

# Duet News

• FOR FAMILY CAREGIVERS •

## From the Director's Desk

BY DONNA HEPPERMAN, MSW  
DIRECTOR OF CAREGIVER SERVICES

**H**appy New Year to all of you. I hope your holidays were peaceful and that 2011 brings many joys and blessings your way.

My holidays were interesting to say the least. On December 27, I had surgery. All went well and I am now back at work full time. I must confess to not being a very good patient. I have a definite issue with patience. It was also good for me to see

what it's like to be dependent – if only for a few days. I love occasional restful days at home when I can curl up with a good book. However, when rest is prescribed by the doctor, it is not that welcome. I guess I must face the fact that I'm somewhat of a control freak! My daughter was with me for a week, and my son for another five days, so that was a gift. To those of you who were aware of my surgery and said all those prayers, a very sincere thank you. I could really feel the good wishes coming my way.

There are many wonderful events happening this spring. We will be busy with "Un Descansito," Caregiver Retreat, the statewide LGBT Conference, support

groups, Duet's Jazz Cabaret, and other opportunities for learning.

Though we've already come to the end of the first month of 2011, the "resolutions" you were so dedicated to on January 1 may need to be further evaluated. Resolutions are tricky. They sometimes have that "etched-in-stone" quality. There is an article in this newsletter with some good ideas about things we can do that aren't too rigid, but will have a definite impact on our lives.

Since I won't be communicating with many of you for another three months, Happy President's Day, Valentine's Day, St. Patrick's Day, Passover, and Easter! 🦋

## Thoughts For the New Year

**A**s we enter into a new year, the usual custom is make resolutions. Even with good intentions, we often don't follow through. Planning new ways of doing things can be a sign of hope and faith. However, it can be helpful to make these plans reasonable, productive and enjoyable. Here are a few ideas:

- Write down your ideas on a calendar
- Call or write a friend
- Have coffee with a friend you only exchange cards with once a year
- Give away things you don't use
- Improve your health with a good diet,

exercise, and sufficient sleep.

- Keep plans simple to eliminate stress and frustration

Life is too short to crowd it with anxiety. Remember that "this too will pass." 🦋



Jessica and Faith enjoy the 2010 Caregiver Retreat

## Caregivers Retreat

**O**ur annual retreat for Caregivers is scheduled for Saturday, May 7, from 10:00 a.m. to 7:30 p.m. at the Franciscan Renewal Center, 5802 E. Lincoln Dr., Paradise Valley. Cost of the event is \$15 and includes lunch and dinner.

The day will be filled with interesting presentations, a fun time, delicious food and relaxation. Join us to meet friends and make new acquaintances in an atmosphere of beauty and tranquility. A Mother's Day celebration is also on the agenda.

Register early since space is limited. Call Donna at 602-273-5022. 🦋



## Statewide LGBT Conference

The first Arizona statewide conference devoted to LGBT aging issues will be held Saturday, April 30, from 9:30 a.m. to 4 p.m. at The Church of the Beatitudes in Phoenix.

The event is sponsored by the LGBT Boomers & Beyond Committee and co-facilitated by Duet and the Area Agency on Aging, Region One. Topics to be discussed include legal issues, housing, health and fitness, caregiving, advocacy, telling your story, and effective communication. There will also be exhibits of community resources.

On Thursday, April 9, from 6:00 to 9:00 p.m. there will be a pre-conference reception at Casa De Christo Evangelical Church. This will give conference participants an opportunity to socialize as well as watch the outstanding movie, "Ten More Good Years." The cost for both events is \$15 per person. For more information or to register, call 602-274-5022 🦋



Prime Timer's table at 2010 LGBT Conference



Music with Mexico Nuevo

## Un Descansito: A Spanish Caregiver Forum

Our next "Un Descansito" will be held on Wednesday, March 30, from 8:30 a.m. to 1:30 p.m. at the Mesa Active Adult Center, 247 North Macdonald in Mesa.

The program will be very informative, but there will also be time for fun and fellowship. We will focus on some of the chronic diseases that often make both caregiving and aging challenging

Claudia Martinez from the Muhammad Ali Parkinson Center will talk about Parkinson's Disease. Ramiro Camarillo will present tips on ways to avoid depression, and Gabriel Augusto Pardo will lead us in exercises. Sandra Gonzalez from the Alzheimer's Association will speak about the warning signs of Alzheimer's and how to cope with the disease.

There will be community resources, games, prizes, food, and mariachis. There is a \$3 charge for the seminar, which includes breakfast and lunch. To register, please call 602-274-5022. 🦋

entertainment will be provided by Blaise Lantana. Carmela Ramirez is the emcee for the event.

Come join us for music, food, and wonderful auction items. Cost for this special party is \$85 per person. The proceeds will help Duet continue its mission to support homebound elderly, caregivers, faith communities, and grandparents raising grandchildren. Call 602-274-5022 or visit [duetaz.org](http://duetaz.org) for reservations. 🦋



Norma and Bonnie Tang enjoy the festivities

## Parkinson's Party Wrap-up

What a great group! The rafters rang with cheer and laughter as holiday music greeted about 80 seniors who joined us to celebrate the season. Everyone shared favorite dishes, filling the tables with salads and desserts. Drinks and sandwiches were provided.

The joy of meeting friends and making new acquaintances in an atmosphere of merriment was one of the pleasures of the party. After indulging in a great meal, The Tremble Cleffs entertained us, ringing out their rendition of seasonal songs.

It is always a pleasant opportunity to offer the party to Parkinsonians and their caregivers. We thank you for sharing. 🦋



Blaise Lantana

## An Afternoon of Jazz

Celebrate Duet's 30th anniversary Jazz Cabaret on Sunday, April 10, at the Arizona Biltmore.

The festivities begin at 1:30 p.m. with a silent auction. There will also be an exciting live auction with Rabbi Marty Scharf, our auctioneer. The afternoon's





## Fall Prevention

Statistics show that approximately one third of adults 65 and older fall each year. These falls can be both non-fatal and fatal to older adults. However, many falls can be prevented.

People who are more susceptible to falls should understand their risks. If an individual is taking medication, he or she should know the effects of that medication and whether it will increase their risk of falling. Older adults should increase the amount of low impact activity and exercise they participate in. Physical activity can help to reduce your risk of falls and help with balance and mobility.

Making small modifications such as installing bars, railings and non-slip surfaces can decrease the chances of a fall within a person's home. If you feel you might be at risk for falling or would like additional information, please contact the Arizona Fall Prevention Coalition through the Area Agency's 24-Hour Senior HELP line at (602) 264-HELP (4357). 🦋

Remember when....

You had a bicycle that only had one speed  
 Your first television was black and white.  
 You only had one phone; it was a party line.  
 Your milk was delivered instead of water.  
 You had real ice boxes.  
 You used hand signals when driving  
 Anonymous

## A Resource: Foundation for Blind Children and Adult Transition Services

The ATS, Adult Transition Services, program at the Foundation for blind children, assists adults who are blind or visually impaired to live satisfying self-reliant lives.

Nine out of ten people with vision loss have useful remaining vision. With the help of the Foundation for Blind Children Vision Rehabilitation Service, people of all ages can overcome the hurdle of vision impairment.

Low vision is a term used to describe a patient whose functional vision is not fully corrected with conventional lenses. It may result in the loss of independence and an inability to perform daily tasks. The loss of vision may be caused by conditions such as macular degeneration, diabetes, stroke, glaucoma, cataracts or injury.

The vision rehabilitation process involves designing a treatment plan customized for a patient's specific needs. The examination involves a personal patient interview, assessment of the health of the eyes, evaluation and training with optical aids.

For more information please call 602-337-8234 or visit our webpage at [www.seeitourway.org](http://www.seeitourway.org). 🦋



## Beef Ranchero Roll-ups

Prep and cook time: 20 min.

Ingredients:

6 (8-to-10-inch) flour tortillas, warmed

1 lb. ground beef or turkey

½ of a medium onion, chopped

1 can (15 oz) diced tomatoes with mild green chilies

1 can (15oz) black or kidney beans, drained

1½ cups (6 oz) shredded cheddar cheese

Wrap tortillas in foil, heat in 350°F oven 10 minutes or until warm.

Cook meat and onion in large skillet over medium heat until meat is browned. Drain and season with salt and pepper, if desired.

Add undrained tomatoes and beans; cook over medium heat 5 to 7 minutes, stirring occasionally, or until liquid is evaporated.

Fill each tortilla with meat mixture, cheese and sliced green onions if desired. Roll up and top with sour cream, sliced avocado, shredded lettuce and chopped cilantro, if desired. Makes 6 servings.

Taken from *Simple Meals from Del Monte Foods*. 🦋

**"I am an old man and have known a great many troubles, but most of them have never happened."**

Mark Twain





**Duet: Partners In Health & Aging**  
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## You & Fry's Helping Duet!

Support Duet every time you go grocery shopping at Fry's. Simply reload your gift card and Duet will receive 5% of the value of your purchases. Call us at 602-274-5022 to receive a \$5 gift card. 🦋

## 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

Madison Meadows - Activity room  
7211 N. 7th St., Phoenix, 85020  
2nd Saturday, 10:30 - 12:00 p.m.

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.

### Glendale

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

### Scottsdale

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

### Additional Support Group News

#### Parkinson Group

2nd Wednesday of the month 1:30 p.m.  
Church of the Beatitudes - Patio Room  
March 9 - Traveling With Disabilities  
April 12 - Advocacy  
May 11 - Mad Hatter's Tea Party

The **Shadow Mountain** and **Via Linda** groups will not meet in April.

For more information or to register for events call 602-274-5022.

### PLEASE NOTE:

The 2nd Saturday caregiver support group will relocate to Madison Meadows, 7211 N. 7th St., Phoenix, 85020, as of March 12.

