



Caregiver Connection

ISSUE #1

THE DUBIN CENTER
MONTHLY E-NEWSLETTER

October 2024

Welcome to the first Caregiver Connection Newsletter

Dear Friends and Supporters,

We are delighted to introduce you to "Caregiver Connections," the inaugural edition of The Dubin Center's e-newsletter! Our goal is to create a space where caregivers like you can find support, inspiration, and practical resources to enhance your caregiving journey.

In this debut issue, we're excited to launch several new features:

Dubin Spotlight: Meet one of our dedicated volunteers, team members, or community partners who are making a profound impact through their unwavering commitment and compassion.

Client Corner: Hear firsthand from our clients as they share a glimpse into the transformative power of community and support.

Upcoming Calendar: Stay informed about our events, workshops, and support groups for the month ahead. We're here to help you stay connected and engaged.

Brain Boosting Activities: Discover engaging activities designed to stimulate cognitive function and bring joy to both caregivers and their loved ones.

Thank you for being a part of The Dubin Center family. Your support helps us to continue our mission and make a meaningful difference in the lives of caregivers. We hope you find this newsletter both informative and inspiring.

In this newsletter you can expect:

Community News

Dubin Spotlights

Insights of the Month

The Joyful Corner

Monthly Calendar



To stay up to date with our weekly schedule, be sure to follow us on social media!

Out and About is Back!



October 11th at 11am, we will be going to Farmer Mike's U Pick 8751 Gladiolus Dr. Fort Myers.

The outing will include pumpkin picking, a fresh sunflower and a hayride. We will share a snack at the shaded picnic tables.

Cost per person is \$5, payable at arrival at Farmer Mike's U Pick

Registration is required, please call the Dubin Center to sign up, 239-437-3007.

Community News



Neuropsychiatric Research Center [NPRC] is a participant in a Vitamin B derivative study which is looking to determine if the study drug can stabilize or slow memory problems in patients with mild cognitive impairment or mild Alzheimer's disease.

Please contact Eddie Perez at NPRC at 239-939-7777 for more information on this study. [BenfoTeam Study.](#)

Client Corner

Bob is a dedicated participant in the Dubin Center support groups and a recent graduate of the Savvy Caregiver course. When he first arrived at the Dubin Center, he admitted that his knowledge of caregiving was limited. However, through his involvement in support groups and educational courses, Bob has significantly deepened his understanding of dementia and has come to appreciate the value of seeking additional support.

Bob offers this advice: **"Be patient and be willing to seek support when you need it."**



Dubin Spotlight DAN MOSER

Dan Moser is an active volunteer with the Dubin Center. Dan runs our Men's Caregiver, FTD support group in person and via Zoom as well as Driving Crossroads.

"They're there when you need them, they're in your back pocket, and they're FREE".

Dan also encourages all to volunteer their time and services. Not only is it a way to give back to your community, but it is a chance to enrich your own life.

Dan's favorite aspect about the work done at the Dubin Center is that he can see an instant change in the caregivers he encounters.

Caregivers leave one meeting and are already feeling lighter and more hopeful for the future because they now know, they are no longer facing this disease alone.

Dan was a caregiver for his late wife, Maria. Maria was diagnosed with Frontotemporal Dementia (FTD) in 2015. Dan stated they sought out community resources right after Maria's diagnosis and came right into the Dubin Center.

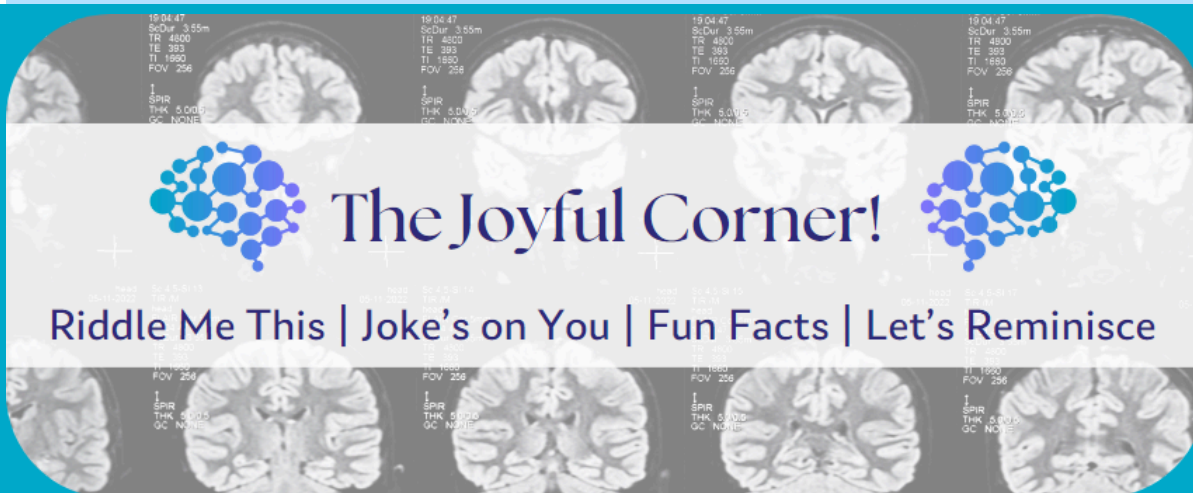
The Dubin Center has provided invaluable resources, training, and support for Dan and his wife, making their journey through this horrible disease much easier.

Dan advises that if you have any concerns of a memory impairment in your loved one or in yourself, you should reach out to the Dubin Center.

All art work seen in this section was done by Maria Moser.



If you would like to be featured in our monthly e-newsletter or share how the Dubin Center has impacted, you; please fill out the survey [linked here](#).



I can be light or heavy, a friend or foe,

Sometimes you need me, sometimes you let me go.

I'm inside your mind, though you can't always see,

When I'm at peace, you're happy and free.

What am I?

Why did the scarecrow become a mental health counselor?

Why did the psychologist bring a ladder to work?

Why don't skeletons fight each other?

What do you call a monster who poisons cornflakes?

Did you know this about the human brain?

There are 100,000 miles of blood vessels in the brain. The distance around the world at the equator is 24,900 miles.

There is no evidence that a larger brain is smarter than a smaller brain.

What is your go-to Halloween candy?

Do you have any fond memories of Halloween? Maybe a favorite costume you had as a kid?

Have you ever been to a haunted house?

Did you use to rake leaves? Carve pumpkins? Go apple picking?

Insights of the month

Halloween can be a challenging time for dementia caregivers due to its noisy, unpredictable nature.

Holidays in October

October 1st - International Coffee Day

October 4th - World Animal Day

Limit Noise and Distractions: If the environment gets too noisy with trick-or-treaters, consider turning off outside lights or keeping the front door closed to minimize disturbances.

Try to maintain your loved one's daily routine when possible.

Engage your loved one in simple Halloween activities, like carving a pumpkin, painting pumpkins, or making festive crafts. This can help create a sense of participation and joy.

October 5th - World Teacher's Day

October 10th - World Mental Health Day

October 14th - National Dessert Day

October 16th - National Boss's Day

October 16th - World Food Day

October 24th - United Nations Day

October 31st - Halloween

October Calendar



THE DUBIN CENTER **October 2024**

Where no one faces dementia alone.

dubincenter.com

12685 New Brittany Blvd Fort Myers, FL 33907

For More Information Call (239)437-3007

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group</p>	<p>1</p> <p>10:00 Zoom Savvy Caregiver #1 10:00 General Support Group 1:00 Savvy Caregiver #1</p>	<p>2</p> <p>10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers</p>	<p>3</p> <p>1:30 Lake Kennedy Senior Center General Support Group - Cape Coral 5:30 Zoom Savvy Caregiver #1</p>	<p>4</p> <p>2:00 Memory Catchers</p>
<p>7</p> <p>10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group 5:30 General Support Group</p>	<p>8</p> <p>10:00 Zoom Savvy Caregiver #2 10:00 Zoom FTD Support Group 10:00 General Support Group 1:00 Savvy Caregiver #2</p>	<p>9</p> <p>10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only</p>	<p>10</p> <p>10:30 Bonita Springs Memory Café - Bonita Springs Senior Center 5:30 Zoom Savvy Caregiver #2</p>	<p>11</p> <p>11am Out and About Farmer Mike's U Pick 8751 Gladiolus Dr. Fort Myers Registration Required Call 239-437-3007</p>
<p>14</p> <p>10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group</p>	<p>15</p> <p>10:00 Zoom Savvy Caregiver #3 10:00 General Support Group 1:00 Savvy Caregiver #3</p>	<p>16</p> <p>10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers</p>	<p>17</p> <p>10:00 Art Time - Magic Watercolor Painting 10:30 Zoom FTD Support Group 5:30 Zoom Savvy Caregiver #3</p>	<p>18</p> <p>2:00 Memory Catchers</p>
<p>21</p> <p>10:30 Zoom Savvy Support Group 2:00 Zoom General Support Group 5:30 General Support Group</p>	<p>22</p> <p>10:00 Zoom Savvy Caregiver #4 10:00 General Support Group 1:00 Savvy Caregiver #4</p>	<p>23</p> <p>10:00 Men's Support Group 12:00 Savvy Support Group 2:30 Lehigh Senior Center Brain Boosters - Lehigh Acres</p>	<p>24</p> <p>10:00 Memory Café 5:30 Zoom Savvy Caregiver #4</p>	<p>25</p>
<p>28</p> <p>10:30 General Support Group @ Hope Lutheran Church - Bonita Springs 10:30 Zoom Savvy Support Group 1:30pm Savvy Caregiver #1 2:00 Zoom General Support Group</p>	<p>29</p> <p>10:00 Zoom Savvy Caregiver #5 10:00 General Support Group 1:00 Savvy Caregiver #5</p>	<p>30</p> <p>12:00 Savvy Support Group</p>	<p>31</p> <p>5:30 Zoom Savvy Caregiver #5</p>	<p>1</p> <p>2:00 Memory Catchers</p>



This podcast was produced by one of our Men's Caregiver Support Group members. It provides guidance and expert knowledge on all things Alzheimer's and caregiver related.

Check out the most recent episode where Jeff talks with new executive director, Christine LoConte.

[GUTPUNCHED Podcast](#)

Check out this insightful interview featuring Christine LoConte, Executive Director of the Dubin Center, and dedicated volunteer Dan Moser. They delve into the challenges of caregiving and explore effective ways to provide support. Don't miss their valuable perspectives!

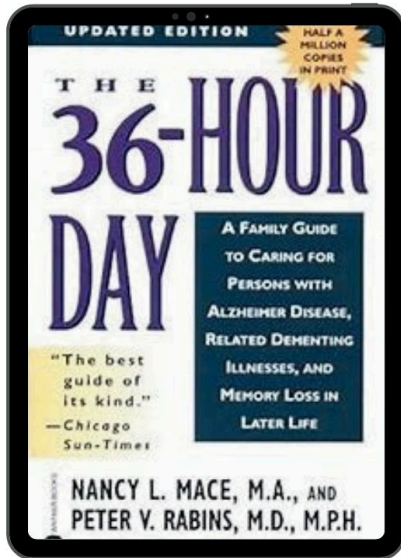
[The Challenges of Caregivers and those who support them](#)



Check out these upcoming events! Register Today!

36 HOUR DAY AUTHOR EVENT

FEATURING DR. PETER V. RABINS, M.D., MPH



Thursday, October 10th
10:00AM - 1:00PM

Peace Lutheran Church
15840 McGregor Blvd. Fort
Myers, FL 33908

Heath Fair portion from 10AM - 11AM with area vendors specializing in Senior Care. Dr. Rabins will present and open the floor for Q&A

RSVP Today to Save Your Spot!

Please RSVP to 239-454-1277 by Monday, October 7th

Come join us for our Health Fair and presentation by Dr. Peter V. Rabin's, the author of "The 36-HOUR DAY" and "Practical Dementia Care". Dr. Peter V. Rabins has 40 years of experience in the field of dementia care as a geriatric psychiatrist, professor, author and lecturer. Dr. Rabins founded Johns Hopkins Hospital's Division of Geriatric Psychiatry and was a faculty member of the Johns Hopkins School of Medicine's Department of Psychiatry and Behavioral Sciences. As memory care experts, we are passionate about educating families who need support. Join us for this event, and get the support and education you need to help you in your journey.

**MEMORY CARE
IS ALL WE DO.**



ARDEN COURTS

PROMEDICA MEMORY CARE

15950 McGregor Blvd.

Fort Myers, FL 33908

arden-courts.org



© 2024 ProMedica Health System, Inc., or its affiliates License # 9502

The Dubin Center mission is to achieve caregiver health, strength and resilience by providing education, information, hope and compassion.

Are you caring for someone with dementia?

Area Agency on Aging for Southwest Florida connects older adults and adults with disabilities to resources and assistance for living safely with independence and dignity.

Please join Area Agency on Aging for SWFL at our center for a **FREE 6-week, evidence-based course** designed to help you become a more confident caregiver. The course is offered in small groups where you will meet other local caregivers who are learning and sharing the journey of caregiving with you.

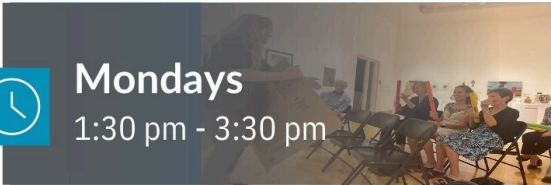
Dates

October 28
November 4, 11, 18, 25
December 2

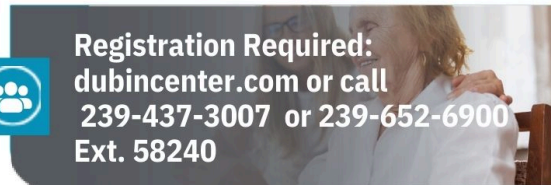


Mondays

1:30 pm - 3:30 pm



Registration Required:
dubincenter.com or call
239-437-3007 or 239-652-6900
Ext. 58240



The Dubin Center
12685 New Brittany Blvd.
Fort Myers, FL 33907

DubinCenter.com

aaaswfl.org

Donate Here



(239) 437-3007



12685 New Brittany Blvd
Fort Myers, FL 33907



info@dubincenter.com

Our Contact Information

Dubin Center
12685 New Brittany Blvd



Fort Myers, FL 33907

239-437-3007

dubincenter.com



THE DUBIN CENTER

Where no one faces dementia alone.

The Joyful Corner Answers

Riddle - Your Mood

Jokes - Because he was outstanding in his field!

To help people reach new heights in their mental health!

They don't have the *guts!*

A cereal/killer!

You are being sent this email because you are a subscriber.

If you wish to update your Email Preferences or Unsubscribe, click [*{{Unsubscribe}}*](#)