

# Duet News

• FOR GRANDPARENTS RAISING GRANDCHILDREN •

## From the Director's Desk

BY **PATRICIA DOMINGUEZ MSW,**  
DIRECTOR OF KINSHIP CARE SERVICES

It takes a lot of energy and resilience to raise a second family. Duet is here to help. This summer, our workshops and activities focus on **EMPOWERMENT**.

**EMBRACE YOUR PAST.** Each of us has a story, and our family heritage plays an important part in shaping those stories. Join us on Saturday, July 14, for a genealogy workshop. Explore your ancestry while enjoying time with fellow grandparents.

**REACH FOR THE STARS.** Join us on Saturday, July 21, at the Challenger Space Center. Learn about the solar system or work through a challenging space mission while performing experiments

and teamwork exercises.

**FIND YOUR INNER STRENGTH.** Join us on August 24 for Grandfamilies Movie Night featuring *Black Panther* (PG-13). The movie tells the story of T'Challa, who must rediscover his inner strength when his rise to the throne is challenged.

**FORGE A BETTER FUTURE.** For those grandparents raising grandchildren who have experienced trauma, life can present many additional challenges. Beginning on September 22, Duet will present a three-session workshop: *Caring for Children Who Have Experienced Trauma*. Learn about trauma and its effects on children. Topics include how to provide a safe place and how to advocate for trauma-specific services – all in an effort to create a better grandparenting experience for you and your grandchildren. We highly recommend this workshop.



**EMPOWER YOURSELF** to face the happiness and challenges of raising your grandchildren. RSVP to the Arizona Grandparent Ambassador Summit on September 8. Workshops typically focus on various issues, stresses, and joys of caring for your grandchildren.

Contact us today to register for these great opportunities. ✨

## Caring for Children Who Have Experienced Trauma: A Workshop for Grandparents Raising Grandchildren

Participants in this workshop learn what trauma is, how trauma may impact children, and how their behaviors are often symptoms of those experiences. The eight-module curriculum package also provides information on how to create a safe place, how to become an advocate for trauma-specific services, and how to recognize and help prevent compassion

fatigue. Participants should plan to attend all three sessions.

Contact Jennifer with any questions about the content at [franzmeier@duetaz.org](mailto:franzmeier@duetaz.org) or call (602) 274-5022, ext. 114.

**Dates:** **Saturday, September 22, 2018**  
**Saturday, September 29, 2018**  
**Saturday, October 6, 2018**

**Time:** 9 a.m. - 2:30 p.m.

**Where:** Duet, 10000 North 31<sup>st</sup> Avenue  
Suite D200  
Phoenix, AZ 85051

**Cost:** Free!

**RSVP:** Reservations required by  
**Wednesday, September 12.**  
Contact Becky at (602) 274-5022,  
ext. 115, or [cacace@duetaz.org](mailto:cacace@duetaz.org) ✨



## Group Activities for Families

Grandfamily outings are offered to grandparents and to the children they are raising. Other family members are welcome to attend outings *at the full rate and when availability allows. Please remember that an RSVP is needed for all grandfamily outings and special events.*

### Challenger Space Center



Join us for an amazing, out-of-this-world adventure at the Challenger Space Center. Younger kids will learn about the solar system and what it takes to be an astronaut through hands-on creative activities and teamwork. Older kids will learn about the NEO Landing and its importance to future Mars missions through hands-on activities, teamwork and a demonstration on the properties of light. Grandparents and grandchildren alike are sure to be inspired, excited, and educated.

**When:** Saturday, July 21, 2018

**Time:** 10 a.m. - 12:30 p.m.

**Where:** Challenger Space Center  
9617 North Metro Parkway  
Suite 2214  
Phoenix, AZ 85051

**Cost:** \$3 per person (includes pizza lunch)

**RSVP:** Reservations with payment required by **Friday, July 13**. Contact Becky at (602) 274-5022, ext. 115, or [cacace@duetaz.org](mailto:cacace@duetaz.org) ✨

### Grandfamilies Movie Night: *Black Panther*



It's that time again. Join us at our quarterly movie night featuring the very popular *Black Panther* (rated PG-13). Leave the popcorn popping to us. Come for a fun-packed evening that is free, free, free! Bring your family, friends, lawn chairs, and blankets. We'll provide the rest – pizza, popcorn, snacks, and drinks. See you there.

**When:** Friday, August 24, 2018

**Time:** 6 - 8:30 p.m.

**Where:** Madison Baptist Church  
6220 North 12th Street  
Phoenix, AZ 85014

**Cost:** Free

**RSVP:** Reservations required by **Friday, August 17**. Contact Becky at [cacace@duetaz.org](mailto:cacace@duetaz.org) or (602) 274-5022, ext. 115. ✨

### Family History Workshop



Do you wonder where your ancestors came from? Come to a genealogy workshop and learn how to begin your family tree. We will begin with YOU and work our way back as long as we keep finding your relatives. Anyone can do it. You will learn how to build your family tree, about the type of information you can include in it, and other interesting tidbits. The resources are endless. Bring the names and birthdays of your parents, grandparents, and great-grandparents, and you will be amazed at what you find. If you have a laptop or iPad, please bring it for web-search purposes.

**When:** Saturday, July 14, 2018

**Time:** 9:30 a.m. - noon (followed by lunch)

**Where:** Duet, 10000 North 31<sup>st</sup> Avenue  
Suite D200  
Phoenix, AZ 85051

**Cost:** Free (includes lunch)

**RSVP:** Reservations required by **Friday, July 6**. Contact Becky at [cacace@duetaz.org](mailto:cacace@duetaz.org) or (602) 274-5022, ext. 115. ✨

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.

ALEX HALE



## Medication & Trauma Presentation



This unique presentation and Q & A session will address grandparents' questions about their own medications, topics that pertain to adverse childhood experiences (ACEs) that their grandchildren or they may have experienced, and the potential implications of ACEs for mental and physical health. The potential for future drug use or drug abuse will also be addressed. Dr. Michael Campbell, our presenter and a pharmacy manager at Walgreens, hopes that this workshop will provide grandparents with feedback on how to practice better self-care. This, in turn, may help grandchildren learn self-care and self-regulation, thus providing them with the best opportunity for success in school and society.

**When:** Saturday, August 4, 2018

**Time:** 10 a.m. - noon (followed by lunch)

**Where:** Duet, 10000 North 31<sup>st</sup> Avenue Suite D200  
Phoenix, AZ 85051

**Cost:** Free (includes lunch)

**RSVP:** Reservations required by **Friday, July 27**. Contact Becky at [cacace@duetaz.org](mailto:cacace@duetaz.org) or (602) 274-5022, ext. 115. 🦋

**September 8, 2018**  
**8:30 AM - 3:00 PM**

Early Bird  
Rate  
**\$10**  
Per Family

# 2018 ARIZONA GRANDPARENT AMBASSADORS' SUMMIT

Salvation Army Kroc Center  
1375 E Broadway Rd  
Phoenix, AZ 85040





**Adults:** Workshop on childhood trauma and attachment by expert **Kenny Miller**. Keynote speaker, the Honorable **Leah Landrum Taylor**.  
**Legislative panel & Advocacy activity.**

**Kids:** Fun activities planned for ages 6mos to 15. Swimming available for ages 6 & up. Lunch will be provided.  
**Registration ends August 18, 2018!!**

Register at

[2018azgasummit.eventbrite.com](http://2018azgasummit.eventbrite.com)

Email: [info@azga.org](mailto:info@azga.org)

## New Support Group — Chandler

**G**randparents – are you feeling overwhelmed, confused, and alone? In May, Duet started a new support group in the Chandler area. Come out and join other grandparents as we share, learn, and grow together.

**Dates:** The 3<sup>rd</sup> Friday of each month

**Time:** 10 a.m. - noon

**Where:** Clothes Cabin  
1100 North Alma School Road  
Suite 9  
Chandler, AZ 85224

**Cost:** Free!

**RSVP:** Contact Jenny at (602) 274-5022, ext. 114 or [franzmeier@duetaz.org](mailto:franzmeier@duetaz.org). 🦋





## Camp Verde Grandparent Retreat: July 27-28, 2018



**E**scape the sizzling summer heat and the stressful daily pressures of life. Join Duet for an overnight “grandparents only” on **Friday, July 27** to the cool

temperatures and beautiful scenery of Camp Verde, Arizona. We will meet at noon to share a delicious lunch at The Lodge – near Cliff Castle Casino.

After lunch, Sharon Meinders, Senior Coordinator for the City of Buckeye, will guide us through ***Eat, Paint and Repeat*** – an interactive class where we make fun art (not fine art).

After checking into our rooms, we will mosey over to The Blazin’ M Ranch for a delicious barbeque dinner and end our evening with a rollicking wild western show.

In the morning, you will be on your own for breakfast and to explore the many local attractions including Montezuma Castle National Monument, Out of Africa Wildlife Park, Fort Verde Historical Park, Sedona, and local wineries.

The **cost is only \$20 per person** (limited

scholarships available) which includes the buffet lunch, painting activity, barbeque dinner with entertainment, and an overnight stay at The Lodge (shared room accommodations; we will match you with another grandparent if you are solo). If you need transportation or childcare, please let us know so that we may address your concerns.

Please RSVP with payment by July 13. ***Space is limited and this retreat will fill up fast.*** We will give preference to grandparents who are 55 years and older; however, there may still be room for more. Payment is required to confirm your spot.

To RSVP, contact Becky at (602) 274-5022, ext. 115 or [cacace@duetaz.org](mailto:cacace@duetaz.org). For travel and childcare concerns, please contact Patricia at (602) 274-5022, ext. 120 or [dominguez@duetaz.org](mailto:dominguez@duetaz.org). We hope you will join us! 🦋

## Do You Need A Break? We Can Help With Respite



**A**re you thinking of sending your grandchild to a spring break camp, enrolling them in an extracurricular activity, or sending them to a summer program? Duet understands that finances may not always allow you to enroll in these types of activities that benefit both grandparents and grandchildren.

We may be able to help your grandchildren attend these wonderful programs while offering you some time for yourself through our respite care service which may pay for part or all of the registration fees. Contact Patricia Dominguez at (602) 274-5022 for an appointment to see if you qualify for assistance.

**If you are interested in respite assistance, be prepared to:**

- Show legal custody for your grandchildren, such as guardianship, non-parent custody, etc.

- Answer questions about your unique situation (*about a 30-minute process*).
- Give the name of the agency that will be providing the respite services; include the provider’s full address, phone number and the name of a contact person.
- Give the start-and-end dates of the program, and class frequency. (*i.e. every Mon. and Wed.*)
- If approved, it takes 10 business days to process the request. No exceptions. 🦋

“Each person  
deserves a day away  
in which no problems  
are confronted, no  
solutions searched  
for.”

MAYA ANGELOU



## Sharing Groups for Kinship Caregivers

You are not alone. One way to make the task easier is to connect with other grandparents in the same situation. Support groups give you a place to share experiences, network with others, and find workable solutions to the challenges ahead. If you need emotional support or just an hour to yourself, join one of Duet's support groups to re-set and restore.

Duet offers ongoing support groups throughout the Valley including East Valley, Central Phoenix, and Far West Valley. If you're new to Duet's support groups, please call ahead of time at (602) 274-5022 before attending.

### JULY

**July 11, Wednesday, 9 – 11 a.m.**  
**July 25, Wednesday, 9 – 11 a.m.**  
 Mountain View Lutheran Church  
 11002 South 48<sup>th</sup> Street  
 Phoenix, AZ 85044

**July 12, Thursday, 9 – 11 a.m.**  
**July 26, Thursday, 9 – 11 a.m.**  
 Duet  
 10000 North 31<sup>st</sup> Avenue, Suite D200  
 Phoenix, AZ 85051

**July 20, Friday, 10 a.m. - noon**  
 Clothes Cabin  
 1100 North Alma School Road, Suite 9  
 Chandler, AZ 85224

### Free Tickets – Get on the List!



**W**e are occasionally given free tickets to a variety of events – from theater to sports. We also intermittently send emails regarding our events, grandfamily outings, and workshops. If you would like to be added to our grandparents raising grandchildren free ticket and events email list, please contact Jenny at [franzmeier@duetaz.org](mailto:franzmeier@duetaz.org)

### AUGUST

**August 2, Thursday, 6 – 8 p.m.**  
 Bethlehem Lutheran Church  
 2745 North 32<sup>nd</sup> Street  
 Mesa, AZ 85213

**August 8, Wednesday, 9 – 11 a.m.**  
**August 22, Wednesday, 9 – 11 a.m.**  
 Mountain View Lutheran Church  
 11002 South 48<sup>th</sup> Street  
 Phoenix, AZ 85044

**August 9, Thursday, 9 – 11 a.m.**  
**August 23, Thursday, 9 – 11 a.m.**  
 Duet  
 10000 North 31<sup>st</sup> Avenue, Suite D200  
 Phoenix, AZ 85051

**August 17, Friday, 10 a.m. - noon**  
 Clothes Cabin  
 1100 North Alma School Road, Suite 9  
 Chandler, AZ 85224

**August 25, Saturday, 9 – 11 a.m.**  
 Christ Evangelical Lutheran Church  
 918 South Litchfield Road  
 Goodyear, AZ 85338

**August 28, Tuesday, 1 - 2:30 p.m.**  
 Buckeye Community Center  
 201 East Centre Avenue  
 Buckeye, AZ 85326

### SEPTEMBER

**September 6, Thursday, 6 – 8 p.m.**  
 Bethlehem Lutheran Church  
 2745 North 32<sup>nd</sup> Street  
 Mesa, AZ 85213

**September 12, Wednesday, 9 – 11 a.m.**  
**September 26, Wednesday, 9 – 11 a.m.**  
 Mountain View Lutheran Church  
 11002 South 48<sup>th</sup> Street  
 Phoenix, AZ 85044

**September 13, Thursday, 9 – 11 a.m.**  
**September 27, Thursday, 9 – 11 a.m.**  
 Duet  
 10000 North 31<sup>st</sup> Avenue, Suite D200  
 Phoenix, AZ 85051

**September 21, Friday, 10 a.m. - noon**  
 Clothes Cabin  
 1100 North Alma School Road, Suite 9  
 Chandler, AZ 85224

**September 22, Saturday, 9 – 11 a.m.**  
 Christ Evangelical Lutheran Church  
 918 South Litchfield Road  
 Goodyear, AZ 85338

**September 25, Tuesday, 1 - 2:30 p.m.**  
 Buckeye Community Center  
 201 East Centre Avenue  
 Buckeye, AZ 85326

[duetaz.org](http://duetaz.org). In the email, please provide your full name, phone number, and how many grandchildren you are raising.

PS: If you thought you were on the list and did not receive an email in February about "The Snowy Day" free tickets, please email Jenny so she has your current information and can add you to the updated list. She will send you a confirmation email once she has added you to the list. 🦋





**Duet: Partners In Health & Aging**  
10000 North 31<sup>st</sup> Avenue, Suite D200  
Phoenix, Arizona 85051

(602) 274-5022  
[www.duetaz.org](http://www.duetaz.org) / [info@duetaz.org](mailto:info@duetaz.org)

**RETURN SERVICE REQUESTED**

Non-Profit Org.  
U.S. Postage  
**PAID**  
Glendale, AZ  
Permit No. 178

## Thank You to Our Funders!

Services for "Grand families" are made possible through partnerships with:

Area Agency on Aging, Region One; Arizona Community Foundation; APS; Cardinals Charities; Desert Financial Credit Union; Fennemore Craig Foundation; John F. Long Foundation; J W Kiechhefer Foundation; Maximus Foundation; Nina Mason Pulliam Charitable Trust; Phoenix Suns Charities; Phoenix Rotary 100; Sundt Foundation; Thunderbird Charities; The Board of Visitors; The Charro Foundation; The USAA Foundation; Wells Fargo; William L. and Ruth T. Pendleton Memorial Fund, and by generous individuals. ✨

## Gaining Guardianship of Your Grandchild

**G**randparents and other relatives who care for children often face legal issues, whether they are dealing with custody or guardianship, or getting medical care for a child. Do you know whether you need to be the legal guardian of your grandchildren? Duet can help answer that question and let you know of options available to you. If you are raising a grandchild or a minor relative in Arizona, you will need formal custody to obtain benefits such as healthcare, or to enroll the child in school. While the legal process to gain custody can be complex and overwhelming, Duet is here to help



connect you to the appropriate legal support.

We have partnered with the Children's Law Center through Community Legal Services to provide a **FREE** clinic to help you complete the proper paperwork.

Space is limited, and reservations are required. Contact Patricia at (602) 274-5022, Ext. 120.

**When:** Friday, August 10, 2018

**Time:** 3 – 5 p.m.

**Where:** 10000 North 31<sup>st</sup> Avenue  
Suite D200  
Phoenix, AZ 85051

**Cost:** Free!

**RSVP:** Required; Contact Patricia  
(602) 274-5022, ext. 120. ✨