



THE DUBIN CENTER

Where no one faces dementia alone.

SPRING 2023 NEWSLETTER

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

"A Field of Flowers" by Beth Carney, Artist, Brushstrokes from the Soul

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SAVE THE DATE FOR THE DUBIN ANNUAL MEETING, MAY 18, 2023

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



Dear Friends,

A gentleman walked into the center last week for the first time after coming from his doctor’s office down the street. His wife was diagnosed with Alzheimer’s two years ago, and he was now suffering from depression. Bill’s wife had been his main social companion since they were married 62 years ago, and as the disease progressed, his friend circle and opportunities to socialize decreased. Bill shared that he wasn’t sure where to turn to or if he was in the right place.

I sat with him and told him how happy I was that he came to the center and explained that the Dubin Center was created specifically to help people just like him. One of our social workers, Kinsey Stapleton, came out and met with Bill for about thirty minutes and listened and shared what we do. He then registered as a client, received his welcome packet, took some library materials and signed up for the Men’s support group. As he left, he shook my hand and said, “I didn’t know what was on the other side of these doors, but my life has changed. This is exactly what I needed. Thank you.”

I wanted to share this story because it underscores the vision of the Dubin Center—that no one will face dementia alone. Often, the fear of the unknown can hold us back from seeking the support we need. It takes bravery to be vulnerable, especially when navigating a journey as challenging as being a care partner for someone with dementia.

In this newsletter, you will read how the Dubin Center is continuing to focus on reducing isolation for caregivers in our community through new groups and educational programs. We could not continue to expand our services without the dedicated support from our community partners and generous donors – THANK YOU! Together, we will continue to make a difference in the lives of those who need it the most.

Warm Regards,

A handwritten signature of Lynne Thorp in cursive script.

Lynne Thorp, Executive Director

A Light TO Remember

PRESENTED BY **ELLIE FOX**
AND THE DUBIN CENTER



The luminaries on display on our website and at Brushstrokes 2023, are in honor of and in memory of those affected by dementia.

Thank you to A Light to Remember sponsor, Ellie Fox and for helping us raise **\$4,700** so far.

Pat and Mike Boris	In Memory of Mil Malley	Barbara Bain Gatison	In Memory of Lenward Gatison
Gerard Family	In Memory of Blanche Marcinski	Ellen Gitelman	In Memory of Olivia Lois Trudeau Quinn
Paige McLean	In Memory of Linda Perazzelli	Timothy Sauls	In Memory of R. Harold Sauls
Roy and Anne Atherton	In Memory of Edward L. Fox	Beverly Hemphill	In Memory of Elaine Young, Donald Young, Norma Agnew, Ber Hillebrand
Jo Stecher	In Memory of Bernice Stecher, Beatrice Stecher, Phillip Stecher, Terrence Pardoe	Glenn Smith	In Memory of Edward L. Fox
Ellie Fox	In Memory of Brownie Trefethen	Lori Cook North & Family	In Memory of Vanna L. Cook
Kim Berghs	In Memory of Marilyn Berghs, Sandra Wilson, James Reeves, Hester Reeves	Betsy Youmans	In Memory of Edward Youmans
Bonita Felt	In Memory of William Felt	Patricia Hanlon	In Memory of Ronald Bickford
Ellie Fox	In Memory of Edward L. Fox	Jennifer Felt	In Memory of William Felt
Debbie and Sharon Beavers/Jacobek	In Memory of George Jacobek and Betty Lorrett	Jennifer Springer	In Memory of Patricia DeHaven In Honor of Chris Gargiula In Support of Joan Richards In Support of Jim Gargiula
Bill and Carol Rosenberg	In Memory of The Coburn Family	Marcia Stewart	In Honor of Robert Stewart Sr. In Memory of Robert "Yogi" McHugh
David and Karen Eckhardt	In Memory of Douglas L. Eckhardt, Lois R. Eckhardt, Abraham P. Eckhardt, Elizabeth P. Rockwood	Britton Swank	In Memory of Dr. and Mrs. J. H. Goodlad In Honor of Cynthia Eaton
Mr. and Mrs. Goodlad	In Memory of Mr & Mrs. Gene Murphy and Dr. & Mrs. J.H. Goodlad	Maureen Johnson	In Memory of James O'Malley In Honor of June O'Malley
Dan and Kathy Adams	In Memory of Suzanne Smith	Cheryl Foust	In Honor of Kathleen Foust
Halcyon St. Hill	In Memory of Olga St. Hill	Lindy Smith	In Honor of Maria de Leon
Catherine Wangenstein	In Memory of Carl Wangenstein	Ana Maria Mitchell	In Honor of Larry Mitchell
Shannon Sykes	In Memory of Christine Laster	Marie Hepp	In Honor of Gampa Bruce Hepp

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MAKING MEANINGFUL CONNECTIONS



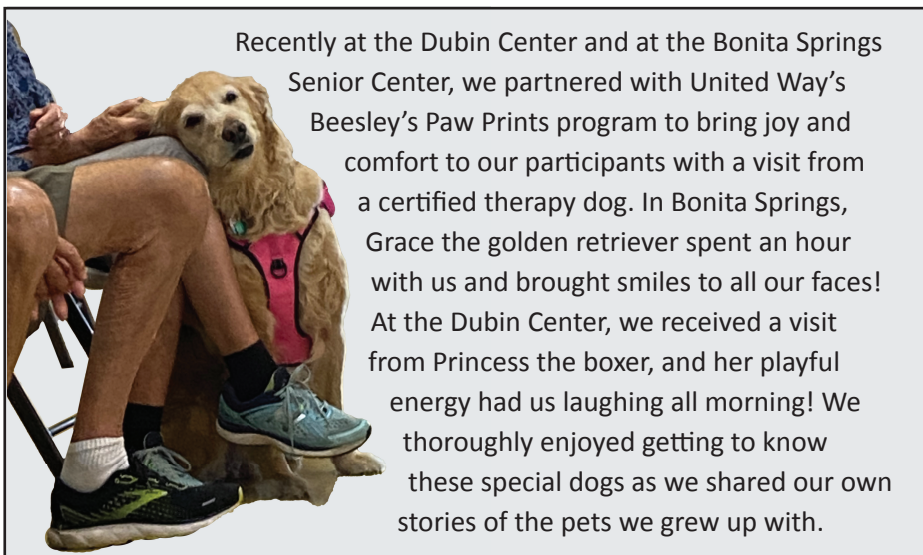
A huge threat to our well-being and cognitive health is loneliness and social isolation. Being around other people and engaging in conversation is essential to combatting the negative effects of isolation. As a caregiver, there are so many challenges that are being faced daily and having fun and making time to be around other people may get put aside to focus on other things.

Being a caregiver and living with cognitive decline does not mean that engaging with others should come to a halt, it becomes even more important.

MEMORY CAFÉ gives caregivers and individuals living with dementia an opportunity to do something fun in a safe, stigma-free environment. For our clients, it may be overwhelming to be in a group setting where no one understands the challenges of living with this disease or being a caregiver. At Memory Cafés, we focus on connection with others in a dementia-friendly environment that is inclusive to all.

A favorite for everyone is “Name that Tune”, a guessing game to spark memories which leads to storytelling. A recent theme was jingles from old commercials.

Can you fill in the rest? “I am stuck on _____ cuz _____ stuck on me.”



Recently at the Dubin Center and at the Bonita Springs Senior Center, we partnered with United Way’s Beesley’s Paw Prints program to bring joy and comfort to our participants with a visit from a certified therapy dog. In Bonita Springs, Grace the golden retriever spent an hour with us and brought smiles to all our faces! At the Dubin Center, we received a visit from Princess the boxer, and her playful energy had us laughing all morning! We thoroughly enjoyed getting to know these special dogs as we shared our own stories of the pets we grew up with.

Relationships have been found to be associated with a broad range of health functions related to cardiovascular, endocrine and the immune systems. There’s also plenty of science to back up the fact that we need social connection to thrive, especially when it comes to brain health.

(Keep Sharp, 2021 Sanjay Gupta M.D.)

In March, we co-hosted a fun social gathering for caregivers and their partners at the FGCU Wasmer Art Gallery with gallery Director, John Loscuito. We started off the morning with an interactive experience led by music therapists who gave us shakers and boom whackers. With their guidance, we collectively made our own version of “Lean on Me” by Bill Withers and discovered that everyone is a musician at heart! FGCU student, Emily, walked us through the gallery exploring the student art exhibits and prompted us to choose one piece that sparked a memory. The diverse pieces included sculptures, drawings, printmaking, paintings and ceramics and were finalists in the 25th Annual Juried Student Art Exhibition.





Charitable Giving

by Carolyn Rogers, SVP,
Wealth Services, Sanibel
Captiva Trust Co.

Where would families turn if the Dubin Center weren't here to help in the hours, days, years of need?

The Dubin Center provided free support and education to nearly 700 caregivers in southwest Florida last year and depends on charitable giving to keep these much-needed services to those in our community affected by dementia or Alzheimer's Disease.

If you are looking for ways to give, before you grab your checkbook, consider other easy, strategic and possibly tax-wise ways. You may be happy you did.

First, look no further than your taxes. That's right! Your taxes. No, you can't give your taxes to Dubin, but you could tap into some tax-saving vehicles to support the Dubin Center and your favorite charities, and possibly give more than you thought possible.

While some rules and guidelines apply, did you know that charitable donations from an IRA can be a great way to give back while also lowering your adjusted gross income? Instead of taking your Required Minimum Distribution (RMD), you can consider making a Qualified Charitable Distribution (QCD) from a variety of different types of IRAs, including traditional and rollover.

If you want to make a QCD, these and other important rules apply:

- You must be at least 70½ years old at the time you request a QCD.
- The maximum total QCD amount you can contribute each year is equal to your total required minimum distribution (RMD) or up to \$100,000.
- You must make the QCD by your RMD deadline for it to count towards the current tax year.
- A QCD must be made directly from your IRA

custodian. It won't count if the funds are first released directly to you, even if you later donate them to charity.

Before making a QCD, talk to your IRA custodian to ensure that you understand these and any other applicable rules.

I've seen many donors give or give more than they ever had in the past to their favorite charities with this new-found source from retirement accounts.

Other tax-wise strategies include gifting of highly appreciated securities, assigning a charity as beneficiary of an IRA, an annuity, or life insurance policy, donating real estate and more, but we will save that for future articles. Every donor situation is different; no two are ever alike so it's important you take the whole financial picture into account.

Of course, it's always important to talk to your tax advisor and your financial advisor to be sure your plan is all part of your financial and philanthropic strategy. I am sure they will be HAPPY to help.

Consider joining the Circle of Friends monthly giving program or the Zelda Annual Giving Society to support our programs and help us reach more people in need.



DONATE TODAY AT DUBINCENTER.COM

The Dubin Center Announces Record-Breaking Results at the 26th Annual Brushstrokes from the Soul

\$115,225

**Riley McLean, Social Worker and
Event Organizer**

.....

In honor of National Alzheimer’s Awareness month, the Dubin Center typically hosts Brushstrokes from the Soul in November, but due to Hurricane Ian, the event was postponed.

The 26th annual Brushstrokes from the Soul was held on January 26, at the Sidney & Berne Davis Art Center where it was filled to capacity with more than 225 community members supporting families living with a dementia-related illness.

The presenting sponsors were Cypress Cove and Cypress at Home, and the Honorary Chairs were Dr. and Mrs. Mike Martin, President and First Lady of Florida Gulf Coast University. President Martin shared staggering statistics on the incidence rate in southwest Florida and ways in which FGCU would be supporting seniors and partnering with agencies such as the Dubin Center.

Mayor Kevin Anderson attended and shared a moving personal story of his sister who he lost to the disease just two years ago. This year luminaries were displayed at the event as part of the annual “A Light to Remember”. This tradition is sponsored by Ellie Fox, in memory of her late husband Ed. Luminaries lined the stage and lit every table with special tribute cards placed in memory of someone impacted by dementia.

Members of our community who live with dementia donated artwork that was featured and auctioned off during the evenings fundraiser. Each piece was uniquely framed by Max Munn, a Dubin Center supporter who donated his time and talents. Ten pieces of art were chosen to be printed as notecards and were displayed at tables around the venue.



Organizing such a large, impactful event requires collaboration between the Dubin Center staff, board members, advisory council members, and dedicated members of the community. Delicious hors d'oeuvres were available all night for attendees as they enjoyed jazz music from the Downtown Quartet. Guests crafted their own boxes of chocolate covered strawberries, fruit tarts, and more to take home and enjoy!

An exciting variety of silent and live auction items included a custom pendant designed by Mark Loren. Guests were raising their paddles for "A Night in Bonita" which featured a limousine by VIP Limos, a cocktail class at Chartreuse and charcuterie by Artichoke and Company!

Another exciting item was a special dinner for four complete with wine pairings at Harold's! These items along with 50 more silent auction items helped raise money to support programs at the Dubin Center.

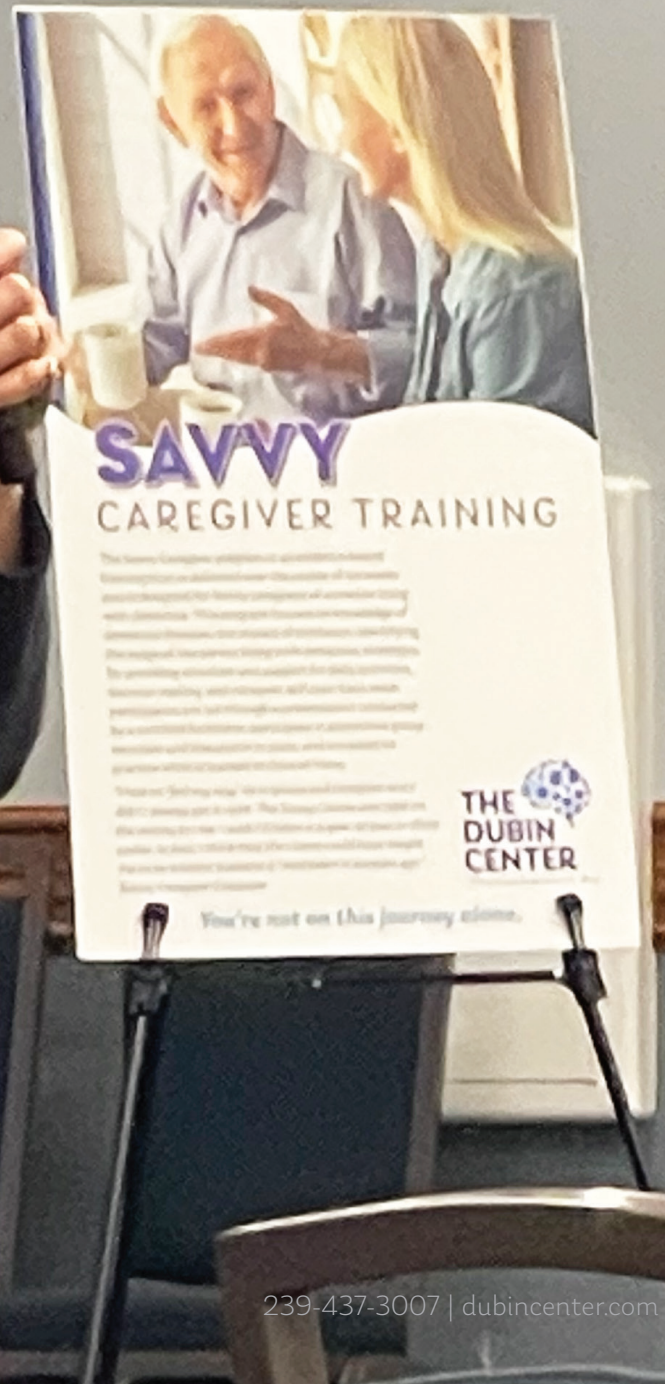
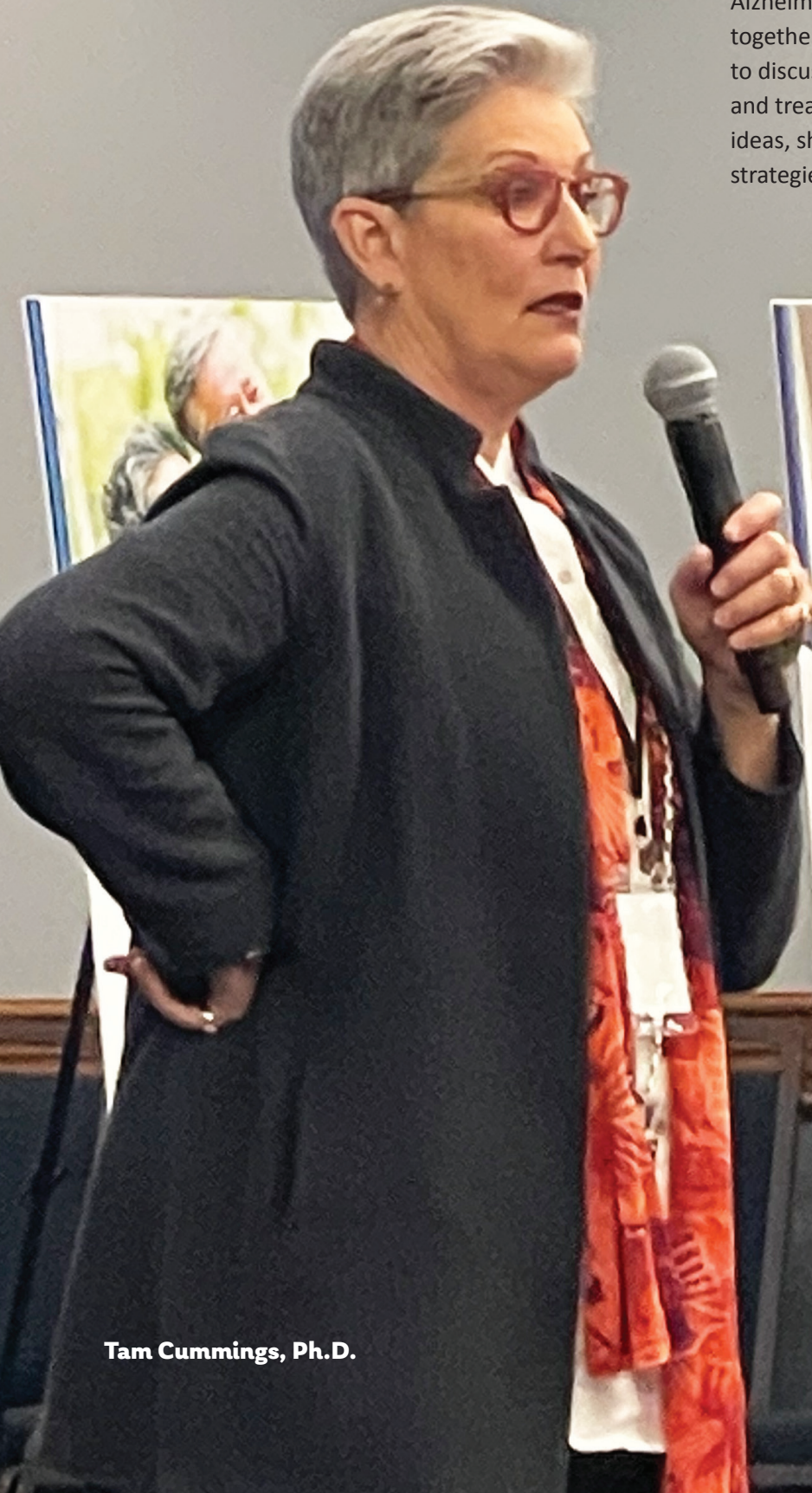
Through a combination of the silent and live auctions, artwork, and donations made by the event attendees, a record \$115,225 was raised to directly support the important work we are doing in Southwest Florida.

A special thank you to the Brushstrokes committee and volunteers who made the night such a success. We are so thankful to have such a strong community of supporters that believe in our vision that no one should face dementia alone.



9TH ANNUAL SYMPOSIUM *Innovations* IN ALZHEIMER'S Caregiving and Treatment

The Dubin Center's 9th Symposium on Alzheimer's Disease titled "*Innovations in Alzheimer's Caregiving and Treatment*" was held at Florida Gulf Coast University on March 1, 2023, with the goal of **informing**, **educating**, and **training** those caring for individuals living with Alzheimer's. This educational conference brought together experts and researchers from various fields to discuss the latest advances in Alzheimer's caregiving and treatment and provided a platform for exchanging ideas, sharing research findings, and discussing innovative strategies for improving the quality of life of Alzheimer's



Tam Cummings, Ph.D.



patients and their caregivers. The event hosted 160 attendees; including healthcare professionals, professors in academia, mental health clinicians, students, and family caregivers.

Speakers of the conference included Jason Karlawish, M.D., Anne Basting, Ph.D., Dominic D’Agostino, Ph.D., Angel C. Ducan, PhD, and Tam Cummings, Ph.D. Amongst the five sessions throughout the day were various presentations related to current research findings in

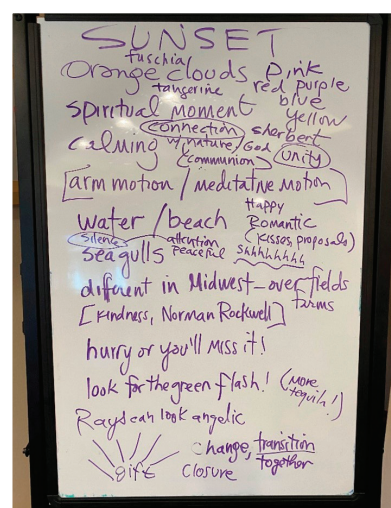
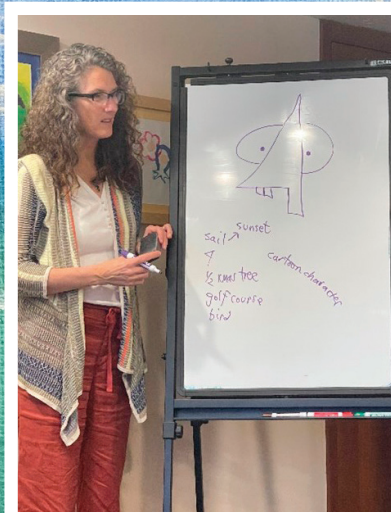
Alzheimer’s treatment, including the current Alzheimer’s crisis facing the United States, Creative Care for Alzheimer’s patients, Ketogenic nutrition for brain health, Social Prescriptions as alternative treatment modalities, and identifying the nine stages of dementia. Additionally, each presentation included a Q&A session for both in person and Zoom attendees to further explore and discuss each topic. Recordings of selected presentations are available on the Dubin Center’s website.



background image:
The Green Flash
by Norma Silvestry,
Artist, *Brushstrokes*
from the Soul

THE CALM OF Sunsets

The day after the symposium, the Dubin Center team completed the TimeSlips creative care training program developed by Dr. Anne Basting. This unique program focuses on involving individuals living with a dementia-related disease in a fun, failure-free activity that promotes connection to others and themselves. Dr. Anne Basting visited our center to demonstrate the Creative Care program with Dubin Center staff and clients. We started the morning by talking about sunsets – what they look like, feel like, and mean to us. The end result was a beautiful story that was read by Dr. Basting and acted out by the team and our clients through movement and laughter.



In October of 2022, the Dubin Center created a support group for those living in the more advanced stages of dementia called

Memory Catchers. The Dubin Team wanted to create an additional service that offers emotional support for both the caregiver and the memory-impaired person, while recognizing that not all clients are at the recently diagnosed or early stage of the disease. Just like the Early-Stage group, Memory Catchers is designed for those living with a dementia diagnosis to attend with their caregivers. The group is then split up into two rooms – one room is for caregivers to have a support group and the other room is used to facilitate an engaging and calming social activity for those living with advanced dementia. Some of the activities so far have included playing trivia games, solving word puzzles, storytelling with TimeSlips, painting, and ceramics.

Following the success of the first couple meetings, Dubin Center social workers Kinsey and Riley decided to increase the frequency of the group

to meet twice a month starting in January of 2023. The group continues to gain popularity with its enriching activities and meaningful connections made during support group meetings. Caregivers and their loved ones have had the opportunity to get to know each other over the span of several meetings while also meeting newcomers each time as well. The rapport between attendees and Dubin staff is one of the most valuable aspects of the group. The group has been able to build steady regulars who thrive on its social and creative aspect.

One gentleman, who has been attending the group with his wife, states “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.” He also added “I used to come to the

support groups by myself—which were nice, but I prefer to include my wife in anything that I can so this groups works out well.”

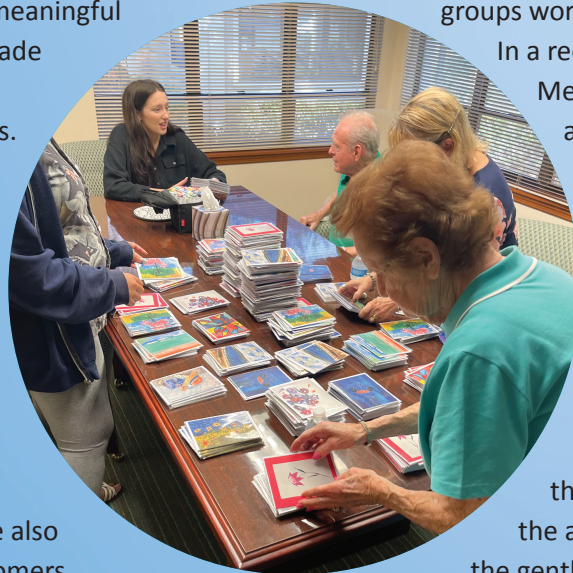
In a recent February Memory Catchers activity, the group made Valentines for their spouses and reminisced about Valentine’s traditions over the years. When the activity finished, the gentleman’s wife

brought out the valentine she made and offered to hang it up inside of the Center. She shared that...

“she couldn’t believe she made something so beautiful”

as her husband took several photos to share with his daughter.

These are the moments that the group strives for and why the group has continued to gain popularity. If you are interested in learning more about Memory Catchers or to see if it the right fit for you, call the Center at 239-437-3007.



Memory Catchers

GROUP

A **WALK** IN THEIR SHOES

There is a stigma surrounding Alzheimers and other forms of dementia which can negatively affect the individual living with it and their caregiver. The stigma associated with dementia-related diseases stops those affected from receiving support, living a high-quality life, and making plans for the future. It is important that the community gains a better understanding of these diseases and actively tries to modify the way they communicate and involve the individual that is living with a cognitive impairment in everyday activities.

Recently, Dubin Center team members became certified to facilitate an immersive experience allowing participants to walk in the shoes of someone living with a dementia-related disease. Caregivers and community members undergo a sensory experience that mimics the effects of Alzheimer's and other forms of dementia, allowing them to better understand the daily challenges a diagnosed individual may be facing. By participating in this interactive workshop, participants gain empathy and patience to support those diagnosed and their caregivers.

The Dubin Center now offers this 20-minute workshop at our center by appointment. If you are interested in participating or hosting it within your community, please call the center (239) 437-3007.



Photo inset: Holly Adams, Dubin Center Caregiver

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SAVE THE DATE: May 18, 2023 | 5:30-6:30pm
Annual Meeting **Call to RSVP 239.437.3007**

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