

# Duet News

• FOR GRANDPARENTS RAISING GRANDCHILDREN •

## From the Director's Desk

BY **PATRICIA DOMINGUEZ, MSW,**  
DIRECTOR OF KINSHIP CARE SERVICES

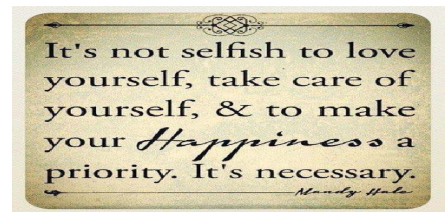
**H**appy Spring! Take time for yourself. Raising grandchildren or a second family is difficult and we understand it can often times feel challenging. The freedom to do activities on the spur of the moment as you may have done in the past is not there due to parenting responsibilities. If you haven't been in the habit of taking time for yourself this winter, now is the time to start! We're encouraging you to practice

self care by taking time for yourself in small, medium, and large doses.

- **Take control of your well being.** Get up to 8 hours of sleep. Have healthy meals. Hydrate; drink plenty of water each day. Go for a long walks, meditate, read a good book. Take break from caregiving whenever you can. Make it a priority to rest, relax, and recharge your batteries.
- **Stay connected.** Don't ignore your social life. Plan a special outing with friends, perhaps seeing a play, listening to your favorite band or taking in nature. Life is too short! Do

something each day that makes you laugh and lifts your spirits.

Grandparents, you're so incredibly important. It's not selfish to love yourself, and make you happiness and well being a priority. When you take care of you, you will be better able to take care of those little people in your life. ✨



## Gaining Guardianship of Your Grandchild

**G**randparents and other relatives who care for children often face legal issues, whether it's dealing with custody or guardianship, or simply getting a child medical care. Do you know whether you need to be the legal guardian of your grandchildren? We can help answer that question. If you are raising a grandchild or a minor relative in Arizona, you will need formal custody to obtain benefits such as healthcare or to enroll the child in school. While the legal process to gain custody can be complex and overwhelming, Duet is here to help.

We have partnered with the Children's Law Center (Volunteer Lawyers



Program) to provide a **free** clinic to help you complete the proper paperwork. A volunteer attorney will guide you through a guardianship petition, provide legal advice, and answer questions regarding uncontested guardianship.

Space is limited and reservations are required.

**When:** Friday, May 12, 2017

**Time:** 3 – 5 p.m.

**Where:** Duet

555 West Glendale Avenue  
Phoenix, AZ 85021

**Cost:** Free!

**RSVP:** Required; Contact Patricia  
(602) 274-5022, Ext 20. ✨



## Group Activities for Families:

Grandfamily outings are offered to grandparents and to the children they are raising. Other family members are welcomed to attend outings at the **full rate and when availability allows**. *Please remember RSVP is needed for all Grandfamily outings and special events.*

### Arizona Science Museum



**W**e are excited to announce a trip to the Arizona Science Museum! Join us at the museum as we attend the Planet Shark: Predator or Prey exhibit. The exhibit offers visitors a 45 minute walkthrough experience of an immersive gallery, full-scale shark models, fossils, and much more! You will gain a whole new understanding of the oceans oldest predators. Remember to have your parking tickets validated at the Heritage Square center at the museum.

**When:** Saturday, April 29, 2017

**Time:** Meet promptly at 10 a.m.

**Where:** Arizona Science Center  
600 E. Washington St.  
Phoenix, AZ 85004

**Cost:** \$5 per person

**RSVP:** Required by **Monday, April 24**.

Contact Patricia at  
(602) 274-5022, Ext.20 🦋

### Grandfamilies Movie Night- Kung Fu Panda 3



**I**t's that time again! Join us at our quarterly movie night at Duet. Leave popcorn popping to us! Come for a fun-packed evening that is free! Bring your family, friends, lawn chairs, and blankets. We'll provide the rest... including pizza, popcorn, snacks, and drinks. See you there!

**When:** Friday, May 26, 2017

**Time:** 6 - 8:30 p.m.

**Where:** Duet, Carlson Community Center  
555 West Glendale Ave.  
Phoenix, AZ 85021

**Cost:** Free!

**RSVP:** Required by **Friday, May 19**.

Contact Patricia at  
(602) 274-5022, Ext. 20 🦋

### Family Fun Day at Urban Jungle Fun Park!



**J**oin us for a day of fun-filled activities at the Urban Jungle Fun Park in Mesa! Both children and adults can enjoy the multitude of activities offered at the indoor park. Urban Jungle Fun Park has an indoor trampoline park, obstacle courses, rock climbing, and life size video games. All of the activities are action oriented to get children moving and breaking a sweat. Please be prompt. We have a two hour session. We hope you can join us for the fun!

**When:** Saturday, June 17, 2017

**Time:** 10 a.m.- 12 p.m.

**Where:** Urban Jungle Fun Park  
5741 E. McKellips Rd.  
Mesa, AZ 85215

**Cost:** \$6 per person

**RSVP:** Required by **Friday, May 26**.

Contact Patricia at  
(602) 274-5022, Ext. 20 🦋

## Free Tickets - Help Us Reach You!

From time to time, we are fortunate enough to receive free tickets to various events. **WE ARE UPDATING OUR CONTACT LIST!** If you want to be added to our distribution list when free tickets are available, please provide me with your name, telephone number, how many children you are raising and an email if available. Call Patricia Dominguez at 602-274-5022 x20 or email Dominguez@duetaz.org.



## Respite Funds: Do you need time to yourself?

**A**re you thinking of sending your grandchild to summer camp or enrolling them in a local day camp? Duet understands that finances may not always allow you to provide these types of activities that benefit both grandparents and grandchildren. Duet may be able to help your grandchildren attend these wonderful programs while offering you some time for yourself through our respite care service which may pay for part or all of the registration fees. Contact Patricia Dominguez for an appointment to see if you qualify for assistance.

If you are interested in respite assistance, be prepared to:

- Show legal custody, such as guardianship, non-parent custody, etc. for your grandchildren
- Answer questions about your unique situation (about a 30 minute process)
- Give the name of the agency that will be providing respite service; include provider's full address, phone number and name of contact person
- Give the start and end dates of the program, and class frequency (i.e. every Mon. and Wed.)
- If approved, it takes 10 business days to process the request. No exceptions. 🦋



### Join Us for Rx360 Workshop

**D**uet is partnering with Touchstone Health Services to offer a one hour workshop on the dangers of prescription drugs. Rx360 is a workshop for grandparents and grandchildren to educate them on the dangers of prescription drug abuse and how to properly dispose of prescription drugs safely. There will be raffle prizes and more. Please RSVP for this event.

**When:** Saturday, May 27, 2017  
**Time:** 9 - 11 a.m.  
**Where:** Christ Evangelical Lutheran Church  
 918 South Litchfield Road  
 Goodyear, AZ 85338  
**Cost:** Free! (Light refreshments)  
**RSVP:** Required by **Friday, May 19.**  
 Contact Patricia at  
 (602) 274-5022, Ext. 20 🦋

### Grandparent's Ambassador's Summit



**When:** Saturday, September 9, 2017  
**Where:** Salvation Army Kroc Center  
 1375 East Broadway Road  
 Phoenix, AZ 85040  
**RSVP:** For more information, email  
 CentralAZGA@gmail.com 🦋

### Kinship Foster Home Focus Group

**A**rizona Grandparent Ambassadors in cooperation with Children's Action Alliance and AZ Department of Child Safety will be conducting a "Kinship Foster Home Focus Group" to identify barriers to licensure for kinship foster families. This is your opportunity to have your voice heard and help shape public policy for families just like yours, and make it easier for relative placements to become licensed. Reservations are required. Childcare will be available. To learn more about AZGA, visit [www.azga.org](http://www.azga.org).

**When:** Thursday, May 11, 2017  
**Time:** 6 - 8 p.m.  
**Where:** Central Phoenix location  
 (address provided upon RSVP)  
**Cost:** Free!  
**RSVP:** Email [ToryRoberg@gmail.com](mailto:ToryRoberg@gmail.com)





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

(602) 274-5022  
www.duetaz.org / info@duetaz.org

**RETURN SERVICE REQUESTED**

Non-Profit Org.  
U.S. Postage  
**PAID**  
Glendale, AZ  
Permit No. 178

## Thank You to Our Funders!

Services for "Grandfamilies" are made possible through partnerships with:

Area Agency on Aging, Region One; APS; Cardinals Charities; Desert Schools Federal Credit Union; Diane & Bruce Halle Foundation; Fennemore Craig Law Firm; John F Long Foundation; J.W. Kieckhefer Foundation; Maximus Foundation; Phoenix Suns Charities; Phoenix Rotary 100; Salt River Pima Maricopa Indian Community; Sundt Foundation; Thunderbird Charities; Tohono O' odham Nation; The USAA Foundation; The Kemper and Ethel Marley Foundation; Steptoe & Johnson LLP; Wells Fargo and by generous individuals. 🦋

## Sharing Groups for Kinship Caregivers

### April

**April 6, Thursday, 6 - 8 p.m.**  
Bethlehem Lutheran Church  
2745 N. 32nd Street  
Mesa, AZ 85213

**April 13, Thursday, 9 - 11 a.m.**  
**April 27, Thursday, 9 - 11 a.m.**  
Duet, Lounge  
555 West Glendale Avenue  
Phoenix, AZ 85021

**April 22, Saturday, 9 - 11 a.m.**  
Christ Evangelical Lutheran Church  
918 South Litchfield Road  
Goodyear, AZ 85338

**April 25, Tuesday, 1 - 2:30 p.m.**  
Buckeye Community Center  
201 East Centre Avenue  
Buckeye, AZ 85326

### May

**May 4, Thursday, 6 - 8 p.m.**  
Bethlehem Lutheran Church  
2745 N. 32nd Street  
Mesa, AZ 85213

**May 11, Thursday, 9 - 11 a.m.**  
**May 25, Thursday, 9 - 11 a.m.**  
Duet, Lounge  
555 West Glendale Avenue  
Phoenix, AZ 85021

**May 23, Tuesday, 1 - 2:30 p.m.**  
Buckeye Community Center  
201 East Centre Avenue  
Buckeye, AZ 85326

**May 27, Saturday, 9 - 11 a.m.**  
Christ Evangelical Lutheran Church  
918 South Litchfield Road  
Goodyear, AZ 85338

### June

**June 1, Thursday, 6 - 8 p.m.**  
Bethlehem Lutheran Church  
2745 N. 32nd Street  
Mesa, AZ 85213

**June 8, Thursday, 9 - 11 a.m.**  
Duet, Lounge  
555 West Glendale Avenue  
Phoenix, AZ 85021

**June 24, Saturday, 9 - 11 a.m.**  
Christ Evangelical Lutheran Church  
918 South Litchfield Road  
Goodyear, AZ 85338