

ALVIN A. DUBIN

Alzheimer's Resource CENTER

Where no one will face dementia alone.

A Fresh Direction for The Dubin Center

EXECUTIVE DIRECTOR, LYNNE THORP

Greetings!

Did you know that there are an estimated 28,000 individuals living with dementia in Lee County, Florida? This number is expected to increase 25% in the next 5 years. To prepare to meet the growing needs in our community, I am proud to announce that the Board of Trustees, Advisory Council and Staff completed a four-month strategic planning process. The results will guide The Dubin Center into the next 25 years serving caregivers of the memory impaired in Southwest Florida. We started by revising our mission and vision statements, then laying out our objectives.

The mission statement is the statement of what our organization does and why we exist. Our vision statement describes how the world would look when we complete our mission.



Our New Mission

is to achieve caregiver health, strength and resilience by providing education, information, hope and compassion.



Our New Bold Vision

No one will face dementia alone.



Our New Objectives

We support individuals and caregivers through:

- a) Information and resource referral;
- b) Enhanced health and social service coordination;
- d) Facilitated, effective support group services;
- e) Advocacy efforts for individuals with dementia focused on reducing stigma;
- f) Education and training focused on dementia and caregiver strategies;
- g) Collaboration with community partners for effective resource and service delivery.

Within this quarter's newsletter you will begin to see how we are enhancing the services we offer to our caregivers and to the community. You will meet our new team members, learn of new educational trainings and support group services we are offering, discover various opportunities to sustain and expand the center's programming through giving and be inspired by stories shared in the Caregiver's Corner. Mark your calendar for the 26th Annual Meeting on May 24th, 2021 at 5:30pm; more details are on the next page.

Best to you all and look forward to seeing you in person soon!

Lynne Thorp



Inside this issue:

MEMBERSHIP INFORMATION & ZELDA SOCIETY	2
NEW STAFF MEMBERS	3
VIRTUAL DEMENTIA TOUR	4
CAREGIVER CORNER	5
GIFTS TO THE CENTER	7
ZELDA GIVING SOCIETY	8
LUMINARY UPDATE & SCHOLARSHIP PROGRAM	9
EDUCATIONAL PROGRAMS	10
SUPPORT GROUPS	11

Board of Trustees

Al O'Donnell, President

O'Donnell Landscapes

Mitchell L. Cordova, Vice President

VP Student Success & Enrollment Management - FGCU

Britton G. Swank, Esq., Secretary

Britton G. Swank, P.A., Attorney

Jamie Seneca, Treasurer

Trilogy Health

Kathy Y. Monroe, Member at Large

Community Volunteer

Debbie Beavers, Advisory Council Chair

Community Volunteer

Stan Grigiski

Medical Claim Service

Keith Kyle

Circuit Court Judge

Dawn Moore, RN,CMC

Lee Health, Cypress at Home

Carol Osterhout, Vice President

FineMark National Bank & Trust

Reina Schlager, CPA,PFS, RHU

Schlager, Schlager & Levin

Lowell Schoenfeld, Esq., Attorney

Green Schoenfeld & Kyle LLP

Advisory Council

Debbie Beavers, Advisory Council Chair

Community Volunteer

Halcyon St. Hill, Ed.D, Vice Chair

Florida Gulf Coast University

Sharon Eldred

Community Volunteer

John Goodlad

Community Volunteer

Jennifer J. Hammond

Associate, Green Schoenfeld & Kyle, LLP

Laurie Moore

Financial Advisor, Morgan Stanley Wealth Management

Dan Moser

Caregiver and Community Advocate

Carl Scharfenberg

Community Volunteer

Jo Stecher, PhD, RN, CCTC

Florida Gulf Coast University

Jaimee Thompson

Abby Services

Emeriti Board

Bill Enslin

Community Volunteer

Douglas Newland, MD

Neurologist

Julie Osterhaut

Osterhaut & McKinney

Bill Beckwith, PhD

Memory Management

Patricia Hessel

Retired Certified Public Accountant

Nancy Silvers, RN C

Retired Registered Nurse

John Belisle

BB&T - Oswald Trippe and Company

Nancy Zant

Nursing Home Administrator, Gerontologist

Peg Gray-Vickery

Texas A&M - Central Texas

Lou Pontius

Community Volunteer

Archie B. Hayward

Lee County Court Judge

James Nolte

Election of New Members to the Board of Trustees

Please join us for the 26th Annual Meeting on May 24th, 5:30pm via zoom to hear from the leadership, clients and supporters of the Dubin Center. Additionally, new board member nominees will be introduced and voted on and new Advisory Council members will be named.

Who can be a voting member at The Dubin Center?

A voting member can be an individual or any agency, department of government, business, civic, religious, or consumer organization who makes a contribution of \$100 or more. Every member of the Zelda Annual Giving Society is a voting member.

There is still time to get your contribution in before annual meeting; qualifying contributions must be received between 1/1/2020 - 5/24/2021. Each member, including organizations have one vote.

What are Voting Members' responsibilities?

A Voting Member has two main responsibilities:

1. electing the Board of Trustees; and
2. providing information, assistance, and guidance in carrying out the objectives of the corporation

How do I find out if I qualify to be a member?

To confirm your status and update your contact information, please email info@alzheimersSWFL.org or call the center (239) 437-3007.

I'm a member, now what?

The voting will take place at the Annual Meeting on Monday, May 24th at 5:30pm via Zoom. Visit <https://www.alzheimersswfl.org/news> for full details and a link to the meeting.



The
**ZELDA
ANNUAL GIVING
SOCIETY**

In special tribute to the woman who started it all, The Zelda Giving Society was established to help the center continue to fulfill its mission in supporting our community.

- Benefactor \$2000
- Philanthropist \$1000
- Ambassador \$500
- Humanitarian \$250
- Friend \$100

To join, visit The Zelda Giving Society – Alvin A. Dubin Alzheimer's Resource Center (alzheimersswfl.org) or call the center at (239) 437-3007

Meet our Newest Staff Members

Jan Golembiski Dementia Resource Navigator

Jan will provide direct support to our caregivers, run support groups and help with our educational programs.



Jan's 25 year career has focused on helping others. As a professional, credentialed Social Worker, Jan has worked with children and those with mental illness. However, she found her true calling, 15 years ago, when she started work in a nursing home. Jan now works with the geriatric population and their families to enable those with dementia and related diseases to have meaningful life experiences and to live as independently as possible. Jan is a trainer with the National Council of Certified Dementia Practitioners. She now trains staff, professional caregivers, first responders, and family members in caring methods. Jan believes in utilizing a holistic approach to caring for people with dementia and related diseases. This approach utilizes a myriad of disciplines, therapies and interventions to help support the whole person. Jan enjoys being in nature in her free time and lives in Southwest Florida with her husband Steve and their dog Mack.

Karen Magin Licensed Clinical Social Worker, MSW

Karen will be supporting our caregivers by running our new Grief Support Group



We are excited to announce that we are partnering with Karen Magin at Aging Interventions, Inc. to run the new grief support group. Karen is passionate about seniors and issues related to aging. She is a Licensed Clinical Social Worker (LCSW), holds a Master of Social Work (MSW) degree, is a Certified Advanced Professional with Aging Life Care Association, and previously worked as a Social Worker at the Dubin Center for 5 years (2011-2016)! She now has a private practice, Aging Interventions, Inc. where she provides counseling and geriatric care management to older adults and their families. The focus of her practice is on aging and geriatric issues with a concentration on caregiving and stress, Alzheimer's and other types of dementia, grief and loss, coping with medical issues and decline in functioning, family conflict, depression, and anxiety.

New Grief Support Group

We are all touched by grief at some point in our lives. Mourning the loss of a loved one is normal and is a process of adaptation. Many caregivers experience some feelings of grief and loss well before their loved one passes away, and it's common to have a range of thoughts and feelings after their loved one passes away. This new group will offer the opportunity to engage with others on a similar journey for support as well as education. Caregivers who have lost a loved one with dementia can join every other Tuesday beginning April 6th at 2:30pm.

Please visit the Support Group page on our website for upcoming Grief Support Group dates and times.

<https://www.alzheimersswfl.org/support-group-meetings>



Danielle Langevin



Jennifer Eno

New Offerings at the Dubin Center

VIRTUAL DEMENTIA TOUR: FAMILY EDITION

First Orientation Session will be held on Thursday, May 3rd at 2pm via Zoom

What is a Virtual Dementia Tour? The VDT Family Edition was designed to give families a way to gain understanding of what their loved one with dementia experiences daily. This self-guided experience is individualized and speaks directly to concerns about caregiving from a more personal, less clinical perspective. When you experience the Virtual Dementia Tour, you will open the window into the world of dementia and enhance your understanding in the process.*



Each kit includes the following:

- 1 pair of VDT Shoe Inserts
- 1 pair of VDT Gloves
- 1 pair of VDT Glasses
- 1 MP3 player with VDT Mix SD card
- ... and more!



What to expect? Once you have received your kit, you can attend our virtual group orientation session with Danielle and Jennifer or we can set up a time to do a one-on-one orientation. During the orientation session, we will walk you through the kit materials, explain how to properly "garb up" and set up a time to do an individual debrief after you've completed the VDT Home Edition.

How can I sign up? Visit the "Resources" section of our website, www.alzheimersswfl.org. Under "Resources" click on "Register Here" or simply call the center at 239-437-3007.

*explanation provided by SecondWind.org



Right at Home
In Home Care & Assistance
The Right Care, Right at Home®

To learn more, call
239.949.1070

HHA 299992318

PUT YOUR MIND AT EASE WITH THE RIGHT CARE FOR YOU OR YOUR LOVED ONES.

We provide care for those affected by dementia, Parkinson's and other specific diseases or disorders, and provide assistance with homemaking, meals, transportation and hygiene services.

- **RIGHT PEOPLE** – We provide companion and personal care given by people who care
- **RIGHT SERVICES** – The care clients need when they need it
- **RIGHT APPROACH** – Personalized care managed by professionals
- **RIGHT MISSION** – The best possible experience and peace of mind

www.rightathome.net/southwest-florida

We are a licensed Home Health Agency with trained, bonded and insured staff. Serving Lee and Collier counties since 2003.

Caregiver Corner

Spring Caregiver Outreach



Carl & Linda
Dubin Center Volunteers



"Fey" modeling her
new spring hat

The first week of April, the Dubin staff and volunteers visited caregivers to "shower" them and their loved ones with spring treats including hats, flowers, activities and tea!

"My husband was diagnosed with Alzheimer's three years ago and of course our lives have changed tremendously. One thing I realize is that I "like" my husband as much as I "love" him and we will go day to day with this powerful disease. Yes, my husband has Alzheimer's but I try not to sweat the little things anymore. Those little imperfections in our lives just do not matter. I really don't think about the little things that could spoil our day. I concentrate on living our lives as happy as we did and laughing as much as possible each day! That's what is important...not wasting time on the unimportant things. I smile every time I think about him!" *Pat A.*

WE HELP FAMILIES

find Independent Living Communities, Assisted Living Communities,
and Memory Care Communities-*at no charge!*

Care Patrol

Safer Senior Living, Your Goal, **Our Mission**
of Southwest Florida

239-265-9590

SWFL.Carepatrol.com

Our Certified Senior Advisors will always give you and your family the honesty, compassion and personalized service that our clients have come to expect from us.

We're experts in the senior placement industry. In SWFL alone, we have helped over 1,600 families find appropriate senior living communities.

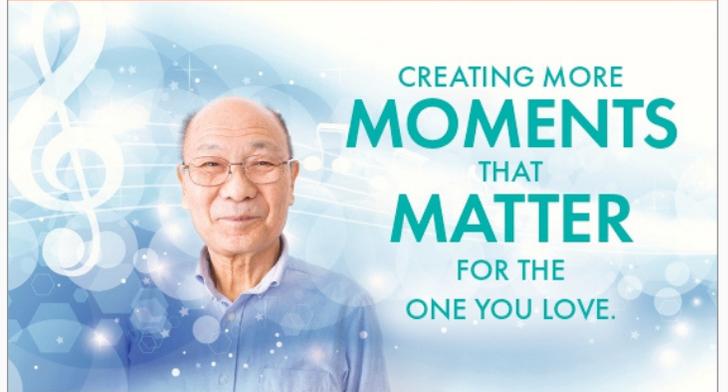
Contact CarePatrol of Southwest Florida to help take the stress out of finding the right fit for you.

Congratulations and three cheers for the
ALVIN A. DUBIN
ALZHEMER'S RESOURCE CENTER!
Thanks for all you do for this community!



Robert & Reina Schlager

Award Winning Assisted Living Memory Care



Music therapy, tai chi, daily wellness programs, cooking and gardening clubs—innovative memory care in a small-home concept environment. Life at The Cottage is designed around residents to bring out the best of each day—every day.



For more information, or to schedule a personal tour call 239.481.6605

10600 Cypress Cove Drive | Fort Myers, FL 33908

#AL9630

TheCottageAtCypressCove.com



SENIORS BlueBook
RESOURCES FOR AGING WELL



CALL TODAY FOR YOUR **FREE** COPY!

Seniors Blue Book is your resource for aging well – offering everything from aging in place listings to home health care and senior housing.

Call today **239-776-7353** to receive your **FREE** copy in the mail!

Limited number of additional copies will be available at all CVS and Walgreens in the pharmacy area.

Home Care | Care Management | Medical Care | Home Health



You don't have to face the challenges of aging alone. Whether it's a little bit of help, or care on a long-term basis, Cypress at Home brings comprehensive care right to your home so you can live independently in the place you love.

To schedule a consultation, call 239.349.3300 or visit CypressAtHome.org



9800 South HealthPark Drive, Suite 310, Fort Myers, FL 33908

Licenses: HHA 299992851, HHA 299994110

Comprehensive Memory Care

in a Beautiful Waterfront Setting

Connections Memory Care creates a mission-guided, holistic celebration of personhood that supports an individual's unique strengths and abilities.

- Relationship-based care
- Dynamic wellness programming
- An interdisciplinary team of healthcare professionals



SHELL POINT
RETIREMENT COMMUNITY®

Call (239) 415-5432 or www.shellpoint.org

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc. ©2017 Shell Point. All rights reserved. HCR-531-19

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 January, February and March.
Gifts not listed will appear in the Summer Issue.

In Memory of

Marilyn Berghs

Todd Adams
Kim Berghs
Judy Poklar

Richard Chagnot

Mary Ann and Robert Hansen

Mary Damm

William and Maria Costa

Bill Felt

Linda Benz
Connie Carr
Barbara Chiles
Jennifer Felt
Barry Lukatch
Janet McLaughlin
Kathy Mizgalski
Melissa Peden
Plano Fellowship

Ralph Gallo

Ruth Gallo

Jim Hynden

Calvin and Helen Lyons

Bob Klinger

Pat Klinger

Jo Lynne Murchland

Barbara Hardcastle

John J. Murphy

Eileen Murphy

Norman Spear

Patricia Bixby
Jane Fahrner
Denny and Vicki Spear
Deborah Stewart
Jan and Carolyn VanDriessche

Walter Wolf

Mary Ann Wolf

In Honor of

Maria DeLeon

Mary Cole

Rosemarie Ferrante

Charles Ferrante

Individual Donations

John Barber
Pat and Mike Boris
Corinne Collins
Suzanne Curtis
Ellie Fox
LindaLea Furtado
Adrienne Gerard
Gary and Susan Green
Lyndon Hamann
Mike Humphries
Keith Kyle
Ronald and Patricia Marks
Carl and Linda Scharfenberg
Wes Sims
Cheryl Stanton
Lynne Thorp
Raymond Wemer

Civic Gifts

American Legion Auxiliary

Corporate Sponsorships

Amy McGarry Law Office
Arden Courts
Care Patrol of SWFL
Choices in Living
Cypress Cove
Cypress at Home
Cypress Point
Lee Health
Millenium Physicians Group
Neuropsychiatric Research Ctr
Reina and Robert Schlager
Right at Home
Shell Point

Grants

Captiva Chapel By The Sea
LeeCARES

Luminaries

Betsey Ashcraft
Kim Berghs
Terri Czczotka
Teresa Dawson
Karen and Dave Eckhardt
Kathryn Eckhardt
Ellie Fox
Patricia Hanlon
Danielle Langevin
Carol McHugh
Patricia McKenny
Jane Pratt
Bill and Carol Rosenberg
David Sallee
Carl and Linda Scharfenberg
Jaimee Thompson



The
ZELDA
ANNUAL GIVING
SOCIETY

Philanthropist \$1000

Barry Lukatch

Ambassador \$500

Humanitarian \$250

Abby Services

Friend \$100

Julie and Thomas Boardman
Mary Brown
Peg and Scott Gray-Vickrey
Florence Wieder
IMO Robert E. Wieder



The Dubin Center is working closely with our partners in healthcare and senior communities to safely reopen the center in the near future. To prepare for this, we have reorganized the center to offer educational trainings, interactive group activities, and support groups. The Center will host a comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. It will be a space to enjoy the company of others with who are going through similar experiences with activities that will be facilitated by our experienced and dedicated team.



Innovators in Memory Care

Arden Courts' mission for over 25 years has been to provide a home-like, safe and supportive setting that nurtures the individuality of those living with memory impairments and provides their families peace-of-mind.

For additional information about our services or to schedule a virtual tour, call 239.454.1277 or email FtMyers@arden-courts.com



Experience makes a difference...

Arden Courts of Fort Myers
15950 McGregor Boulevard
Fort Myers, FL 33908
239.454.1277

Arden Courts 
Memory Care Community

 [arden-courts.org](https://www.arden-courts.org)

Images taken prior to mask requirement.

© 2021 ProMedica Health System, Inc., or its affiliates Assisted Living Facility License #9502



Exceptional Care.
Everywhere.



leephysianguroup.org • 239-216-9071

 **Lee Physician Group**
LEE HEALTH

amazonsmile

You shop. Amazon gives.

Donate to the Alvin A. Dubin Alzheimer's Resource Center with every purchase you make on Amazon! Simply go to Settings in your Amazon Account, click on [AmazonSmile](#) and select our name to have a small percentage from each purchase you make come right to us!



For More information call:
239-540-6813

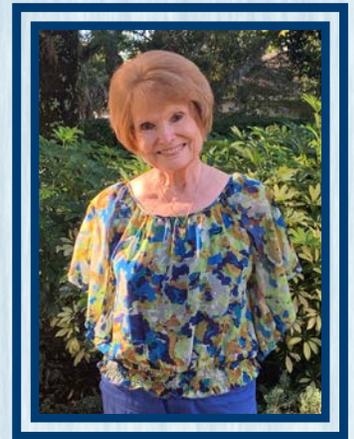
3812 Skyline Blvd.
Ste C & D
Cape Coral, FL 33914

choicesinliving21@yahoo.com

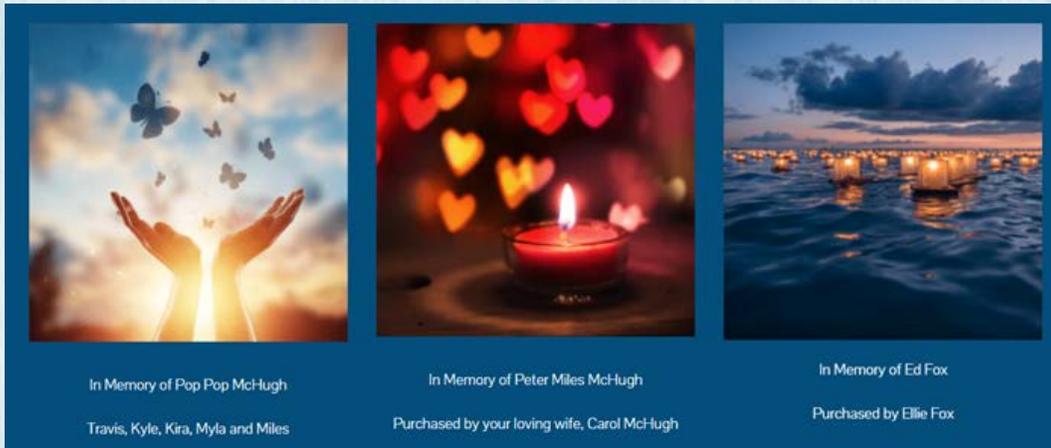
2021 Luminary Update

The 23rd *A Light to Remember* is off to a successful start! Thanks to our Grand Sponsor, Ellie Fox, and all those who have purchased luminaries, we have already raised \$3,850. We have a variety of luminaries available for purchase, they range from \$10 - \$500.

This year's *A Light to Remember* will be open through the end of year! Help us to reach our 2021 goal of raising **\$10,000** by visiting the luminaries page of our website. <https://www.alzheimersswfl.org/buy-a-luminary>.



Ellie Fox



In Memory of Pop Pop McHugh

Travis, Kyle, Kira, Myla and Miles

In Memory of Peter Miles McHugh

Purchased by your loving wife, Carol McHugh

In Memory of Ed Fox

Purchased by Ellie Fox

Don't forget to visit the beautiful Luminary Gallery [Luminary Gallery — Alvin A. Dubin Alzheimer's Resource Center \(alzheimersswfl.org\)](https://www.alzheimersswfl.org).

CYPRESS POINT
FORT MYERS

Assisted Living
Memory Support
Short-Term Stays

6870 Alister Way
Fort Myers, FL 33912
239-768-4044
www.cypresspointseniorliving.com
FL ALF #13038

TEEN SCHOLARSHIP PROGRAM

18 years ago, through teen support groups, we realized that these students who were helping with caregiving, often missed opportunities for extra-curricular activities and service hours often required of scholarship applicants. The Dubin Center is once again pleased to offer, a special \$1000 scholarship for student caregivers of an individual with dementia or a related disorder.

The deadline for the High School essay contest is quickly approaching on April 30th. Visit **Scholarship Program** tab of our website (<https://www.alzheimersswfl.org/scholarships>) to download the application.



Educational Programs

“ The hardest part about this whole thing has been just figuring out where we are and where to go for what... **WHAT'S HAPPENING? WHAT DO WE DO? ...** I think everything you all do at Alvin Dubin is worth so much ... At Dubin, the class that we got into was invaluable and I should have gone through this (Savvy Caregiver) two years ago... it sure would have eliminated a whole lot of stress and helped prepare me for what the disease is and how to handle it. *Cheri F.* ”

Savvy Caregiver Training

You have had training for every other job in your life, now we have training for your most important role.

1 THE PROGRAM IS
BROKEN UP INTO SIX
SESSIONS TAUGHT
VIRTUALLY OVER SIX
WEEKS

1

2

2 YOU WILL GAIN
KNOWLEDGE AND SKILLS

3 YOU WILL LEARN HOW TO
STRATEGIZE AND MANAGE
UNIQUE DAILY SITUATIONS

3

4

4 YOU WILL BECOME A MORE
CONFIDENT CAREGIVER

You're not on this Journey alone.

The program aims to help caregivers to understand the ways in which dementia progressively affects the cognitive, emotional, behavioral, and performance-based capacities of those whom it afflicts. Savvy teaches caregivers strategies for dealing with those losses, but it also teaches them how to develop highly individualized care strategies and how to modify or alter them as the disease produces further changes in the person. The program also focuses on self-care, as well as mobilizing family and community resources.

For upcoming dates visit www.alzheimersswfl.org/special-events or call 239-437-3007.

Dealing with Dementia

The Dealing with Dementia program is a four-hour workshop delivered in two sessions. This class is paired with a comprehensive reference book, the Dealing with Dementia Guide. The guide and workshop provide basic information on dementia, insights into the caregiving journey, and tips on things like dementia behavior management and developing a safe environment for someone with dementia.

The first series is designed for family caregivers and is offered free of charge.

May 11th & May 18th
1:00 - 3:00pm delivered via zoom

Visit www.alzheimersswfl.org/special-events
to register for this two part workshop.

Support Groups

The Dubin Center offers support groups to our caregivers in Southwest Florida so you have the opportunity to meet and learn with other members of your community who are sharing similar experiences. If you would like to join a support group call 239-437-3007 or register online <https://www.alzheimersswfl.org/support-group-meetings>

New Young Adult Meetup Support Group

It is estimated that there are 1.4 million youth caregivers in the United States. The Dubin Center is now proud to offer a Young Adult Meetup, a monthly support group designed to meet the needs of teen and young adult. Topics discussed will include education, caregiving tips and supportive discussions about self care and the stress young adults face when balancing work, school and living with a loved one with dementia. The group meets the second Wednesday of the month at 6pm with Dementia Resource Navigator, Jan Golembiski via Zoom.

Grief Support Group

Hosted by Social Worker Karen Magin, to learn coping skills focused on grief and loss for those who have lost a loved one to a dementia related disorder.

Challenges and Solutions

Join Dementia Resource Navigator, Jan Golembiski on zoom for interactive weekly topic specific sessions designed to provide ideas and potential solutions for common issues caregivers face when supporting someone with dementia.

May 2021 Support Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3 2:00pm Care Partner Group	4 2:30pm Grief Support Group 5:30pm Adult Children's Group	5 10:00am New Path Group	6 2:00pm Challenges & Solutions Communication	7
10 12:00pm SAVVY Group	11 2:30pm Journeys Group	12 11:00am Connections Group 6:00pm Young Adult Meetup	13 5:30pm SAVVY Group	14 2:00pm Challenges & Solutions Wandering
17 2:00pm Care Partner Group	18 2:30pm Grief Support Group 5:30pm Adult Children's Group	19	20 2:00pm Challenges & Solutions Activities of Daily Living	21
24 12:00pm SAVVY Group	25 2:30pm Journeys Group	26 11:00am Connections Group	27 5:30pm SAVVY Group	28 2:00pm Challenges & Solutions Hallucinations & Delusions
31				

Visit <https://www.alzheimersswfl.org/support-group-meetings> for zoom links and future calendars.

Millennium Physician Group
 is the Healthcare
Choice in Florida

Accepting
 New Patients
 in Office
 and thru
 Telehealth

Connect Today!
(844) CALL-MPG

500+ Healthcare Providers
130+ Locations
9 Walk-In Centers
25+ Specialty Services

MILLENNIUM
 PHYSICIAN GROUP
Your Connection to a Healthier Life

Offering Primary and Specialty Care | MPG Connect Telehealth
 Walk-In Medical Center | Lab Services | COVID-19 Evaluation and Testing
 Imaging Centers | Physical Therapy and More

www.MillenniumPhysician.com

NPRC
 Neuropsychiatric Research Center

"Searching for Tomorrow's
 Treatments Today"
 State-of-the-Art Clinical Research
 Trials

239.939.7777

Neuropsychiatric Research
 Center of Southwest Florida
 14271 Metropolis Avenue Suite A
 Fort Myers, FL 33912

nprc-swfl.com

AM

AMY McGARRY LAW OFFICE, PL
 PLAN FOR THE FUTURE

BOARD CERTIFIED IN ELDER LAW

1708 CAPE CORAL PARKWAY W, SUITE #7 CAPE CORAL, FL 33914
 239-945-3883 | AMYMCGARRYLAW.COM



Don't forget to follow
 the Dubin Center on Facebook
www.facebook.com/AADubinAlzheimersSWFL
 and visit our website at
www.alzheimersSWFL.org

