

# ALVIN A. DUBIN Alzheimer's Resource CENTER

SUMMER

VOLUME 26, ISSUE 3

## Greetings

Kathy Y. Monroe  
Interim Executive Director

Hopefully, this newsletter finds your family, friends and you healthy and safe during this pandemic.

The Alvin A. Dubin Alzheimer's Resource Center has continued with programs and services. Monthly support groups have been taking place virtually via ZOOM. Caregivers and their families are being served telephonically. In addition, a few trainings have taken place virtually and future ones are scheduled. Please reference the website for training and support group information.

Most staff are in the office daily, while others work remotely on some days.

An active search is taking place for an Executive Director and expected to end soon with the selection of a candidate best suited for the Alvin A. Dubin Alzheimer's Resource Center.

The *annual meeting* will take place via ZOOM on August 26, 2020 at 5:30pm

*Brushstrokes From the Soul* and *A Light to Remember* are being planned simultaneously. *Brushstrokes* will be held virtually on November 12, 2020. There will be the usual silent auction. A plan for an in-person *Light to Remember* is hopeful. A date is yet to be determined. The annual symposium will be March 4, 2021. There will be additional information shared about these future events.

The Board of Trustees and Alvin A. Dubin Alzheimer's Resource Center staff are grateful for the caregivers, supporters and community partners who have continued to travel this rocky road with us, as we redesign ourselves.

The one thing any of us can always count on is change. If it has been difficult for you watching it, then you must know how difficult it is for us going through it.

Stay safe and keep healthy.

With much sincerity,  
*Kathy*



We are open and  
we are here for you

*We are open and here to serve you during these unprecedented times. We are still here to provide guidance, education and resources via phone, zoom and at the center by appointment only.*

For more information about the Alvin A. Dubin Alzheimer's Resource Center, contact us at (239) 437-3007 or visit our website at [www.alzheimersswnfl.org](http://www.alzheimersswnfl.org)



You're cordially invited to join us

Thursday  
November 12th  
5:30pm

held *virtually*,  
details to come!

*Brushstrokes*

In recognition of  
National  
Alzheimer's Awareness  
Month

from the soul

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## Mark Your Calendar



### *What a Caregiver Needs to Know About Veterans Services*

*Presented by Rodney Van Ness, Veterans Service Manager, Lee County Human Services and Jennifer Eno, Community and Caregiver Educator for the Alvin A. Dubin Alzheimer's Resource Center*

Monday, August 17, 2020, 10:00am, via Zoom  
Zoom Meeting Code: 537 928 0495

Learn what you need to know when trying to access home and community based services for your loved one with Alzheimer's disease or a dementia related disorder.

Persons will learn how to navigate the veteran's system to obtain services. There will be a discussion about the different programs, services, documents, and eligibility required for application.



### *Alvin A. Dubin Alzheimer's Resource Center's Annual Meeting*

Wednesday, August 26, 2020 at 5:30pm, via Zoom  
Zoom Meeting Code: 537 928 0495

Alvin A. Dubin Alzheimer's Resource Center Staff, Board of Trustees and Advisory Council members will be introduced. A new slate of officers will be presented along with a financial report. The Youth Scholarship recipients and/or their family members will be present as their very moving essays are shared.



### *Brushstrokes From The Soul*

*An Art Auction in recognition of Alzheimer's Awareness Month Presented by the Alvin A. Dubin Alzheimer's Resource Center*

Thursday, November 12, 2020, 5:30 p.m. – 7:30 p.m.

This year's auction will be held **virtually**, stay tuned for more information!

*Brushstrokes from the Soul* is the center's annual event recognizing National Alzheimer's Awareness Month. This event offers an opportunity to showcase a therapeutic intervention for dementia. Art therapy is an especially effective part of dementia care as it allows the person with memory impairment a way to communicate when words are no longer there.



*Volunteers are needed to make phone calls and assist with events.  
If interested, please call (239) 437-3007*



# Meet our New Staff

Kathy Y. Monroe, Interim Executive Director, has served on the Dubin Center's Advisory Council for the past five years. She has a Master of Science in Gerontological Studies and was the former Executive Director at an Area Agency on Aging in Pennsylvania. She has over twenty years experience in the social services industry, precepting in Alzheimer's Care, being an Admissions and Marketing Director at a long-term care facility with HCR-ManorCare and facilitating an Alzheimer's support group for approximately five years for the Delaware Valley Alzheimer's Association in SE Pennsylvania. Her most recent position prior to the Dubin Center was Program Director at F.I.S.H. of Sanibel-Captiva, Inc.

Terri Czczotka, Operations Manager, has worked as the Fi-

nancial Manager at another local non-profit, F.I.S.H. of Sanibel-Captiva, Inc. Terri was the District Treasurer at Montauk Fire District in Montauk, N.Y. and Human Resources for Time Warner in New York City. She holds a Masters of Business Administration.

Jennifer Eno, Community and Caregiver Educator, has a B.S. in Health Services Administration. She began her healthcare career as a Health and Community Development worker in the Peace Corps. She has been a part of the everchanging healthcare community in Southwest Florida for 10 years. First as an Admissions Director at ManorCare, then as a Senior Care Consultant with Care Patrol of Southwest Florida. Most recently Jennifer was the Community Outreach Coordinator at Cypress Point Senior Living.

## Meet Megan Clark Alvin A. Dubin Alzheimer's Resource Center Service Learner



Megan comes to us from Florida Gulf Coast University (FGCU) as a service learner. She spent time with us assembling and delivering our "bags of cheer" to brighten the day of our COVID-19 isolated caregivers and families. This was a United Way partner project.

In addition, she has become quite knowledgeable of the different types of dementia-related diseases. She is currently a Senior at FGCU and expecting to receive a B.S. in Accounting next year.

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# Caregiver Self-Care

## Danielle Langevin

Social Services Specialist  
Alvin A. Dubin Alzheimer's  
Resource Center



It is important to remember self-care. A caregiver must make it a priority in their day-to-day life. It will help you provide better care for someone else.

Here are some ways to help create self-care at home.

### 1. **Keep medical appointments**

You must follow through with appointments and routine tests.

### 2. **Call a friend**

Spend some time catching up with someone you have not communicated with in a while. Laughing with others is a great way to help relax your body and mind.

### 3. **Visit a museum online**

Visit [www.purewow.com](http://www.purewow.com) to find 10 museums around the world that you can visit from the comfort of your own home.

### 4. **Make a move**

Exercise is important! Whether it is 10 minutes of stretching, an evening walk, or a yoga video on YouTube. Physical exercise helps to clear your mind and relieve stress.

### 5. **Draw**

Doodle, paint, or grab an adult coloring book! These activities will occupy your mind while allowing you to use your imagination.

### 6. **Listen to a podcast**

Let your mind wander to things beyond your normal day. There are motivational talks, old-fashioned radio shows, fictional and nonfictional stories. Check out Apple Podcasts, TuneIn, or Spotify to find something suited to you.

### 7. **Read a book**

Set aside some time each day to sit quietly and read a book. Let your mind get lost in the words. Check out free library apps like Hoopla or Libby. Make yourself some tea for an extra bit of relaxation!

Being a caregiver can be enjoyable as well as challenging. It is critical to take time for yourself. Try at least one of these activities for self-care each day to keep yourself mentally alert and physically healthy.

In response to receiving a “Bag of Cheer” from the Alvin A. Dubin Alzheimer’s Resource Center, Mary Jo wrote:

*“My husband loved the little stuffed dog. The gift bag was full of wonderful things. It was so exciting to receive so many useful items. I was overwhelmed with so many nice gifts. Please know how much we appreciate the thoughtfulness of the gift bag from the Alvin A. Dubin Alzheimer’s Resource Center. It is also meaningful to me that I have a resource to call for help and emotional support. I am blessed. Thank you!”*

Each Alzheimer's caregiver  
needs to come to a simple  
understanding - your  
accomplishment is  
wonderful and amazing.

Bob DeMarco, Founder  
[AlzheimersReadingRoom.com](http://AlzheimersReadingRoom.com)



# YOU ARE NEEDED...

The Alvin A. Dubin Alzheimer's Resource Center is a nonprofit organization addressing the needs of persons with Alzheimer's and their families through family support, education, and advocacy. Please join us in the fight by completing and submitting this form with payment to: The Alvin A. Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court, Fort Myers, FL 33907.



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Please make checks payable to the Alvin A. Dubin Alzheimer's Resource Center or call (239) 437-3007 to make a donation via Visa or MasterCard.

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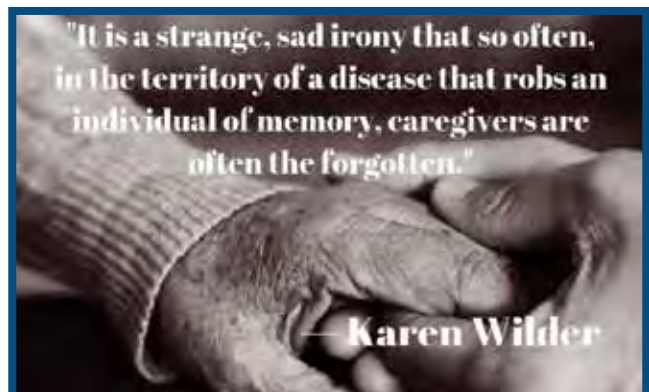
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## The Distant Caregiver

Kathy Y. Monroe, MSG

Alvin A. Dubin Alzheimer's Resource Center

The Alvin A. Dubin Alzheimer's Resource Center is a place where caregivers, families, professionals, community partners and those with a dementia-related disease can visit, gather information and learn about resources in the community relevant to Alzheimer's Disease and other cognitive disorders.

Frequently when we think of caregivers, we think of someone in the home caring for a person in the same household. A spouse or adult child comes to mind. There is another caregiver that is sometimes not spoken about because they may live outside the home, in another town, another state or country. That is the long-distance caregiver who lends support to the primary or professional caregiver that is in the home or facility.

The distant caregiver experiences the same emotions affiliated with caregiving as the in-home or professional caregiver. They are able to enjoy the triumphs of the love-one's good days and the anxiety of not being able to "fix" things in their lives. The emotional strain of not seeing their loved-one on a daily basis can be of concern and disheartening to them. Within families there can be the primary caregiver who communicates



regularly with the distant caregiver. In a facility situation the distant caregiver is communicating with professional caregivers within the environment and depending on their lead as to how to handle some of the caregiver decisions.

It is important to remember that the distant caregiver needs materials and resources to continue to educate themselves about what is taking place and expectations of the progression of the dementia-related disease. Our center can refer that long-distance caregiver to other agencies within their immediate community to access information. They can be referred to organizations such as the local Area Agency on Aging, United Way 211, Veterans Affairs, a local Alzheimer's Association, support groups and many more.

It is important not to forget the long distance caregiver and to support and encourage them to take good care of themselves. Their role can easily change to becoming the primary caregiver on short notice.



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*Our sincere thanks to the following individuals and businesses who gave a memorial, honorary or general gift during the months of June, July, August and September. Gifts not listed will appear in the Winter issue.*

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The Terraces at Bonita Springs  
2<sup>nd</sup> Monday, 2:00 p.m.

Hope Lutheran Church  
4<sup>th</sup> Monday, 10:30 a.m.

### CAPE CORAL

Gulf Coast Village  
1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 2:00 p.m.

Grace Church  
3<sup>rd</sup> Tuesdays, 3:00 p.m.

### FORT MYERS

Pine Ridge at Fort Myers  
2<sup>nd</sup> Tuesday, 2:00 p.m.

Brookdale Fort Myers The Colony  
4<sup>th</sup> Tuesday, 2:00 p.m.

Saint Columbkille Catholic Church  
2<sup>nd</sup> Wednesday, 10:00 a.m.

Alvin A. Dubin Alzheimer's  
Resource Center  
3<sup>rd</sup> Thursday, 6:15 p.m.

Peace Lutheran Church  
3<sup>rd</sup> Wednesdays, 10:00 a.m.

### NORTH FORT MYERS

Pine Lakes Country Club  
4<sup>th</sup> Thursday, 2:00 p.m.

### PINE ISLAND

Pine Island United Methodist  
1<sup>st</sup> Thursday, 10:30 a.m.

### LEHIGH

Lehigh Acres United Way House  
3<sup>rd</sup> Monday, 2:00 p.m.

### SANIBEL

Sanibel Congregational  
United Church of Christ  
4<sup>th</sup> Wednesday, 1:30 p.m.

### LABELLE

Oakbrook of LaBelle  
1<sup>st</sup> Wednesday, 1:00 p.m.

### ADULT CHILDREN GROUP

Alvin A. Dubin Alzheimer's  
Resource Center  
1<sup>st</sup> Tuesday, 6:15 p.m.

All Support Groups are currently  
being held via Zoom.  
Please contact the Alvin A. Dubin  
Alzheimer's Resource Center for  
details.

(239) 437-3007