Rides to medical appointments were given to homebound adults by volunteers.

Grandparents & Grandchildren received vital services.

Congregational health programs provided health interventions to congregants and community members.

Family caregivers gained help and hope in their journeys.
Realizing it was time to turn over her keys was one of the hardest decisions Lois ever had to make. On a fixed income and no longer able to drive herself, Lois felt hopeless and isolated without reliable transportation to vital medical appointments. She found that taxis were often expensive and unreliable, causing her to miss important appointments, thus impacting her physical and mental well-being.

Thankfully, Lois found Duet and has had peace of mind ever since. She receives free-of-charge transportation to medical appointments through compassionate volunteers like Phyllis.

“It’s comforting to know that I never have to miss a doctor’s appointment again,” beams Lois.

Duet recruits, trains, and matches volunteers with homebound adults just like Lois, who can no longer drive yet wish to age in their own homes with dignity. Volunteers provide vital services including grocery shopping, rides to medical appointments, tech assistance, friendly visiting and phoning, paperwork assistance, and minor handyperson repairs.

With a passion for connecting health and faith, Alvina completed Duet’s Foundations of Faith Community Nursing course and immediately put her training into action by starting a health program at her home congregation.

“I believe that the relationship between your spiritual and physical health go hand in hand,” Alvina shares. “Congregants at my church trust me, their faith community nurse, to provide meaningful health information. Duet helped to prepare me for this vital role.”

Congregational health promotes health in mind, body, and spirit within a faith community and the community it serves. Duet is the sole provider of the Foundations of Faith Community Nursing course in Arizona, in which registered nurses train to become faith community nurses. Congregations and nurses are empowered by Duet through continued education, resources, and networking groups.

New volunteers were trained, for a total of 6,854 since Duet’s inception

Registered nurses were trained through Duet’s Foundations of Faith Community Nursing course

Faith community nurses (duplicated count) received continuing education and support through networking groups
GRANDPARENTS RAISING GRANDCHILDREN

Nearly 60 years old, Maria never expected to bring home an infant. But when her adult son was unable to care for his son, she stepped up to the plate to become a new mom a second time around and has dedicated the past 15 years to raising her grandson.

Through your support, Duet guides grandparents with tools and resources to thrive and keep families together. Sharing a household across generations is more manageable through Duet’s support groups, legal guidance and assistance, funds for extracurricular activities, one-on-one personalized guidance, educational workshops, and grandfamily outings.

Maria has found hope through Duet’s support groups, bonded with other grandfamilies, learned about advocacy and legal processes, and—most importantly to her—has been comforted in the fact that she is not alone. “Through Duet’s supportive services, I learned that the word ‘can’t’ doesn’t exist,” she exclaims.

Three years ago, John’s wife Elide was diagnosed with Alzheimer’s disease. Their marriage of 58 years changed overnight when his role of husband expanded to become her caregiver.

“When you become a family caregiver, it hits you out of the blue—what are you going to do? Attending Duet’s support groups regularly helps me to cope with my new reality,” John says.

Knowing there is no harder journey, John takes full advantage of Duet’s variety of support group offerings by attending both the Alzheimer’s disease and men’s caregiver support groups.

Duet cares for family caregivers by offering help and hope to persevere through the caregiving journey through Valley-wide support groups, a peer mentoring program, information and personalized guidance, workshops with on-site respite, a video discussion series to build caregiver resilience, and an “I am a Family Caregiver” traveling photo exhibit.

Callers received one-on-one personal guidance through information and referral services

1,374

Hours of supervised activities for grandchildren provided respite for 83 grandparents

4,294

Family caregivers received personalized information, guidance, and referrals over the phone

529

Family caregiver support groups (16 per month) guided and supported 1,517 attendees

200
HOW TO GET INVOLVED

VOLUNTEER

Even just a few hours can make a world of difference. Volunteers choose how they want to serve. Opportunities include providing grocery shopping, rides to medical appointments, friendly visits, and more.

To volunteer, RSVP for an orientation
(602) 274-5022 | volunteer@duetaz.org

DONATE

Your gift matters. Your investment is crucial to sustain, expand, and enhance Duet’s vital services. From one-time gifts, to multiple-year, monthly, and estate gift opportunities, there is an option for you.

To donate, please call or visit
(602) 274-5022 | duetaz.org/donate

VISION SOCIETY

Our Vision Society is comprised of donors who share their passion for Duet’s mission by making longer-term philanthropic commitments through multiple-year gifts ($1,000 minimum per year) over five years.

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Judy Frieder & Stu Turgel
Jutta Ulrich
Ann Wheat
Marty Wojcik

Leave a lasting legacy beyond your lifetime. Please consider naming Duet as a recipient in your will or estate plan.
### Income

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Private Contributions</td>
<td>$1,933,264</td>
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<tr>
<td>Foundations, Grants, and Corporations</td>
<td>$935,084</td>
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<tr>
<td>Fundraising Events (net proceeds)</td>
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<td>Individuals/Memorials/Estate Gifts</td>
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<td>Faith Communities</td>
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<td>Public Contributions</td>
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<td>Area Agency on Aging, Region One</td>
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<td>City Funds and Block Grants</td>
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<tr>
<td>Other (in-kind, workshop fees, interest income)</td>
<td>$27,949</td>
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<td>Total</td>
<td>$2,220,817</td>
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### Where Your Gifts Were Spent

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<th>Category</th>
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<tr>
<td>Services</td>
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<tr>
<td>Homebound Adults</td>
<td>$488,060</td>
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<tr>
<td>Family Caregivers</td>
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<tr>
<td>Grandparents Raising Grandchildren</td>
<td>$264,143</td>
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<tr>
<td>Congregational Health</td>
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<tr>
<td>Management &amp; General (supporting our services)</td>
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<tr>
<td>Sustaining and Expanding our services (fundraising)</td>
<td>$198,658</td>
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<td>Total</td>
<td>$1,715,899</td>
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</table>

**$1,766,042**
Total ending net assets

**$1,088,404**
worth of time donated by Duet volunteers
This generous donor listing includes gifts and pledge payments received during the 2018 calendar year.

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Thank you to all individual donors who gave up to $400.

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Nina Mason Pulliam Charitable Trust
The Board Of Visitors
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Virginia G. Piper Charitable Trust

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