



Caregiver Connection

ISSUE #3

THE DUBIN CENTER
MONTHLY E- NEWSLETTER

December 2024

Caregiver Connection Newsletter

Welcome to Our December Newsletter!

As we approach the holiday season, we want to take a moment to thank you for being a part of our community. This time of year can be both joyful and challenging, especially for those caring for loved ones with dementia. The holidays can bring added stress, but they also offer opportunities for connection, reflection, and support.

At The Dubin Center, we're committed to standing by caregivers, offering resources, and creating a space where you can find comfort, understanding, and practical help. Whether you're seeking guidance on managing caregiving during the holiday season or looking for ways to celebrate with your loved ones, we're here to support you every step of the way.

As always, we're so grateful for your involvement and dedication to this important work. Together, we make a

Newsletter 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.

The Joyful Corner: Discover engaging activities designed to stimulate cognitive function and bring joy to both caregivers and their loved ones.

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.

In this newsletter you can expect:

Community News

Dubin Spotlights

Insights of the Month

The Joyful Corner

Monthly Calendar

Warmly,

The Dubin Team

difference in the lives of caregivers and their families.

Wishing you peace, strength, and moments of joy this holiday season.



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

New Support Groups!

Grace Beyond Guilt

The Dubin Center is excited to welcome you to our Grace Beyond Guilt support group for caregivers whose loved one now resides in a memory care setting.

Our Grace Beyond Guilt group will be the first Thursday of every month, from 10-11 am.

We look forward to seeing you there for the first group on Thursday, December 5th at 10am!



Evening General Support Group ZOOM

Our evening support group is getting a new time and format!

Having a hard time getting to The Dubin Center after work?

Join us ONLINE via ZOOM at 6:30pm on the first and third Monday evenings of the month!

First virtual evening group: December 2nd, 6:30pm-7:30pm.

Holiday Events at the Dubin Center

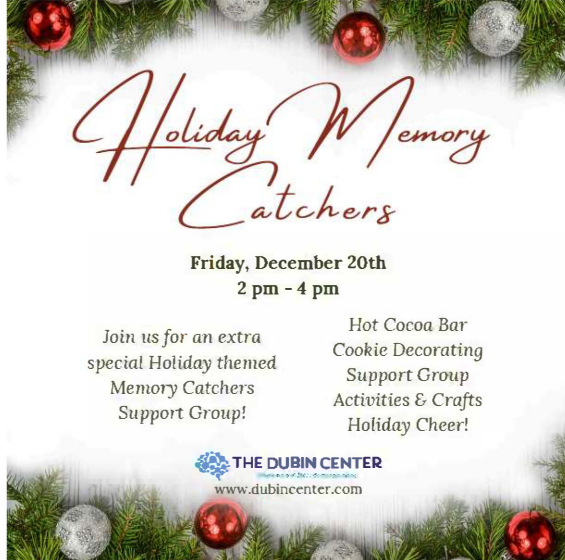

THE DUBIN CENTER
Where no one faces dementia alone.

OUT & ABOUT

WHEN: Join us on December 17th, 2024 @ 10:30 AM
WHERE: Edison and Ford Winter Estates;
 2350 McGregor Blvd, Fort Myers, FL 33901
DETAILS: Meet us at the ticket counter for a FREE self-guided
 tour with Shannon; parking is free too!




Call 239-437-3007 to RSVP!



Holiday Memory Catchers

Friday, December 20th
2 pm - 4 pm

Join us for an extra special Holiday themed Memory Catchers Support Group!
 Hot Cocoa Bar
 Cookie Decorating Support Group
 Activities & Crafts
 Holiday Cheer!


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www.dubincenter.com

Education at The Dubin Center



SAVVY CAREGIVER[®]

KNOWLEDGE. SKILLS. MASTERY.

Savvy Caregiver class is back in 2025!

We are excited to announce our new Savvy Caregiver class: **Savvy Caregiver Advanced**. This course focuses on caregivers and their loved ones who are further along in the later stages of the disease. Caregivers eligible to take this course have also completed the regular Savvy caregiver class and are looking to grow their caregiving knowledge as they enter into the late stages of dementia.

To sign up for our regular Savvy Caregiver class or for Savvy Caregiver Advance please give us a call or register on our website!

Savvy Caregiver: Area Agency on Aging at The Dubin Center

(6 weeks) January 6th, 13th, 20th, 27th, February 3rd, 10th | **In Person** | 1:30pm - 3:30pm

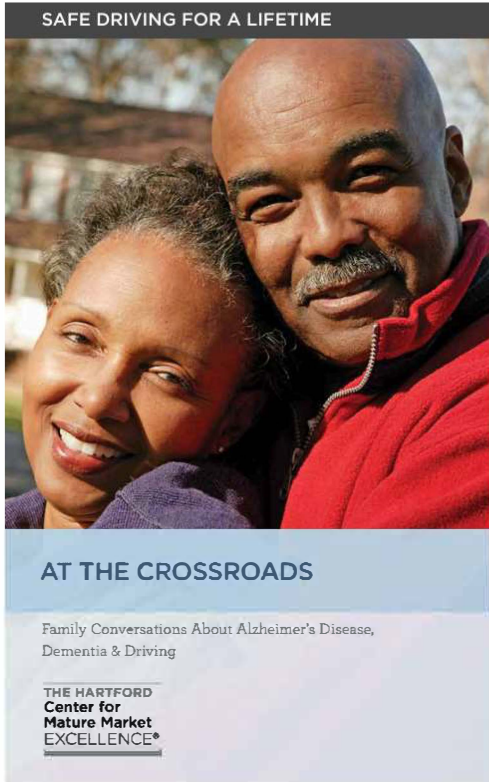
Savvy Caregiver Express: (regular Savvy class, just condensed to 3-weeks)

(3 weeks) January 7th, 14th, 21st | **Zoom** | 10am - 12pm

(3 weeks) January 9th, 16th, 23rd | **In Person** | 1pm - 3pm

Savvy Caregiver Advanced:

(4 weeks) January 28th, February 4th, 11th, 18th | **In Person** | 1pm - 3pm



***Driving Crossroads
December 12th, 2024***

Not sure how to stop your loved one with dementia from driving? Join us for our Driving Crossroads course on Thursday December 12th, 2024 from 11:30am - 1:00pm.

Gain valuable insight, knowledge, tips and tricks to begin that difficult conversation about driving and safety. Call the center to RSVP!



Save the date!

**SecurePath: Fall Prevention
January 20th, 2025 from 11:30am - 1:30pm**

Join us at The Dubin Center for a Lunch & Learn on Monday, January 20th from 11:30 am to 1:30 pm. January's topic is fall prevention and home safety, balance testing will be available!

More information to follow, be sure to check our emails and website.

RSVP is requested, thank you.

Community News



Eligibility Criteria

Beneficiaries must be enrolled in Fee-for-Service Medicare (Part A and B, not a Medicare Advantage plan, PACE, or hospice).

Beneficiaries must have dementia, be it previously diagnosed or suspected. Medicare recognizes that many people with

The GUIDE Model is a comprehensive initiative designed to enhance the quality of life for Medicare beneficiaries with dementia, as well as providing substantial support to their caregivers. The GUIDE program is a medically managed care management program that provides comprehensive assessment and care planning, care coordination, caregiver support, and respite (personal care) services at no cost to Medicare beneficiaries.

dementia have never been formally diagnosed.

Beneficiaries may enroll in the program with or without a caregiver. Caregivers are defined in GUIDE as unpaid individuals, such as family members or friends, who provide care or assistance to someone with dementia. Caregivers do not need to live near the eligible GUIDE beneficiary.

Dubin Spotlight: *Jaimee Thompson* *Grief and The Holidays*

We now welcome Jaimee Thompson to the Dubin Spotlight this month! Jaimee is an Advisory Council Board member and the Co-Owner of Abby Services; In-Home Care, Home Health Care, and Caregiver Referral Service. Jaimee also serves as Lee County's Senior Care Partner and Aging In Place Advisor and has been volunteering at The Dubin Center since the early 2000's.

What inspired you to get involved with the Dubin Center?

My dad, Tom Strachan is the reason why I am involved in the Dubin Center. Tom was the founder of our family-owned business. My dad was on the Advisory Council Board and always loved serving The Dubin Center. Sadly, my dad passed away a few months ago from Lewy Body Dementia. Following his diagnosis with Parkinson's and then suffering from cognitive decline, it was all the more apparent that I needed to follow in his footsteps. I am my dad's legacy. I honor his memory by living a life that reflects his principles, I carry forward his values, and will

What was the holiday season like for you and your family before the loss of your father? It was important for us to be together to support our mom while she cared for my dad (Tom) full-time. Our family's traditions involved lots of food! Our mom is like Betty Crocker. I would assist mom in all the preparation for our amazing dinners. My young twins would entertain Pappy (Tom) with games and shows and all kinds of tricks to keep him engaged while mom and I did the preparations. All the grandkids took part in entertaining Pappy during those gatherings.

Can you talk about the feelings of anticipatory grief pertaining to your father and his diagnosis and progression through the disease over the years? Every day brought on the grief of knowing that we were slowly losing dad. The holidays were shared with mixed emotions as it would highlight the changes in dad and the stress on our mom. We tried to focus on what dad could still enjoy. I learned, a few years prior to my dad's passing, when my husband died unexpectedly in 2019 that we needed to appreciate the present. I also accepted that my dad wouldn't remember the holidays, but I most certainly knew that my dad could still feel all the love and connection in those moments.

What are some of the challenges you face during the holiday season? Facing the void. Not only will he be gone but so will some of our other family members. Leading up to his death my brothers and I and our families made every effort to be together for our mom and our declining dad. Since he's

pursue my dreams and goals that were inspired by him.

Jaimee encourages those thinking about volunteering to try it! **"Volunteering at the center is a rewarding way to give back, learn new skills, and to connect with others. To be open to learning from others, to have a different perspective and to challenge yourself to step out of your comfort zone."**



Image of Abe, Jaimee, Tom (Pappy), her mom Debbie, and Jaimee's children.

What advice would you give to others who are grieving during the holiday season? I learned after my husband passed that continuing with old traditions without him felt painful, but creating new ones also felt like moving on too soon. So, we needed to find a balance. We intend to do so this holiday season without my dad. You have to give yourself permission to experience joy and sadness at the same time. I hope to help my mom see the joy in new memories.

How do you navigate feelings of joy and sadness during the holidays, or any life events—do they coexist for you? Navigating joy and sadness during the holidays is complex and often difficult to manage alone. I see Charity Godfrey in Fort Myers who is a Licensed Mental Health Counselor. Seeing a counselor after the loss of my husband has given me the tools to navigate my dad's passing. Joy and sadness are inevitable and unavoidable. Learning how to embrace them in a healthy manner is what's key. Asking for help is a sign of strength. You have to be brave enough to do it.

We want to thank Jaimee for this special spotlight edition and for being open to share with us about how she and her family navigate feelings of grief and the upcoming holiday season. If you are grieving this holiday season or need additional support for your mental health, please contact us at The Dubin Center. We are here to support you during this difficult time.

If you find yourself in crisis this holiday season, please call *CPE: Crisis Prevention & Empowerment (The Center for Progress & Excellence)*:

Mental Health Crisis Hotline (844)-395-4432.

passed we all have different obligations this holiday season and we've reached the understanding that grief looks different for everyone.

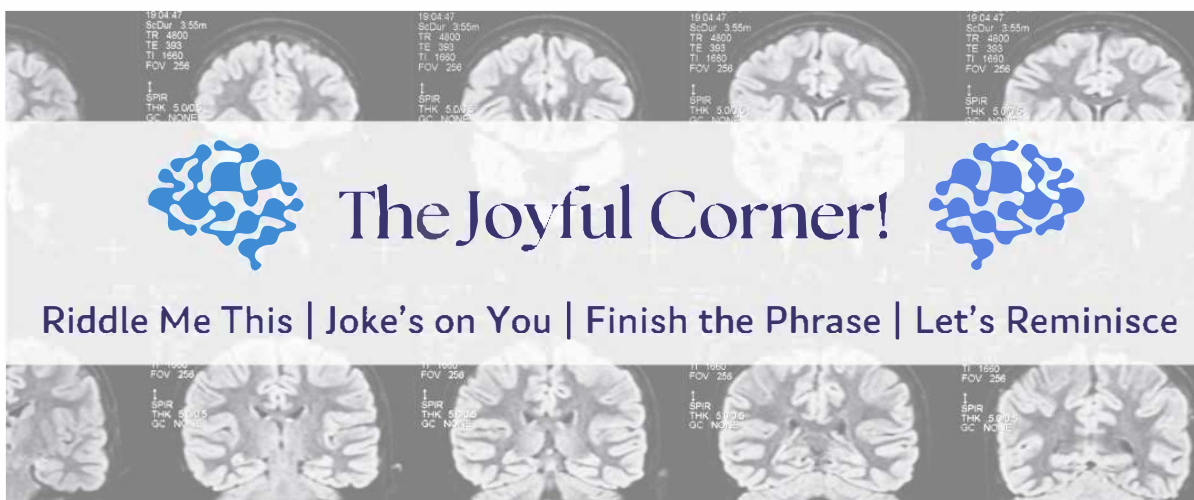
Are there any special ways you plan to honor your loved ones during the holiday season? We will watch the sunset at our special bench, light a candle at the seat where my dad sat to eat dinner. And will toast in his honor.

Caregiver Corner

We would like to thank Wanda for being our caregiver corner feature this month! Wanda is an active and regular participant of our support groups here at The Dubin Center. Wanda emphasizes that all caregivers need support and getting connected to a support group is the best place to start. When asked about how The Dubin Center has influenced her journey as a caregiver she states "it has helped her tremendously". The knowledge she has gained from support group sessions to formal education programs has better helped her learn how to tolerate and respond to the new issues that arise with this disease.

Thank you Wanda for your kind words and contributions to our support groups!

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'm tall when I'm young and short when I'm old. What am I?

I am not alive, but I can grow; I don't have lungs, but I need air. What am I?

I can be cracked, made, told, and played. What am I?

What do you call a cat on the beach during winter?

What do you get if you cross a snowman and a vampire?

Why was the snowman looking through the carrots?

What did the gingerbread man use to fix his house?

Oh, the weather outside is frightful, but the fire is so delightful, and since we no place to go, let it... (*snow, let it snow, let it snow*).

They raked him over... (*the coals*)

Out with the old, and in... (*with the new*)

What is your favorite winter meal or treat?

Do you have a favorite holiday decoration or ornament?

What songs or carols do you associate with the winter season?

Have you ever experienced a snowstorm?

Insights of the month:

Engage with those living with dementia by focusing on the present moment. Simple activities like looking through photo albums or listening to familiar holiday music can foster connection and spark joy.

Consider incorporating moments of remembrance into holiday gatherings. This could be a dedicated time to share stories about those who have passed or to reflect on the impact they had on family traditions.

The holidays often come with expectations of joy and celebration. Reminder, be gentle with yourself and prioritize self-care. It's okay to change or skip traditions that feel overwhelming.

The Calendar's Best-Kept Secrets

December 4th- National Cookie Day

December 7th – National Take a Walk Day

December 8th – National Pretend to Be a Time Traveler Day

December 13th – National Hot Cocoa Day

December 16th – National Napping Day

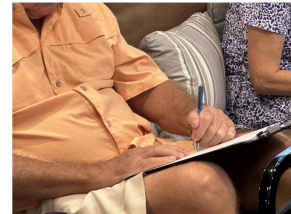
December 23rd – National Squirrel Day

December 27th – National Fruit Cake Day

December 30th – National Bacon Day

December 31st – National Champagne Day

Happenings at The Dubin Center: November Recap!



Art Time

The Dubin Center clients had a wonderful time this past month creating art during various support groups. We were able to reflect on what we are grateful for this season by creating our own gratitude spirals.

Be sure to join us on December 19th for our Holiday Spin Art activity. Give us a call to RSVP!

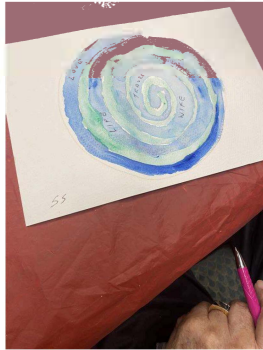
A big thank you to all our clients who participated in this month's Art Time activity and donated their pieces to our Brushstrokes from the Soul fundraising event. Be sure to check out the finished projects at the Brushstrokes fundraiser, March 20th, 2025.

SecurePath Workshop

On November 18th- National Injury Prevention Day- The Dubin Center, ReUnite, ShareWear, and the Lee County Sheriffs office Ice Cream Response Truck got together to host a wonderful discussion on safety, wandering, reunification, and injury prevention.

Clients got to enjoy a free lunch from the Atrium at Liberty Park as well as a sweet treat from the Ice Cream Response Truck. Even more clients got vital information and resources to enroll in the ReUnite program and purchase a ShareWear Bracelet.

Special Thank you to: ReUnite, Sharewear Bracelets, Lee County Sherrif's Office, and Atrium at Liberty Park for making this important event a success.



December Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:30 Zoom Savvy Support Group</p> <p>1:30 Savvy Caregiver #5</p> <p>2:00 Zoom General Support Group</p> <p>6:30 Zoom General Support Group</p>	<p>3</p> <p>10:00 General Support Group</p> <p>1:00 Zoom Savvy Caregiver #4</p>	<p>4</p> <p>10:00 Grief Group</p> <p>12:00 Savvy Support Group</p> <p>2:00 Memory Catchers</p>	<p>5</p> <p>1:30 Lake Kennedy General Support Group - Cape Coral</p>	<p>6</p> <p>2:00 Memory Catchers</p>
<p>9</p> <p>10:30 Zoom Savvy Support Group</p> <p>1:30 Savvy Caregiver #6</p> <p>2:00 Zoom General Support Group</p>	<p>10</p> <p>10:00 General Support Group</p> <p>1:00 Zoom Savvy Caregiver #5</p>	<p>11</p> <p>10:00 Men's Support Group</p> <p>12:00 Savvy Support Group</p> <p>2:00 Early Stage Support Group - Invitation Only</p>	<p>12</p> <p>10:00 FTD Support Group</p> <p>10:30 Bonita Springs Memory Café - Bonita Springs Senior Center</p> <p>11:30 Driving Crossroads</p>	<p>13</p> <p>Walk-Ins Welcomed</p>
<p>16</p> <p>10:30 Zoom Savvy Support Group</p> <p>2:00 Zoom General Support Group</p> <p>6:30 Zoom General Support Group</p>	<p>17</p> <p>10:00 General Support Group</p> <p>10:30 Out & About at Edison Ford Winter Estates</p> <p>1:00 Zoom Savvy Caregiver #6</p>	<p>18</p> <p>10:00 Zoom Men's Support Group</p> <p>12:00 Savvy Support Group</p> <p>2:00 Memory Catchers</p>	<p>19</p> <p>10:00 Art Time - Holiday Spin Art</p> <p>10:30 Zoom FTD Support Group</p>	<p>20</p> <p>2:00-4:00 Holiday Memory Catchers</p> <ul style="list-style-type: none"> Hot Coco Bar Cookie Decorating Holiday Crafts Holiday Music Snacks
<p>23</p> <p>10:30 General Support Group @ Hope Lutheran Church - Bonita Springs</p> <p>10:30 Zoom Savvy Support Group</p> <p>2:00 Zoom General Support Group</p>	<p>24</p> <p>Office Closed Christmas Eve</p>	<p>25</p> <p>Office Closed Merry Christmas & Happy Hanukkah</p>	<p>26</p> <p>Available Only by Phone 239-437-3007</p>	<p>27</p> <p>Available Only by Phone 239-437-3007</p>
<p>30</p> <p>10:30 Zoom Savvy Support Group</p> <p>2:00 Zoom General Support Group</p>	<p>31</p> <p>10:00 General Support Group</p>	<p>1</p> <p>Office Closed Happy New Year</p>	<p>2</p> <p>1:30 Lake Kennedy General Support Group - Cape Coral</p>	<p>3</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.

[GUTPUNCHED Podcast](#)

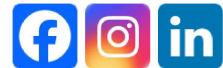


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Our Contact Information

- *{{Organization Name}}*
- *{{Organization Address}}*
- *{{Organization Phone}}*
- *{{Organization Website}}*





The Joyful Corner Answers

Riddle - A candle, Fire, A joke!

Jokes - Sandy Claws, Frostbite,

He was picking his nose, and Icing!

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