



# Caregiver Connection

ISSUE #13

THE DUBIN CENTER  
MONTHLY E-NEWSLETTER

OCTOBER 2025

## Caregiver Connection Newsletter

### Welcome to the October 2025 Newsletter!

As the seasons begin to change, October brings new opportunities to learn, connect, and care. This month, we're shining a light on the importance of brain health and self-care, which is a vital component for caregivers and those living with Alzheimer's alike.

October is a time of transition, and with that comes a reminder to pause and reflect on how we're nourishing our own well-being while supporting others. Whether it's a moment of rest, an act of kindness, or sharing your story, each gesture matters.

In this issue, we've gathered practical tips for maintaining mental wellness, spotlights on upcoming local events, and inspiring stories from our community. Let's

### Newsletter Features:

**Dubin Spotlight:** Meet one of our dedicated volunteers, team members, or community partners who are making a profound impact through their unwavering commitment and compassion.

**Community News:** Stay connected with the latest happenings in our community! From local events and caregiver workshops to important updates and inspiring stories, this section keeps you in the know. Be sure to check back each month for news, resources, and ways to get involved.

**The Joyful Corner:** Discover engaging activities designed to stimulate cognitive function and bring joy to both caregivers and their loved ones.

### In this newsletter you can expect:

Community News

Dubin Spotlights

Insights of the Month

The Joyful Corner

Monthly Calendar

continue to walk this journey together, with compassion and strength.

*Warmly,*  
*The Dubin Team*

**Upcoming Calendar:**

Stay informed about our events, workshops, and support groups for the month ahead. We're here to help you stay connected and engaged.



To stay up to date with our weekly schedule, be sure to follow us on social media!

## Parking Lot Notice!

**Please review the following information and images carefully, as we've received notice of important changes regarding our parking lot:**

**No Parking in the Unpaved Lot**

Parking is no longer permitted on the opposite side of the grassy median (the unpaved lot near Sun Coast Surgical Suites).

**Approved Parking Areas**

Parking is only allowed in the following locations: clearly marked Dubin Center spots, any designated handicap spots, and paved lot spaces without an agency-reserved sign.

**Alternate Parking Option**

An additional open lot is available through Central Park (directly behind our building). From there, it's just a short, scenic walk to the Dubin Center. If you are attending a large support group and are comfortable with the short walk, we kindly ask that you use the alternate lot. This helps ensure those with mobility needs have access to parking closer to our entrance.

We appreciate your cooperation in helping us be good neighbors here at World Plaza. Thank you for your support and understanding!



*Education at The Dubin Center*





# SAVVY CAREGIVER<sup>®</sup>

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 weeks, participants will learn about the disease process, effective communication techniques, and ways to manage stress while enhancing their loved one's quality of life.

Join us to connect with other caregivers and gain the tools you need to thrive in your caregiving journey! To sign up for this course, please give us a call or register on our website!

---

**Savvy Caregiver Express:** *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Friday: October 24th, 31st & Nov 7th | **In Person** | 10:00 am - 1:00 pm

**The Dubin Center - 12685 New Brittany Blvd, Fort Myers, FL 33907**

---

**\*\*THE ACTUAL FINAL SAVVY OF 2025: Savvy Caregiver Express- Evening Zoom**

(3 Weeks) Tuesday: November 4th, 11th, & 18th | **ZOOM** | 5:30 pm - 8:30 pm

Register for the Zoom Link.

---

## Punta Gorda / Port Charlotte

**Savvy Caregiver Express:** *(foundational Savvy class, taught in 3-week format)*

(3 weeks) Wednesday: October 8th, 15th, & 22nd | **In Person** | 10:00 am - 1:00 pm

**The Meridian at Punta Gorda Isles - 2001 Aqui Esta Dr. Punta Gorda 33950**

REGISTER HERE 

---


*Upcoming Events*




## DRIVING CROSSROADS

Please join us at our center 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

 Thursday, October 9<sup>th</sup>, 2025

 11:30 am - 1:00 pm

 12685 New Brittany Blvd,  
Fort Myers, FL 33917

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





# 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 3<sup>rd</sup> Friday of the Month**

**October 17<sup>th</sup> | 11:30am - 12:30pm**

Please join us at this inaugural group, share your opinions and ideas on ways The Dubin Center can connect with you outside of our formal support group settings.

**RSVP 239-437-3007**

[info@dubincenter.com](mailto:info@dubincenter.com)

12685 New Brittany Blvd Fort Myers,  
FL 33907





## **ALZHEIMER'S AND DEMENTIA SUPPORT GROUP SPONSORED BY THE DUBIN CENTER**

**Tuesday, October 21<sup>st</sup>  
11 AM-12PM**

**Welcome to the public**

**Please join us for an open and engaging discussion aimed to support those caring for loved ones living with Alzheimer's and Dementia. This group is available to all caregivers and is an open discussion focusing on the many challenges family caregivers face.**



**PLEASE RSVP TO  
239-454-1277  
BY FRIDAY,  
OCTOBER 17<sup>TH</sup>  
Arden Courts 15950 McGregor  
Blvd. Fort Myers, 33908  
License #9502**






## Out & About! October 23rd



### Join us at Ageless Fitness

**Ageless Fitness brings fun, safe, and adaptive movement activities designed to promote wellness, connection, and joy. Together, we'll celebrate the power of staying active- body, mind, and spirit, while building meaningful moments of community.**

 Thursday, October 23rd

 11:00 AM

 10011 Estero Town  
Commons Pl. Unit 101A  
Estero, FL 33928

**Call The Dubin Center to  
RSVP: (239) 437-3007**





# Out & About! November 4<sup>th</sup>



## Join us at Farmer Mike's U-Pick!

Join us at Farmer Mike's U-Pick farm for a morning of enjoyable fall activities. Spend time in the sunflower field and take a pumpkin home for your fall decor.

Each person will get a sunflower, a pumpkin, & a hayride for those interested! Free parking!



Tuesday, November 4th



11:00 am - 12:30 pm



8751 Gladiolus Dr Ft  
Myers, FL 33908



**Call The Dubin Center to  
RSVP: (239) 437-3007**

## *Community News*

### **SHINE: Free Medicare Help for Caregivers**



October marks the start of Medicare Open Enrollment (October 15 – December 7). For

#### **Why it matters for caregivers:**

Caregivers often juggle appointments, medications, and finances for their loved ones. SHINE takes the guesswork out of comparing plans, so you can make confident decisions.

Counselors provide one-on-one guidance - whether you're enrolling a loved one for the first time or reviewing existing coverage.

They can help spot potential cost savings (like prescription drug coverage options) that may ease financial strain.

many caregivers, this can feel overwhelming - navigating health insurance choices while also balancing day-to-day responsibilities. That's where SHINE (Serving Health Insurance Needs of Elders) can make a real difference.

**What is SHINE?**

SHINE is a free, unbiased counseling service available across Florida. Specially trained volunteer counselors help older adults, people with disabilities, and their caregivers understand Medicare, Medicaid, prescription assistance, and other health insurance options.

**How to access SHINE in Lee County / SWFL:**

Call the Elder Helpline at 866-413-5337 to get connected with a local SHINE counselor.

Appointments are available by phone or in person at community centers, libraries, and partner agencies.

You can also learn more through the Area Agency on Aging for SWFL [here](#) or visit [floridashine.org](http://floridashine.org).

**Tip for caregivers:** Even if your loved one is happy with their current plan, it's worth reviewing coverage during Open Enrollment. Plans (and costs) can change year to year, and SHINE can help you check if the current plan is still the best fit.

---

## CARING FOR SOMEONE WITH DEMENTIA CAN BE STRESSFUL

Rice University's T-SCAN Lab is looking for research participants to help them learn about the role of emotion and coping in people caring for someone with dementia



### No in-person visits

About 6 hours of participation over 3 months

**Up to \$120 compensation by Amazon e-gift card**

Requires a smartphone



#### Part 1

Study introduction and  
consenting process via  
live video chat\*



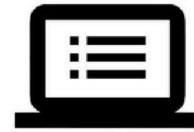
#### Part 2

Questionnaires, heart  
rate monitoring, task  
introduction via live  
video chat



#### Part 3

One week of daily  
brief check-ins via  
smartphone



#### Part 4

Follow up  
questionnaires

\*T-SCAN Lab staff members are available to assist with using the technology involved in this study

*For more information, contact the T-SCAN team at*  
**713-348-3528 or [caregivers.tscan@gmail.com](mailto:caregivers.tscan@gmail.com)**

Principal Investigator: Bryan Denny, PhD, Associate Professor  
Telephone: 713-348-8257, Email: [bryan.denny@rice.edu](mailto:bryan.denny@rice.edu)

This research study has been reviewed and approved by Rice University Institutional Review Board. (Protocol Number: IRB-FY2018-336)  
If you have concerns regarding this study or questions regarding your rights as a study participant, please contact an IRB Compliance Administrator. Email: [irb@rice.edu](mailto:irb@rice.edu) or Telephone: 713-348-3586

## *Dubin Spotlight*

### The New Building FAQs & Answers

#### ***3. Will services change because of the move?***

All of our core services will remain the same. In fact, the new building gives us more room to grow, which means expanded programming, improved



We wanted to take the time to shine a spotlight on our new building campaign and answer some frequently asked questions about the new Dubin Center home and the reason for our move.

Thank you to everyone who has donated so far. We haven't met our match goal yet, but there is still time to give!

#### ***1. Why are you moving buildings?***

We're moving buildings because we have outgrown our little home on New Brittany. This is a GREAT problem to have. With our new building and the new space, we will be able to expand our support groups and enhance our established services. We will be able to reach more caregivers and more people living with dementia!

#### ***2. Where is the new building located? And when will the move happen?***

The best news is that we are just going right around the corner to World Plaza II, located off Brantley Road. We are fortunate enough to stay in a central location and only move, not even 2 minutes, from our current building. The timeline for the move is still being determined, with the goal being the Spring of 2026.

meeting spaces, and additional resources for families.

#### ***4. Where is The Dubin Center getting the funds to buy a new building?***

We are purchasing this building without a mortgage. Our previous Executive Director and Board of Directors wisely sold our old center building before the COVID-19 pandemic, as that old building required a costly update and renovation. The funds from the sale of that building were placed into investment funds, where they sat and grew, and we are now able to wisely and safely purchase this building outright. The additional funds we are raising with a \$50,000 match will support the necessary changes to the space to accommodate our services and the needs of our clients.

#### ***5. Will my regular gifts still support programs if I donate toward the building?***

Yes. Donors may designate gifts either toward the building campaign or toward ongoing programming. Both are essential: the building provides the foundation, while program funding ensures services thrive within it.

#### ***6. How can I help support the building purchase & move?***

We welcome contributions toward our building campaign, and more information on give back & moving days will come once we have a better established timeline.



## Exciting Update....



We're off to an incredible start! Thanks to your generosity, we've raised **\$19,350!**  
Every gift is still being matched dollar for dollar up to **\$50,000**. That means your donation goes twice as far!  
**LET'S KEEP THE MOMENTUM GOING!**



**THE DUBIN CENTER**

*Where no one faces dementia alone.*

If you have any specific questions about the new building, the funding, or the current steps we are taking, please send us an email at: [info@dubincenter.com](mailto:info@dubincenter.com).

**In Case You Missed It: Dubin Center Highlights!**  
**September's Out & About**



Thank you to our friends at **The Bent Brush** in Cape Coral for their hospitality and expertise in our pottery painting outing! Our Dubin Center clients got to express themselves and paint pottery that they can use time and time again. There is no limit to creativity! Be sure to sign up early for our next month's Out and Abouts.



Be sure to sign up early for our next month's Out and Abouts!



**Launch of Among Friends Social Group**



The Dubin Center was very excited to welcome a great group of caregivers, former caregivers, and friends of caregivers to our first gathering of friends. This social group is no-pressure way to stay connected to those who understand the journey you have walked or are currently walking. Next gathering of friends is occurring here at The Dubin Center on Friday, October 17th at 11:30am- please RSVP.



## THE JOYFUL CORNER



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

I'm full of ears but cannot hear. You'll find me in the fields this time of year. What am I?

I fly at night without a sound. My eyes are big and round and round. What am I?

I shine in the dark with a smile. What am I?

What do you get when you drop a pumpkin?

How do you fix a broken jack-o'-lantern?

What do you call a turkey in a Halloween costume?

What's a ghost's favorite dessert?

Fall in in the **(air)**

The leaves are changing **(color)**

Apples are ripe for the **(picking)**

Many hands make light **(work)**

It takes two to **(tango)**

Did you celebrate Halloween?

Did your family light candles, use a fireplace, or gather together differently in cooler weather?

What chores or traditions came with the change in season?

## Insights of the Month










**The Strength in Slowing Down** - October reminds us that slowing down isn't a weakness—it's part of the rhythm of life. As the leaves change and fall, nature shows us that letting go and resting are necessary, not optional. Caregiving can demand a constant pace, but it's okay, even healthy, to pause, breathe, and move more gently. Slowing down doesn't mean you're falling behind. It means you're honoring your limits and your humanity.

**Embracing the Unexpected Moments** - Caregiving rarely follows a straight line. Just like October brings surprise warm days and chilly nights, caregiving brings both unexpected challenges and unexpected joys. A shared laugh, a moment of calm, or a familiar song can break through the routine in beautiful ways. You don't have to plan for magic; it often finds you when you're simply present.

## The Calendar's Best - Kept Secrets

- October 4 - National Taco Day
- October 5 - National Do Something Nice Day
- October 6 - National Noodle Day
- October 10 - World Mental Health Day
- October 14 - National Dessert Day
- October 16 - National Dictionary Day
- October 17 - National Pasta Day
- October 25 - National Greasy Foods Day
- October 26 - National Pumpkin Day
- October 28 - National Chocolate Day
- October 30 - National Candy Corn Day

## October Calendar

 <b>THE DUBIN CENTER</b> <i>Where no one faces dementia alone.</i>		<b>OCTOBER 2025</b>		<b>For More Information Call (239) 437-3007</b> dubincenter.com   info@dubincenter.com 12685 New Brittany Blvd Fort Myers, FL 33907	
<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>	
<b>29</b> 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com <b>2:00</b> Zoom General Support Group		<b>30</b> <b>10:00</b> General Support Group <b>10:00</b> Zoom Savvy Advanced #4  <b>5:30</b> Zoom Savvy Express #1		<b>1</b> <b>10:00</b> Grief Group <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <b>RSVP Required</b>	
<b>6</b> 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com <b>2:00</b> Zoom General Support Group <b>6:30</b> Zoom General Support Group		<b>7</b> <b>10:00</b> General Support Group <b>5:30</b> Zoom Savvy Express #2 		<b>8</b> <b>10:00</b> Men's Support Group <b>10:00</b> Savvy Express #1- <b>Punta Gorda</b>  <b>12:00</b> Savvy Support Group <b>2:00</b> Early Stage Support Group - Invitation Only	
<b>13</b> 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com <b>2:00</b> Zoom General Support Group		<b>14</b> <b>10:00</b> General Support Group <b>5:30</b> Zoom Savvy Express #3 		<b>15</b> <b>10:00</b> Zoom Men's Support Group <b>10:00</b> Savvy Express #2- <b>Punta Gorda</b>  <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <b>RSVP Required</b>	
<b>20</b> 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com <b>2:00</b> Zoom General Support Group <b>6:30</b> Zoom General Support Group		<b>21</b> <b>10:00</b> General Support Group <b>11:00</b> Arden Courts Support Group 		<b>22</b> <b>10:00</b> Men's Support Group <b>10:00</b> Savvy Express #3- <b>Punta Gorda</b>  <b>11:15</b> Sunshine Villas Brain Boosters <b>12:00</b> Savvy Support Group <b>2:00</b> Early Stage Support Group - Invitation Only <b>2:30</b> Lehigh Senior Center Brain Boosters - Lehigh Acres Senior Center	
<b>27</b> 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com <b>10:30</b> General Support Group @ Hope Lutheran Church - Bonita Springs <b>2:00</b> Zoom General Support Group		<b>28</b> <b>10:00</b> General Support Group		<b>29</b> <b>12:00</b> Savvy Support Group	
				<b>30</b> <b>1:00</b> General Support Group	
				<b>31</b> <b>HAPPY HALLOWEEN</b> <b>12:00</b> Savvy Express #2 	



*A Light  
to Remember*

**DATE: February 21, 2026**

**TIME: 7 PM to 10 PM**

**WHERE: Edison Festival of Light Parade**

**Click [HERE](#) to view our highlights from our 2025 fundraisers!**

*Backyard*  
**GAMEDAY**

**DATE: March 8, 2026**

**TIME: 4 PM to 7 PM**

**WHERE: Bay Street Yard**



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 Corporate Sponsors!*

---



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

PROMEDICA MEMORY CARE

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

## Thank you to our sponsors!



WildBlue  
CHARITABLE  
NEIGHBORS

Janet R. & Joseph M.  
Harper Foundation



JEWISHCOLUMBUS



United Way of Lee County



## Donate Here



(239) 437-3007



12685 New Brittany Blvd  
Fort Myers, FL 33907



info@dubincenter.com

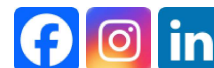
### Our Contact Information

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*





The Joyful Corner Answers

Riddle - Corn, An Owl, A Jack-o'-lantern

Jokes - Squash, With a Pumpkin Patch, A Gobbler, Ice Cream!

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

If you wish to update your Email Preferences or Unsubscribe, click \*{{Unsubscribe}}\*