inside

social isolation 4
teaching savvy 7
imagine the impact 11
Dear Friends,

I remember speaking with one of our caregivers earlier in the Spring. He is a husband and father and was caring for his wife who has Alzheimer’s. He decided to enroll in the Savvy Caregiver course and try a support group. I remember him saying “Lynne, people keep telling me I’m so resilient…I don’t feel resilient, I feel sad and very tired.” He went on to tell me about his wife and how he missed cooking together and what a wonderful life they had and that he never expected it to end up this way. He loved caring for his wife and through taking Savvy Caregiver, he began to learn to care for himself too.

I spoke with a woman in Cape Coral just after Hurricane Ian. She brought a woman from her church home to live with her and her husband because she has dementia and no family to take care of her. She told me that this woman had a remarkable life as an educator and business owner and at one point a nun and that she loved her like family. She also said she was tired and did not know how much longer she could do this.

Recently, I stood in the hot parking lot with one of our caregivers who lost her husband just after the hurricane and most of her home during the hurricane. She told me how she is taking it day by day, working on cleaning up her home and rebuilding her life. I stood there in awe of her strength and positive attitude.

Thank you to all of our caregivers and to those who support them.

November is National Family Caregivers Month when we remember and honor the people who lovingly dress, groom, bathe, feed and provide for the millions of people living with dementia who are friends and loved ones. Caregiving can be rewarding but can also be a tough job.

“The closest thing to being cared for is to care for someone else.”

— Carson McCullers, The Square Root of Wonderful

Please enjoy the Fall edition of the Dubin Newsletter and learn about new programs offered at the center and things we are doing out in the community. Find updates on Brushstrokes from the Soul and A Light to Remember and the 9th Annual Symposium on Innovations in Alzheimer’s and Dementia Caregiving and Treatment.

Thank you all for your support of the Dubin Center – past, present and future.

Warm Regards,

Lynne Thorp, Executive Director

“Our mission is to achieve caregiver health, strength and resilience by providing education, information, hope and compassion.”
Many of our clients, staff and volunteers were at home while Hurricane Ian ravaged our community. The aftermath has been filled with stress and exhaustion as many were left without hot meals, water, supplies, power, transportation and for some, their homes. Faced with unprecedented challenges, the Dubin Team’s efforts immediately shifted towards helping the community heal.

Our team members who had cell service provided “Hurricane Check-Ins” while power was restored, and roads were cleared. We helped our caregivers with locating shelter, hygiene stations for showering, emergency food distribution sites, and information on where to obtain free household supplies. The team also gathered and donated clothing, blankets, towels, and shoes to distribute to area emergency response sites.

While some caregivers and their families had non-perishable foods, many had gone days without fresh, hot meals. The team worked together to deliver hot meals to the front doors of caregivers and meet clients face-to-face during a time filled with so much chaos. Once the center had power and the debris was cleared from the parking lot and surrounding roads, we were grateful to reopen for support groups and classes.

Overall, Hurricane Ian was a life changing event for the SWFL community. From the loss of lives, homes, flooding damage, devastation to businesses, and destruction of our beloved barrier islands, every single person in the community has been impacted in some capacity. Many of you have left our community to live with family in other parts of the country; we were honored to work with you and are a phone call or Zoom away.

While the community rebuilds, know that we are all here for each other and will continue to strive to make our vision a reality in southwest Florida — that no one will face dementia alone.
n continuing efforts to reduce caregiver isolation and meet the needs of low-income seniors in the community, The Dubin Center was awarded funding from the American Rescue Plan Act (ARPA). The funding comes from ARPA’s Coronavirus State and Local Fiscal Recovery Fund and was recently awarded to eligible nonprofits through Lee County and the United Way of Lee, Hendry and Glades Counties. Post hurricane Ian, this initiative will be even more impactful.

The Dubin Center has begun outreach efforts in several low-income areas throughout Lee County by partnering with United Way agencies, churches, community social service agencies, and senior housing facilities. Social workers from the Dubin Team are actively working with these community partners to bring support groups, memory screenings, resource referrals, and education to caregivers who are facing isolation and economic challenges. Further, the Dubin Center is also offering tablets to seniors residing in these communities in order to reduce isolation and increase technological literacy amongst seniors. Dubin staff will be available to assist seniors with learning how to use technology to access resources in the community and remain connected with their friends and family. These tablets allow caregivers to access communication platforms such as Zoom and FaceTime, as well as brain health programs like Brain HQ and Luminosity. Using these apps, caregivers can build cognitive resilience, strengthen memory, and sharpen attention span. Likewise, these apps will allow caregivers who may be homebound to still access services virtually.

Ultimately, the ARPA grant will allow the Dubin Center to continue its mission of ensuring that no one will face dementia alone. While many seniors throughout Lee County still face isolation and lack access to technological resources such as computers, tablets, and Internet, ARPA funding will allow the Dubin Center to mitigate these barriers and make services more accessible to everyone facing the challenges of dementia.

The Dubin Center is still looking for new or used iPad donations in order to support the efforts of reducing isolation in seniors. If you or someone you know would like to donate a used iPad and support this mission, please contact the center at 239-437-3007 for details.
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As we approach season, The Dubin Center will certified to offer a new engaging service called “TimeSlips” for clients. TimeSlips was created in 1998 with the goal of creating meaningful engagement between caregivers and their persons and now has over 900+ Certified Facilitators across the country. The goal of TimeSlips is to offer failure-free activities for those living with dementia that involve storytelling in order to change the way the world understands aging. TimeSlips provides facilitators with over 300 prompts to aid in engagement and reduce feelings of loneliness and isolation in older adults. The Dubin Center will be integrating the TimeSlips approach into memory cafés and telestories in 2023.

As the number of those living with a dementia-related diagnosis continues to increase, global research efforts to find treatments, preventions, and a cure also continue to evolve. The Dubin Center’s website will soon be featuring a research page highlighting Alzheimer’s and dementia-related studies. Additionally, information regarding paid research opportunities for those living with dementia-related illnesses will be made available on this page, including how to sign up if interested. Caregivers may look to this page to also find information about research trials that they may qualify for as well.
Savvy Caregiver is an evidence-based family caregiver training program that presents strategies for overcoming the challenges of dementia caregiving and teaches participants to have a more solution-focused response to these challenges rather than an emotion-focused response. The structure of this program focuses on instruction conducted by a Social Worker, in-class activities and discussion, and try-it-at home activities to practice the strategies learned in class. When caregivers contact The Dubin Center looking for education, they may already have knowledge on the disease itself, but find themselves having a difficult time managing the behavioral, physical, and emotional challenges that come along with a dementia-related disease.

The Dubin Center is pleased to announce that we will offer Advanced Savvy Caregiver! This is for caregivers who have completed the first six-week Savvy course. This class will be targeted towards caregivers who feel their person is continuing to decline and would like additional education on caregiving tips and strategies.

Unlike the first Savvy course, Advanced Savvy will be a four-week class focused on expanding the material from the previous course. Caregivers who are interested in signing up or who have questions about the class may visit our website for more information or contact the center at 239-437-3007. Classes begin January 2023!

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“...My wife was diagnosed with Alzheimer’s in November 2018, but she displayed symptoms years before and I recognized them. I had to feel my way as a spouse and said caregiver, and I didn’t always get it right. The SAVVY course was right on the money for me. I wish I had taken it a year, or two, or three earlier. In fact, I think the course could have taught me to be a better husband if I had taken it decades ago.”

~recent Savvy graduate

To sign up for the Savvy Caregiver program or inquire about the Advanced Savvy Caregiver program, please call our office at (239) 437-3007 or visit our website www.dubincenter.com/training to sign up online.
I n August, a group of caregivers met at LeeSar to participate in a cooking class and take a tour of the facility. LeeSar is a supply chain service that resources to health care professionals in Lee County. As we arrived at LeeSar, we were taken into one of the teaching kitchens where we would learn how to make three different recipes. We made a white bean soup, tzatziki and hummus pizzas, and a chicken and vegetable stir fry. Caregivers enjoyed customizing their own tzatziki pizzas with toppings like feta cheese, cucumber, onion, and more! After completing the cooking class, we headed to the kitchen where we donned shoe covers, hairnets, and suits to cover our clothes to ensure the facility remained sanitized. Several caregivers noted that they had never really thought about how or where the food is prepared for hospitals. The tour gave us a new appreciation for the hard work that goes into ensuring patients are fed during their hospital stay and during our 2-and-a-half-hour tour – we got our steps in!

**AUGUST CAREGIVER SOCIAL**

Dementia caregivers are at risk of social isolation which may be caused by the inability to leave the home due to providing 24-hour care. The Dubin Center emphasizes the importance of participating in self-care and doing fun activities to reduce the risk of social isolation. Often, we hear from our clients how they are having a difficult time finding time in their schedules to socialize with other people. For both the caregiver and the person for whom they are caring, making meaningful connections with friends and family is so important!
SEPTEMBER PAINT PARTY

In September Dubin clients met at Art in the Cape to create paintings and meet new friends. The owner of the studio led participants in a guided painting activity and taught everyone how to paint our version of a beach scene. We laughed and shared stories and were surprised at our hidden talents! Thank you, Abby Services for sponsoring this event - two pieces from the Paint Party were selected for Brushstrokes from the Soul and are on display at the center.

OPEN HOUSE

The Dubin Center held an Open House for all clients and community partners on November 3rd. We enjoyed food and friends while viewing the art submissions on display for the 2023 Brushstrokes from the Soul. Each room at the center displayed information on current and future programs and had a team member on hand to answer questions.
Imagine THE IMPACT

As a nonprofit organization, The Dubin Center depends on your generous donations to keep our services at no cost to our caregivers. All donations to the Dubin Center stay here in southwest Florida to support local families.

“The Dubin Center was a lifeline for my husband and for me as his caregiver. The support groups, educational resources and encouraging staff helped us to successfully navigate this horrible disease known as dementia. It makes my heart “happy” to be able to donate to such an outstanding organization.”

Jennifer Felt, Benefactor of the Zelda Giving Society

“Prior to my October birthday, Facebook offered me an opportunity to raise charitable contributions for any charity of my choice. My wife was diagnosed in 2015 with Alzheimer’s, so for my birthday this year, I invited friends and family to contribute and I would match all donations, dollar for dollar to go The Dubin Center in honor of my wife Diane.”

John States, Ambassador of the Zelda Giving Society

There are several ways to support The Dubin Center, please visit www.DubinCenter.com/ways-to-give to learn more about the variety of ways you can help support the Center.

Thank you for your support to our vision that No one will face dementia alone.
JOIN US
MARCH 1, 2023
8am-4pm
Florida Gulf Coast University,
Cohen Center
Fort Myers, Florida

Family care partners and professionals are invited to join us for an upcoming Alzheimer’s & Dementia symposia. This symposium will provide attendees with valuable education, information and resources — as well as inspiration and encouragement for the caregiving journey. CEUs pending.

Who Should Attend?
Nurses, nurse practitioners, nursing home administrators, social workers, licensed marriage, and family therapists, recreation therapists, activity directors, mental health providers, professional guardians, and family caregivers.

* Opportunity to earn approximately 6 continuing education hours.

2023 SYMPOSIUM PRESENTERS

Dr. Anne Basting  Dr. Jason Karlawish  Dr. Dominic D'Agostino  Dr. Angel Duncan  Dr. Tam Cummings

For questions regarding the conference, contact us at info@dubincenter.com or call 239-437-3007.

DUBINCENTER.COM/SYMPOSIUM
“Can’t say enough good things about the Dubin Center! We have attended several groups & taken the Dealing with Dementia class & it has really helped us. We are impressed with all of the resources, instruction & support available both in person & online. As the only daughter of a Dad who is afflicted & my Mom who is his primary caregiver it is so important for me to know help is so close & available when I cannot be.” Donna Hurley