

# Duet News

• PARTNERS IN HEALTH & AGING •


## Happy 30th Anniversary Duet

BY **ELIZABETH BANTA, MC**  
EXECUTIVE DIRECTOR

**C**lose your eyes and listen carefully. Go back 30 years in time. Imagine Dosia Carlson and other dreamers whispering, "What if? What if congregations of all faiths can work together to make life better for older adults and caregivers... right here in our Valley?"

Imagine the whispers growing louder and ideas taking shape. Then listen to the choruses of YES repeated again and again over three decades. "YES – I will volunteer!" "YES – I will take an elder grocery shopping!" "YES – our congregation will join this interfaith cause!" "YES – I will donate!" "YES – I care!"

Saying yes takes courage when it leads to, "YES – I need help." We are proud of people like Melissa (see story to the right) who seek, and receive, help and hope through Duet.

Like those initial whispers, your words also have power. How are you involved with Duet? You can create the next YES when you share your story with your friends, doctor, neighbors, and co-workers. I thank you in advance for helping our shared story surge ahead, one duet of service at a time. Now, join me for a brief look at the last three decades through this, our 30th anniversary newsletter. 



*Melissa is raising her four grandchildren ages 3, 7, 9, and 10.*

## Raising Hope

BY **CLARE GOLDSBERRY**  
VOLUNTEER

**E**ight years ago, Melissa never imagined herself raising two children and adopting her 2-year old granddaughter all at the same time. Being a single parent was tough enough, but she loved her granddaughter and wanted to make sure she was raised in a loving home.


Now age 48, Melissa has stepped in once again and obtained custody of her now 10-year old daughter's three half-siblings. Determined to keep the others together, she will be adopting them. Yet, Melissa found herself "...sad all the time."

these children."

From a behavioral health provider, Melissa learned about Duet and its support services for grandparents raising grandchildren.

Melissa found hope.

Now she attends Duet meetings and events for grandparents raising grandchildren and it has changed her life – as well as the lives of her grandchildren ages 10, 9, 7 and 3. "The kids thought they're the only ones in this situation, but they found out there's a lot of kids out there in the same shoes. They're making friends through Duet's activities," said Melissa.

Know that you're not alone, Melissa advises others. "Duet gives them hope. I once felt helpless, now I feel hopeful" 

# Caregiving

BY DONNA HEPPERMAN, MSW  
DIRECTOR OF CAREGIVER SERVICES

In August 1988, a woman from Omaha, Nebraska began an internship at a non-profit organization under the guidance of visionary Rev. Dr. Dosa Carlson. The intern? Me! The agency? Beatitudes Center DOAR, now named Duet. Only seven years old, we had 34 congregations involved in our volunteer outreach, four caregiver support groups, and a library of books on aging.

Fast forward to 2011! Our volunteer efforts now include hundreds of volunteers from more than 100 congregations and the wider community. Duet helps caregivers by facilitating ten area support groups, distributing caregiver booklets printed in English and Spanish, and publishing a quarterly newsletter. We speak to

community groups, organize six caregiver seminars every year and a caregiver retreat.

Twenty years ago and with the help of Area Agency on Aging, Region One, we created seminars for Spanish-speaking caregivers called "Un

Descansito." We also realized the need for kinship care services and began helping grandparents raising grandchildren. Duet is currently in the process, with the Area Agency and others, of providing outreach to the LGBT community. We look forward

to expanding services to underserved areas and populations.

I will retire as of June 30. I thank Duet's staff, board, community partners and caregivers for the love and support they have given me. Our community is fortunate to have Duet. We remain true



Donna Heppermann, Duet Director of Caregiver Services  
Retiring after 22 years with Duet, seen here in the mid-1990s

***"We extend our deepest gratitude to Donna Heppermann for 22 years of service as Duet's Director of Caregiver Services. She has supported and guided thousands of caregivers through some of life's most difficult situations. Donna, the compassionate care you've given to others is a lasting legacy. All best wishes in your retirement. We will miss you!"***  
- The Duet Family

to our original mission of enhancing the lives of older adults, and I am fortunate to have had the opportunity to be part of that mission.

God bless you and Duet's work now and in the future. ✨

### An Irish Blessing

May the road rise up to meet you.  
May the wind always be at your back.  
May the sun shine warm upon your face,  
And rains fall soft upon your fields.  
And until we meet again,  
May God hold you in the palm of His hand.

# Jazz Cabaret Sponsors

Joyce Glazner

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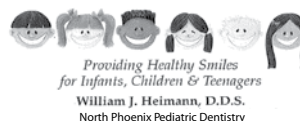
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Area Agency on Aging  
Region One



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# Jazz Cabaret Celebrates 30 Years of Music

The sound of spectacular jazz filled the air at Duet's 30th Annual Jazz Cabaret - featuring Blaise Lantana and The Dmitri Matheny Group. On April 10, hundreds of Duet supporters filled the MacArthur Ballroom at the Arizona Biltmore and enthusiastically participated in a silent and live auction to net \$56,600 in support of our cause.



Sharon Kearns, Jazz Cabaret Chairperson - 2011

"We're very grateful to everyone who helped make this year's event a success," said Elizabeth Banta, Duet Executive Director. "These funds will help us provide quality, one-on-one help to seniors in need."



Eva Yu, William Moroney, Jim Hall and Susan Hall

Lantana, the voice of the Valley's jazz scene on KJZZ, showcased sultry vocals in a wonderful series of Gershwin favorites. Working alongside her was the exceptionally talented Dmitri Matheny Group. "Summertime" and "I Got Rhythm" were some of the crowd pleasers.

Performer and arts advocate Carmela Ramirez served as Master of Ceremonies. Rabbi Marty Scharf served as auctioneer. Duet Board of Directors member Sharon Kearns served as the event Chairperson.

Sponsors included: **Ella Fitzgerald Sponsors:** Lou Jennings and Becky Boston, BlueCross BlueShield of Arizona, U.S. Airways; **Count Basie Sponsors:** Area Agency on Aging, Region One, Joyce Glazner, Northern Trust, Salt River Project, Barbara Shovers, Silverado Senior Living, and William J. Heimann, D.D.S.; **Mardi Gras - Wine and Hors d'oeuvres Sponsor:** Lee and Kristine Peterson; **St. Charles Avenue, New Orleans - Silent Auction**



Colleen Black and Jan Byrd

**Sponsors:** Hospice of the Valley, M&I Bank, Sonoran Landesign.

Proceeds from Jazz Cabaret will support Duet's compassionate, free-of-charge services. ♀

### Steering Committee

- Sharon Kearns  
Chairperson
- Adero Allison
- Meryl Ahart
- Liz Bebo
- Jan Byrd
- Eleanor Dullas
- Cheryl Finn
- Jean Georgianni
- Joyce Glazner
- Jim Hall

- Nicole Harraway
- Pamela Hart
- Alta Hulfacher
- Joann Hurley
- Miri Palmer
- Big Ben Sanchez
- Arnold Schwartz
- Sherri Shea
- Linda Watko
- Katherine Weaver

### Silent Auction Specialists

- Marsha Goodman
- Marion Pease
- Edie Smith
- Joyce Vincent



Bids galore!



Greg Cahill and Susan Atkinson



Dean and Linda Coughenour



# Auction Donor List

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 Mary Shaw Salon

Massage Envy  
 McCormick & Schmick's  
 Muse Apparel  
 Northern Trust  
 Orpheus Male Chorus of Phoenix  
 Out of Africa Wildlife Park  
 Pedro's Mexican Restaurant  
 Phil's Home Maintenance  
 Phoenix Art Museum  
 Phoenix Chorale  
 Phoenix Coyotes  
 Phoenix Police Department  
 Phoenix Rock Gym  
 Phoenix Symphony  
 Phoenix Theatre  
 Phoenix Zoo  
 Point Hilton Square  
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 Rob Morley Fitness  
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 Salon Estique  
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 Scottsdale Center for Performing Arts  
 Scottsdale Silverado Golf Club  
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 W Scottsdale Hotel  
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 Walt's Ace Hardware  
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 Weight Watchers  
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 Wide World of Maps  
 Wildlife World Zoo  
 William J Heimann D.D.S.  
 Xanterra  
 Yoga Pura

**Individuals**

Martha Baker  
 Liz Bebo  
 Mike Bishop  
 Cathy Bonnell  
 Joan Bruder  
 Barbara Carpenter  
 Harriet Clarke  
 Mavis Erdmann  
 Barb Fenzl  
 June Fike  
 Cheryl Finn  
 Joyce Glazner  
 Dianne Haselfeld  
 Ruth Hudson  
 John & Sharon Kearns  
 Jane Kelsey-Mapel  
 Lisa Lawrence  
 Susan Leader  
 Tom Leander  
 Connie Nunn Miller  
 Patty Park  
 Mari Paul  
 Rep Ben Quayle and Tiffany Quayle  
 Marty & Roberta Scharf  
 Edie Smith  
 Kathryn Thompson  
 Ron Winterberg

**Partner Faith Communities**

All Saints Episcopal Church  
 Central United Methodist Church  
 Chaparral Christian Church - Lady Bugs  
 Morning Bible Study

Epworth United Methodist Women - Esther Circle  
 Epworth United Methodist Women - Hannah Circle  
 Epworth United Methodist Women - Rebekah Circle  
 First Presbyterian Church of Peoria  
 First United Methodist Church of Phoenix - The Tuesday Group  
 Franciscan Renewal Center  
 Grace Lutheran Church  
 North Scottsdale United Methodist Church - Monday Morning Sunday Group  
 Northminister Presbyterian Church  
 Paradise Valley United Methodist Church  
 Pinnacle Presbyterian Church  
 Shepherd of the Hills UCC  
 Shepherd of the Valley UMC  
 St. Mary's Basilica  
 St. Thomas More Parish  
 Temple Solel  
 Trinity Lutheran Church  
 West Congregational Church

## FREE Dollars For Duet

**D**o you shop at Fry's? You can earn dollars for Duet every time you purchase




Ruthellen Keiser, shops at Fry's to help Duet

food or fuel! All you need to do is shop at Fry's and pay for your items with a reloadable gift card linked to Duet. Call us at 602-274-5022 to receive a complimentary \$5 gift card to get you started. We can mail it to you, or you can pick it up at our office.

Since we joined the Fry's charity program last summer, we have earned \$3,667! Please help us reach our goal of \$10,000 by the end of 2011.

Simply reload your card at checkout or customer service – then use it to pay for your items. If you're already using a gift card we provided, thank you! That means more people are receiving the

critical help they need. The potential to help even more people is unlimited, so please participate and tell your friends! (We'll mail them a card, too!) We're grateful to Lynne Brown for providing gift cards in memory of her husband, Warren.

"The Fry's reloadable gift card is easier to use than a credit card – you don't even have to sign your name," said Ruthellen Keiser, Americorps member and long-time volunteer. 



## Did You Imagine?

BY **REV. DR. DOSIA CARLSON**  
FOUNDING EXECUTIVE DIRECTOR

At the elegant Jazz Cabaret held recently at the Arizona Biltmore, my friend Wayne asked me, "Did you ever imagine thirty years ago that Center DOAR (Duet) would be having a fancy function like this and that the ministry would have grown to help so many people?"

I've not forgotten how our fund-raising efforts began with simple events such as concerts in the Church of the Beatitudes sanctuary which featured local musicians. Our first big holiday "extravaganza" was a style show – a precursor to our popular Poinsettia Tea.

Grant-writing efforts were usually in partnership with other agencies, including Arizona State University and Area Agency on Aging. Our interfaith mission of enhancing quality of life for older adults and their families required broad community support. How grateful we were and are to early supporters such as the Flinn Foundation and the Shamrock

Foundation. I'm proud that the tradition of collaboration continues.

Through the early years we dreamed daringly, but were also realistic in recognizing limits to our ventures. One volunteer insisted that we immediately reach out to the entire state of Arizona, enabling every county to form replicas of Center DOAR. Whew! That thought overwhelmed me.



Rev. Dr. Dosithea Carlson,  
Founding Executive Director

Yet, our example has reached far beyond central Phoenix where we started. We are aware of at least 25 organizations across the country that followed our model in assisting older adults.

But what began in 1981 with many ideas, one director and two part-time staff, has grown to encompass a wide range of services assisting thousands of people in Maricopa County as they face tremendous challenges associated with aging.

No, Wayne, perhaps I did not expect being able to impact so many people in such remarkable ways - through partnerships with volunteers, congregations, donors and organizations throughout the Valley.

But, I was fully aware that the needs of older adults would continue to grow and grow and grow. Thankfully, Duet continues to be our partner in health and aging by providing a doorway to help and hope.

Who can predict what the impact of Duet's service will be in thirty more years? I trust it will lead someone to ask, "Did you ever think Duet would grow to help so many people?"

## Jeff Dennis Community Vision Award

Often it takes extraordinary vision to "see" what the future can hold – how we as individuals and organizations can improve the lives of others by offering our compassionate help.

Jeff Dennis was someone with extraordinary vision. Jeff served as Duet Board Vice-President for six years and in many other ways profoundly impacted our efforts to serve people in need. He included Duet in his estate planning which resulted in a major gift in 2008.

The Jeff Dennis Community Vision Award was created in his memory. As we reflect on our past, as well as set our sights on our future, we'd like to recognize

those who have had the vision to change the future by embracing an enthusiastic passion for our mission. Thank you!

### Jeff Dennis Community Vision Award Honorees

- 1998 The Area Agency on Aging, Region One
- 1999 Arizona State University College of Nursing
- 2000 Salt River Project
- 2001 The Flinn Foundation
- 2002 BlueCross BlueShield of Arizona
- 2003 Governor's Advisory Council on Aging
- 2004 Arizona Republic
- 2005 AZ Community Foundation
- 2006 The Virginia G. Piper Charitable Trust
- 2007 The Medtronic Foundation

- 2008 The Nina Mason Pulliam Charitable Trust
- 2009 Dosithea Carlson
- 2010 The Board of Visitors



Jeff Dennis, A true visionary



# Duet 30th Anniversay



1. Volunteer Alice Lynch and Rev. Bill Dowling from Grace Lutheran Church, c. 1999. 2. Volunteer Meryl Ahart and her "neighbor" Mary Burns following a grocery outing, c. 2003. 3. Volunteer Naomi Moore and other staff members, c. 1996. 4. Volunteer Carrie Balbo, "neighbor" Audrey Cole, and volunteer Marion Pease, c. 2008. 5. A family of supporters: Thomas Clarke, Carolyn and Julie Blake, and Dorothea Clarke, c. 2001. 6. Elizabeth Shea, Ava Stanford (then VICaP Director), volunteers Chuck Stanford and Ann Wheat, c. 2004. 7. Ruth Crowley, first Nurse Ministries Network Director, c. 1999. 8. Amy Estes, first secretary, c. 1996 with staff member Sarah Hoover, c. 1987. 9. Duet Staff enjoying a team-building event, 2010. 10. The Honorable Rose Mofford, Duet supporter. 11. Staff members Eleanor Bond and Elizabeth Barlow with staff member Sarah Hoover, c. 1987. 12. Poinsettia Tea splendor, c. 2006. 13. Tour de Paradise Chair, Brian Shea, with tandem riders Don and Desi Noller, c. 2008. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23.





warehouse, caregiver Lydia LaPlante, volunteer Bob Morehouse, Director of Caregiver Services Donna Heppermann, and staff member Bev Rasmussen, c.1996. ✦ 4. Board member Betty H. Fairfax, c.1999. ✦ 5. Dosa Carlson (Dosa Carlson's mother) with a volunteer who made her a special tray. ✦ 8. Dosa Carlson, founding Executive Director, c. 1981. ✦ 9. Bird's-eye view of silent auction, c. 2004. ✦ 10. Volunteer Sherri ... ✦ 13. Mary Lynn Kasunic, Area Agency on Aging, Region One President and CEO, presenting Individual Achievement Award to Nancy Holloran (then VICaP Director), 1998. ✦ 14. Volunteer Dorothy Staley ... ✦ 18. Original leader of Volunteer Interfaith Caregivers Program, Jan Alsever (with corsage) and friends. ✦ 19. Volunteers Pat Poulson and Doris McVey accepting service awards. 1998. ✦ 20. ... ✦ 21. B. Ruth Andrews with faith community nurse Rose Coulter, c. 2001. ✦ 24. Volunteer Giff Smith providing transportation to a special "neighbor", c. 2001. ✦ 25. Volunteer Edie Smith, 2007. ✦



## Dosia Carlson KARED About Award

**D**uet's founding Executive Director, The Rev. Dr. Dosia Carlson, drew together visionary people who shared her passion to improve life for older adults. Together with Church of the Beatitudes and other forward-thinking faith partners and organizations, our interfaith cause was born.

Dedicated people have shared their time, expertise, and gifts to make it possible for Duet to grow in service over these years.

The Dosia Carlson "KARED About" Award recognizes compassionate service in a person

who embodies Duet's mission to promote health and well-being for older adults and their families. The award is named after the summer cottage fondly named "KARED About" that Dosia Carlson's family enjoyed. We are deeply grateful to each of these caring heroes. 🦋



(L-R) Arnold Schwartz, Elaine Enzminger, Cecil Estes (representing his beloved wife, Amy Estes), Dosia Carlson, Bill Sawyer, Alice Lynch, Norman McClelland, Greta Wiseman, Betty H. Fairfax, Warren Brown. Photo taken in 2003.

## KARED About Recipients

- 1991 Greta Wiseman
- 1992 Gladys Pettersson
- 1993 Amy Estes
- 1994 Dorothy Staley
- 1995 Norman McClelland
- 1996 William Sawyer
- 1997 Warren Brown
- 1998 Elaine Enzminger
- 1999 Arnold Schwartz
- 2000 Betty Fairfax
- 2001 Alice Lynch
- 2002 Pat Poulson
- 2003 Dorothea Clarke
- 2004 Meryl Ahart
- 2005 James Adams
- 2006 Karen Anderson
- 2007 Edith Smith
- 2008 Brian and Sherri Shea
- 2009 Pauline Finney
- 2010 Cille Swaback

## Star Volunteer Honored

**B**ill Hadley was trained as a Duet volunteer in 2001. Since then, Bill has provided a decade of service to our homebound "neighbors" with home safety assessments, handy person assistance, and 137 trips to medical appointments. Bill was



Bill Hadley, Duet volunteer and Sue Reckinger, Director of Volunteer Services

honored this month by the Association of Volunteer Administrators of Central Arizona (AVACA).

Can you imagine how many magazines Bill has read in doctors' waiting rooms? As Duet celebrates its 30 years of services, we honor the hundreds of selfless volunteers like Bill who make an enormous difference in the lives of those who reach out for help. Thanks Bill! And thanks to each of our hundreds of wonderful volunteers for making 30 years of service to elders possible! 🦋

## We Wish...

**D**o you enjoy meeting new friends and networking? If so, we are seeking volunteers for our Speakers Bureau to work at the Duet table during health fairs, or to speak to small groups and organizations when invited to share Duet's mission. Call Sandy Leander for more information at (602) 274-5022. 🦋

## Thank you, Coyotes Charities!

**D**uet proudly accepted a BIG check from Coyotes Charities during the March 26th Coyotes game. With their funding, Duet will be able to help more grandparents and the grandchildren they are raising.



Pictured are (l to r) Sarah Finecey, Coyotes Charities Executive Director; Eva Scholfield, Duet Director of Development; Patricia Dominguez, Duet Director of Kinship Care Services; and Elizabeth Banta, Duet Executive Director.



## The Value of Volunteers

BY **SUE RECKINGER**

DIRECTOR OF VOLUNTEER SERVICES

**W**hen you can no longer drive, how will you get to the grocery store? Where can you go for help?

As an 81-year-old widow, Irene Boeig found herself facing that dilemma. After 42 years of working in retail, she was no longer able to get around town. She mentioned her situation to a friend at Mt. of Olives Church who suggested she contact Duet.

Irene took her friend's advice. She now has volunteers who drive her to medical appointments; call each week to talk and check on her; and who take her to the grocery store.

For grocery shopping, Irene was

matched with Duet volunteer Nancy Holloran. Beginning in 1984, Nancy was the director of Duet's volunteer services, formerly known as VICaP. "As a volunteer now, I appreciate the staff for their support and training," said Nancy. "I am proud

**"I couldn't make it on my own without Duet." ~ Irene Boeig**



(L-R) Irene Boeig, Duet "neighbor" and Nancy Holloran, Duet volunteer and former Director of Volunteer Services

to have been part of Duet from the beginning as a director, volunteer, and committee member."

For Irene, Duet's one-on-one services are critical. "I couldn't make it on my own without Duet," she said. "I do have many friends but they are all very busy. I feel blessed to

have been introduced to Duet and the services that they provide." Her sparkling blue eyes twinkle with enthusiasm when she speaks.

We are proud of our 30 years of service to folks like Irene served by selfless volunteers like Nancy. We appreciate the countless hours of service and companionship caring volunteers provide. ✨

## Gear Up For Tour de Paradise

**A**re you ready to gear up and take the challenge? Duet's Tour de Paradise has moved to the fall, so mark your calendars for Saturday, October 15. Riders of all abilities are invited to join the 9th Annual Tour de Paradise – a fundraising bicycle ride to support Duet's services.

Three scenic routes are available through north Phoenix - 8, 30, and 62 miles (metric century). All rides start at 7:30 a.m. at Moon Valley Park - 7th Avenue and West Coral Gables Drive. Participants will receive goodie bags, Tour de Paradise t-shirts, SAG support stops and lunch.

This year, we're offering our new Tour de Paradise jersey that features a new logo and bold

design. Be sure to get your order in early so you can wear your jersey during the ride! If you or your company would like to become a sponsor, contact Eva Scholfield at 602-274-5022.

Register at [www.tourdeparadise.org](http://www.tourdeparadise.org) by September 15. The fee is only \$25 and \$15 for children. We're asking all riders over the age of 16 to raise \$100 in pledges. It's easy to make your own pledge page and ask others to sponsor your ride. Sign up and get started today before the fees go up!



Tour de Paradise bicyclists ride in 2010

All funds raised help support an increasing number of homebound and disabled adults in the Valley. ✨



**New Date — Ride With Us!  
Saturday, October 15, 2011**

Register at [www.tourdeparadise.org](http://www.tourdeparadise.org)  
or call 602-274-5022

*Helping seniors. Changing lives.*



## Duet's Legacy Circle Family Leads By Example

When new members join Duet's Legacy Circle, we ask them to share their feelings about the hope and help their Legacy Gift will create.



Susan and Nestor Guzman, new members of Duet's Legacy Circle

Susan and Nestor Guzman recently included Duet in their endowment fund at the Jewish Community Foundation of Greater Phoenix – and we are truly grateful. In this heartwarming note, they share their reason for leaving a legacy to Duet.

*"Our family has been blessed with*

*financial comfort due to the hard work of Susan's grandfather who came to this country as a young boy from Poland.*

*Although they achieved substantial wealth in the real estate business, her grandparents lived frugally. They taught us by example to spend just what was needed, save for the future, educate our children and take care of those less fortunate.*

*We have personally worked with Duet and the other organizations included in our endowment fund. They bring comfort, they educate, they work for human rights and they spread the idea*

*that we must take care of each other to make the world whole.*

*We hope that our contribution to Duet will allow it to continue doing the work of bringing people together and giving hope and comfort to those they serve."*

Susan and Nestor Guzman, March 2011 

## Duet Legacy Circle

We're honored to recognize the following individuals whose foresight will result in services for older adults and family caregivers well into the next 30 years and beyond. The Legacy Circle includes people who have named Duet in their estate plans or made an outright gift to Duet's Endowment Fund. Call Eva Scholfield at (602) 274-5022 to learn more.

### Thank you Legacy Circle Members!

- |                              |                            |
|------------------------------|----------------------------|
| Angela Brock Adams*          | Susan and Nestor Guzman    |
| Meryl Ahart                  | Lillian Henry*             |
| Donna* and Mason Anderson    | Donna Heppermann           |
| Anonymous                    | Douglas Jardine            |
| Adelaine M. Bahr*            | Mary Ellen Johnson         |
| Elizabeth Banta              | April and Tom Jones        |
| Charles Barnhart             | Peter Mather               |
| Martha Bern                  | Francis McClelland*        |
| Catherine Stehly Bertucci    | Dorothy M. Miller          |
| Ann Boal                     | Frances A. Nichols*        |
| Sandra and Charles Bonstelle | Hugo Nocito                |
| Lynne and Warren* Brown      | Miriam and Joseph Palmer   |
| Barbara Busse*               | Barbara and Myron Petersen |
| Dosia Carlson                | Judy Ridgway               |
| Gracie Carter                | Betty Robinson*            |
| Ilau Clark*                  | Roberta and Martin Scharf  |
| Dorothea and Thomas Clarke*  | Vickie Scott               |
| Jeff Dennis*                 | Barbara Shovers            |
| Nancy Nelson Elsenheimer     | Anita Silverthorn          |
| Wilma Basnett Emerson        | Edie Smith*                |
| Jean Fouche                  | Edward Splain*             |
| Virginia Gallagher*          | Laraine Stewart            |
| Joyce Glazner                | Bill Strong                |
| Florence Gunt*               | Kathryn Thompson           |
|                              | Marion Westover*           |
|                              | *In Memoriam               |

## CAP "Turns Out" for Good

Central Arizona Project's employee volunteer group, "Turnouts," transformed the homes of not one, but two homebound "neighbors" served through Duet.



CAP recruited recruit dozens of employees who painted, stained, built a new patio cover, completely landscaped, cleaned carpets, and much more. Thank-you "Turnouts" for making many worries disappear from some of our very special neighbors! We also thank Duet supporter and CAP employee Monique Hafler for nominating Duet for CAP's service day.



## By Reaching One, We're Reaching More

BY **DENISE VIKER, RN, BSN**  
DIR. OF CONGREGATIONAL HEALTH SERVICES

**J**oAnne McKay is a faith community nurse – caring for others for over thirteen years. Reflecting on her service, JoAnne said she realizes her "...focus has always been on the person and people" she serves. She accomplishes this by planning and implementing programs based on the needs of her own faith community.

In 1995, a parishioner who was diagnosed with Celiac's Disease, a rare disease compared to today, came to JoAnne

for help. Together, they determined she needed support. Working side-by-side, they reached out to the whole community and sixteen people attended their first Celiac's Disease support group. Today, that group continues to meet and JoAnne is the facilitator. They have formed life-long friendships, supporting each other through serious health issues and more.



JoAnne McKay, Faith Community Nurse

JoAnne received her faith community

nurse training through Duet. Now, by helping us with the Basic Preparation Course for nurses, JoAnne is sharing years of experience with others interested in beginning faith community health programs.

With this kind of strong partnership, Duet is moving toward the future with purpose - to empower more nurses and faith communities with the tools they need to continue

improving health and life for others. 🦋

## Can You Help?

**M**any people would like to make a difference in someone else's life, yet volunteering may seem hard to squeeze in.

Ask yourself: Could I shop for Hazel, an upbeat 90-year old, while I get my own groceries? Could I visit 86-year old Henry once a week for an hour on my way home from work? As a veteran with disabilities,

he has interesting stories to share. Could I help Susan? Since she is blind, maybe I could spend a little time reading mail to her twice a month.

We invite you to say "Yes!" and begin making a difference today. Nearly 100 homebound adults are on our waiting list. Go to [www.duetaz.org](http://www.duetaz.org) and click on the map on our home page to see who needs your help.

All you need to do is attend a short, one-time orientation to get started. If you see someone on our map who you'd like to help, simply email us. Or, we can help match you with a new "neighbor" to help.

There are many ways to provide assistance including grocery shopping, friendly visiting, friendly phoning, minor home repairs, computer training, transportation, and paperwork assistance.

Sign up for an orientation by emailing [volunteer@duetaz.org](mailto:volunteer@duetaz.org) or call 602-274-5022 to register. Thank you! 🦋

## Summer Volunteer Orientations

**Saturday, June 11, 9 - 11:30 AM**  
St. Theresa Catholic church  
5045 E. Thomas Rd., Phx., 85018

**Saturday, July 16, 9 - 11:30 AM**  
Church of the Beatitudes  
555 W. Glendale Ave., Phx., 85021

**Saturday, August 13, 9 - 11:30 AM**  
All Saints Episcopal church  
6300 N. Central Ave., Phx., 85012

## Let's Make A Deal!

**W**e are teaming up with Daily Deal USA to earn funds for Duet.

If you sign up to receive a daily email coupon which offers huge savings from local businesses of 50 - 95%, Duet will receive a donation equaling 8% on every deal you purchase.

Simply visit [www.DailyDealUSA.com](http://www.DailyDealUSA.com) and enter the referral code Duet. It's that easy! When you sign up, you'll instantly get \$5 to spend and help Duet at the same time. Now that's a deal! 🦋



One way Duet volunteers help is grocery shopping for homebound adults





### **New Date - Sat., Oct. 15!**

Tune up your bicycles and ride with us! All levels included - 8, 30, and 62 mile (Metric Century). This is a great family event or training ride. Support Duet and register today at [www.tourdeparadise.org](http://www.tourdeparadise.org).

**Duet: Partners In Health & Aging**  
555 West Glendale Avenue  
Phoenix AZ 85021

(602) 274-5022  
[www.duetaz.org](http://www.duetaz.org) / [info@duetaz.org](mailto:info@duetaz.org)

Non-Profit Org.  
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Phoenix, AZ  
Permit No. 201

## Coming Events

Support groups for caregivers, faith community nurses, and grandparents raising grandchildren are available throughout the Valley. Call Duet at 602-274-5022 or see [www.duetaz.org](http://www.duetaz.org) for times and locations.

### **June 10, Friday, 3:00 - 5:00 PM**

Guardianship clinic, 555 W. Glendale Ave., Phoenix, 85021\*

### **June 11, Saturday, 9:00 - 11:30 AM**

Volunteer Orientation to help homebound adults, St. Theresa Catholic Church, 5045 E. Thomas Rd., Phoenix, 85018\*

### **June 18, Saturday, 12:30 - 3:00 PM**

Roller skating party for grandparents and the grandchildren they are raising, North Phoenix Baptist Church, 5757 N. Central Ave., Phoenix 85012\*

### **June 25, Saturday, 6:00 - 9:00 PM**

Pool Party for kinship care families, Villa de Paz Recreation, 10320 W. Campbell, Phoenix, 85037\*

### **July 16, Saturday, 9:00 - 11:30 AM**

Volunteer Orientation to help homebound adults, Church of the Beatitudes, 555 W Glendale Ave, Phoenix, 85021\*

**July 15, Friday**, an overnight stay A retreat and train ride for grandparents and the grandchildren they are raising, Camp Verde, AZ \*

### **August 12, Friday, 3:00 - 5:00 PM**

Guardianship clinic, 555 W. Glendale Ave., Phoenix, 85021\*

### **August 13, Saturday, 9:00 - 11:30 AM**

Volunteer Orientation to help homebound adults, All Saints Episcopal Church, 6300 N. Central Ave., Phoenix, 85012\*

### **September 10, Saturday, 12:00 - 3:00 PM**

Grandparents' Day Ice Cream Social - celebration for grandparents and the grandchildren they are raising, 555 W. Glendale Ave., Phoenix, 85021\*

### **October 24 -28, Monday - Friday,**

Basic Preparation Course for Faith Community Nurses, 555 W. Glendale Avenue, Phoenix, AZ 85021\*

### **October 15, Saturday, 7:00 AM**

Tour de Paradise charity bike ride, Moon Valley Park, 7th Ave & West Coral Gables, Phoenix, 85023, [www.tourdeparadise.org](http://www.tourdeparadise.org) for more information\*

### **December 11, Sunday, 2:30-5:00 PM,**

21st Annual Poinsettia Tea, Hyatt Regency Scottsdale at Gainey Ranch

**\*All events require pre-registration with Duet. Please call 602-274-5022.**