

Duet News

• FOR GRANDPARENTS RAISING GRANDCHILDREN •

From the Director's Desk

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

Let the New Year sparkle! We have some great and creative ideas to help you shine and thrive as a kinship caregiver. Many of you have attended educational meetings and found them to be supportive. If any of you have suggestions on a particular subject, please don't hesitate to contact us. This year, as always, we will offer fabulous social opportunities that enhance and encourage a time to relax.

We are still partnering with Televeda, the virtual platform that offers events and classes like Bingo, Tai Chi, yoga, painting, and much more. It's never been so easy to have fun at home. Please use your invite "**GRANDPARENT1**" to register directly on their website: <https://live.televeda.com/signup>. You only need to register once; moving forward you can join all classes directly at: <https://live.televeda.com>. If you have difficulty, please call the tech support hotline: (833) 299-1449, or email support@televeda.com for assistance.

Grandfamilies are often unprepared for the new roles they have taken on, and as a result they have many questions. If you have questions on custody, financial assistance, school concerns, housing, health care, respite, basic needs, dealing with behaviors, etc., Duet is a good starting point. Let us provide a ray of light for you. You'll be glad that you reached out to us. Kinship caregivers, be sure to apply self-care this new year. We look forward to seeing you at our upcoming events. ✨

Calling for Your Email

We're Going Green: As our world continues to turn virtual, so is kinship care services. Starting in March 2021, we will **ONLY** send out an **electronic version of the newsletter UNLESS** you call and request a paper copy. It is of utmost importance that we have your correct email address on file. If you are currently not receiving email updates from us, please send Cornelia Best or Patricia Dominguez your email address to best@duetaz.org, or dominguez@duetaz.org, or call (602) 274-5022 ext. 114, or ext. 120. Again, if you **DO** want to keep receiving a paper copy, please contact us. ✨



Group Activities for Families

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

Stroll Around the Japanese Friendship Garden

Come downtown to experience tranquility as you walk along the paths of the authentic and lush Japanese stroll garden. The garden encompasses 3 ½ acres and includes a tea garden and tea house. It is a joint project of the sister cities of Phoenix, Arizona, and Himeji, Japan. If you've never been and have always wanted to see it, now is the time. Adherence to social distancing guidelines and masks will be expected. Space is limited, so call today to sign up. Documentation and intake will be required.

When: Saturday, January 16, 2021

Time: 10 a.m.- 1 p.m. (Stay as long as you like)

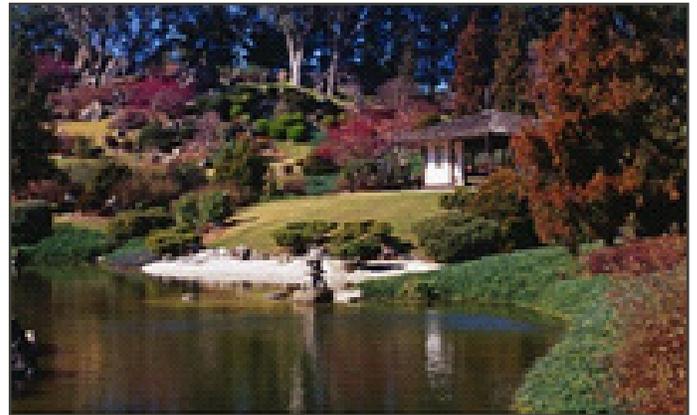
Where: Japanese Friendship Garden
1125 N 3rd Avenue
Phoenix, AZ 85003

Cost: \$5.00 per person

RSVP: Reservations required by

Friday, January 8

Contact: best@duetaz.org or dominguez@duetaz.org
(602) 274-5022, ext. 114 or ext. 120 🦋



Painting in the Park



Join us for a paint event at Fitch Park in the East Valley. Our guest, Sharon Meinders, will guide us through an interactive class where we make fun art (not fine art). This event is only for grandparents or relative caregivers (no kids). Materials will be provided. Even though this is in-person, we still require everyone to adhere to our physical distancing guidelines and wear a mask. Space is limited. Call now!

When: Saturday, February 20, 2021

Time: 10 a.m. - 1 p.m.

Where: Fitch Park
651 N Center (Center St/University)
Mesa, AZ 85201

RSVP: Reservations required by

Friday, February 12

Contact: best@duetaz.org or dominguez@duetaz.org
(602) 274-5022, ext. 114 or ext. 120 🦋



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Boundaries that Give Freedom and Show Love

We are delighted to announce that life coach Rebekah Keizer will be back to present again. This time, she will present a workshop about children and boundaries. She will touch on **WHY** it is so hard, **WHAT** the payoff is, and **HOW** to make it easier. Don't miss out on this unique opportunity.

When: Saturday, January 23, 2021

Time: 10 a.m. - 11:30 a.m.

Where: Zoom (link sent via email)

RSVP: Reservations required by

Friday, January 15

Contact: best@duetaz.org or dominguez@duetaz.org
(602) 274-5022, ext. 114 or ext. 120 🦋



Don't Let the Strain of Being a Grandfamily Hurt Your Marriage

Setting aside time for one another while parenting a second time around can be tricky. Has raising grandchildren taken a toll on your marriage? If so, Rebekah Keizer will be at your rescue in this workshop. She will present about navigating the process to finding marital happiness again as well as talk about enjoying one another and how to make conflict work in your favor. We hope to see you there.

When: Saturday, February 13, 2021

Time: 10 a.m. - 11:30 a.m.

Where: Zoom (link sent via email)

RSVP: Reservations required by

Friday, February 5

Contact: best@duetaz.org or dominguez@duetaz.org
(602) 274-5022, ext. 114 or ext. 120 🦋





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Partners In Health & Aging

Thank You To Our Funders

Services for Grandfamilies are made possible through partnerships with:

Area Agency on Aging, Region One, Amici Catering, APS, Arizona Community Foundation, Arizona Diamondbacks, Cardinals Charities, Desert Financial Credit Union, John F. Long Foundation, JW Kiechhefer Foundation, Nina Mason Pulliam Charitable Trust, Phoenix Rotary 100, Phoenix Suns Charities, Salt River Pima-Maricopa Indian Community, Salt River Project, Subway Kids and Sports, Sundt Foundation, The Board of Visitors, The Kemper and Ethel Marley Foundation, Thunderbird Charities, William L. and Ruth T. Pendelton Memorial Fund and by generous individuals.

Duet: Partners In Health & Aging
10000 North 31st Avenue, Suite D200
Phoenix, Arizona 85051

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www.duetaz.org / info@duetaz.org

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Join Us for Grandparents Support Groups

Don't forget to join our virtual support groups. To better accommodate working grandparents and kinship caregivers, we have added one evening and one weekend support group per month, in addition to our traditional weekday support groups. The pandemic has been hard on all of us, one way or another. Feelings of exhaustion, irritability, fatigue, and hopelessness are not uncommon. If you are experiencing these feelings, you are **NOT ALONE**. Connecting with other grandparents and kinship caregivers during this time is a good outlet. Participating is easy, as the link sent via email takes you directly to the meeting

Where: Zoom (link sent via email)

RSVP: REQUIRED

best@duetaz.org or dominguez@duetaz.org
(602) 274-5022, ext. 114 or ext. 120

When: Thursday, January 7, 2021, 6 - 8 p.m..

Wednesday, January 13, 2021, 9 - 11 a.m.

Wednesday, January 27, 2021, 9 - 11 a.m.

Saturday, January 30, 2021, 9 - 11 a.m.



Thursday, February 4, 2021, 6 - 8 p.m.

Wednesday, February 10, 2021, 9 - 11 a.m.

Wednesday, February 24, 2021, 9 - 11 a.m.

Saturday, February 27, 2021, 9 - 11 a.m. ✕