Happy Grandparents Day

From the Desk of Patricia Dominguez
Director of Kinship Care Services

Fall is coming; kids are back in school and the cooler temperatures will be here before we know it. We have planned some fun events for the months of September and October. The Duet office is open to the public again; masks are required, and we follow social distancing and sanitizing guidelines. We have also returned to in-person support groups; we are continuing to host virtual groups as well. Please share with us all feedback, ideas, and suggestions about future outings, events, and workshop subjects. Don’t forget that we have respite funds available for your family to use for afterschool programs; we want to keep the kids busy and active in our community. We are continuing to provide FREE virtual social and recreational activities through Televeda for everyone to enjoy. Explore a new activity, meet up with your friends for a cooking class, or get your workout in for the day through their many different physical activity classes. September 12, 2021, is National Grandparents Day; here at Duet we would like to wish each of you a very special day. We see and value the sacrifices you continue to make for your loved ones.

Join Us at the Arizona Grandparent Ambassador
The 2021 Arizona Grandparent Ambassador Summit is taking place on Saturday, September 11, 2021, from 8:30 a.m. – 1:30 p.m. via Zoom. The theme this year is Resiliency and the keynote speaker is Krystal Krueger, LMFT. The summit provides a chance for grandparents and kinship caregivers to connect with one another, as well as with legislators, to educate and empower the community on the issues impacting families. Be part of this opportunity to build on your resiliency and connections. Sign up at https://azchildren.salsalabs.org/azgasummit2021/index.html.

HELP BREAK THE BINGO WORLD RECORD

Fight Isolation and Join Us for A Guinness Book of World Record Attempt Playing Bingo (Virtual)
Friday, Oct. 22, 10 a.m.

We are excited to announce that Duet is partnering with Televeda for an exciting, high-energy online bingo game on Friday, October 22, at 10 a.m., as we attempt to break a GUINNESS WORLD RECORDS™ title for most viewers of a bingo game on a livestream platform. This is a free event open to all age groups. We want to shatter the current world record and raise awareness of the effects of social isolation. So whether you love bingo, always hoped to break a world record, or just want to win some prizes, make sure to register now for the event. Each person needs to register prior to the event so that they can be counted towards the world record. On the registration, there is a place that asks, “How are you associated with the community?” Please type “Duet” in this section. You will receive additional information regarding the event via email as the event gets closer. For more information visit televeda.com/bingo.

RESERVE YOUR SPOT - REGISTER TODAY

VIRTUAL and IN-PERSON SUPPORT GROUPS

RSVP: Contact Lisa McCormick at (602) 274-5022, ext. 114 or mccormick@duetaz.org.

Both In-person and Virtual Groups Offered

We were so happy to see some of you at our in-person support groups last
month; it’s so nice to have face-to-face interactions with our families again. We will offer five in-person support groups and will continue to host virtual groups as well. Using Zoom over the past 18 months has taught us the value of reaching families wherever they are and it allows us to provide you with ongoing support. The pandemic has been hard on all of us, and 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 is always a good outlet for you to feel heard.

**September**

**In-person**
- **Mesa** - Thursday, Sept. 2, 6-8 p.m.
  Bethlehem Lutheran Church, 2745 North 32nd Street, Mesa, 85213
- **Ahwatukee** - Wednesdays, Sept. 8 & 22, 9:30-11 a.m.
  Mountain View Lutheran Church, 11002 South 48th Street, Phoenix, 85044
- **Phoenix (Duet)** - Thursdays, Sept. 9 & 23, 9-11 a.m.
  Duet, 10000 North 31st Avenue, Suite D200, Phoenix, 85051
- **Goodyear** - Saturday, Sept. 25, 9-11 a.m.
  Christ Evangelical Lutheran Church, 918 South Litchfield Road, Goodyear, 85338

**Virtual**
- Participating is easy, the link sent via email takes you directly to the meeting.
  - Wednesday, Sept. 15, 9-10:30 a.m.
  - Thursday, Sept. 16, 6-8 p.m.
  - Saturday, Sept. 25, 9-10:30 a.m.

**October**

**In-person**
- **Mesa** - Thursday, Oct. 7, 6-8 p.m.
  Bethlehem Lutheran Church, 2745 North 32nd Street, Mesa, 85213
- **Ahwatukee** - Wednesdays, Oct. 13 & 27, 9:30-11 a.m.
  Mountain View Lutheran Church, 11002 South 48th Street, Phoenix, 85044
- **Phoenix (Duet)** - Thursdays, Oct. 14 & 28, 9-11 a.m.
  Duet, 10000 North 31st Avenue, Suite D200, Phoenix, 85051
- **Goodyear** - Saturday, Oct. 23, 9-11 a.m.
  Christ Evangelical Lutheran Church, 918 South Litchfield Road, Goodyear, 85338

**Virtual**
- Participating is easy, the link sent via email takes you directly to the meeting.
  - Wednesday, Oct. 20, 9-10:30 a.m.
  - Thursday, Oct. 21, 6-8 p.m.
  - Saturday, Oct. 23, 9-10:30 a.m.

**FREE-OF-CHARGE VIRUTAL WORKSHOPS**

**RSVP:** Registration is required for all workshops. Contact Lisa McCormick at (602) 274-5022, ext. 114 or mccormick@duetaz.org. A participation/registration survey must be completed prior to the workshop. Zoom links will be sent the day before the workshop via email to all registered participants.

**Parental Resiliency**
Thursday, September 23, 6-7:30 p.m., via Zoom  
RSVP: Required by September 10

Join us for a workshop on *Parental Resiliency* - what it is, how we build resiliency in ourselves, and how we instill this value in our children. This workshop will be virtual on Zoom so participants will need a device such as a smartphone, laptop, or tablet with video and microphone capability so that we can see and hear you.

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**Power of Parents - Underage Drinking Awareness**

Saturday, October 9, 10-11 a.m., via Zoom  
RSVP: Required by October 1

Join us for the workshop *Power of Parents*, which will provide information on and bring awareness to underage drinking and how to have these conversations with your children. This workshop will be virtual on Zoom so participants will need a device such as a smartphone, laptop, or tablet with video and microphone capability so that we can see and hear you. TERROS will present the information and a registration link will be sent to participants to complete prior to the workshop. All participants will be entered into a raffle for a gift card.

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**Marijuana Trends of Use amongst our Youth**

Saturday, October 16, 10-11 a.m., via Zoom  
RSVP: Required by October 8

Join us for the workshop, Marijuana, which will provide information about what it is, statistics, how youth are consuming it, and new trends of use among our
youth. This workshop will be virtual on Zoom so participants will need a device such as a smartphone, laptop, or tablet with video and microphone capability so that we can see and hear you. TERROS will present the information and a registration link will be sent to participants to complete prior to the workshop. All participants will be entered into a raffle for a gift card.

**IN-PERSON FAMILY OUTINGS**

**RSVP:** Registration is required for all grandfamily outings. Contact Lisa McCormick at (602) 274-5022, ext. 114 or mccormick@duetaz.org. You must complete an intake to participate.

**Arizona Children's Museum (In-person)**

*Saturday, Sept. 18, 10 a.m. - noon*

RSVP: Required by **Sept. 3**

Acting on the principle that learning is a joy, the Children's Museum of Phoenix’s mission is to engage the minds, muscles, and imaginations of children and the grownups who care about for them. With hands-on, interactive exhibits designed for children aged birth to 10, the museum focuses on learning through play, with emphasis on early childhood education and school readiness.

**Where:** Arizona Children's Museum, 215 North 7th Street, Phoenix, 85034

**Cost:** FREE

**Grandfamilies Day at the Zoo (In-person)**

*Saturday, October 30, 10 a.m. (can stay until close)*

RSVP: Required by **Oct. 8**

Join us for a walk on the wild side at the Phoenix Zoo. You can brush and pet goats in the large red barn at Harmony Farm and take a stroll through Monkey Village. Explore the Arizona, Africa, Tropics, and Children's Trails. A limited number of passes are available on a first-come-first-served basis for you, your spouse (if applicable), and the grandchildren you are actively raising.

**Where:** Phoenix Zoo, 455 North Galvin Parkway, Phoenix, 85008

**Cost:** $5.00 per person; Other family members are welcome to attend outings at the full regular rate and when availability allows.

**VIRTUAL FAMILY OUTINGS**

**Join Duet at Home**

Free online socialization activities

We are still partnering with Televeda through our Duet at Home program, the virtual platform that offers FREE events and classes like Bingo, Tai chi, yoga,
painting, and much more. It’s never been so easy to have fun at home. You only have to register once.

Follow these steps to get started:
- First-time users can create an account using this link.
- If you have questions, please contact Duet at (602) 274-5022 ext. 114 or you can contact the Televeda support hotline at (833) 299-1449, or email support@televeda.com.

Virtual Jeopardy

Friday, Oct. 22, 6-8 p.m.
RSVP: Required by Oct. 15

It’s Trivia Time! Join us for a virtual family-fun event. To play, you will need a device such as a smartphone, laptop, or tablet with video and microphone capability so that we can see and hear you. Space is limited and reservations are required. Once you’ve reserved your spot, we will email you a link which you will use to join our event. Prizes will be mailed to the winners.

Where: Zoom, link will be sent out via email.

Cost: FREE

 RESPITE FUNDS

We Have Funds Available for Activities

Are you enrolling your child(ren) in an extracurricular activity, fall sport, or maybe making plans for after-school care? We understand that finances may not always allow you to do these activities that benefit both caregivers and children. We help children attend these programs and offer you some time for yourself through our respite care service, which may pay for part or all of the registration fees. We have extra funding, so grab this benefit today.

Contact Patricia or Lisa at (602) 274-5022 for an appointment to see if you qualify.

If you are interested in respite assistance, be prepared to:
- Show legal custody of grandchildren such as guardianship, non-parent custody, etc.
- Answer questions about your unique situation *(Takes 30-minutes)*
- Give the name of the agency that will provide services; include the provider’s full address, phone number, and the name of a contact person
- Give the start-and-end dates of the program and class frequency. *(i.e. every Monday and Wednesday)*
- If approved, it takes 10 business days to process the request
LEGAL GUIDANCE AND ASSISTANCE

In Maricopa County, we help grandparents determine appropriate legal options for their unique situations. We offer funding to pay for the preparation of legal documents (restrictions apply). Informal caregiving begins when grandparents assume temporary parenting responsibilities while their adult child(ren) are unable to parent. However, grandparents may face difficulties in raising their grandchildren without formal custody. Securing formal custody helps grandparents to access support services and provides greater stability for their grandchildren. For more information, please call Patricia at (602) 274-5022, Ext. 120.

About Duet

Mission
To promote health and well-being through vitally needed, free-of-charge services to homebound adults, family caregivers, faith communities, and grandfamilies.

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

Donate Today

Duet Calendar

Celebrating 40 years as your partner in health and aging.

Duet 10000 North 31st Avenue, Suite D200, Phoenix, AZ 85051
PHONE: (602) 274-5022 | FAX: (602) 274-6793 | EMAIL: info@duetaz.org