From the Desk of Patricia Dominguez
Director of Kinship Care Services

The children are back in school and the holidays are approaching. We are planning a few exciting social outings for our grandfamilies as well as workshops to support us during a magical-yet-stressful time of year. We will keep things light and festive, and we hope that you join us for these activities.

The Duet office remains open to the public, so feel free to stop in and see us. Masks are required, and we follow social distancing and sanitizing guidelines for everyone’s safety. We returned to in-person support groups two months ago, and it’s been wonderful meeting up with all of you who have attended. We will continue hosting virtual groups in an attempt to connect with even more of you. Please share your feedback and ideas with us about future outings, events, and workshop topics via email or phone. We value your input and look forward to hearing from you.

We are excited to offer our bi-monthly e-news in Spanish. To view this version, click on the button below.

En Espanol

Welcome Maria to Kinship Care Services

Maria Davila is our new case manager in Kinship Care Services. She is a criminologist graduated from The New Hampshire University. Maria loves to help and support families by connecting them to much-needed services. She
came to us from a couple of state agencies – Department of Child Safety, Colorado Department of Unemployment and for Avondale Resource Center. With Maria on our team, Duet’s commitment to grow our services and reach our underserved Spanish-speaking grandfamilies is now possible. “I am so grateful to become part of the Duet family as case manager and look forward to working with our Spanish speaking families.”

VIRTUAL and IN-PERSON SUPPORT GROUPS

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

New Spanish Sharing Group for Grandparents Raising Grandchildren

Being a parent is not easy, especially the second time around. If you’re feeling overwhelmed, confused, and alone, Duet can help. We provide services to ensure that you have the tools and resources to be successful in your new role. A new Spanish-language virtual support group will start in November via Zoom. Please let us know you are interested in joining us and other grandparents as we share, learn, and grow together. For more information on these new groups contact Maria (602) 274-5022, ext.142.

Join Us for Grandparents Support Groups

We were so happy to see all of you who attended our in-person support groups last month. We love having face-to-face interactions with our families again. We will offer three in-person support groups and will continue to host virtual groups. The pandemic has been hard on all of us, and feelings of exhaustion, irritability, fatigue, and hopelessness are not uncommon. Also, the holidays are upon us, and we recognize the stress and sadness associated with this time year for some folks, and we want to provide a space for you to express your feelings and find connections. If you are experiencing these feelings, you are NOT ALONE. Connecting with other grandparents and kinship caregivers is always a good outlet.

November

In-person
Mesa - Thursday, Nov. 4, 6-8 p.m.
(childcare available with reservations)
Bethlehem Lutheran Church, 2745 North 32nd Street, Mesa, 85213
Ahwatukee - Wednesday, Nov. 10, 9:30-11 a.m.
Mountain View Lutheran Church,

December

In-person
Mesa - Thursday, Dec 2, 6-8 p.m.
(childcare available with reservations)
Bethlehem Lutheran Church, 2745 North 32nd Street, Mesa, 85213
Ahwatukee - Wednesday, Dec. 8, 9:30-11 a.m.
Mountain View Lutheran Church, 11002 South 48th Street, Phoenix, 85044
FREE-OF-CHARGE VIRTUAL 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.

Bringing Sparkle to Every Day
Presented by: Rebekah Keizer

Saturday, Nov. 20, 10 a.m. - 12 p.m., via Zoom
RSVP: by November 12

Join us for the Bringing Sparkle to Every Day workshop, where we’ll learn how to find moments of gratefulness, have a growth mindset to see the sparkle, maximize the fun moments, and utilize our supports. 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 for an interactive experience.

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.
Desert Discover Day

**Saturday, Nov. 13, 10 a.m. - 2 p.m.** (meet as a group at 9:45 a.m.)

**RSVP:** Required by Nov. 1

You are invited to attend the 9th annual Desert Discovery Day for a fun-filled day of adventure and educational activities in a natural desert setting. Discover the Sonoran Desert, learn about its past and present dwellers, and interact with native wildlife. This activity will be outside and is intended for our physically active families. Desert Discovery Day takes place along the Harry Dalton trail which has a moderate rating for hiking difficulty. The beautiful Jewel of the Creek Preserve is owned by Desert Foothills Land Trust and is located four miles north of the Town of Cave Creek. The lower section of the trail is not appropriate for strollers. Bring plenty of water, snacks, and sunscreen.

**Where:** [Jewel of the Creek Preserve](#)
Cave Creek

**Cost:** FREE

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Grandparents Paint Night

**Saturday, Dec. 4, 4:30 - 7:30 p.m.**

**RSVP:** Required by Nov. 19

**Presented by:** Sharon Meinders

Join us for an adult-only evening. Sharon will guide us through Eat, Paint and Repeat – an interactive class where we make fun art – not fine art. Previous participants are encouraged to come, as we will paint a different piece this time. Come have fun with us – painting skills are not necessary. May many of us find our undiscovered artistic talent! It will be an evening celebrating the holiday spirit.

**Space is limited, registration is required, and payment is necessary at time of registration.**

**Where:** The Pink Door Tea House, 7153 N. 59th Avenue, Glendale AZ 85301

**Cost:** $10 per person (includes supplies); refreshments and snacks will be served.

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VIRTUAL FAMILY OUTINGS

**Join Duet at Home**

Free online socialization activities

We continue to partner 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; once you do, you can join all classes directly at [live.televeda.com](http://live.televeda.com). You should bookmark this page.

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

**Duet at Home**

**Zentangle Class**

*Wednesday, Nov. 10, 12 p.m. via Televeda*

Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. Lisa from Duet will present this class the Televeda network. Registration is required and must be done through Televeda in order to participate. Follow the instructions in the article above for details on how to register with Televeda.

**Calendar and Class Schedule**

**Family BINGO– Virtual Game Night**

*Friday, Nov. 12, 6 - 8 p.m., via Zoom*

(link, instructions, and BINGO cards will be sent prior to the event)

Join us for a virtual BINGO party that will be fun for the whole family. 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. Reservations are required. BINGO cards with rules and guidelines plus the Zoom link will be sent to registered players prior to game night. We suggest using beans, buttons, Cheerios, or pennies for markers - nothing permanent - so that you can play multiple games. Have fun creating a BINGO poster to display as your shout-out when you hit BINGO. Winners will receive prizes in the mail.

**RSVP**: Required by Nov. 3
Contact: Lisa at (602) 274-5022, ext. 114, or mccormick@duetaz.org. (Must complete an intake to participate.

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**RESPITE FUNDS**

**Respite Funds Available Year Round**

Are you thinking of sending your grandchild to winter day camp or enrolling them in a winter sport? Duet understands that finances may not always allow you to provide these types of activities that benefit both grandparents and grandchildren. We may be able to help your grandchildren attend these wonderful programs while offering you some time for yourself. Through our respite care services, we may be able to help pay for part or all of the activity program fees.

**Contact the Kinship Team 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

Subscribe to our various e-newsletters

Duet 10000 North 31st Avenue, Suite D200, Phoenix, AZ 85051
PHONE: (602) 274-5022 | FAX: (602) 274-6793 | EMAIL: info@duetaz.org
You are invited to celebrate Duet's 40th anniversary at the 31st Annual Poinsettia Tea!

**SUNDAY, DECEMBER 12, 2021**
**2 P.M.**

Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch
7500 E. Doubletree Ranch Road
Scottsdale, AZ 85258

[Button: Poinsettia Tea Registration]