

# Duet News

• FOR FAMILY CAREGIVERS •

## From Donna's Desk

BY DONNA HEPPERMAN, MSW,  
DIRECTOR OF CAREGIVER SERVICES

I am writing this the first week in October, in utter disbelief at how quickly the year has flown. It has been busy, it seems, all year. We usually have a short break in the summer, but that hasn't happened. More caregivers have called requesting help. It could be due to the economic climate, or to the fact that there are more caregivers helping an ever-increasing number of

frail loved ones. Regardless of the reason, Duet is here to help so please don't hesitate to call.

This newsletter is full of valuable information. The CarePRO program can provide vital assistance to those caring for a loved one with dementia. Caregivers always need ways to deal with holiday stresses, and the new LGBT support group and the Caregiver Retreat will reach out to more caregivers.

I will be heading to New York this Thanksgiving with my family to watch the Macy's parade. It's something I've always wanted to do, though I'm not looking

forward to the crowds and the possible inclement weather. But it will be fun to be around my children and granddaughters and enjoy a special time together.

Here's hoping that your holidays include some special times with friends and family. And don't forget to take care of yourself. Buy yourself a flower. A single rose can do wonders. Say "no" if you need to and "yes" when you are able to. They are both important words in a caregiver's vocabulary. 🦋

Wishing you joy, peace, and love.

## Helpful Tips for Surviving the Holidays

The holiday season is fast approaching and we would like to remind caregivers of how important it is that they allow for self-care during this time. The stress of caring for a parent, spouse or significant other can be a real challenge regardless of the time of year, but the holidays can add an even greater amount of stress. Here are a few things to remember this holiday season:

- Be kind to yourself. Don't be too concerned with setting high expectations. Try to enjoy the season and focus on the positive.

- Don't be afraid to ask for help. You may find that others are willing to pitch in and help make things a bit easier for you and the ones you care for. Simply ask.

- If you're hosting a meal at your house, don't be afraid to suggest a potluck with those attending. People enjoy cooking with one another and sharing recipes. This includes holiday cookies!

- Try to surround yourself with family, friends and neighbors. When you engage with others you open yourself up to positive and uplifting experiences. No one wants to feel isolated.

- Finally, don't worry if you have to say "No." No one will hold it against you if you can't do something.



We believe the holidays are about taking time to pause and reflect on the things for which we are most grateful. Celebrate the New Year that lies ahead! 🦋





## A Thanksgiving Story

It was to become the last holiday our family would all be together.

My brother was able to get a rare holiday off and would be home for Thanksgiving. My father had dementia and rarely spoke, and although he still knew my younger sister, he no longer recognized me or my older sister. He had also recently stopped recognizing my mother.

A good day had become defined not by how difficult or exhausting it was, but

by whether her sweetheart of 57 years knew her.

My mother had prepared his favorites. She felt no one else could make the turkey, dressing, homemade dinner rolls and pumpkin pie just the way he liked. My two sisters and I helped in the small ways she would let us. The good china and table cloths were brought out. The table was set with flowers and arranged so that he would be surrounded by his children.

When our father recognized my brother, it seemed that the day would be all that our mother had hoped. My brother escorted dad to the table and tried to seat him, but he just stood there, unable or unwilling to sit down. We all took turns coaxing, cajoling, and trying to sue him by pressing the seat against his knees – mothering worked, by this time, my mother was in tears and we decided to let him stand until he was ready.

It was then that he spoke – he thanked God for having his whole family there with him that day. Then he sat down.

It has become our most blessed Thanksgiving ever. ✨

*Taken from a member of the Eagle County Caregiver Support group in Vail Colorado. Special to the Vail Daily. Lauren Glendenning, Community Editor*



Retreat attendees: Carolyn, Marie and Phyllis

## Springtime Caregiver Retreat

Relax, revitalize and enjoy a great time. Share a day-long retreat with other caregivers. Laugh, listen, learn with speakers and be entertained.

The cost is \$15.00, which includes lunch and an evening meal.

The annual retreat is Saturday, May 7, 2011 from 10:00 a.m. – 7:30 p.m. at the Franciscan Renewal Center, 5802 E. Lincoln Drive in Phoenix. Look for an announcement in our Feb.-March-April newsletter and register for the retreat. ✨

## Duet's Poinsettia Tea; It's a Family Tradition

Time for tea! Treat yourself and the people you care about to tea at Duet's 20th Annual Poinsettia Tea. Join us on Sunday, December 5 at 2:30 pm at the Hyatt Regency Scottsdale at Gainey Ranch. Enjoy scones, tea sandwiches, and dessert, plus acappella harmonies sung by an ensemble from the Scottsdale Chorus, which is affiliated with Sweet Adelines. Also enjoy violin and classical guitar music by Lyra.



Scottsdale Chorus, Affiliated with Sweet Adelines raising grandchildren. Tickets cost \$60 per person. Make your reservations at [www.duetaz.org](http://www.duetaz.org) or call (602) 274-5022. ✨

Proceeds support Duet's free-of-charge services to homebound adults, caregivers, faith communities, and grandparents





LGBT Outreach: Courtney Long

## LGBT Outreach

On April 30th, 2011, the LGBT Boomers and Beyond Coalition will sponsor its 1st Statewide Conference of LGBT Boomers and Beyond at Church of Beatitudes, 555 W. Glendale Avenue, Phoenix, AZ. This conference will bring resources, education, and advocacy to the aging LGBT community here in Phoenix and the surrounding communities of Flagstaff, Prescott and Tucson.

The LGBT Boomers and Beyond Coalition provides information about organizations that exist within our community and the services they provide. It also provides the community with news, opportunities and information on businesses that partner with the LGBT community. ✨

## New LGBT Caregiver Support Group

Duet will begin a monthly caregiver support group at the One Voice Community Center, 725 W. Indian School Road, Phoenix, AZ. This group will meet from 4:00 p.m. to 5:00 p.m. on the second Tuesday of each month. Community awareness is important in order to reach older members of the LGBT community that might not otherwise feel empowered or connected to the resources and services that are available to them. ✨

## "Surviving the Holidays" Caregiver Party

Duet's annual "Surviving the Holidays" party for caregivers was enjoyed greatly by 40 caregivers who took time to relax, refresh, share in a delicious lunch, and be entertained by Arizona's Official State Historian, Marshall Trimble.

Lillian Armstrong, who also cared for her mother and is caring for three grandchildren, gave a presentation called "We Can Do This." It provided a lot of encouragement and inspiration to all. We enjoyed providing a seasonal opportunity to relax and get to know others who are caring for loved ones. ✨



## Parkinson's Holiday Party

Our annual Parkinson's Holiday Party will be held Wednesday, December 8 at 1:30 p.m. at Church of the Beatitudes, 555 W. Glendale Ave., Phoenix. It will be a joyous event with food, fun, friendship, prizes, and holiday music provided by the Tremble Clefs, a chorus composed of people with Parkinson's and their loved ones. Come join the merry-making! ✨

## Care PRO: Care Partners Reaching Out

The CarePRO project was created to assist family members caring for a loved one by providing free dementia related education and training workshops designed to reduce caregiver stress, enhance caregiver well-being, and help caregivers manage difficult caregiving situations.

- Are you a family caregiver residing in Arizona and do you help care for someone with dementia or memory loss?
- Do you provide an average of 4 hours of care or supervision per day for that individual? ✨

• Do you find caring for your loved one increasingly demanding of your time and energy?

If so, CarePro may be able to help you. Through free workshops, you will learn:

- About dementia and its impact
- How to manage your frustration, irritation, and stress
- How to communicate with your loved one
- How to take better care of your own health

For more information, please call the Area Agency on Aging, Region One 24-hour Senior HELP LINE, 602-264-Help (4357) or Alzheimer's Association Desert Southwest Chapter 602-528-0545 or 1-800-272-3900. ✨





**Duet**  
Partners In Health & Aging

## Holiday Greetings!

**W**e at Duet wish you peace, joy, good health, and happiness for the holiday season. May you enjoy the festivities and embrace the love of friends and family. ✨

**Duet: Partners In Health & Aging**  
555 West Glendale Avenue  
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[www.duetaz.org](http://www.duetaz.org) / [info@duetaz.org](mailto:info@duetaz.org)

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## Group Meetings For Caregivers of Elderly

### Alzheimer's Meeting

Church of the Beatitudes Lounge  
555 W. Glendale Ave., Phoenix 85021  
1st & 3rd Tuesday, 12:30 - 2:00 p.m.

### Parkinson's Meeting

Church of the Beatitudes Patio Room  
555 W. Glendale Ave., Phoenix 85021  
2nd Wednesday, 1:30 - 3:00 p.m.

### General Caregiver Groups Phoenix

John C. Lincoln Cowden Center  
9202 N. 2nd St., Phoenix 85020  
1st Wednesday, 10:30 a.m.  
602-870-6374

Church of the Beatitudes Room 15  
555 W. Glendale Ave., Phoenix 85021  
2nd Saturday, 10:30 - Noon

Shadow Mountain Senior Center  
3546 E. Sweetwater, Phoenix 85032  
2nd Tuesday, 12:30 - 1:30 p.m.

### LGBT Caregiver Group

One Voice Community Center  
725 W. Indian School Rd., Phoenix 85013  
2nd Tuesday, 4:00 - 5:00 p.m.

### Goodyear

Skyway Church of the West Valley  
14900 W. Van Buren, Goodyear 85338  
2nd Thursday, 10:00 - 11:00 a.m.  
Will not meet in December.

### Glendale

"Caring Friends"  
Baptist Village Thunderbird  
13617 N. 55th Ave., Glendale 85304  
3rd Tuesday, 10:30 - 11:30 a.m.

### Scottsdale

Scottsdale Senior Center  
10440 E. Via Linda, Scottsdale 85258  
2nd Tuesday, 10:00 - 11:00 a.m.

Please check inside:  
Support group news for more information or to register for events.  
Call: 602-274-5022

The LGBT Caregiver Group will meet the second Tuesday of each month from 4:00 - 5:00 pm at One Voice Community Center, 725 W. Indian School Rd. Phoenix, 85013. Next meetings: Dec. 14 and Jan. 11.

The Goodyear group will not meet in December.

January - "Traveling With Disabilities"  
Programs for the Parkinson's Group include: November - "Insurance and Medicine," December - "Holiday Party,"