

ALVIN A. DUBIN Alzheimer's Resource CENTER

Supporting those with neurocognitive disorders and those who love and care for them...

Meet Executive Director, Lynne Thorp

Dear Friends of the Dubin Center,

I would like to take this opportunity to express how proud and honored I am to be your new Executive Director for the Alvin A. Dubin Alzheimer's Resource Center and to thank you for the warm welcome. I've lived and worked in southwest Florida for 25 years with a focus on special education and healthcare. I am energized by helping people and making a difference in our community through collaboration and collective impact and am excited to be here. The Dubin Center is YOUR community center for resources and support. My job is to make sure the programs and materials are meeting your needs and to ensure the center is a safe, comforting place to seek assistance. Together, we are going to make a difference by helping more individuals, caregivers and families who are coping with Alzheimer's disease and other neurocognitive disorders.

I would like to give you a brief update on what The Dubin team has accomplished this past month (in addition to preparing for *Brushstrokes from the Soul!*).

- Thanks to a generous donation from the Shady Rest Foundation, we were able to update software needed to help us run more efficiently, purchase a new computer, expand the education and training we will provide in 2021 to include Savy Caregivers, New Path program, Teepa Snow, Montessori and the Virtual Dementia Tour, and offer respite to caregivers in need while attending our support groups.
- We created a fresh new website and will keep resources, calendars and news up to date while continuing to add helpful content to support caregivers.
- With the support of the United Way, we will be delivering monthly care packets to our clients with thoughtful surprises to support those feeling isolated.
- In anticipation of welcoming you back to the center, we created a lounge area with comfortable living room-like seating for caregivers to come and connect with each other - Thank you United Way!

While the center is still closed to the public due to COVID, we remain in the office taking calls from people looking for help and connecting them with the appropriate resources, enrolling them in support groups, mailing materials, helping with zoom calls, making appointments and conducting memory screenings, just to name a few. So - we can't wait to see you in person and are making every effort for the visit to be warm and welcoming.

In the meantime, if you want to zoom or chat with me, please call me at (239) 437-3007 or email me at lynnethorp@alzheimersswfl.org - it would be my pleasure.

Warm Regards,

Lynne



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Special Edition

INCLUDED IN THIS NEWSLETTER IS THE *BRUSHSTROKES FROM THE SOUL* AUCTION BOOKLET!



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Guest Columnist

**JAIMEE THOMPSON
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I don't know about you, but I have been doing a lot of online shopping this year and with the holidays coming up, I'll likely be doing even more!

Did you know that when you shop on Amazon a portion of your purchase can go directly to the Dubin Center?

Shop at smile.amazon.com and they will donate 0.5% of eligible purchases to your the Dubin Center —no fees, no extra cost!

Shopping though Amazon Smile is easy!

Search Amazon Smile in your web browser or visit <https://smile.amazon.com> and click "Get Started".

If you have the Amazon app on your phone, simply go to Settings; then Amazon Smile; then chose your charity as Alvin A. Dubin Alzheimer's Resource Center and turn ON Generating donations! and psst - Tell your friends!

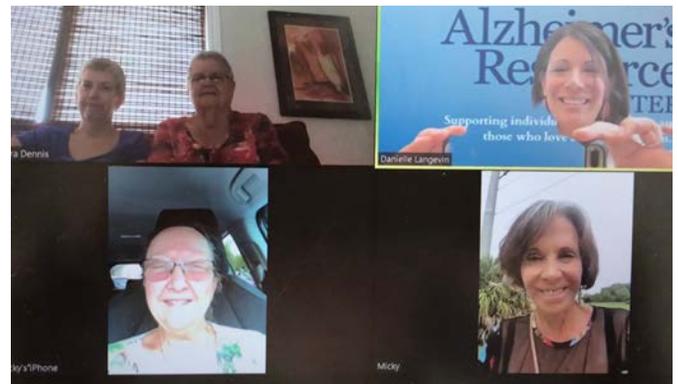


Supporting You Through Zoom

Meet Danielle Langevin our Caregiver Support Specialist. Danielle facilitates the Caregiver Support Groups here at the Alvin A. Dubin Alzheimer's Resource Center. These groups allow Caregivers to learn effective coping strategies, share their current challenges and successes with others who are facing similar situations, and create a safe space to release their feelings in a loving and understanding environment.



Currently, due to Covid-19, all support groups are still being held virtually via Zoom. What is ZOOM? Zoom is an online audio and web conferencing platform. People use it to make phone calls or to participate in video conference meetings. You can Zoom on a computer, a smartphone or a regular phone with a video or just your voice. The boxes below show what a zoom meeting looks like:



Need some extra help using Zoom?

Here is an instructional Video of Joining a Zoom Meeting:

https://www.youtube.com/watch?v=2c2PNW_3TpM&feature=youtu.be or [click here](#)
or call us at the Center and we will practice with you one on one (239) 437-3007

Support Group Updates

- In response to many requests, we will be reconfiguring our current schedule of support groups to offer each support group twice per month.
- If you are interested in having your loved one join a support group meeting to communicate with other people who are sharing similar experiences, please e-mail Danielle@alzheimersswfl.org or call 239-437-3007.

Looking forward to seeing you all in our meetings, and remember – You have to take care of yourself in order to take care of another!

"Maria's an amazing person..."

BY DAN MOSER

Maria's always been artistic in many ways. Over the 35 years we've been together (30 year anniversary this Oct 20th!) I've seen her create beautiful stained glass pieces, reupholster our furniture, crochet and knit, and sketch and draw too many pictures to count. I've kept dozens of sketches she's added to notes and greeting cards she made for me. But Maria's experience with painting was limited until I found Doug MacGregor's "Arts in Healthcare / Art by the disAbled" program at Lee Health. Once she began volunteering there, she began creating at least one ceiling tile per session, ceiling tiles that grace the patient waiting areas of Lee Memorial Hospital's radiology and outpatient lab. Between those and the many other paintings she's done for Doug's program - and three for Dubin's "**Brushstrokes from the Soul**" - her creations now number over 130.

I believe that along with her speech therapy, exercise, word and number games, jigsaw puzzles, card games, and doting over our cats, all of which she engages in on a daily basis, sketching and painting has undoubtedly been an important element that's allowed Maria to thrive and enjoy life even while her frontotemporal dementia progresses, albeit at a slower pace than would otherwise be the case. Her self-motivation and positive attitude are key factors as well. As Maria's spouse and caregiver I couldn't ask for more as we both deal with her devastating and cruel condition.



Art therapy supports those with memory impairment by showing the person that their story is of value and interest to others. It demonstrates to them that they are capable of adding beauty to the world for others to enjoy.



Introducing...

The Zelda Giving Society

Zelda Dubin created a sustainable foundation to build our resource center named after her husband Alvin A. Dubin. The center is dedicated to help the community and caregivers in Southwest Florida afflicted by Alzheimer's disease and neuro-cognitive disorders. We need continued financial support and depend on your generosity to help the center thrive to meet the growing needs of our neighbors who are navigating the world of memory impairment.



As a member of Zelda's Giving Society, you will:

- Help provide respite services so that caregivers can take some time for self-care
- Help grow educational programs focused on creating awareness and teaching interventional strategies designed to improve the daily interactions/experiences between the loved one and caregiver
- Help expand support services to reach those with limited resources including transportation, language skills and technology resources
- Help offer new support groups focused on depression and grief and much more

You will make a difference.

As a member of The Zelda Giving Society you will receive:

- Invitation to exclusive events
- Special seating and recognition at events
- Bi-annual Zelda Society meeting with the Executive Director
- Recognition on permanent display at The Alvin A. Dubin Alzheimer's Resource Center

There are various levels within the Zelda Giving Society:

Benefactor \$10,000 and above

Philanthropist \$5,000 - \$9,999

Ambassador \$2,500 - \$4,999

Humanitarian \$1,000 - \$2,499

Friend \$100 - \$999

For assistance with gift planning, contact the Executive Director, Lynne Thorp
(239) 437-3007 or lynnethorp@alzheimersswfl.org

Imagine THE IMPACT

YOUR PARTNERSHIP COULD MAKE.

Volunteer

The Dubin Alzheimer's Resource Center has volunteer opportunities for you to help provide important information about Alzheimer's to our caregivers and friends by answering calls at the Resource Center, assist with special projects like creating care packets, helping with clerical tasks or by planning for and participating in special events.

Leave a Legacy

The Dubin Center would be honored if you include us in a planned gift. We can assist you with the technical aspects or you can make your planned gift decisions with your own financial advisor. As soon as you have made the decision on your gift, just let us know. If you are including the center in your will, our legal name is Alvin A. Dubin Alzheimer's Resource Center. The center's 501(c)(3) document number is 65-0580633.

For more information or assistance with gift planning please contact Lynne Thorp, Executive Director (239) 437-3007 or email lynnethorp@alzheimersswfl.org

Keeping Loved Ones Safe



The Alvin A. Dubin Alzheimer's Resource Center is pleased to offer a Safety Program for caregivers and their loved one diagnosed with Alzheimer's or other neurocognitive disorder.

There are three components developed to protect individuals which are provided at no charge.

- **Emergency Preparedness Information**
- **Identification bracelets/necklaces**

The identification bracelet, or necklace, is designed for law enforcement to identify individuals who have wandered away from their caregivers and are unable to convey where they live.

- **ReUnite Program**

The goal of this program is to aid first responders in search and rescue operations for at-risk individuals with cognitive and/or behavioral disorders who may be prone to wandering or getting lost. The kit includes materials and instructions for collecting and storing skin cells which expedite search missions.

For more information on the program, please email ReUnite@UnitedWayLee.org or call (239)433-2000.

For more information and resources, please visit www.AlzheimersSWFL.org or call the Center at 239-437-3007

Gifts to the Alvin A. Dubin Alzheimer's Resource Center

Our sincere thanks to the following individuals and businesses who gave a memorial, honorary or general gift during the months of July, August, September and October.

Gifts not listed will appear in the Spring Issue.

In Memory of Albert DiDonato

Marlene DiDonato

Al Elhindy

Marguerite and William Stanzel

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Mary Ellen Layne

Herbert Williams

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