

Duet News

• FOR GRANDPARENTS RAISING GRANDCHILDREN •

From the Director's Desk

By Patricia Dominguez, MSW
Director of Kinship Care Services

A new year is here with new beginnings and celebrations of annual events. Many exciting happenings were part of last year. We had our first spring clothing swap. We were grateful that so many grandparents responded with clothing that their children had outgrown. The grandparents who took advantage of this opportunity gained some great quality clothing. We encounter a huge response and encourage all grandparents to not miss our next gigantic give away. Check out the announcement.

In celebration of Grandparents Day, grandparents and the children they are raising were invited to our first ice cream social. It was a great way to take a break from the summer heat and indulge in ice cream with all the trimmings. Social gatherings are very popular and always well attended. Read a review of our Holiday party on page three.

In 2010, we hope to provide more assistance for grandparents and grandchildren. We plan to have several relaxing and fun events. Our first event for this year will be the

annual family picnic, sure to be an enjoyable time for all. The other is an outing to the Wildlife World Zoo. Make sure you call soon because space is limited. Check it out in this newsletter for details.

Also, we are in the planning stages of workshops. Several grandparents have requested workshops on the subject of addiction and how it impacts the families. Another topic is finding the strength to deal with your adult child and medication interaction for adult and children..

Our sharing groups are doing well, but we know there are many more who could benefit if they joined us. These are great groups of grandparents raising grandchildren that laugh, cry, and learn together. It's a good opportunity to gather information about resources that are available to you. We try to have meetings in convenient locations and times. If there is a different location and time desired by more grandparents, please let us know and we will try to develop a group meeting.

We don't want any grandparents who are raising their grandchildren or other kinship caregivers caring for relative children to have needs, whether it is tangible or emotional, and not find help. If we can either give support or direct you to another agency that can assist you we will do so. Simply

contact Patricia at 602-274-5022 Happy New Year and Blessings to you all. 🦋

Please Note New Location Change for the Central Arizona Kinship Care Coalition Meetings for 2010

Where: Area Agency on Aging, Region One
1366 W Thomas Rd.
Phoenix, AZ 85014
602-264-2255

When: Every second Monday of each month from 12:00 - 2p.m.
(bring your sack lunch)

Our Coalition committee is dedicated to the support of grandparents raising grandchildren and kinship caregivers raising relative children.

Through the cooperation of several agencies, we are able to develop programs, provide assistance, and advocate for better conditions in our state to enhance the caregivers' lives.

We welcome you to join our us! 🦋





From The Book Shelf

"How to Talk So Your Kids Will Listen & Listen So Kids Will Talk"
by Adele Faber & Elaine Mazlish

This is a book dealing with communication between parents and children. Sections include: how to listen and understand your child's concerns; how to achieve family cooperation; how parents and children deal with feelings; how to find alternatives to punishment to enhance your child's positive self-image.

Each chapter talks about the problems in the voice of the parent and child, and offers different situations with responses, advice and questions. It follows with a cartoon strip signifying problems and solutions. Suggestions from actual parents and their stories are also included. The book could be used as a workshop study.

It is easy to understand and presents a way of communicating that can be used now and in future years. ✨

The Annual Grandparents Raising Grandchildren Potluck Picnic

When: Saturday, February 20, 2010
Starting promptly at 12:30, ending at 3:30 p.m.

Where: Sahuaro Ranch Park, Ramadas 1 & 2 9802 North 59th Ave. (59th Ave. North of Olive Ave.)

This is a time for grandparents and the children they are raising to come enjoy good food, games, music, and prizes (Each family is asked to bring a favorite dish to share)

Please call Ginger at 602-274-5022 ext 42 to let us know how many in your family are coming and what delightful dish you are bringing. ✨



Come Join Us for an Outing A Day at the Zoo

If you are a grandparent who is raising your grandchild, we would like to invite you to come out and enjoy a day at the Wildlife World Zoo!

When: Saturday, March 20, 2010

Time: Meet at 10:00 a.m. and leave at your discretion

Where: Wildlife World Zoo
16523 W. Northern Ave.
Litchfield Park, AZ

Cost: There will be a fee of \$5.00 per

person for this event.

SPACE IS LIMITED! CALL NOW!
Please call Patricia Dominguez at 602-274-5022 ext 44 by March 5th for reservations. ✨

Fun Fruit Kabobs

Ingredients:

1 apple
1 banana
1/3 cup red seedless grapes
1/3 cup green seedless grapes
2/3 cup pineapple chunks
1 cup nonfat yogurt
1/4 cup dried coconut, shredded

Utensils:

knife
2 wooden skewer sticks
large plate

Directions:

1. Prepare the fruit by washing the grapes, washing apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want!.. Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer Serves 4.



Save the Date

2nd Annual Clothing Swap

Last year many families donated gently used clothing and helped themselves and other grandparent households with nice pieces of clothing.

Please hang on to your gently used clothing until June. We would appreciate if you would sort the clothing by size and gender (please no stains or torn clothing). We're accepting adults sizes too.

This is a great opportunity to donate your outgrown clothes and receive new to slightly used ones. Come share in the fun.

Call Patricia for instructions or more information 602-274-5022

When: Saturday June 19, 2010 from 10:00 a.m. - 1:30 p.m.

Where: Church of the Beatitudes, 555 West Glendale Ave., Phoenix, AZ Nelson Hall



Duet staff & Volunteers sorting the donated clothing.

Respite Care Services

Thinking of sending your grandchildren to summer camp, enrolling them for local day camps, or signing them up to take lessons? We maybe able to help your grandchildren attend these wonderful programs while offering you sometime for yourself through our respite care.

What is "respite care?" We have uniquely designed our respite care to assist a grandparents by paying a portion or all registration fees for activities for their grandchildren. We understand finances may not always allow you to enroll in these types of activities that benefit both grandparents and grandchildren.

Call Patricia Dominguez for an appointment to see if you qualify for assistances. ✨

2009 Kinship Holiday Party

Wow! We were delighted to celebrate the holiday season with a huge family get-together for grandparents and the grandchildren they raise. Every year our holiday party grows. It doubled from last year.

About 160 grandparents and grandchildren enjoyed a delightful potluck luncheon filled with many great family favorite dishes and delectable desserts. The food is not the only reason for our successful gathering. It is a season of wonder and a time when grandparents and grandchildren can together and build happy memories. We are delighted to share with so many pleasant people and enrich their lives with the warmth and joy of the season.

The room was filled with laughter

and cheerful voices. The grandparents met one another while the children engaged in crafts and games. It was the first holiday party for some of the families, and many said the party was one of the best experiences they could share.

Kinship caregivers may find it difficult at times to celebrate the season because of family complexities, or perhaps the financial expense, and maybe the overwhelming responsibility of little children.

But at this event they came out for a very good purpose...to eat, laugh and let go of daily pressures in an atmosphere of joy.

We were also very fortunate this year to offer a small gift to each grandchild thanks to the generosity of donations from the U.S. Marines Toys for Tots. We also raffled off two fantastic bikes, and two lucky chil-

dren were happy to win them. We try to reach as many as we can with the announcement of our holiday event. Look for it next year and join in a well-deserved good time. What a way to end the year! ✨



A grandfather and his granddaughter enjoying the delicious meal and stated they had an incredible time.





Duet: Partners In Health & Aging
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www.duetaz.org / info@duetaz.org

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Two Great Events Planned Come Join Us!

Please make sure to reserve your spot for the Annual Picnic and the Social Therapeutic outing to the Wildlife World Zoo.

Sharing Groups For Grandparents Raising Grandchildren & Kinship Caregivers

January

Church of the Beatitudes
555 W. Glendale Ave., Phx. Lounge
Thursday, Jan. 14, 9:00 - 11:00 a.m.
Thursday, Jan. 28, 9:00 - 11:00 a.m.
Evening group:
Tuesday, Jan. 19, 5:00 - 7:00 p.m.

Buckeye Community Center
201 E. Centre Ave., Buckeye, AZ
Tuesday, Jan. 26, 1:00 - 2:30 p.m.

Glendale Adult Center
5970 W. Brown St., Glendale, AZ
Wednesday, Jan. 6, 4:30 - 6:30 p.m.

Care 1st Avondale Resource Center
328 W. Western Ave., Avondale, AZ
Tuesday, Jan. 26, 5:00 - 7:00 p.m.

February

Church of the Beatitudes
555 W. Glendale Ave., Phx. Lounge
Thursday, Feb. 11, 9:00 - 11:00 a.m.
Thursday, Feb. 25, 9:00 - 11:00 a.m.
No evening social therapeutic group
due to Picnic see page 2.

Buckeye Community Center
201 E. Centre Ave., Buckeye, AZ
Tuesday, Feb. 23, 1:00 - 2:30 p.m.

Glendale Adult Center
5970 W. Brown St., Glendale, AZ
Wednesday, Feb. 3, 4:30 - 6:30 p.m.

Care 1st Avondale Resource Center
328 W. Western Ave., Avondale, AZ
Tuesday, Feb. 23, 5:00 - 7:00 p.m.

March

Church of the Beatitudes
555 W. Glendale Ave., Phx. Lounge
Thursday, March 11, 9:00 - 11:00 a.m.
Thursday, March 25, 9:00 - 11:00 a.m.
Evening Group:
No evening social therapeutic group
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