

# Duet News

• FOR FAMILY CAREGIVERS •

## From Donna's Desk

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

**W**e've had our new logo for 5 months, and we are so pleased that it had such a favorable response from those we serve and the community in general. The staff still has an occasional slip of the tongue, but we're doing much better. The December Poinsettia Tea was our most successful fundraiser ever, and we are grateful to our loyal supporters. It will help to offset funding cuts we have taken during the past year. The Jazz Cabaret & Tour de Paradise are coming up in March and April, respectively, so we are hopeful that they will be equally successful.

A friend & I visited my daughter in Brooklyn and the newlyweds in Connecticut over the holidays. I now


know why I live in Arizona! It was cold, snowy, windy, and crowded - but lovely in many ways. New York City is magic at Christmas. There is an excitement that is almost palpable. But the crowds are really suffocating. It was wonderful to be with my family. Now it's their turn to visit me!

January and February can be difficult times for caregivers. There is the holiday letdown. Family and friends have gone home, the decorations are put away, we're trying to lose that 5 pounds that appeared out of nowhere, and things now return to "normal" or the "new normal" that we are now experiencing. Take some time to reflect on this new year, new decade, and new opportunity. I hope you didn't saddle yourself with resolutions. They just never seem to work - at least, not for me. I make a list of few things I'd like to accom-

plish and then revisit the list during the year, making changes as

Several things have been on my list for years - like living in the present - and I continue to work on them. We are all works in progress.

There are many things going on in the next few months, so be sure to read the coming events list.

Because we are now going to a quarterly newsletter, I will wish you a Happy Valentine's Day, St. Patrick's Day, Presidents' Day, Passover, and Easter. My granddaughters - and their parents - will be visiting Arizona for Easter, so that is definitely something to look forward to. 

Blessings,  
Donna Heppermann  
Caregiver Services Director

## Have you given up driving due to health issues?

Duet, Partners in Health and Aging, invites you to call for rides to doctor appointments or help with grocery shopping. You may need minor home repair, help with paper work,

or computer training. Duet recruits and trains caring volunteers and pairs them with homebound adults who need caring support. To request help or if you would like to become a volunteer, call 602-274-5022 or view our website: [www.duetaz.org](http://www.duetaz.org) for more information



## MAPS Conference

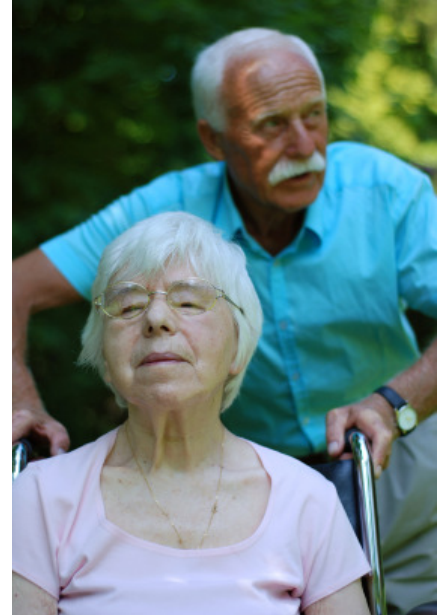
The Memory Assistance & Planning Services (MAPS) program is a full-day class that teaches family caregivers how to live with Alzheimer's disease. It will be presented by Banner Alzheimer's Institute, in partnership with Duet, on Friday, February 19, from 9:00 am to 3:00 pm, at The Church of the Beatitudes, 555 W. Glendale Ave. Care Partners can learn more about cognitive changes and decline, adapting communication skills, responding to behavioral issues, day to day living tips, enhancing safety, planning meaningful ac-

tivities, making health care decisions for people with dementia, coping with grief and loss, and preparing for the future.

Jan Dougherty, RN, will lead the day's activities. She has taught classes and worked with families in the Valley for over 20 years and is recognized as an expert in issues related to dementia.

There is a fee of \$25.00 for the class. This cost will include materials, instruction, breakfast & lunch. 🦋

Contact Veronica Ellis at Banner Alzheimer's Institute for information or to register. You may reach her at 602-839-6850 or email her at [veronica.ellis@bannerhealth.com](mailto:veronica.ellis@bannerhealth.com)



## Un Descansito

### Mesa Active Adult Center

April 22, Thursday from 8:30 - 1:30 will be the Spanish caregiver forum at Mesa Active Adult Center. The cost will be \$3.00 and includes lunch. Join us for music, information, food and fun.

### Guadalupe Senior center

Wednesday, May 12, will be a caregiver forum in Spanish, "UN Descansito". It will begin with breakfast at 8:30 and end after lunch at 1:30. Topics to be discussed include: Social Security & Medicare, Parkinson's Disease, Diabetes, Legal Issues, and Community Resources. We will also do some exercising!

For information or to register, please call the Duet office, 602-274-5022. Hope you can join us.

## Annual Caregiver Retreat

Plan to attend our caregiver retreat on Saturday, April 17, at the Franciscan Renewal Center, 5802 E. Lincoln Drive, from 10:00 am to 7:30 pm. It will be a time to rest, relax, take a walk in a beautiful landscape, meet other caregivers, get one of Donna's "goody bags", and just have fun - a time to nurture body, mind and spirit.

We'll have a special flyer ready soon. Plans aren't quite complete, so no secrets are ready to be revealed. Cost for the days activities is \$15.00, which will cover lunch and supper. Our group is limited to 35 participants, so register early. It's always a lovely event and we hope you can join us.

## LGBT Outreach

Our monthly programs at the One Voice Center are going well. The December and January workshops each had over 30 attendees. Our February 6 program will be on housing and the March meeting will deal with caregiving. We are planning an all-day conference at the Church of The Beatitudes on Saturday, May 22. Our Boomers & Beyond Committee (co-sponsored by Duet, Area Agency on Aging, Region One and One Voice Center) is currently working on plans for that event.

Look for more information on our conference in our next newsletter. Flyers coming soon.

Most people walk in and out of your life, but only friends leave foot prints



## Arts Engagement Program

The Arts Engagement Program is an innovative approach that brings the benefits of visual and/or performing arts to individuals with mild to moderate Alzheimer's disease or other dementias and their care partners. Recent research suggests that involvement in arts and cultural activities contributes to overall quality of life. Your loved one must be able to tolerate and maintain focus for a 90-minute program, be comfortable in a group setting, and have a care partner with whom to attend the series. There is a fee for participation. ✂

Call the Phoenix Art Museum at 602-307-2032, Scottsdale Museum of Contemporary Art, at 480-874-4641, or the Phoenix Symphony at 602-495-1117 ext.471 for information about upcoming sessions. The enrollment at each site is limited.

## GoodSearch

What if Duet earned a donation every time you searched the internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

Goodsearch.com is a new Yahoo-powered search engine that donates half its advertising revenue to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is a new online shopping mall which donates up to 30 percent of each purchase to your favorite cause! Hundreds of great store includ-

ing Amazon, Target, Gap, Best Buy, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause. ✂

If you download the GoodSearch - Duet toolbar, we will earn money every time you shop and search online! Add the Duet toolbar at:  
<http://www.goodsearch.com/toolbar/duet-partners-in-health-and-aging>

## eScrip

Do you shop at Safeway, Macy's, Barnes & Noble, or hundreds of other stores? Making a contribution to Duet is now easier than ever with eScrip! eScrip works with merchant partners to contribute to groups like ours each time you shop - at no cost to you!

You can help earn valuable contributions - up to 3% of your monthly purchases - to support Duet just by registering any one, or all, of your existing grocery loyalty, debit and credit cards.

It is very simple to register with eScrip, just go to [www.escrip.com](http://www.escrip.com) and click on Sign-up, It's free. Remember to select Duet as the charity you wish to support. ✂

## Email addresses

In order to conserve costs, we'd like to be able to send our newsletter to you online. We know that many of you don't have access to computers. But, if you're computer savvy, please call the Duet office (602-274-5022) and give us your email address. Besides the postage, you might even save a tree! ✂

## Support Group News

### New Group

Shadow Mountain Senior Center  
3546 E. Sweetwater Ave.  
2nd Tuesday of each month  
12:30 - 1:30 p.m.  
Come join us!

### Parkinson Group

(We will be returning to the Church of The Beatitudes as of the March meeting)  
Feb. 10 - "Active Forever" outing - Ali Center  
Mar. 10 - Talking books Library  
April 14 - Advocacy

### Baptist Village

Feb. 16 - Falls  
Mar. 16 - TBA  
April 20 - Strokes

### Saturday Group

The group that meets on Saturdays from 10:30 a.m. to noon will return to Room 15 at the Church of The Beatitudes as of the Feb. 13 meeting. The church is at 555 W. Glendale Ave.

Check the last page for address and meeting times for the support group.



## BLOOD PRESSURE DANGERS

**B**lood pressure is the force of the blood pushing against the walls of the arteries. When the heart beats, your blood pressure is at its highest. When your heart rests, between beats, your blood pressure is at the lowest. Your blood pressure fluctuates as you rest or exercise.

High blood pressure (hypertension) is a great risk factor in developing heart disease.

"The elderly are more prone to hypertension, about 2 out of 3 over the age of 75. "Blood pressure lowering medications reduces the risks of strokes and heart failures by 35%", quoted Dr. Marvin Moser, clinical professor of

medicine at Yale University. It is also important to respect life style modifications (sport, physical activity, avsence of stress, sodium reduction, and less consumption of coffee an tea).

### Categories For Blood Pressure Levels in Adults:

Normal --120/80

High blood pressure :

stage one--140/99

stage two--160 /100 or higher.

There are dangers when blood pressure is too low. "In individuals with persistently low blood pressure there was increased risk for dementia developing," says Dr. JoeVerghese,assistant professor of neurology at Einstein Aging Study.

Low blood pressure can be a symp-

tom of something more serious. if you have dizziness, fainting, inability to concentrate, blurred vision, or fatigue, you should consult a doctor. Medication taken can also cause low blood pressure.

Take your blood pressure regularly. A home monitor can be purchased at your local drugstore. ✨



## Blarney Stones Recipe

2 cups cake flour  
2 1/4 teaspoons baking powder  
3/4 teaspoon salt  
1 cup heavy cream  
1 1/2 cups confectioners' sugar  
1 teaspoon almond extract or  
1 1/2 teaspoons vanilla extract.

3 egg whites

### SNOW ICING

2 cups confectioners' sugar  
3 tablespoons light cream  
dash of salt  
2 teaspoons dry sherry, rum or cold  
coffee.

Finely chopped peanuts

Combine flour, baking powder and salt; set aside.

In a mixing bowl, whip cream until soft peaks form; gradually fold in sugar.

Combine water and extract; add alternately with flour mixture to cream mixture, gently folding ingredients together after each addition just until combined.

Fold in egg whites.

Spread into greased and waxed paper-lined 13 x 9 x 2 in baking pan.

Bake at 350 degrees for 25 to 30 minutes or until cake tests done and is very lightly browned.

Cool on a rack for 10 minutes.

Remove from pan; cool completely.

With fork, break cake into 1 1/4 to 1 1/2 inch pieces; set aside.

### Snow Icing

Mix sugar, cream, salt and sherry until smooth.

If icing is too thin, add more sugar; if icing is too thick, stir in more cream.

To frost, spear each cake cube with a fork; hold over bowl of icing and spoon icing over cake, coating all sides.

Excess icing will drip back into bowl. Dip frosted cubes into peanuts; place on wire rack. Yields 6-7 dozen



## LBD & Stories From Caregivers

**L**ewy Body Dementia (LBD) is not a rare disease. An estimated 1.3 million individuals and their families are affected by the disease. LBD closely resembles other more commonly known diseases like Alzheimer's and Parkinson's. Areas of the brain involved in thinking and movement are most affected in LBD. ✨

### Finding My Voice

by Ginnie Horst Burkholder

**W**e had done almost everything together in our marriage. But now I needed to separate myself in order to give voice to my confusion, and the puzzling things that were happening.

Lost in a maze of confusing events and unable to live up to my own expectations, I would then feel guilty.

I was experiencing grief; and I was also trying to find my way through a life I never dreamed of - becoming a parent to this person whose dementia was morphing him into a child.

I truly believe the people who walk beside me - whether listening, problem-solving, or helping in chores or caregiving - have given my husband the quality of life he has, because it is their support that has kept me finding my way one day at a time. It is not a child who needs a village. Persons with dementia need a village too. ✨

### Taking the Car Keys

by Amy and Gerald Throop

**D**ue to Lewy Body Dementia patients' cognitive loss, slow reaction time, and visual spatial difficulties in judging distances, experts advise

patients not to drive.

You must use common sense when deciding to take your loved one off the road. If the patient insists on driving, you must take a very firm stand. If you are uncomfortable being viewed by your loved one as "the bad guy" then talk to your loved one's physician. He/she can write a letter stating that he advises no more driving. Family members can then show the letter to the patient whenever it is necessary to do so. Also, mechanics can install a kill switch that will disable the car, but you will know where it is if you need to start the car. ✨

### Once and For All

by Rev. Kathleen McTigue

**M**y father-in-law, Dan, is a man of bright wit and tender heart. He is only 75 years old but for 5 years he has been fading away from us into dementia.

Last August, we were able to take both parents-in-law to our cabin in Maine. By then Dan had declined so much that we could not leave him alone.

One Afternoon, I took my turn sitting with him in front of the cabin where he could look out at the inlet and islands he had known for so many years. I turned to look at Dan sitting next to me, tremors jiggling his arms. He falls asleep easily and often, and then his mouth goes slack and pulls his beloved features into the dreaded blankness we have seen so often. But just then he was awake, looking out at the inlet with a little half-smile. "Where are you when we're just sitting here like this, not talking?"

There was a long pause as the question wound down into his mind and the response struggled up. Finally he raised both hands up and said, "Well, it's caught up in all of this," waving at the sun, the water, the wind.

"You mean just sitting here and enjoying it?"

Very emphatically he corrected me. "Not enjoying, being in it". I was surprised and impressed by what seemed a burst of theological clarity.

"Dan, that's very Zen of you!"

"Hmmp, I never have understood Zen." We both laughed.

We can't go back to what was before. Once those we love have gone from us we don't get to touch a cheek, or say what we meant to say, or hear the laughter rippling out again in the way that so delighted us. We are more like the waters of earth than we know: rain and snow and mist, ocean, lake and river, seep and puddle, falling and rising and falling and rising again in so many different forms. And nothing is ever lost. ✨

### Waiting

by Ginnie Horst Burkholder

**I** woke this morning and thought how 15 years of my life have gone by watching Lewy Body Dementia do its work. Like the tree dropping its leaves, I have watched things I once took for granted drift down into a pile of loss at my feet. Changes and transitions are not death, but are less flamboyant times of restoration in the seasons of life. Letting go of what was unclenches the heart and opens it to something new. I want to embrace the colorlessness of waiting. I suspect it nurtures life more than I know. ✨

Ginnie S. Burkholder maintains a website; for more information, search:

[www.lbda.org](http://www.lbda.org)

or for stories search:

[www.lbda.org/category/4108/caregiverstories.htm](http://www.lbda.org/category/4108/caregiverstories.htm)





**Duet: Partners In Health & Aging**  
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## **29th Annual Jazz Cabaret**

**J**azz up your springtime and join us for Jazz Cabaret on Sunday, March 21 to hear The Reed Family perform their magic. Music, silent & live auction, food, drinks, and more! Go to DuetAZ.org for tickets or call (602) 274-5022. See you there!

## **Group Meetings For Caregivers of Elderly**

### **Alzheimer's Meeting**

Church of the Beatitudes  
555 W. Glendale Ave. Phoenix  
1st & 3rd Tuesday, 12:30 - 2:00 p.m.

### **Parkinson's Meetings**

Church of the Beatitudes  
Patio Room  
555 W. Glendale Ave., Phoenix  
2nd Wednesday, 1:30 - 3:00 p.m.

Skyway Church of the West Valley  
14900 W. Van Buren, Goodyear  
2nd Thursday, 10:00 - 11:00 a.m.

### **General Caregiver Groups Phoenix**

John C. Lincoln Cowden Ctr.  
2nd St. (south of Hatcher)  
1st Wednesday, 10:30 a.m.  
602-870-6374

Church of the Beatitudes  
Patio Room  
555 W. Glendale Ave. Phoenix  
2nd Saturday, 10:30 - Noon

Shadow Mountain Senior Ctr.  
3546 E. Sweetwater, Phoenix  
2nd Tuesday, 12:30 - 1:30 p.m.

### **Glendale**

"Caring Friends"  
Thunderbird Baptist Village  
13617 N. 55th Ave., Glendale  
3rd Tuesday, 10:30 - 11:30 a.m.

### **Scottsdale**

Scottsdale Senior Center  
10440 E. Via Linda. Scottsdale  
2nd Tuesday, 10:00 - 11:00 a.m.

## **COMING EVENTS**

### **Feb. 19, Friday, 9:30 - 3:30 pm**

MAPS Alzheimer's Seminar  
Church of the Beatitudes in Nelson  
Hall, 555 W. Glendale, Phoenix

### **April 17, Saturday, 10:00 - 7:00 pm.**

Retreat at Franciscan Renewal Ctr.  
5802 E. Lincoln Dr., Paradise Valley

### **Un descancito , Spanish Forums:**

#### **April 22, Thursday, 8:30 - 1:30 p.m.**

Mesa Active Adult Center.  
247 N. Macdonald St., Mesa

#### **May 12, Wednesday, 8:30 - 1:30 pm.**

Guadalupe Senior Ctr.  
9401 S. Avenida del Yaqui  
Guadalupe

#### **May 22, Saturday, 9:00 - 3:00 p.m.**

LGBT Conference  
Church of The Beatitudes  
Nelson Hall  
555 W. Glendale Ave., Phoenix

for more information call Donna at 602-274-5022