



# THE DUBIN CENTER

*Where no one faces dementia alone.*

FALL 2023 NEWSLETTER

## **"It's absolutely been a lifesaver."**

"This class was very helpful in identifying problems, establishing some guidelines and provided helpful solutions to caregiving. Also, mostly, provided a wonderful support network."

*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."*

*"Truly don't know what I would have done to handle all this without their kindness, support and expertise."*

**"As the saying goes, 'knowledge is power.' Thank you so much for your wonderful classes."**

**"Best info I've gotten since inception of my husband's dementia."**

"I truly don't know what I would have done to handle all this without their kindness, support and expertise."

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



Dear Friends,

The cover of this edition displays quotes that were taken directly from our caregiver surveys. If you have not done so already, please meet the talented team here at the Dubin Center who compassionately and professionally show up each day to drive our vision: No one faces dementia alone. I could not be more honored to work with such a dedicated team and want to recognize them and introduce them to you:



**Jan Golembiski**  
Social Worker



**Kinsey Stapleton, MSW**  
Social Worker



**Riley McLean, BSW**  
Social Worker



**Thea Cernohous**  
Office Manager



**Shannon Messner, MSW, LCSW**  
Social Worker



**Jamie Schwartz**  
Special Project Coordinator

We are fortunate to have the Dubin Center. Not every county or city has a local resource committed to serving those who are dealing with a dementia-related condition. We know it becomes more prevalent with age. It is vital that the services we provide are available to everyone in our community. Help us spread the word and tell your neighbors and colleagues about the Dubin Center! The support we offer can be life changing. If you have resources to support the center financially or by volunteering your time--no matter how much-- we would certainly appreciate it.

Enjoy this edition and learn about the new programs we are delivering here in Southwest Florida.

*Lynne Thorp*

Executive Director

**PLEASE DONATE TODAY**



# EXPANDING

## OUR FOOTPRINT

### COMMUNITY CLASSES

Beginning August 2023, The Dubin Center is starting a pilot program offering educational classes and support groups to increase access for caregivers living outside Fort Myers.

The **Savvy Caregiver** course is a six-week class designed with evidence-based practice targeted at helping caregivers be more confident and prepared. The class is held in small groups where caregivers have the chance to meet and learn from other local caregivers and participate in interactive learning segments. Additionally, those participating in the class will receive a free book to go along with the course material.

It will now be offered at three additional locations:

#### South County Regional Library

21100 Three Oaks Pkwy, Estero, FL 33928

**Weekly on Tuesdays beginning September 19, from 1:00-3:00pm and ending on October 24, 2023**

#### Cape Coral Lee County Library

921 SW 39th Ter, Cape Coral, FL 33914

**Weekly on Tuesdays beginning October 3, from 2-4 pm ending on November 7, 2023**

#### Family Services Center

21500 Gibraltar Drive, Conference Room 151, Port Charlotte, FL 33952

**Weekly on Wednesdays beginning September 13, from 1-3 pm ending October 18, 2023**

Registration is required, contact The Dubin Center at 239-437-3007 or email [info@dubincenter.com](mailto:info@dubincenter.com)

### Virtual Dementia Tour

The Dubin Center is trained to guide and debrief participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables participants to experience for themselves the physical and mental challenges those with dementia face and use the experience to provide better person-centered care. Each "tour" takes about 20 minutes. **Spots fill quickly and registration is required. Please call the center at 239-437-3007.**

#### Dubin Center

**August 21, September 18, October 30, November 20 - 9am - 1pm**

#### Interfaith Charities of South Lee County

18011 S Tamiami Trail, Suite 28 Fort Myers, FL 33908

**October 16, 2023 - 9am - 1pm**

### Caregiver Support Group

Alongside the educational programming being offered is a new support group for caregivers at the Cape Coral Lee County Library. This free, confidential caregiver support group will be **held on the 2nd and 4th Mondays of every month from 10:00am-11:00am, beginning August 14, 2023.**

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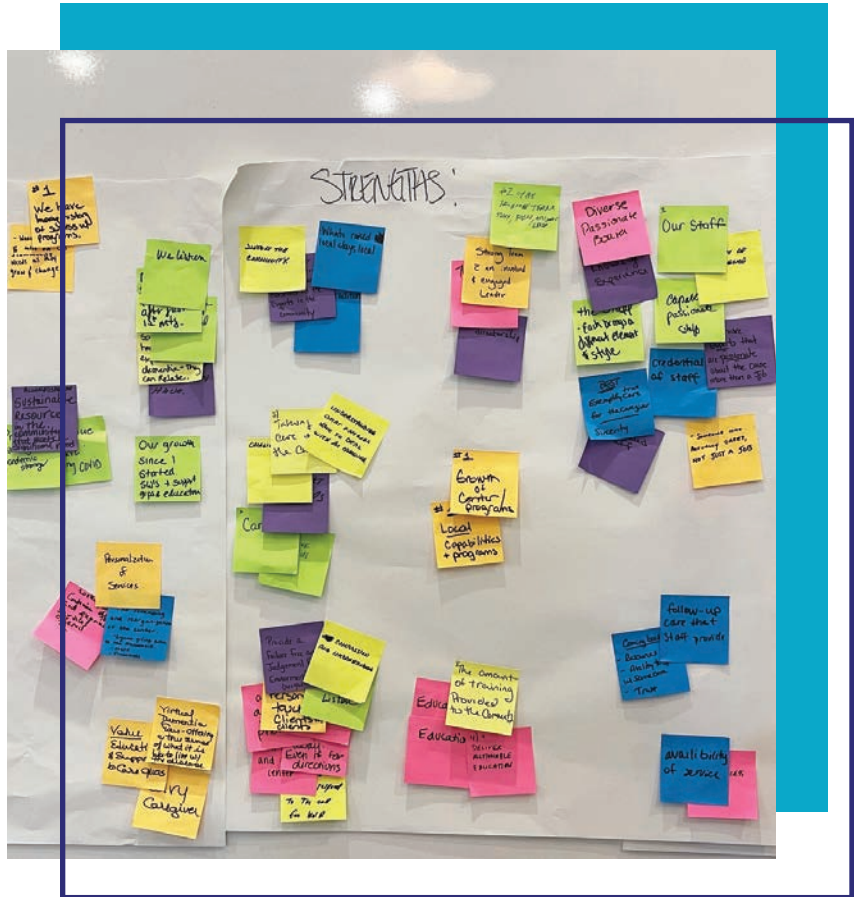


# STRATEGIC PLANNING RETREAT

On August 4, 2023, the Dubin Center held a Strategic Planning Retreat. More than twenty stakeholders gathered to focus on advancing the center. Those in the room represented board members and the operational team led by the Executive Director. The energy in the room was palpable.

As the team kicked off and shared their “Why” around the room, many were moved to laughter and some tears. The deep personal commitment to the cause, “Where no one faces dementia alone” is not a marketing slogan, it is a promise to the community.

The day began by level setting on the current state of operations and finances of the Dubin Center as well as a breakdown of talents and expertise represented by the Board and Council members. The second portion of the agenda included a facilitated activity. The team was led through a Strengths, Weaknesses, Opportunities and Threats (SWOT) exercise through the lens of their own experiences. Over 150 individual thoughts were collected and organized into areas of focus. Over the next quarter, these findings will feed into a Strategic Plan with goals and objectives to lead the Dubin Center team over the next three to five years and will be shared with the community.



Jessica Lindsey facilitated the session, volunteering her time and expertise in dedication to her grandma. “Being here with you today in my hometown is so special to me. It is my pleasure to give back to such an amazing organization.” *Thank you, Jessica!*

# A Big *Thank You* to the Board of Trustees and Advisory Council for your dedication to the Dubin Center!!

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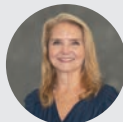
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Advocate



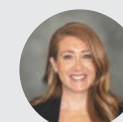
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# OUT & ABOUT

This new pilot program was generously sponsored by CAMEO of Lee County and THE DUBIN FUND OF JEWISH COLUMBUS - MIKE AND HILARY TALIS

Many of our clients lack access to social opportunities that we know are important to physical and mental well-being. The Dubin Center is proud to launch our new program Out and About which supports our goal of reducing isolation through meaningful social engagements! We are committed to making services more accessible to anyone impacted by dementia in our community.

For more information on all events please visit us online at [Dubincenter.com](http://Dubincenter.com), call the Dubin Center at 239-437-3007, or email us at [info@dubincenter.com](mailto:info@dubincenter.com)

## EDISON & FORD WINTER ESTATE MUSEUM

*September 13, 2023*

Let's explore the Edison and Ford Museum located in Fort Myers. This is a great way to beat the heat in an air-conditioned environment as well as to learn about two of the greatest inventors that history has ever known. As we tour the museum, we will see countless artifacts and vehicles belonging to and created by Thomas Edison and Henry Ford.



## IMAG HISTORY & SCIENCE CENTER: WALK THROUGH HISTORY

*October 11, 2023*

Go on a journey through the past and explore the fascinating ways that Southwest Florida has played a part in shaping history. The Dubin Center visit will involve exploring the ways that Southwest Florida was impacted by World War II, learning about the Calusa Native American tribe who built a complex empire as the first people to make Southwest Florida their home, and discovering how water and other environmental forces gave Florida its shape.



## SOUTH TRAIL FIRE DEPARTMENT: STATION 62

*September 27, 2023*

We will learn about one of the most important skills in keeping our homes, ourselves and our friends, neighbors, and loved ones safe: fire safety. The South Trail Fire Department is hosting a Dubin Center community outing at their Station 62 location. This is a great opportunity to have some fun while meeting others in our community and getting to know the brave firefighters who keep us all safe.



## SIX MILE CYPRESS SLOUGH PRESERVE

*November 8, 2023*

Let's embark on a fascinating excursion through one of Southwest Florida's most diverse natural ecosystems. The Six Mile Cypress Slough Preserve will be hosting the Dubin Center at their interactive Interpretive Center.





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## ECHO GLOBAL FARM

*December 6, 2023*

We'll tour one of Southwest Florida's treasures. ECHO Global Farm has made a tremendous impact on fighting hunger all around the world. The visit will include a guided tour of the farm, plant and wildlife education, and the opportunity to learn about the ways this organization changes lives. A golf cart or tram will be provided for people who need it for the tour, reservations necessary.



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## THE WONDER GARDENS

*January 17, 2024*

Join us as we stroll around and enjoy a paradise that many different plants and animals call home. The Wonder Gardens in Bonita Springs will be hosting the Dubin Center for a guided tour around the beautiful grounds and will provide education regarding the unique wildlife and plant life that can be found here. The highlight of the visit will be an interactive encounter with one of the animals including the chance to feed it, take pictures, and learn more about it.



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## SPECIAL MEDICAL NEEDS SHELTER REGISTRATION

Hurricane season is among us in Southwest Florida. You need an updated emergency plan in place. The Dubin Center encourages all caregivers and persons living with dementia to register with the Special Medical Needs Program through Lee County Emergency Management. This program

provides emergency shelter in the event of a hurricane for those with medical needs such as dementia, as well as anyone requiring electricity for medical needs such as oxygen machines, dialysis treatments, or ventilators. Registration is free for all Lee County residents and transportation is available for those who do not have access to a vehicle in the event of an evacuation.



***It is important to note that caregivers are required to accompany a memory impaired person while staying at a special needs shelter.***

Further, pets are allowed but are housed in different locations. Service animals are permitted to stay with owners.

Lee County Emergency Management will not process any applications if submitted within a 5-day hurricane window, so it is important to register as soon as possible. Applications must be renewed annually during each new hurricane season and can be completed via mail or online. The Dubin Center staff are here to assist anyone interested in applying. For more information, call the Dubin Center at 239-437-3007 or visit the Lee County Emergency Management's website to complete the online application at [www.leegov.com/publicsafety/emergencymanagement/shelters/specialneedsprogram](http://www.leegov.com/publicsafety/emergencymanagement/shelters/specialneedsprogram).

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**For more information on all events please visit us online at [Dubincenter.com](http://Dubincenter.com), call the Dubin Center at 239-437-3007, or email us at [info@dubincenter.com](mailto:info@dubincenter.com)**

12685 New Brittany Boulevard  
Fort Myers, Florida 33907  
239-437-3007 | [Dubincenter.com](http://Dubincenter.com)

# NEW CLASS *me time*

The Dubin Center is hosting a new program for caregivers in August. Caring for yourself is one of the most important and often easily forgotten things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too. The Me Time class will foster a relaxing and light-hearted environment that promotes holistic well-being of oneself. Through interactive education, discussion and activities, caregivers will learn about the importance of intentional self-care and can share and discover new ways to implement the practice into their daily lives.

***Remember that self-care is all about you – that is why we are calling the class Me Time.***

This group will be held ongoing at the Dubin Center on the 2nd and 4th Fridays of the month from 2:00-3:00pm, beginning August 11th, 2023.

For more information on Me Time, please contact the Dubin Center at 239-437-3007 or email [info@dubincenter.com](mailto:info@dubincenter.com).



## QUARTER 2, 2023 DONATIONS

### IN MEMORY OF

Edmund Becker  
Joslyn C. Becker  
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Captiva Chapel by the Sea  
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Lee Guardianship Services, Inc

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visit us online at [www.dubincenter.com](http://www.dubincenter.com)