

THE DUBIN CENTER

Where no one faces dementia alone.

Welcome back to a new look!

EXECUTIVE DIRECTOR, LYNNE THORP

Greetings!

As you may have noticed, the center has launched a new look with a familiar name. We now have the name you have called us for years, The Dubin Center. We also have a new website, www.DubinCenter.com, where you will always find up to date resources, support group listings, educational offerings and more!

We have some new team members who are offering the support groups you depended on in addition to some new programming we know you will value. We have been providing these over the past year via zoom and for many of you, this is your new normal that is convenient and one that you prefer. For those of you ready to return to the center, we are welcoming you back starting this month! We invite you to schedule a visit or join us at an upcoming memory cafe to learn how we can be of service to you.

Special events coming soon! SAVE THE DATES

The 25th Annual Brushstrokes from the Soul will be hosted for free at the Dubin Center on October 26th and 28th from 10am - 2pm. Caregivers are encouraged to bring their loved ones to our dementia friendly center to share fellowship and refreshments while enjoying the artwork submitted by individuals with dementia throughout southwest Florida.

A ticketed celebration of the 25th Annual Brushstrokes from the Soul will be held on November 4, 2021 at the Sidney & Berne Davis Art Center in downtown Fort Myers to raise money to help sustain the important work of the Dubin Center. Visit our website for more details.

The 15th Annual Holiday Social for Dubin Center caregivers will be held at the Edison Hall at Cypress Cove on December 1, 2021 from 2-4 pm with live music, dancing, food and refreshments.

Looking forward to seeing and supporting you!

Warm Regards,

Lynne Thorp, MBA MA
Executive Director



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

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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 Member

Kinsey Stapleton, MSW Social Worker

I moved to SWFL from Illinois last year after graduating with my MSW. My passion for advocacy is what drew me to working with older adults. I enjoy the opportunity I have each day to learn from my clients and connect them with others like themselves in the community. When I'm not working, I enjoy spending time with my dog, Cricket, and going to the beach as often as possible. I also love all animals, art, music, writing, and thrift shopping.



Avoiding Caregiver Stress: the Importance of Having a Care Team

By Kinsey Stapleton

According to the Health in Aging Foundation, it is estimated that nearly 50 million Americans are currently taking care of older parents, grandparents, spouses, or other Adults. Although asking for help can be difficult, the overwhelming responsibility of caregiving is often too much for one person to handle. It may feel as if it is impossible to take care of your loved one, your family, and yourself all while avoiding caregiver stress. Having a care team in place can greatly reduce stress. Rather than waiting for an emergency to happen, it is important to start building a care team now to support you and your loved one throughout this journey.

So, what is a Care Team?

A care team is a group of individuals who will be there to support you throughout your caregiving journey. A care team consists of both professional and personal relationships, some team members may be a part of your day-to-day life while others are available to step up in the event of an emergency. Your care team may include physicians, professional care providers, financial planner, elder law attorneys, local law enforcement, immediate and extended family, trusted friends, neighbors, co-workers, clergy, or members of your congregation.

I Have My List, What's Next?

1. Keep a list documented of your loved one's Care Team in an easy to see location in your home (the fridge is a great place!) and understand that as his or her needs change, your team may need modified as well.
2. Write out the tasks that you complete everyday as you care for your loved one. Think about your loved one's current needs, as well as what they might need in the future. This list can include activities, socialization, outings, appointments, as well as personal care.
3. Have this list handy and talk with your team about specific tasks they can help with to support you and your loved one. Remember, many people in your life want to help, they just do not know how until you show them.

Here are some conversation tips to help guide these discussions:

- Guide your Team and show confidence in making decisions
- Listen to your Team's input when matching members to tasks or needs
- Show your team how they can help; do not expect everyone to know what to do on their own
- Be flexible if a team member says no to a request and do not take it personally; simply move on to the next person on your list
- Keep your team up to date on your loved one's needs as frequently as possible and meet regularly

How Can the Dubin Center Help My Care Team be Successful?

If you are struggling to create your Care Team or if you have questions about which professional services to work with, we are here to help. The Dubin Center works with dozens of local healthcare providers and social service organizations that can enhance the team that is caring for your loved one. Additionally, if you feel as if you do not have enough local support to create a Care Team, the Dubin Center can work with you individually to develop a safe plan for your loved one's care. Part of our mission in preserving your health as a caregiver is empowering you with the proper tools you need in order to be proactive in your journey and ultimately eliminate stress as much as possible. If you would like any additional support or have further questions about creating a Care Team, please contact us at 239-437-3007 or email Kinsey@alzheimersswfl.org

How to join a Support Group

printable version?

August Support Group Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00pm Savvy Support Group 2:00pm Challenges & Solutions	3 2:00pm Challenges & Solutions Group 2:30pm Grief Support Group 5:30pm Adult Children's Group	4 3:00pm Apart not Alone	5 10:00am Creating an Emergency Plan 2:00pm Pine Island in-person at St. James City Civic Assn.	6
9 2:00pm Challenges & Solutions	10 2:30pm Journeys Group	11 11:00am Connections Group	12 10:00am FTD Support Group	13
16 12:00pm Savvy Support Group 2:00pm Challenges & Solutions	17 2:00pm Challenges & Solutions Group 2:30pm Grief Support Group 5:30pm Adult Children's Group	18 3:00pm Apart not Alone	19 12:00pm Through the Eyes of a Male Caregiver 2:15pm Pine Island in-person at Beacon of Hope	20
23 2:00pm Challenges & Solutions	24 2:30pm Journeys Group	25 11:00am Connections Group	26 12:00pm General Group	27
30 2:00pm Challenges & Solutions	31 Support Groups listed in light blue will be held in-person at the Dubin Center unless otherwise indicated. Masks are required for all in-person participants. You <u>must</u> RSVP prior to attending these groups due to limited capacity. Please call 239-437-3007			



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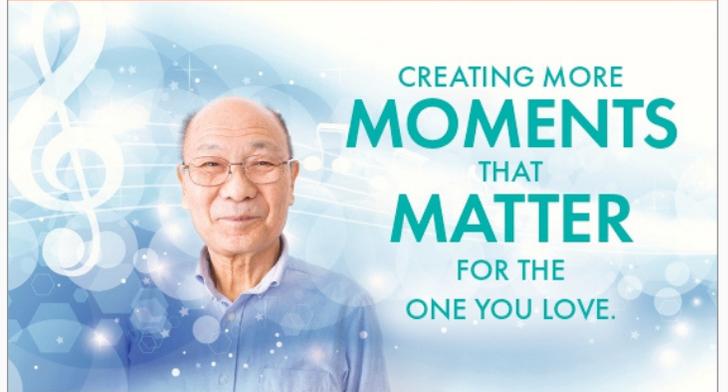
Contact CarePatrol of Southwest Florida to help take the stress out of finding the right fit for you.

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Thanks for all you do for this community!



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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 April, May and June.

Gifts not listed will appear in the Fall Issue.

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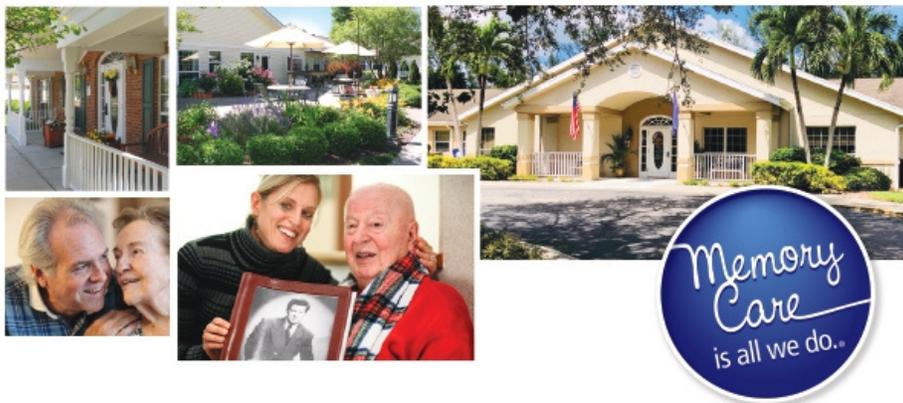
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Caregiver Corner

By Barry Lukatch

Caregiving for a loved one with Alzheimer's is a journey on a roller coaster ride with no predetermined length and no knowledge of the amount of highs and lows we will feel. This is not an easy journey and some may feel it is their most difficult, but it is one that I am committed to take.

We all experience this journey differently. Although there may be many common issues, each of us will deal with them as best we can. There are no correct answers. Each of us is unique unto ourselves and our circumstances. With the help of support offered by others we may find the best ways to meet our needs.

Of one thing I am sure, it is worth the ride!

Although at times I may question that premise, my love for my wife never wanes. There is always love in my heart, even at times when I struggle with my conflicting emotions and the forever present uneasiness of the unknown. I have feelings of fear, anger, frustration, being overwhelmed and the ultimate loss of my wife. I try never to forget that she always feels the love that we have for one another even while dealing with her own anguish brought on by this ravaging disease.

It breaks my heart as I watch her struggle to do things that came so easily to her in the past, but are now often difficult or impossible to accomplish. What truly hurts me the most is the realization that she continues to feel the loss of herself a little bit more at a time and knows that it will never get better.

What I have learned so far is that compassion, forgiveness and patience are the three most valuable traits I can aspire to achieve and maintain. Both for myself and my wife.

Along the way has come a peacefulness in my understanding and acceptance. There are constant changes that are required to make this journey as comfortable as possible for all involved. I never know what or when the next issue will arise, but what I have learned is, that as my wife's caregiver, I must adjust. I should never expect her to be able to do so.

I wake up every day so very grateful for the time we are still able to enjoy together, in each other's company, and the truly special life that we share. There is never a day that goes by that I am not able to see or hear of others far less fortunate than ourselves and appreciate all that we have.

As a caregiver for a loved one with Alzheimer's, we often feel alone and empty. It is our love, inner strength and support from others that carries us through what may well be the most fulfilling experience of our lives. It is an honor to be able to give so much to one you love.

May God bless all the caregivers, the angels of mercy, who take on this journey.

I realize that our journey will continue to get more difficult as time goes on, but at this moment each day brings a different song in my wife's head which she sings to me in the morning and often throughout the day. I love her sense of humor and we continually share great moments of laughter together. We dance as often as we can, enjoy great meals together, share time with family and others that we truly care for and care for us. In the small scheme of things, our life truly is grand!

I love you Cheryl with all my heart and soul. Barry



*In loving memory of Cheryl Lukatch
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