

# Duet News

• FOR FAMILY CAREGIVERS •

## From Donna's Desk

By **Donna Heppermann, MSW**  
Caregiver Services Director

**A**s you can see, we've changed our name! We're now Duet: Partners in Health and Aging. Look closely at our new logo, and you'll see another example of this partnership. We are thrilled with our new name and our new look as we move forward to a future of service.

We will still be doing all the wonderful work we've always done - providing volunteers for homebound adults, supporting congregational nursing, helping kinship caregivers, and working with families and friends of frail elders.


We also no longer have program names, so I am now in charge of caregiver services. Sometimes with a slip of the tongue, the old names spill out. But that's ok. After all, they were a

part of our collective vocabulary for 28 years.

The choice was a long process. We had focus groups, surveys, meetings etc. Our grant from the Emerald Foundation has underwritten the entire process, so we are able to do a thorough job of it. I believe I told you about the change in the last newsletter, but now we have a new look for our publication. We will be sending it out every three months. This will save some postage and paper.

This is the time of year to give thanks to those who have touched our lives, find joy in precious memories, experience the peace that comes from knowing we're doing the best we can, and tell those we love how much they mean to us. But you have to remember that you won't be able to do any of this if you're busy cooking, cleaning, shopping, etc. Think plastic, catalogs, delis, and delegating work. Prioritize!!!

My son Mark was married on October 17 at a beautiful inn in Vermont to lovely Liz. They are perfect for one another, extremely happy, and I have an absolutely wonderful new daughter-in-law. It was wonderful to have everyone together for such a joyous occasion. I am so blessed. It was the peak of the "leaf peeper" season in Vermont, Maine and Massachusetts. I now have a new found love for lobster. I miss all those wonderful colors and crisp air, but not the ice and freezing temperatures. My children are now all on EST, so that is sad, but I get lots of frequent flyer miles.

I wish you all a beautiful holiday season. Many of us will be dealing with a "new normal". But don't get bogged down in what "was", because what "is" can be quite wonderful. Blessings to all. 

## Direct Your Tax Dollars to Duet

Did you know that you may receive a dollar-for-dollar Arizona tax credit up to \$400 for a married couple filing jointly and \$200 as a single taxpayer by donating to Duet? The credit provides a "no cost to you" way for you to sustain Duet's vital services. We are facing a budget shortfall and this year we need your help.

Your donation will stretch far. For example, a \$400 gift will help 10 caregivers attend support groups and receive one-on-one guidance for four months. Or, your \$200 gift will make it possible for one caregiver to receive weekly in-home respite from our volunteer services for six months.

**The credit may be claimed in addition to other AZ tax credits, such as public schools or school tuition.** The AZ legislature simplified the credit this year; you simply need to claim itemized deductions on your Arizona tax return to qualify. Visit AZ Dept. of Revenue, [www.azdor.gov](http://www.azdor.gov) for information. Please mail your gift to Duet at: 555 W. Glendale, Phoenix, AZ 85021, give at [www.duet.org](http://www.duet.org) or pay by phone at 602-274-5022



## Health Issue: Oh my Aching Back!!

**B**ack pain affects 80% of adults at some point. According to Mayo Clinic, most cases of acute of back pain doesn't require a doctor's visit. About half of the people find that their back pain goes away in two weeks. Getting older always has degenerative affects on our bodies.

**The following conditions are created, or worsened by the aging process:**

**Osteoporsis:** Creates weak and porous bones

**Vertebral fractures:** A common result of osteoporsis

**Arthritis:** Joints that are most commonly affected are the lower back.

**Sciatica:** A sharp and shooting pain through the buttocks and back of the leg.

**Scoliosis:** A condition in which your spine curves.

**Lumbar muscle strain:** The most common cause of back pain.

**Some self treatments for back pain:**

- Stay as active as tolerated.
- Use ice or heat, which ever feels best.
- Take medication for pain.
- Avoid further aggravation, such as prolonged sitting, lifting, pulling or twisting.

**Some treatments the doctor may recommend:**

- Ultrasound and massage.
- Injections of cortisone.
- Surgery is not often the answer. It is usually reserved for pain caused by a herniated disc.

**REMEMBER:**

- Always bend at the knees not the waist.
- Prop one leg up to reduce stress when standing.
- Support lower back when sitting, using a small pillow.

## Our Yearly Retreat

**T**he 2010 Caregiver Retreat is scheduled for Saturday, April 17, at the Franciscan Renewal Center, 5802 E. Lincoln Drive in Paradise Valley.

This year's retreat will be for one day, from 10 a.m. to 7 p.m. Cost for the event is \$15.

Our funding for the event has been cut, so we are not able to subsidize the rooms for those who wished to spend the night.

However, this will be an excellent opportunity for us to spend some time in a lovely place to walk, socialize, learn, have fun, and just "be".

We are just beginning to work on the programming, so, if you have

any ideas, please share them with Donna at Duet. We need to know what you want! Call: 602-274-5022

## LGBT Boomers & Beyond

**W**e have our outreach to the Lesbian, Gay, Bisexual and Transgender community.

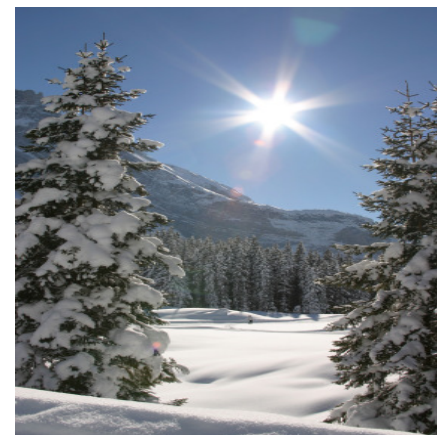
We will be holding monthly meetings at the One Voice Center, 775 W. Indian School Rd., on the 1st Saturday of each month from 10:00 a.m. to noon.

The December program is "Ten More Good Years", a documentary by Michael Jacoby. It addresses housing issues faced by gay and transgendered individuals as they try to remain as independent as possible. There will be opportunities

for education, and socializing.

Our January program, which will take place on the 2nd Saturday of January only, will feature information on legal issues faced by older members of the LGBT community,

For further information, please call Donna at the Duet office: 602-274-5022



## From the Bookshelf

### *The Best Thanksgiving We Never Had*

Taken from "Reminisce Magazine",  
Nov. & Dec. 1993

Submitted by Bruce Woods

The little town of Kelly, Iowa had a population of 300, and, as a boy I lived on the outskirts of town, on the only through road serving Kelly. One memorable Thanksgiving, we had invited relatives as usual to join us for dinner. They always brought salads and desserts, but the bulk of the cooking --turkey, ham, rolls and such--would be up to Mom.

Mom rose early before dawn on that Thanksgiving Day to start the preparations. But even in the pre-dawn darkness, she could see a heavy snow fall had started. As she worked, she became concerned about our traveling guests.

Before the morning was very old, it was obvious that this storm would

be big! Not only was it snowing hard, the snow was slick and sticky and, to make matters worse, a strong wind made visibility poor.

Prompted by warnings on the radio to not travel unless it was an emergency, our relatives called one by one to say they wouldn't be there. That was sensible, but what were we going to do with all the food?

As it turned out, we needn't have worried...Mother Nature provided the snowstorm, and she also played a role in helping put all the food to good use. Throughout the morning, overly optimistic motorists who didn't heed the warnings ended up stuck, some within a mile of our house.

Dad, my brother and I shoveled, pushed and hauled countless buckets of ashes and cinders to help drivers get "unstuck". After the unfortunate families were finally rescued, they were cold and hungry...so Mom fed them.

Our free "rescue service" kept us busy all day and into the night, and

Mom operated a "free-meals-for-the-stranded kitchen" even after the storm cut off our electricity and she broke out the candles!

After the end of what seemed like a 30-hour day, we'd unstuck and fed carloads of people we'd never met before. All the ham was gone and most of the turkey and fixin's had disappeared, too. but we didn't care about eating--we had just enough energy left to struggle into bed.

The next day broke bright and clear, and we awoke famished from our efforts the day before. As we enjoyed our breakfast, we reflected back on an eventful Thanksgiving. It was fun to converse and listen to each family member's observations about the unique holiday we'd just shared together.

Despite our aches and pains, each of us knew we'd enjoyed a special Thanksgiving.

In fact, it was the best thanksgiving we never had! 🦋

## Support Group News

The December Parkinson meeting will be held on the **3rd** Wednesday of the month, December 16, in Nelson Hall at the Church of the Beatitudes, 555 W. Glendale Ave., at our regular time, 1:30 p.m.

It is our special holiday party with entertainment by the Tremble Clefs. There will be lots of food, fun, prizes, and lovely music. We will resume our regular schedule on the 2nd Wednesday of January 13, in the Life Care Center at the Beatitudes Campus, on 16th Ave. and Glendale.

A pharmacist will be the featured speaker at this meeting.

The Thunderbird Baptist Village group will have a special December meeting highlighting memories of holidays past. There will be games and goodies! In January, a chiropractor will show us how to care for our backs.

Check the support group meetings on the back page. Some are not meeting in December. 🦋

### Turkey Curry Salad

3/4 cup mayo  
3/4 cup sour cream or plain yogurt  
1 to 2 teaspoons curry powder  
4 cups diced cooked turkey  
2 cups chopped apples  
1 cup chopped celery  
1 cup chopped peeled cucumber  
2 tablespoons chopped onion

In large bowl, combine mayo & sour cream or yogurt.

Stir in curry powder.

Fold in remaining ingredients.

Chill at least 2 hours before serving.





**Duet: Partners In Health & Aging**  
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## The New Duet Trademark

**D**uet's new trademark is a butterfly created from two equal halves. This represents the many successful partnerships needed in order for Duet to provide crucial services. The space around the butterfly contains two faces looking toward each other and a more hopeful future.

## Group Meetings For Caregivers of Elderly

### Alzheimer's Meeting

Church of the Beatitudes  
555 W. Glendale Ave. Phoenix  
1st & 3rd Tuesday, 12:30 p.m.

### Parkinson Meetings

Beatitudes Campus  
Board Room--Life Care Ctr.  
1616 W. Glendale Ave., Phoenix  
2nd Wednesday, 1:30 p.m.  
See p. 3 for Dec. 16 party

Skyway Church of the West Valley  
14900 W. Van Buren, Goodyear  
2nd Thursday, 10:00 a.m.  
Will not meet in December

### General Caregiver Groups

John C. Lincoln Cowden Ctr.  
2nd St. & Sunnyslope  
1st Wednesday, 10:30 a.m.  
602-870-6374

Beatitudes Campus  
Board Room--Life Care Ctr.  
1616 W. Glendale Ave. Phoenix  
2nd Saturday, 10:30 - noon  
Will not meet in December

### "Caring Friends"

Thunderbird Baptist Village  
113617 N. 55th Ave., Glendale  
3rd Tuesday, 10:30 - 11:30 a.m.

Scottsdale Senior Center  
10440 E. Via Linda. Scottsdale  
2nd Tuesday, 10:00 am

## COMING EVENTS

**Dec. 5, Saturday, 10:00 - 1:00 pm**  
LGBT "Boomers & Beyond"  
Movie at One Voice Community Ctr.  
725 W. Indian School Rd., Phx.

**Dec. 6, Sunday, 2:30 - 5:00 pm**  
Poinsettia Tea, Hyatt Regency  
7500 East Doubletree Rd., Scottsdale

**Mar. 21, Sunday, 2:00 - 2:30 pm**  
Jazz Cabaret featuring the Reed  
Family  
Arizona Biltmore, 2400 E. Missouri  
Ave.

**April 10, Saturday, 2010**  
8th annual Tour de Paradise  
Charity Bike Ride

**April 17, Saturday 10:00 - 7:00 pm.**  
Retreat at Franciscan Renewal Ctr.