Dubin Center Presents Second Annual Symposium Featured Speakers

Dennis W. Dickson, MD - Professor and Consultant in Neuropathology, Mayo Clinic - Director, Neuropathology Laboratory Mayo Clinic Florida

Dr. Dickson has devoted his career to the neuropathology of degenerative brain disease, particularly disorders that produce dementia and parkinsonism, and has published over 400 peer-reviewed papers and 50 book chapters. He is the neuropathologist for the Mayo Clinic and the Florida Alzheimer Disease Research Centers and the Mayo Clinic Parkinson’s Disease Center. He is also the neuropathologist for brain banks of the State of Florida Alzheimer Disease Initiative and the Society for Progressive Supranuclear Palsy. He has personally evaluated over 3000 brains of individuals with degenerative brain disease. He started his professional career in the laboratory of Dr. Robert D. Terry at Albert Einstein College of Medicine in New York and is still the neuropathologist for the Einstein Aging Study, one of the first prospective, longitudinal studies of aging and dementia. His studies at Einstein lead to the recognition that some clinically normal individuals have as much amyloid deposition in their brains as patients with Alzheimer’s disease (AD). With a strong clinicopathologic foundation, Dr. Dickson was one of the first to emphasize that tau, not amyloid, was the most important cause of dementia in AD.

He was also one of the first to realize that Lewy body disease (LBD) was a common cause of dementia in the elderly, and that LBD could be differentiated from AD clinically and pathologically. He and his coworkers described cholinergic deficiencies in LBD, and he discovered novel hippocampal pathology in LBD. He has participated in formulation of neuropathologic criteria for LBD and performed studies that validated these criteria.

Marc Diamond, MD - The David Clayson Professor of Neurology at Washington University, St. Louis

The Diamond laboratory is focused on basic research to identify therapeutic targets, novel biomarkers, and develop small molecules to treat neurodegenerative disease. It is especially interested in understanding tau protein aggregation, which plays a key role in Alzheimer’s diseases. It uses a range of approaches: biochemistry, cell and molecular biology, and animal models. The tauopathies constitute a large

Practical Support for Coping with Dementia

The Alvin A. Dubin Alzheimer’s Resource Center & Florida Gulf Coast University College of Health Professions and Social Work present

The Second Annual Symposium on Alzheimer’s Disease and Related Dementias
(made possible by the Bernard P. Sweeney Endowment Fund)

Thursday, March 13
8:30 a.m. - 4:00 p.m.
(registration begins at 7:30 a.m)
at the Cohen Center Florida Gulf Coast University
10501 FGCU Blvd South, Fort Myers

Featured Speakers:
• Dennis Dickson, MD
• Marc Diamond, MD
• Kelly D. Foote, MD
• Healthcare Professional’s Panel

CEU’s Available for Nurses, Nursing Home Administrators, Guardian and Social Workers ($50.00 fee for CEU seekers only)

Reservations Required RSVP by March 5th
(239) 437-3007

For more information about the Alvin A. Dubin Alzheimer’s Resource Center, contact us at (239) 437-3007 or visit our website at www.alzheimersswfl.org

(Continued on page 3)
Mark Your Calendar

A Light To Remember
Sponsored by Fox Electronics
January 23, 2014 – 5:30 p.m.,
Centennial Park – Fort Myers

Families and friends may purchase a luminary in celebration (honoring or remembering) of a loved one with Alzheimer’s disease or a related memory disorder. These luminaries will border the sidewalks of centennial park by the fountain at sunset with a special lighting ceremony

For more information see page 4.

Savvy Caregiver
Presented by Dublin Alzheimer’s Resource Center
Mondays starting January 20th through February 24th
2:00 p.m. to 4:00 p.m.
Dublin Alzheimer’s Resource Center
12468 Brantley Commons Ct, Fort Myers

Wednesday starting February 5th through March 12th
2:00 p.m. to 4:00 p.m.
at the
Cultural Center of Charlotte County
2260 Aaron Street, Port Charlotte

Registration required: (239) 629-4775 ext. 223

The Savvy Caregiver program is designed to train family caregivers in the basic knowledge, skills, and attitudes needed to handle the challenges of caring for a family member with Alzheimer’s disease or related dementia and to be an effective caregiver. This is a 12 hour course delivered in 2-hour sessions over a 6 week period.

For more information see page 6.

Teen Scholarship Program
Awarded by: The Dublin Alzheimer’s Resource Center
Deadline: March 1, 2014

Scholarship Criteria and Application are available at www.alzheimersswfl.org

Applications and letters of recommendation for the 2014 scholarships must be postmarked by March 1, 2014

Scholarships are awarded to Lee County high school students who plan to pursue a college education. Applicants are required to write an essay about their experience helping a person with Alzheimer’s disease or other memory impairment.

His NIH-sponsored research includes projects applying and optimizing DBS therapy for the treatment of Parkinson’s disease, severe tremor secondary to multiple sclerosis, obsessive-compulsive disorder, and Tourette syndrome. He is also participating in industry-sponsored studies investigating the application of DBS to treat medically refractory depression, early Alzheimer’s dementia, and refractory Parkinsonian gait disorders, as well as investigational trials of novel DBS hardware.

Takens From: www.ufl.edu

Second Annual Symposium on Alzheimer’s Disease & Related Dementia Registration Form

Name ___________________________
Agency/Profession ___________________________
Address ___________________________
City, State, Zip ___________________________
Phone ___________________________
Email ___________________________
Florida License #: ___________________________
Social Worker: _____
Professional Guardian: _____

Teens with a healthy brain are more likely to achieve their goals and succeed in school. By learning about the brain and what is important in the classroom, teens can improve their thinking skills and learn how to succeed in school. The goal of this program is to provide educational support for high school students to help them reach their academic goals.

Young people today are living with Alzheimer's disease, and the impact of the disease on their families is significant. By raising awareness of the disease, we can help ensure that young people have the tools they need to succeed in school and in life.

For more information, please visit www.alzheimer.org or contact the local Alzheimer's Association office.

Teens with a healthy brain are more likely to achieve their goals and succeed in school. By learning about the brain and what is important in the classroom, teens can improve their thinking skills and learn how to succeed in school. The goal of this program is to provide educational support for high school students to help them reach their academic goals.

Young people today are living with Alzheimer's disease, and the impact of the disease on their families is significant. By raising awareness of the disease, we can help ensure that young people have the tools they need to succeed in school and in life.

For more information, please visit www.alzheimer.org or contact the local Alzheimer's Association office.
Only $5.00 per Luminary

Sixteenth Annual
A Light to Remember
TRIBUTE CEREMONY
SPONSORED BY
FOX ELECTRONICS

January 23, 2014 ~ 5:30 p.m.
Centennial Park, Fort Myers

Families and friends may purchase a luminary in celebration (honoring or remembering) of a loved one with Alzheimer’s Disease or a related memory disorder. These luminaries will border the sidewalks of centennial park by the fountain at sunset with a special lighting ceremony.

Your Name: _______________________________________________________________________________________
Phone: _______________________________________________________________________________________
Address: _________________________________________________________________________________________
In Celebration of: ______________________________________________________________________________
City/State/Zip: ___________________________________________________________________________________
Number of Luminaries: ___________ x $5.00 = $____________________

Please make checks payable to the Alvin A. Dubin Alzheimer’s Resource Center – 12468 Brantley Commons Ct, Fort Myers, FL 33907.

Only $5.00 per Luminary

SIXTEENTH ANNUAL
A LIGHT TO REMEMBER
TRIBUTE CEREMONY
SPONSORED BY
FOX ELECTRONICS

January 23, 2014 ~ 5:30 p.m.
CENTENNIAL PARK, FORT MYERS

Families and friends may purchase a luminary in celebration (honoring or remembering) of a loved one with Alzheimer’s Disease or a related memory disorder. These luminaries will border the sidewalks of centennial park by the fountain at sunset with a special lighting ceremony.

Your Name: _______________________________________________________________________________________
Phone: _______________________________________________________________________________________
Address: _________________________________________________________________________________________
In Celebration of: ______________________________________________________________________________
City/State/Zip: ___________________________________________________________________________________
Number of Luminaries: ___________ x $5.00 = $____________________

Please make checks payable to the Alvin A. Dubin Alzheimer’s Resource Center – 12468 Brantley Commons Ct, Fort Myers, FL 33907.

Center Happenings

Supporters of the Dubin Alzheimer’s Resource enjoy the Dubin Golf Classic on a beautiful day.

Center Board Vice President, Jamie Seneca and Advisory Board Member, Mike Skaggs socialize at Brushstrokes from the Soul.

Jack and Pat Freeman, Cheryl and Barry Lukatch, Matt and Sue Grogger, and Lenward and Barbara Gatison relax at the Caregiver Social.
Caregiver’s Corner

The Savvy Caregiver

The Savvy Caregiver program is a unique approach to family caregiver education. This program has been developed by clinicians and educators who understand that caregiving is in many ways a form of clinical work, and have tailored the training accordingly. The central concept is the notion of strategy; throughout the program caregivers are urged to learn, develop and modify strategies that will be used to accomplish the goal for their particular caregiving situation. Another main tenant of the program is for the caregiver to integrate a contented involvement with the person they are caring for into their daily life. The program presents ideas from many disciplines and sources. Below are the areas of knowledge, skills, and attitudes that are taught or developed in the program:

Information and Knowledge ~ Because of the complexity of caregiving, the program goes through many details and scenarios that caregivers face in their journey.

Skills ~ Caregiving is a complex job and entails many tasks. It is a basic premise of the Savvy Caregiver program that few family caregivers have received any training for the work they do as caregivers. Since the principal task of the family caregiver is to manage day-to-day life with the person, these are the skills on which the program focuses.

Outlook or Attitude ~ The program aims to foster an increased sense of individual mastery in caregiving. There are at least three areas of attitude that the program tries to affect:

- Objectivity
- Self Confidence
- Self-Valuing

Wandering is a common symptom of Alzheimer’s disease, especially in the middle stages.

Preventative planning is critical in ensuring a safe environment for people with memory impairment.

If you have not enrolled in our center’s safety program, call today for a FREE packet.

The Safety Program includes 2 components:

- An emergency plan kit for the home
- An identification bracelet registered with local law enforcement

Call 437-3007

Today for your free Safety Program packet!
ALZHEIMER’S SUPPORT GROUPS

BONITA SPRINGS
Hope Lutheran Church
4th Monday, 10:30 a.m.

CAPE CORAL
Gulf Coast Village
1st & 3rd Thursdays, 2:00 p.m.

FORT MYERS
Broadway Community Church
2nd Tuesday, 2:00 p.m.
Dunbar United Way House
4th Tuesday, 1:00 p.m.
Riverside Church
4th Tuesday, 2:00 p.m.
Westminster Presbyterian
2nd & 4th Wednesdays, 9:45 a.m.
Fort Myers Congregational United Church of Christ
3rd Wednesday, 10:00 a.m.
NEW Dubin Alzheimer’s Resource Center
STARTING IN FEBRUARY 3rd Thursday, 6:15 p.m.

NORTH FORT MYERS
Pine Lakes Country Club
4th Thursday, 2:00 p.m.

PINE ISLAND
Pine Island United Methodist
1st Thursday, 10:30 a.m.

LEHIGH
United Way House
1st & 3rd Monday, 2:00 p.m.

SANIBEL
Sanibel Congregational United Church of Christ
4th Wednesday, 1:30 p.m.

LABELLE*
First Christian Church
1st Wednesday, 1:00 p.m.

PUNTA GORDA**
The Palms of Punta Gorda
2nd Thursday, 2:00 p.m.

ADULT CHILDREN GROUP***
Dubin Alzheimer’s Resource Center
1st Tuesday, 6:15 p.m.

LONG TERM CARE ISSUES
Dubin Alzheimer’s Resource Center
3rd Tuesday, 10:00 a.m.

Please Note Schedule Changes:
* Labelle’s January 1st meeting is cancelled
** Punta Gorda’s March group will meet March 14th
*** Adult Children’s February group will meet February 11th

SPEAKERS

Your 2014 Financial Checkup
Reina Schlager, CPA/PFS
Schlager Schlager & Levin
Lehigh Acres: January 6th | 2:00 p.m.
Cape Coral: January 16th | 2:00 p.m.
Westminster: January 22nd | 9:45 a.m.

Laugh Yoga
Jeanne Csuy, PT
Lehigh Acres: February 3rd | 2:00 p.m.
Cape Coral: February 20th | 2:00 p.m.
Westminster: February 26th | 9:45 p.m.

Dementia for Caregivers
Mabel Lopez, PhD
Mind and Brain Care, LLC
Lehigh Acres: March 3rd | 2:00 a.m.
Cape Coral: March 20th | 2:00 a.m.
Westminster: March 26th | 9:45 a.m.

For information, please call
(239) 437-3007.