

# Duet News

• PARTNERS IN HEALTH & AGING •

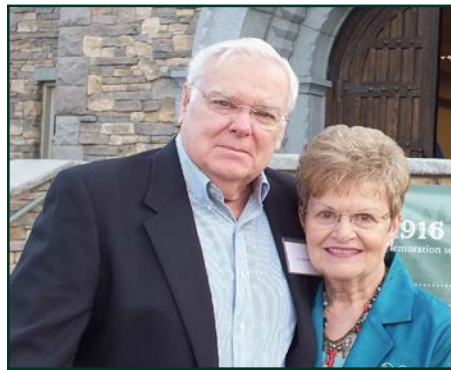
## Our Vision Society

**DUET'S VISION IS A COMMUNITY WHERE EVERY PERSON AGES WITH COMPASSION, DIGNITY AND HOPE.**

For Mary Lou Bessette and her husband Jim, this vision inspires them to give to Duet's cause. "We are honored to invest in a local organization that helps our neighbors with compassion and dignity. The stewardship of resources, whether annual gifts, grants or bequests, is among the best we have seen in our 35-year involvement in our community."

It was no surprise when the Bessettes stepped up to be inaugural, forward-thinking members of Duet's newly launched "Vision Society." This society is for donors who feel moved to make longer-term philanthropic commitments to Duet through multiple-year gifts over five years. Donors choose the amount they wish to commit per year, such as \$1,000 (the minimum), \$5,000, or \$10,000.

As the demand for Duet's services grows exponentially, the Vision Society is crucial to ensuring financial viability to sustain, expand and enhance



*"In giving to Duet we see lives change in our own community and we know that our resources will be stewarded well and wisely."  
- Mary Lou and Jim Bessette, Duet Vision Society Members*

Duet's vital services. Vision Society members understand that consecutive annual investments transform lives by providing free-of-charge, compassionate help for homebound adults, family caregivers, grandparents raising grandchildren, and congregational health programs.





While one-time gifts are greatly appreciated and essential to fulfilling our mission, multi-year gifts of \$1,000 and up provide Duet with additional assurance of sustainability and a predictable revenue stream that is essential to the nature of our cause. Flexible payment schedules are available

to fit your needs and preferences, including monthly, quarterly, or annual giving.

To learn more or to become a member of Duet's Vision Society, call Gordon Sims, Director of Development at (602) 274-5022, ext 14. ✕

## Keep Up on Duet News

Get a bit of compassion, dignity, and hope delivered right to your inbox. Receive our monthly e-news and be the first to hear about upcoming Duet events, volunteer opportunities, and service offerings. There are several ways to stay connected in-between our print issues of Duet News:

- Sign up for our monthly e-news: [duetaz.org](http://duetaz.org) (click on "Join Our Email List") 
- Like us on Facebook: DuetAZ 
- Follow us on Twitter: @DuetAZ 
- Watch our videos on YouTube: [youtube.com/DuetAZ](http://youtube.com/DuetAZ) 



## To Have and to Hold in Sickness and Health

Clara, 81, and her husband Paul, 85, had a storybook romance – and their 35-year marriage is a testament to their love and dedication to each other. That dedication shows now more than ever before as Clara has been Paul’s fulltime caregiver since he was diagnosed with early onset dementia and then Alzheimer’s disease within the last couple of years. Clara says the adjustment into the unexpected caregiving role has been challenging.

“I’m a nurse and a cook and a caregiver and a wife and it’s difficult,” Clara says. “We had a beautiful restaurant at 6<sup>th</sup> Street and Missouri Avenue and another one in Seattle, and now he doesn’t even remember how to cook.”

Clara adds that she didn’t fully grasp how time consuming



*With the help of Duet’s caregiver services, Clara is able to better care for her husband Paul and herself.*

being a caregiver would be, which led to feelings of isolation and hopelessness. Fortunately, she found out about Duet through a former student and says that “it [Duet] is the best thing that has happened to me on this journey.”

Through Duet, Clara and Paul have received help—including respite time for Clara to recharge—and access to resources they didn’t know existed. They also started

attending Duet’s Alzheimer’s & Dementia support group and cognitive engagement group for caregivers and their loved ones. Clara says that both she and Paul enjoy the time with others and look forward to attending.

“Without the help of Duet, and my incredible caregiver mentor, I’d be totally lost. Duet saved my life because they know what it takes to be a caregiver,” Clara says. “The people at Duet and my former students from Phoenix College have been like family to me.”

Clara adds that she would recommend Duet to any caregiver in need of hope and support.

Visit [duetaz.org](http://duetaz.org) or call (602) 274-5022 for dates, times, and locations of family caregiver support groups throughout the Valley and to learn about all of Duet’s services for family caregivers. 🦋

## Welcome, April Polley! Director of Congregational Health Services

Lives are changed on a continual basis through the powerful service of faith community nurses and others involved in congregational health programs. Duet looks forward to providing resources and support to ever-growing numbers of nurses and faith communities.

We are pleased to announce that April Polley, BSN, RN, MBA joined Duet’s staff in January as Director of Congregational Health Services.

April brings extensive experience gained from directing Grand Canyon University’s Campus Health Center for 18 years and serving as Clinical Adjunct Professor in GCU’s College of Nursing, as well as through her service as Faith Community Nurse at Madison Church. April also previously coordinated Duet’s Foundations of Faith Community Nursing course.

Duet’s next Foundations In Faith Community Nursing course will take place on September 15-16, and October 13-14 at Duet (on the property of Church of the Beatitudes) in Phoenix.

Please reach out to April at (602) 274-5022 or [polley@duetaz.org](mailto:polley@duetaz.org) for course information and/or

to explore how Duet can support you and/or your faith community. We will be proud to be your partner in service. 🦋



*April Polley, Director of Congregational Health Services*



### Insights from Legacy Circle Member Linda Coughenour

Becoming a member of Duet's Legacy Circle is a true honor! Personally, I have had a long and wonderful run (25+ years) supporting Duet through my board participation, charitable giving, and SRP's sponsorships and annual program grants for which I advocated. However, I can honestly say that nothing is as rewarding as knowing you are leaving your legacy, in perpetuity, with a bequest

to help meet Duet's community needs in serving homebound adults, caregivers, faith communities, and grandparents raising grandchildren. Surprisingly, it was such a simple process; I don't know why I waited so long! I hope you will join me in making a difference in the lives of so many others for generations to come.

To learn how you too can join Duet's Legacy Circle and help people in perpetuity, contact Gordon Sims, our Director of Development at (602) 274-5022, ext 14. or [sims@duetaz.org](mailto:sims@duetaz.org)



Linda Coughenour, President, Duet Board of Directors

### Duet's Legacy Circle

Duet recognizes those individuals whose foresight will result in services for older adults and family caregivers well into the future. This Legacy Circle listing includes people who have named Duet in their estate plans or made an outright gift to Duet's Endowment Fund through January 31, 2017. For more information please call Gordon Sims, Director of Development at (602) 274-5022, ext 14.

#### LEGACY CIRCLE MEMBERS

- |                           |                            |                            |                        |
|---------------------------|----------------------------|----------------------------|------------------------|
| Angela Brock Adams*       | Gracie Carter              | John & Sharon Kearns       | Margaret Singley       |
| Meryl Ahart               | Ilau Clark*                | Michele Leigh              | Edith Smith*           |
| Mason & Donna* Anderson   | Thomas* & Dorothea* Clarke | David & Nicole Lynch       | Lloyd & Janet Spangler |
| Doris Armstrong*          | Darlene Cobb               | Billie Marsh*              | Edward Splain*         |
| Adeline Bahr*             | Paul Cosimano*             | Peter Mather               | Caryl Steere*          |
| Steve & Judy Baker        | Dean & Linda Coughenour    | Frances McClelland*        | Grace Steffensen       |
| Elizabeth Banta           | Jeff Dennis*               | Dorothy Miller*            | Laraine Stewart        |
| Charles Barnhart          | Nancy Elsenheimer          | Frances Nichols*           | Ann Stiles             |
| Joan Barraclough*         | Gail Everts                | Nathaniel Nিকে             | Bill Strong            |
| Wilma Basnett Emerson     | Jean Fouche                | Hugo Nocito                | Philip & Sandra Terry  |
| Elizabeth Bebo            | Virginia Gallagher*        | John & Karen O'Donnell     | Kathryn Thompson       |
| Martha Bern               | Chris & Darlene George     | Joseph & Miriam Palmer     | Violet Toy             |
| Cathy Bertucci            | Joyce Glazner              | Dennis Parker              | Marion Westover*       |
| Jim & Mary Lou Bessette   | Jo Ann Greeney             | Marion Pease               | Ann Wheat              |
| Linda Bliss               | Florence Gunt*             | Myron* & Barbara Petersen  | Martin Wojcik          |
| Ann Boal                  | Nestor & Susan Guzman      | Leland & Kristine Peterson | Judy Zuccala           |
| Charles & Sandy Bonstelle | Lillian Henry*             | Betty Robinson*            | Anonymous (4)          |
| Warren* & Lynne* Brown    | Donna Heppermann           | Martin & Roberta Scharf    |                        |
| Barbara Busse*            | Mary Gertrude Hindelang*   | Arnold Schwartz            |                        |
| Dosia Carlson             | Douglas Jardine            | Vickie Scott               | *In memoriam           |
| Barbara Carpenter         | Mary Ellen Johnson*        | Barbara Shovers            |                        |
|                           | Thomas & April Jones       | Anita Silverthorn*         |                        |
|                           |                            | Gordon Sims                |                        |





## Poinsettia Tea Delights and Delivers

Philanthropy was at its finest as 436 guests took a break from the hustle of the holiday season to attend Duet's 26th Annual Poinsettia Tea held December 11, 2016 at the Hyatt Regency Scottsdale. Guests were treated to the timeless tradition of an afternoon tea, enchanting music from Elizabeth Bacher, and a compassionate afternoon of giving.

Destry Jetton, 12 News Arizona Midday Host, warmly returned as mistress of ceremonies. Sandi Terry, a long-time member of Duet's Board of Directors and former Board President, who began her service while working at Blue Cross Blue Shield of Arizona, was honored with the Dosia Carlson 'KARED About' Award. The award recognizes compassionate caring in a person whose incredible work embodies Duet's mission.

A moving video produced by volunteer Pat Poulson brought to life the extraordinary friendships that form between compassionate Duet volunteers and the homebound neighbors they serve. The event raised \$119,400 in net proceeds that included major leadership challenge gifts from Norman McClelland of Shamrock Food Company and Pauline Finney totaling \$41,000. Guests generously and enthusiastically responded to the call to compassion led by Marc Ashton.

We thank committee members and all others who made the event a sparkling success. More free-of-charge services will come to life due to Duet's compassionate partners in service! ✨



Sandi Terry (r) received the prestigious honor of the Dosia Carlson 'KARED About' Award.



Electric violinist Elizabeth Bacher brought high energy elegance and excitement to the ballroom.



Jodie (volunteer) and Marilyn (neighbor) shared their touching story of the gift of hope which can be seen at [youtube.com/DuetAZ](https://www.youtube.com/DuetAZ).

## Thank You Poinsettia Tea Sponsors

### ~ Silver Sponsors ~



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Delivering more than power.™

### ~ Copper Sponsors ~

- Ashton Tiffany, LLC
- Beatitudes Campus
- Judy & Michael Davis
- Fennemore Craig
- The Kissel / Sell Group at Morgan Stanley
- North Phoenix Pediatric Dentistry
- Pelusi's Oncology Educational & Consulting Services, LLC
- Cille & Vern Swaback
- Karen & Bill Vanaskie

**Sign up for a Volunteer Orientation!**

You too can join caring volunteers like Jodie by becoming part of a wonderful duet of service. Sign up for an upcoming volunteer orientation to begin. Call (602) 274-5022 to register or visit [www.duetaz.org](http://www.duetaz.org).



## 2016 Corporate, Foundation, Government, and Congregational Donors

**W**e extend our deepest gratitude to the individuals, corporations, foundations, congregations and other donors who helped Duet serve people in need in 2016! 🦋

### CORPORATIONS, FOUNDATIONS & GOVERNMENT SOURCES

**\$20,000+**

Area Agency on Aging, Region One  
 Arizona Community Foundation  
 The Arizona Republic / 12 News Season for Sharing  
 BHHS Legacy Foundation  
 City of Phoenix  
 Gila River Indian Community  
 The Kemper and Ethel Marley Foundation  
 May and Stanley Smith Charitable Trust  
 Shamrock Foods Company  
 Virginia G. Piper Charitable Trust  
 Willard E. Smucker Foundation

**\$10,000 to \$19,999**

Blue Cross Blue Shield of Arizona  
 City of Scottsdale  
 SRP  
 Thunderbird Charities  
 Tohono O'odham Nation

**\$5,000 to \$9,999**

APS  
 Cardinals Charities  
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 City of Peoria  
 Employee Community Fund of Boeing Arizona  
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 Comfort Plus, Inc.  
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 Homecare Assistance of Greater Phoenix  
 Honeywell Hometown Solutions  
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Maricopa County Combined Federal Campaign  
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 The Meredith Corporation Foundation  
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 Senior Directory Phoenix  
 Smart & Final Charitable Foundation  
 State Employees Charitable Campaign  
 Stay Home Care, LLC  
 TEGNA Foundation  
 Thrivent Financial Foundation  
 Top Producers Realty, LLC  
 Valley Hospice of Arizona, Inc.  
 Versant Capital Management

### CONGREGATIONAL DONORS

Beth El Congregation  
 Central United Methodist Church  
 Church of the Ascension  
 Church of the Beatitudes United Church of Christ  
 Epworth United Methodist Church  
 La Casa de Cristo Lutheran Church  
 Orangewood Presbyterian Church  
 Our Lady of Perpetual Help Parish  
 Palo Cristi Presbyterian Church  
 Paradise Valley United Methodist Church  
 Pinnacle Presbyterian Church  
 Prince of Peace Lutheran Church  
 Shepherd of the Hills United Church of Christ  
 St. James Parish Family  
 St. Patrick's Catholic Community  
 St. Theresa Catholic Church  
 Trinity Mennonite Church



In an effort to "Go Green" Duet has listed individual donors at [duetaz.org](http://duetaz.org).



## Creative Aging: Changing Lives & Communities through the Arts

Learn about the vital relationship between creative expression and healthy aging in this free-of-charge workshop! Participants will also gain resources and ideas for enriching lives across the aging spectrum through the arts. All are welcome, including older adults, volunteers, faith community

nurses, and family caregivers. We thank Alex Nelson, Director of Arts Learning from the Arizona Commission on the Arts, for leading this engaging session.

**Date:** Tuesday, March 28  
**Time:** 1:00 – 3:00 PM  
**Place:** Duet at Church of the Beatitudes  
555 W. Glendale Avenue  
Phoenix, AZ 85021  
**Cost:** No charge  
**RSVP:** Call (602) 274-5022 by Thursday, March 23. ✨



## Grandparents Raising Grandchildren: You are not Alone

BY MEGAN AMANDIO  
COMMUNICATIONS INTERN

Loretta Miller is a 71-year-old grandmother raising two of her grandsons, ages 8 and 6. She has raised the older grandson since he was 10 days old. When her son had another child two years later, the baby was put up for adoption at three months old. Loretta took care of the child and tried to get full custody of him. Thanks to Duet, a paralegal helped Loretta obtain custody of her grandson, free of charge.

Loretta’s older grandson has high-functioning autism and attention deficit hyperactivity disorder. The younger grandson was recently diagnosed with autism as well. Loretta was retired but she began to work part-time from home to support her grandchildren. Duet’s support groups have helped her throughout her transition into parenting again. “The biggest

problem is we don’t have the energy; we don’t have the patience; we don’t have the stamina that we had when we raised our children,” Loretta says.

Loretta’s older grandchildren and great-grandchildren attend Duet functions with her to help her watch the boys. Through Duet, she has been able to take the boys to Wildlife World Zoo & Aquarium, plays and movies for free. She has recommended Duet to multiple friends who are in similar situations. She says that her grandsons’ therapy sessions are where she meets many people who are in need of the same assistance.

Her grandsons were confused why kids in school had their mothers and fathers attending functions, but not grandparents like they did. Duet programs help the boys understand that they aren’t the only children being raised by grandparents.

*Duet partners with the Children’s Law Center (Volunteer Lawyers Program) through Community Legal Services to provide free clinics to help grandparents complete the proper paperwork for gaining guardianship of their grandchildren. For upcoming dates*

and times contact Patricia at (602) 274-5022, Ext 31. ✨



Loretta Miller and her two grandsons, ages 6 and 8.



### Discover Duet

**An Introduction to Duet’s Mission:** Join us for an inspiring look at the current and future vision of Duet at our new Discover Duet gathering. This one-hour overview of Duet’s mission will take place on the first Thursday of each month. Our first Discover Duet is **Thursday, March 2, 10:00 AM.** To RSVP call or email Gordon Sims at (602) 274-5022 x 14 or [sims@duetaz.org](mailto:sims@duetaz.org).







**36th Annual**  
**DUET CABARET**

**Sunday, April 30, 2017**  
**1:30 - 5:00 p.m.**  
Entertainment by The Swingtips

Duet Partners of the Year  
The Avent Grandfamily

**Omni Resort & Spa at Montelucia**  
**Scottsdale, AZ**

Sumptuous Meal • Dancing • Cocktails  
Live & Silent Auctions  
\$125 per person • Reservations Required



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### Mission

To promote health and well-being through a broad range of services to homebound adults, family caregivers, faith communities and grandparents raising grandchildren.

### Vision

A community where every person ages with compassion, dignity, and hope.

## Will Your WILL Be Known

*Join us for a complimentary seminar*

**W**hen you create a will, you have the ability to determine what will happen to your assets after your passing. An effective bequest can let you plan for the future of your family while remembering organizations like Duet that are close to your heart. Learn about the importance and legal aspects of having a will by attending a free-of-charge presentation offered by the Duet Professional Advisory Committee. Workshops are for your benefit; there will be no solicitation. Choose from one of the following options:



**Saturday, March 4, 10:30 AM – 12:00 PM**  
Presented by Lynn Anderson, Esq.  
Peace Lutheran Church  
18265 N. 89th Ave.  
Peoria, AZ 85382

**Thursday, March 9, 3:30 – 5:00 PM**  
Presented by Nat Nিকেle, Esq.  
Duet  
555 W. Glendale Ave.  
Phoenix, AZ 85021

**Saturday, March 11, 1:30 – 3:00 PM**  
Presented by Nat Nিকেle, Esq.  
St. Maria Goretti Catholic Church  
6261 N. Granite Reef Rd.  
Scottsdale, AZ 85280

**RSVP:** Call (602) 274-5022, reservations are required.  
**When reserving your spot, please indicate your preferred date.** ✨