

THE DUBIN CENTER

Where no one faces dementia alone.

ANNUAL REPORT

FY 2022 ANNUAL REPORT

JANUARY 1, 2022-

DECEMBER 31, 2022

20
22

The Dubin Center | 12685 New Brittany Blvd., Fort Myers, FL 33907
(239) 437-3007 | director@dubincenter.com | www.dubincenter.com



NO ONE WILL FACE DEMENTIA ALONE.

In January 2022 the Dubin Center moved to a new home in Fort Myers near the corner of College Parkway and New Brittany. The new center offers a warm, homelike environment for our clients to visit for support, education and socialization. We were off to a busy year introducing new programs that were integrated at partner sites near where our clients live including the Hope Lutheran Church of Bonita Springs, the Grace Church of Cape Coral, the Fort Myers Presbyterian Housing Community, the Sanibel Community House and the Beacon of Hope on Pine Island. In the fall, Hurricane Ian devastated our community and everything changed.

We know that individuals with dementia are at higher risk of experiencing negative consequences during and after a hurricane. We heard from our clients about the elevated state of confusion in their partner due to changes in their routine, unfamiliar surroundings, and the disruption of their daily life. We learned from community members new to the center about the concern for the safety of their neighbors who they suspect have cognitive decline and have no family members nearby for support.

Continuity is paramount with the population we serve. Our classes and support groups teach consistent schedules and routines to keep our clients at their optimal functioning abilities. The Dubin Center was a constant in our clients' lives even as the storm created disruption and havoc. As the Executive Director, I am proud that the Dubin Center staff was accessible and here to support our community.

One in eight people over the age of 65 lives with dementia which represents an estimated 60,000 people in Southwest Florida. The Dubin Center is the only center of its kind in Lee County. Both caregivers and individuals living with dementia can experience improvements in overall well-being by being actively involved in self-care, building coping tools for resilience, and learning new ways to adapt to their circumstances. The Dubin Center teaches strategies for changing abilities for those living with dementia and their partners in care. Our goal is to let every person in Southwest Florida who is impacted by dementia know that we are here for them; to empower them compassionately in their journey to achieve wellbeing. We are committed and determined to reach them.

LYNNE THORP
EXECUTIVE DIRECTOR

“I emphatically recommend the Dubin Center! I learned a great deal, and can apply what I learned for the undoubted benefit of my wife and myself.”

PROFESSIONAL STAFF

Lynne Thorp, MBA, MA, Executive Director

Jan Golembiski, BSW, CADDT, Dementia Coach

Kinsey Stapleton, MSW, Social Worker

Riley McLean, BSW, Social Worker

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Jaimee Thompson, Abby Services



OUR MISSION

IS TO ACHIEVE CAREGIVER HEALTH, STRENGTH AND RESILIENCE BY PROVIDING EDUCATION, INFORMATION, HOPE AND COMPASSION.

OUR VISION

NO ONE WILL FACE DEMENTIA ALONE.

OVERVIEW OF SERVICES

The Dubin Center offers free education and support to communities, people living with dementia and their caregivers. We offer this through educational classes, support groups, one on one coaching, resource referral, caregiver social events, a quarterly newsletter and Memory Cafes for families. We serve caregivers across Southwest Florida, across the state and virtually around the country for family members and snowbirds during the off season. The highest client concentration resides in Lee County. According to Florida Charts, 12.7% of residents over 65 in Lee County have probable Alzheimer's (which represents 70% of all dementias). This equates to roughly 27,930 seniors in Lee County alone. We are the only agency in Lee County offering this free resource specifically for this population.

OBJECTIVES

We fulfill our mission by supporting individuals and caregivers living with dementia through:

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

OPERATIONAL UPDATES

In 2022 we added to our education, resource referral and support group services to add social opportunities dedicated to family care partners. While we predominantly served clients from Lee County and their extended family across the country, we also have clients from Collier, Charlotte and Hendry counties. We recorded every touchpoint with clients in our database and complete pre- and post- surveys for our educational program attendees.

Staffing: 2022 the Dubin Center was supported by an Executive Director, an Operations Manager for half of the year, 1.5 Social Workers and a Social Work Intern who was hired upon graduation. The team acts as a community liaison, networking with other community-based services to provide a trusted network of referral resources.

The agency sold the building at the end of 2021 and rented a new space in January 2022. The sale of the building added needed financial resources enabling the center flexibility for programming. With carpeted floors and comfortable couches, clients often describe the new space as “homey”.



The Ellie Fox 24th Annual A Light to Remember 2022 was held in person at the Bell Tower with luminaries also displayed on the Dubin Center website. The event featured the Intermezzo Choir, guitar music and champagne toast and raised \$7000.

The Dubin Center was awarded a \$286,000 30-month grant under the American Rescue Plan Act. The intended population are caregivers who represent low- and moderate-income households or reside in qualified census tracts. The intended outcomes of the project are as follows:

1. To develop a dementia informed community through education, support and resources.
2. Caregivers seeking and in need of a home visit will receive emotional support, coaching, education and resources.





“The Dubin Center has a very difficult job and they handle it with all the compassion and empathy so needed. Kudos to the Dubin Center.”

OPERATIONAL UPDATES *continued*

September 28, 2022, Ian hit southwest Florida as a Category 4 hurricane leaving mass destruction to the region, loss of lives and homes and most without power. The operational impact on the Dubin Center and our response:

- o The center had minimal damage but had no power or internet for nearly two weeks.
- o Staff were able to field calls remotely once Comcast was operational and offer over the phone support with resource navigation until power was restored at the office.
- o Staff returned to work as they regained power and were back on their feet.
- o Outbound calls were made to every client to check on needs and offer food and resources available through United Way and FEMA.
- o Services in Bonita Springs and downtown Fort Myers resumed in December.
- o Services in Sanibel remained on hold until further notice.
- o Clients who were displaced work with the team via phone and Zoom until they return.
- o Due to the storm, the annual Brushstrokes from the Soul fundraiser was postponed to 2023 resulting in a shortfall with respect to revenue targets.

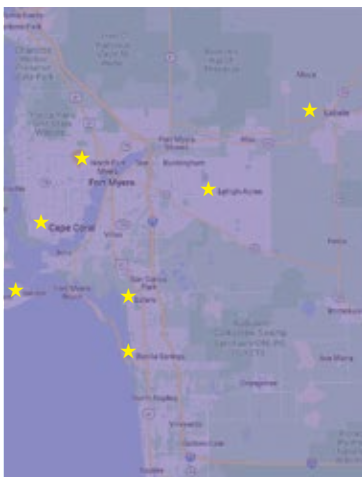
PROGRAM IMPACT

808 UNIQUE
CONSTITUENTS

4,179
INTERACTIONS

82 SAVVY
CAREGIVER
GRADUATES

1052
VOLUNTEER
HOURS



WE CONTINUE
TO STRIVE TO
MEET OUR
CLIENTS NEAR
THEIR HOMES.

- In 2022 we served 808 unique constituents which represent caregivers, persons living with dementia and community organizations where educational trainings were offered. 641 of these were caregivers and care partners.
- This represented 4,179 interactions which are defined as touchpoints with our clients (e.g. support group attendance, phone call, individual meetings, trainings, etc.) 3,510 interactions were directly with caregivers and care partners.
- The center taught more Savvy Caregiver classes than any other program of its kind in the United States and graduated 82 caregivers.
 - 90% of those completing the post survey reported they are more skilled and confident as care givers.
 - 100% of those completing the survey would recommend Savvy to another caregiver.
- The center taught more Dealing with Dementia classes than any other program in the United States and educated 28 caregivers.
 - 28/28 participants said they would recommend this workshop to other caregivers
 - 26/28 participants said they felt the Dealing with Dementia Guide would help them in their caregiving journey
- The center offered three new programs to clients living with dementia through Memory Catchers, Early Stages group and Memory Café.
- The center implemented three new groups for caregivers: the Men's group facilitated by men for men, Savvy Support group for graduates of Savvy Caregiver and the Grief Support Group.
- The center traveled to most of the communities around Lee County including Cape Coral, Bonita Springs, Estero, Sanibel, North Fort Myers, and Lehigh Acres to help serve people where they live and limit their time on the road through home visits, support groups and Memory Café.
- We interacted with clients through crisis intervention, coaching, referrals, support groups and educational trainings. We visited with caregivers in their homes, at the center, at community sites including churches and community centers, over the phone and on Zoom.



EDUCATIONAL AND SERVICE INITIATIVES



We served additional community members through community outreach, training and education.

- Monthly educational presentations for communities
- First Responder training programs
- Educational classes
- Enrollment in Reunite safety program
- Brochures developed and printed in Spanish
- Website enhanced with Google translate
- Time Slips certification
- Advanced Savvy Caregiver certification
- Dealing with Dementia Certification
- Virtual Dementia Tour certification



Virtual Dementia Tour

Did You Know? 83% of dementia care happens in the home, but most families are unaware of the challenges and how to overcome them.

The Tour is conducted in a homelike setting and help caregivers and friends and neighbors understand a little more about what is like to live with dementia. Sensory props are provided to those experiencing the guided tour with the goal to create awareness and compassion for those living with and caring for someone with an impairment. A debrief session is one on one with the social worker to share feedback and answer questions.

EDUCATIONAL AND SERVICE INITIATIVES *continued*



Memory Screenings

When an individual starts to experience memory loss and other forms of cognitive decline, it can be a stressful and uncertain time for everyone, from the patient to their family, friends, and caretakers. The Montreal Cognitive Assessment (MoCA) and Mini Mental State examination (MMSE) are both brief questionnaires that help healthcare professionals detect cognitive impairments very early on.

These assessments can be completed for free in our center by a certified team member and the results will be shared with your healthcare professional. The test only takes about 15 to administer and is free for our clients.

“The Dubin Center helped me understand that I’m not alone, I have to take care of myself as well. They gave me confidence in my abilities.”

SUPPORT GROUPS

- 1. General Support Group:** Open to all caregivers is an open discussion focusing on the many challenges caregivers face.
- 2. Apart Not Alone:** An online group for caregivers who have placed the person they are caring for in an assisted living or memory care facility.
- 3. Savvy Support Group:** A group for caregivers that have completed the Savvy Caregiver training program.
- 4. Men as Caregivers:** A group open to men who are caregivers for someone living with dementia.
- 5. Early-Stage Support Group:** This support group is for those in the early stages of dementia who are comfortable sharing their experiences with the diagnosis and want to talk with others in a group setting. It also includes a separate support group for caregivers that meets at the same time in another room.
- 6. Grief Support Group:** A support group for caregivers who have recently lost someone living with dementia.
- 7. Frontotemporal Dementia (FTD) Support Group:** A group for caregivers caring for someone living with FTD. It is led by an AFTD-affiliated facilitator who has received additional FTD training.
- 8. Memory Catchers:** An engaging social activity held for those living with advanced stages of a dementia-related disease, while caregivers meet separately for their own support group meeting.



“This is really the perfect group for us. It’s hard for me to leave my wife at home and when I do, I feel guilty because I want her to be able to go out and have fun too. She loves coming here and talking to everyone. She’s always been a social person, and this makes her feel normal.”

CLASSES FOR CAREGIVERS

SAVVY CAREGIVER TRAINING

The Savvy Caregiver program is an evidence-based training that is delivered over the course of six weeks and is designed for family caregivers of someone living with dementia. This program focuses on knowledge of dementia illnesses, the impact of confusion, identifying the stage of the person living with dementia, strategies for providing structure and support for daily activities, decision making, and caregiver self-care. Each week, participants are led through a presentation conducted by a certified facilitator, participate in interactive group exercises and discussion in class, and are asked to practice what is learned in class at home.

“I had to “feel my way” as a spouse and caregiver, and I didn’t always get it right. The Savvy Course was right on the money for me. I wish I’d taken it a year, or two, or three earlier. In fact, I think that the course could have taught me to be a better husband if I had taken it decades ago.” – Savvy Caregiver Graduate

DEALING WITH DEMENTIA

Dealing with Dementia was developed by the Rosalynn Carter Institute for Caregivers and is a four-hour workshop, paired with the comprehensive Dealing with Dementia Guide. The class meets for two sessions and is offered on an ongoing monthly basis at the Dubin Center. This workshop is designed to help caregivers gain a better understanding of the dementia disease process from beginning to end stage, including types of dementia, prognosis, and symptoms. The workshop also provides caregivers with behavioral management strategies for various symptoms of the disease.

“What I liked most was being able to share my personal experience in a safe setting. I am so appreciative of this class. This is an amazing program - I feel very lucky to have found out about your organization.”

2022 Dealing with Dementia Graduate

PRESENTATIONS

The Dubin Center offers educational presentations and trainings and are tailored to suit the needs of the group. All of the presentations include information on the disease in general and the free services offered at the Dubin Center and how to get involved.

1. Caring for the Caregiver
2. 11 Early Warning Signs of Dementia
3. Keeping Your Brain Sharp
4. First Responder Training
5. Creating a Dementia Friendly Community

SOCIAL GROUPS

“Reaching out for support is not a strong male trait. I’ve made sure that I share my experience with those brothers that are possibly walking in my steps.”



Socials

We organize quarterly outings for our clients where we meet in the community to engage in something fun. Socials include things such as cooking demos, museum events, singing and art events.



Memory Catchers

This is for caregivers and the care partners (intermediate stage) to come together for introductions and then split up for an hour to get facilitated support from peers while engaged in an activity. This offers respite for the caregiver while being supported by others who are caregivers in similar circumstances. Memory Catchers is brought to you by the Alzheimer’s Foundation of America.



Memory Café

Making meaningful connections with other people is an essential part of our well-being and the Memory Café cultivates an environment where all are welcome. At these monthly gatherings, individuals experiencing cognitive decline and their caregivers can engage in activities that focus on music, art, and reminiscing. Memory Cafés provide a safe, comfortable, stigma-free space for new relationships to be built and joy to be shared. Volunteers are encouraged and usually have a great time!

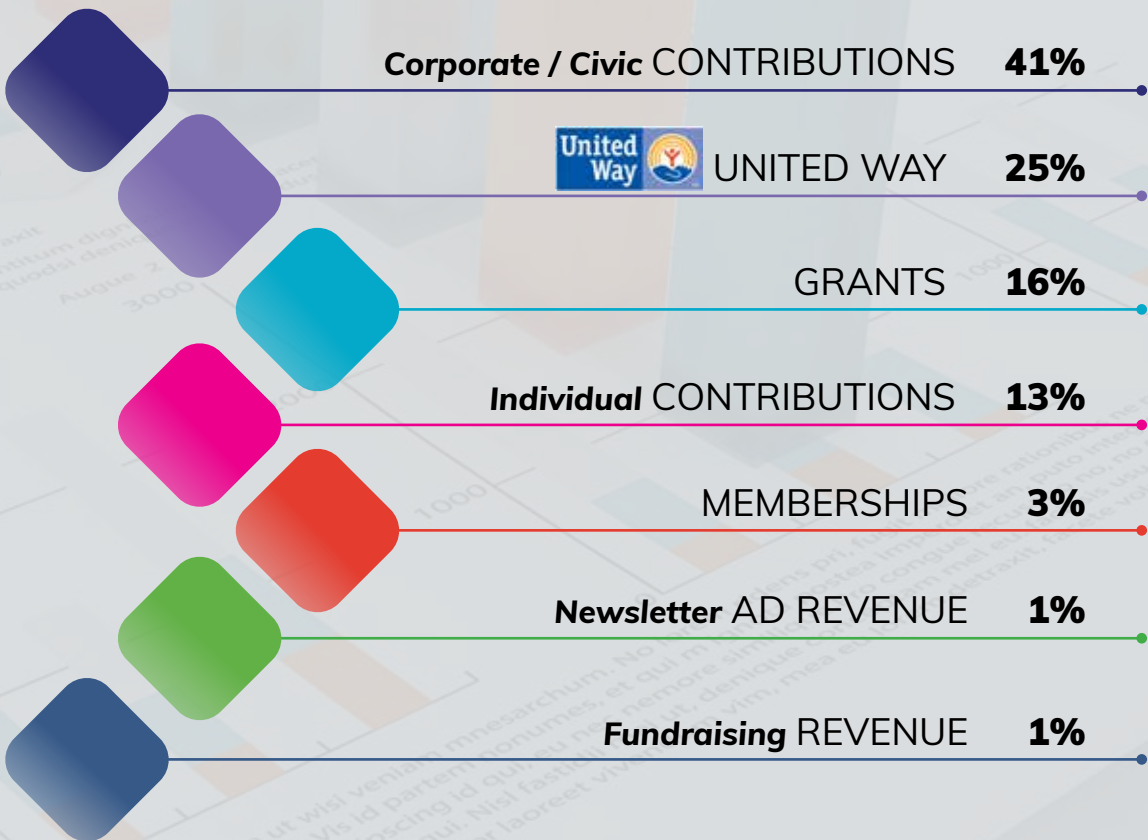
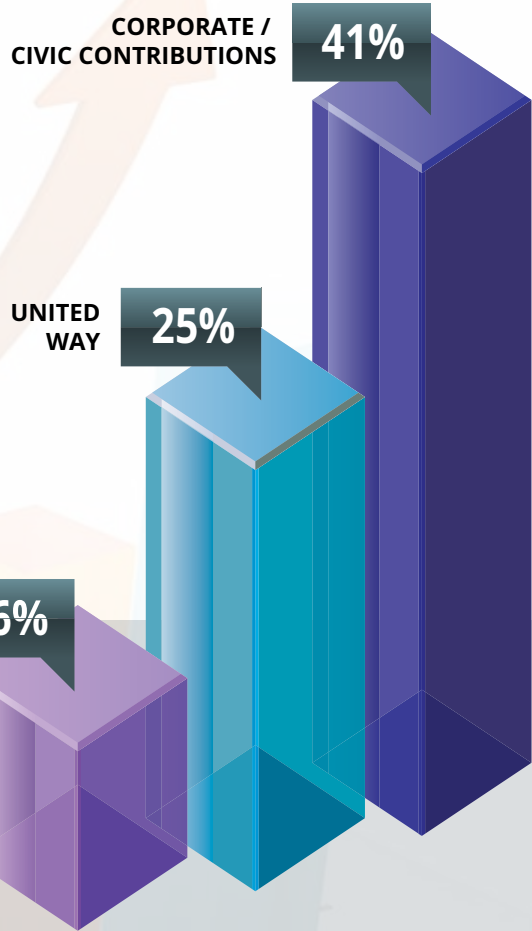


QUARTERLY NEWSLETTER AND WEEKLY E-NEWSLETTER

The center produces and distributes an 8-page newsletter rich with content related to program updates, opportunities for trainings and social activities. The newsletter is distributed to those who subscribe free of charge and is available electronically on the website.

The center also sends a weekly update to subscribers via email with content related to upcoming events and support groups available the following week.

FUNDING BY SOURCE



STATEMENT OF FINANCIAL POSITION
ACCRUAL BASIS

CALENDAR
YEARS
ENDING
2020-2022

	CY2020	CY2021	CY2022
ASSETS			
Current Assets			
Money Funds - Wells Fargo 3725	17,941	17,152	43,349
Wells Fargo - Checking	-	-	99,828
FineMark Bank	172,677	158,813	2,206
Accounts Receivable	47,546	1,016	1,171
Prepaid Expenses	-	15,420	25,985
Total Current Assets	238,164	192,401	172,540
Fixed Assets			
Fixed Assets	428,346	408,767	31,939
Accumulated Depreciation	(146,930)	(138,596)	(26,811)
Total Fixed Assets	281,416	270,171	5,128
Other Assets			
Investment Funds - Wells Fargo	509,670	572,405	1,135,269
Investment in SW Florida	17,058	18,446	14,400
	526,728	590,851	1,149,669
TOTAL ASSETS	1,046,308	1,053,423	1,327,337
LIABILITIES AND EQUITY			
Liabilities			
Current Liabilities			
Accounts Payable	9,712	-	364
Credit Cards	-	4,921	14,584
Accrued Payroll Expenses	3,617	6,204	11,927
United Way Payable	-	-	640
Total Current Liabilities	13,329	11,445	27,515
Long Term Liabilities			
Compensated Absences	5,688	6,533	6,219
EIDL Loan	145,100	145,100	153,233
Deferred Revenue	-	-	93,004
Total Long-Term Liabilities	150,788	151,633	252,456
Total Liabilities			279,971
Equity			
Unrestricted Net Assets	876,753	882,907	1,040,927
Restricted Net Assets	5,438	7,438	6,438
Total Equity	882,191	890,345	1,047,365
TOTAL LIABILITIES AND EQUITY	\$1,046,308	\$1,053,423	\$1,327,337

CALENDAR
YEARS
ENDING
2020-2022

STATEMENT OF ACTIVITIES

	CY2020	CY2021	CY2022
INCOME			
Fundraising	8,069	76,884	3,118
United Way	75,875	101,750	107,250
Contributions - Corporate / Civic	31,432	45,408	173,220
Contributions - Individual	46,875	103,560	54,035
Grants	125,360	50,975	28,000
Newsletter Ad Revenue	2,600	19,717	6,500
Memberships	-	15,180	13,520
ARPA Grant	-	-	40,240
Other	10,850	-	-
TOTAL INCOME	301,061	413,474	425,883
EXPENSES			
Salaries	185,375	251,269	269,466
Payroll Taxes	16,684	19,494	20,934
Employee Benefits	34,493	50,056	52,215
Advertising & Marketing	-	23,211	17,952
Food	496	1,113	2,759
Insurance	5,701	4,484	8,931
Interest	-	-	3,989
Occupancy	16,820	23,955	46,762
Postage	3,865	4,362	2,818
Printing	9,702	7,120	12,059
Purchased Services & Professional Fees	44,951	35,357	40,601
Grants to Others (Respite / Scholarships)	37,557	1,000	3,000
Supplies	13,515	7,067	5,479
Taxes, Licenses, & Fees	4,438	875	1,433
Travel & Mileage	1,362	985	2,966
Fundraising Expense	10,692	16,241	1,638
TOTAL EXPENSES	385,651	446,589	493,002
Net income before depreciation & investment	(84,590)	(33,115)	(67,119)
Investment return, net	61,514	54,977	(97,683)
Depreciation	(14,051)	(13,708)	(2,594)
Gain (loss) on asset disposal			333,164
Relocation Expenses & Other			(8,747)
NET INCOME	(37,127)	8,154	157,021

Important Notes on 2022 FINANCIALS:

Profit on Sale of the Building	\$333,164
Loss on Investments	\$97,683
<i>(S&P 500 down 20% in 2022, worst performance in 14 years)</i>	

THANK YOU TO OUR SUPPORTERS

Without you this important work would not be possible.

INDIVIDUAL DONATIONS

Sheba Abraham
Mary Achilles
Sue Ackert
Kathy Adams
Todd Adams
Carole Allen
W.D. Andrews
Regina Austin
Peggy Baker
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Maureen Johnson
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Joan Jurina
Carolyn Kalina
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Starlene Keppel
Diane King
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Pat Klinger
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Randeana Shiffler
Kathleen Shimp
Wes Simms
Christopher Simoneau

THANK YOU TO OUR SUPPORTERS

Without you this important work would not be possible.

Dianna and Thomas Skinner
 Spencer Skinner
 Kenneth Skudder
 Betsy Smith
 Elaine Ros Stalter
 Cheri Stanton
 John States
 Marian States
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 Cynthia and Joseph Steiner
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 Janet and Stanley Switzer
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 Yvonne and Charles Tuttle
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 Jan Wallace

Connie Walters
 Catherine Wangenstein
 Darlene & Franklin Warner
 Thomas Watson
 Raymond Wemer
 Vicky and David Werner
 Bonnie Wettersten
 Florence Wieder
 Ellen and John Williamson
 Charles Wilson
 Mike Wilson
 Susan Wilson
 MaryAnn Wolf
 Betsy Youmans
 Stan Zelek

CIVIC DONATIONS

American Legion Auxiliary
 Cameo of Lee County
 Cape Coral Community Foundation
 Captiva Chapel by the Sea
 Collaboratory (formerly SWFLCF)

Contemporary Women's Club
 Fred & Jean Allegretti Foundation
 Messiah Lutheran Church
 Montage Womens Club
 Pelican Sound Charitable Foundation
 PEO Sisterhood Chapter FV FL
 Pine Lakes Women's Club
 Shady Rest Foundation, Inc.
 The Dubin Fund of Jewish Columbus – Mike and Hilary Talis
 United Way of Greater Philadelphia & SNJ
 United Way of Lee, Hendry & Glades

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 Amavida
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 Arden Courts
 Britton Swank, LLC Swank Elder Law
 Burntwood tavern Holdings LLC
 Choices In Living
 CRS Technology Consultants
 Cypress at Home

Cypress Cove
 Edison National Bank
 Fidelity Brokerage Services LLC
 Florida Gulf Coast University
 Florida Power & Light
 Giving Tag
 Green Schoenfeld & Kyle LLP
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 Hope Hospice
 Ice Sisters PC LLC
 Kerri Theisen Realty
 Lee Guardianship Services, Inc
 Markham Norton
 Memory Treatment Centers
 Millenium Physician Group
 Mind and Brain Care LLC
 Moran Wealth Management
 Neuropsychiatric Research Center of SWFL
 O'Donnell Landscapes, Inc.
 Right at Home
 Seminole Indian Casino-Immokalee
 Shell Point
 State of Florida Dept of Financial Service
 The Terraces
 Trilogy Home Health
 Walmart

YEAR IN REVIEW



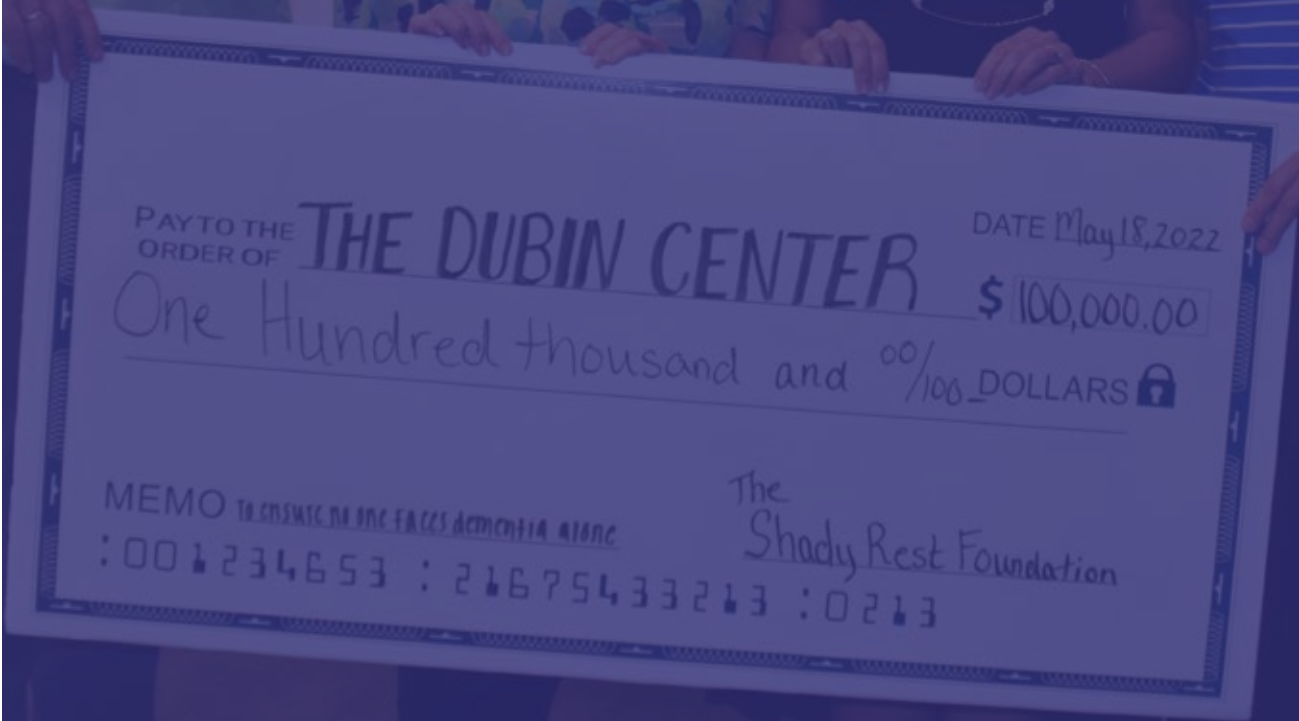


“We have been caregivers for many years and my only regret is not calling sooner. We extend a heartfelt THANK YOU – you are supporting families in need.”



What I liked most was being able to share my personal experience in a safe setting. I am so appreciative. This is an amazing program - I feel very lucky to have found out about the Dubin Center.”

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CONTACT US

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