look for opportunities that match their interests and comfort level. This might include getting connected with your local senior center, adult day programs, or your place of worship, as well as continuing with familiar hobbies or social groups. Even small, structured activities, like a weekly class, music group, or casual coffee outing, can provide valuable routine and connection.

The goal isn't to fill every moment, but to create consistent opportunities for engagement, joy, and connection in ways that feel safe and supportive for both you and your loved one.

Caregiver Tip of the Month

Nutrition for Brain Health

Good nutrition doesn't have to be complicated. Small, thoughtful adjustments can make a big difference, especially as memory and appetite change.

Stay hydrated: Dehydration can increase confusion, fatigue, and even risk of falls, but many individuals with dementia simply don't feel thirsty or forget to drink.

Try this:

- Offer drinks regularly throughout the day (every 1–2 hours), not just at meals
- Use visual cues: keep a favorite cup or water bottle within sight and reach
- Offer a variety of fluids: water, flavored water, juice, milk, herbal tea, or even (sugar-free) popsicles
- Pair drinking with routines: *“Let’s have a sip before we sit down”* or *“Take a drink with your medication.”*
- Choose easy-to-hold cups or straws if coordination is an issue
- Gently prompt instead of asking open-ended questions (ex: hand them the cup instead of asking “Do you want water?”)
- "Cheers!" This is a great way to cue someone to take a drink without drawing too much attention to it

Encourage small, frequent meals: Appetite often decreases, and large meals may feel like too much.

Try this:

- Offer 5–6 smaller meals/snacks throughout the day instead of 3 large meals
- Think “mini meals”: yogurt, cheese and crackers, a banana with peanut butter, smoothies
- Follow their natural rhythm. If they eat better in the morning, make that the biggest meal
- Keep grab-and-go snacks visible and accessible

Adapt as needs change

As dementia progresses, eating habits and abilities will shift.

Try this:

- Offer finger foods (sandwiches, cut fruit, mini muffins) if utensils become difficult
 - Adjust textures: soft foods, mashed options, or smoothies if chewing/swallowing is harder
 - Lean into comfort foods; these often bring both nutrition and emotional reassurance
 - Watch for signs of fatigue; shorten meals or offer food when they're most alert
 - Stay flexible; some days will be better than others, and that's okay
-

I have wings but I'm not a bird. I start as something crawling, haven't you heard? What am I?

I'm something you wear when the sun is bright. I help keep your eyes from too much light. What am I?

What did one flower say to the other?

Why do flowers always drive so fast?

What do you call a well-dressed lion in spring?

Why did the sun decide to go to school?

Bloom where you are **(planted)**

Stop and smell the **(roses)**

Turn over a new **(leaf)**

Feeling light as a **(feather)**

The sun will come out **(tomorrow)**

What did you enjoy most about the warm weather?

Have you ever picked fresh flowers for someone special?

Have you ever visited a farmers market?

*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.

MAY 2026: SUPPORT GROUP SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 Walk-Ins Welcome
4 2:00 Zoom General Support Group 6:30 Zoom General Support Group	5 10:00 Dementia Caregiver Support Group	6 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	7 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	8 10:30  BABCOCK RANCH General Support Group RSVP Encouraged 2:00 Memory Catchers RSVP Required
11 2:00 Zoom General Support Group	12 10:00 Dementia Caregiver Support Group	13 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	14 1:00 Dementia Caregiver Support Group	15
18 2:00 Zoom General Support Group 6:30 Zoom General Support Group	19 10:00 Dementia Caregiver Support Group 11:00 Arden Courts - General Support Group 	20 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	21 10:30 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	22 2:00 Memory Catchers RSVP Required
25  OFFICE CLOSED	26 10:00 General Support Group	27 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - <i>Invitation Only</i>	28 1:00 Dementia Caregiver Support Group	29

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
27	28	29	30	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

***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







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




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
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Memory Screenings



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**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



THURSDAY- MAY 28TH, 2026

**anytime between
9:00 am - 3:00 pm**

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

Stop by anytime to tour our new space and say hello!

We look forward to recognizing and thanking the generous donors and community partners who made this possible.

**Come celebrate
this exciting milestone with us!**

239-437-3007 | www.DubinCenter.com

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
© 2025 Arden Courts. All rights reserved. EVSR#-556721

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 22, Suite 2
Fort Myers, Florida 33907
1231-45-5434



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



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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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

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RESORT RETIREMENT LIVING

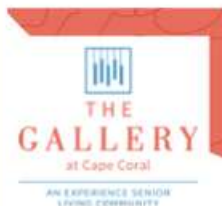
at Lakes Park

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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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
hbhomecare.com

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Our Contact Information:

The Dubin Center
12511 World Plaza Lane Fort Myers,
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www.DubinCenter.com

**THE
DUBIN
CENTER**

Where no one faces dementia alone.

The Joyful Corner Answers
Riddle - A Butterfly, Sunglasses

Jokes - Hey bud, how's it growing, Because they put the petal to the metal, A dandy-lion, To get a little brighter

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