



Duet
Partners In Health & Aging



2023

COMMUNITY IMPACT REPORT

OUR MISSION

To promote health and well-being through vitally needed services to homebound adults, family caregivers, and grandfamilies.

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A MESSAGE FROM ANN WHEAT, EXECUTIVE DIRECTOR

2023 was a transformative year marked by resilience and progress. Guided by our 2021-2024 strategic plan, we continued to address long-term challenges of the pandemic and the needs of our rapidly aging population. Your generous support allowed us to expand our reach to welcome more grandfamilies, family caregivers, and vulnerable older adults. Thanks to your investments in Duet's mission, 2023 was a year of progress as Duet's strategic plan was translated into action:

Growing Strong Services

More than thirty percent of Arizona's population is Hispanic/Latino. Duet worked with intention to increase support to 69% more grandfamilies who prefer the Spanish language, ensuring they have the resources and guidance needed to thrive. Your contributions are helping us build a more inclusive and equitable future, where every family feels valued and supported.

Generating Diverse Funding Streams

We were honored to be selected as a long-term funding recipient of the Volunteer Nonprofit Service Association (VNSA), an inspiring all-volunteer group of book enthusiasts who have hosted the annual VNSA Book Sale for over sixty years to support nonprofits doing critical work in the community. 2023 marked a historical moment, as VNSA chose a new nonprofit to support for the first time in thirty years. After a highly competitive selection process, Duet was chosen! We are deeply grateful to have VNSA as our partner in health and aging.



Executive Director Ann Wheat with CBS News
Correspondent Barry Petersen

Increasing Visibility

In November 2023, CBS News correspondent Barry Petersen spent two days with Duet, bringing national attention to the profound challenges encountered by isolated family caregivers and the newfound hope your investment in Duet's Meaning & Hope Institute has provided. This virtual community of care offers resources, support, and meaningful connections to isolated family caregivers of loved ones with dementia. The story aired on CBS Saturday Morning nationwide, highlighting the complex and multifaceted experiences caregivers face daily. From coast to coast, family caregivers reached out to Duet, eager to join our virtual support groups and services, discovering a supportive community where there was once loneliness and despair.

Our 2023 Community Impact Report shares heartwarming stories of Duet service recipients who have found healing and hope. Thanks to your contributions and a limitless supply of compassion, transformation is possible. We invite you to dream with us and invest further in the community we're creating together, where every person ages with compassion, dignity, and hope.

Our Vision

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

STRATEGIC PLAN GOALS, August 2021 – December 2024

GOAL I



Duet invests in and grows strong services with measurable impact

GOAL II



Duet generates abundant, sustainable, and diverse funding streams

GOAL III



Duet significantly increases visibility and inspires people to access services, volunteer, and give

GOAL IV



Duet leverages technology to improve internal and external efficiency, responsiveness, and accessibility

GOAL V



Duet builds core organizational capacity to create optimum conditions for success

Guiding Principle

Inclusiveness: Embracing all people into our community of care.



Grandfamilies

“Duet has been and still is my support. Participation in Duet’s discussions remind me I’m not alone, and sharing in the support group allows us to overcome issues together.” – Sharon



Sharon’s Journey: A Testament to Resilience and Compassion

Re-sil-ient /ri-zil- yənt/adj.: Able to withstand or recover quickly from difficult conditions.

Sharon’s story is one of incredible strength and unwavering resilience. On New Year’s Eve 2021, her world was turned upside down when her daughter, Trinique, lost her battle with cancer at the age of 42, leaving behind four children—three teenagers and a toddler. Despite battling breast cancer, Sharon embraced parenting her grandchildren with unyielding faith and determination. She soon realized

that raising teenagers today brings unexpected challenges, from navigating social media to understanding the world of gaming.

It was through Duet’s diverse range of services for grandfamilies that Sharon found the tools she needed. **“Do not try to do it [parent] on your own,” Sharon advises. “Old school has become new school, and maintaining integrity while understanding the new generation is not easy.”**

Sharon’s journey shows the transformative power of community support and compassion. Embracing new parenting styles, she nurtures a new generation in a digital age often marked by social disconnection. Her story is a beacon of hope, proving that with the right resources and support, grandfamilies can thrive amidst adversity.



Your generous support impacted **436 grandparents and 654 grandchildren**, providing essential resources for grandfamilies. Your donations also funded a bilingual family support coordinator, expanding outreach and services to better support Hispanic grandparents. This year, 85

Spanish-speaking families received culturally tailored assistance.

After a three-year hiatus, the grandfamily picnic returned, giving grandparents a well-deserved break while their grandchildren bonded with others. One grandmother shared, **“Many thanks for hosting the Duet Grandfamily Picnic once again. It is so nice to be among caring people and enjoy good food and**

fellowship. I know that my kids will remember the day at the park for a long time.”

Educational workshops and support groups were revitalized with new mid-day, evening, and weekend sessions, available both virtually and in-person in English and Spanish. These workshops provided grandparents with valuable insights into kinship caregiving and positive youth development, while creating a supportive space for them to connect with others who share their experiences.


98%

of the kinship caregivers who participated in the educational workshops reported feeling better able to make informed decisions.


90%

of participants in support groups, workshops, and outings reported the activities gave them increased support and that they felt more confident in their new situation.



Family Caregivers

“I think you quickly realize when you’re caregiving that you need to take care of yourself and figure out how to balance life; it had always been work-life balance when I was working, then it became about survival.” – Scott

Scott’s Journey: A Road to Restoration and Hope



Res•to•ra•tion /res-tuh-rey-shuhn/n.: Bringing something back to what it originally was; renew.

Scott knows the true meaning of restoration. After retirement, Scott devoted his time to restoring old vehicles, his latest project being a 1975 Prime TR6. But his greatest restoration project began in 1998 when his wife, Cindy, was diagnosed with early-onset Parkinson’s. **“The challenges in the beginning were brutal because we didn’t know anything about Parkinson’s. We were in our early 30s and had just had our first child.”** When Cindy could no longer drive, Scott retired to become her full-time caregiver.

As Cindy’s care needs grew, Scott found an adult daycare center and joined one of Duet’s support groups—a crucial step in his own restoration. As a regular attendee, he found fulfillment in helping others and became a mentor through Duet’s peer

mentoring services, offering weekly support to new caregivers. Scott experienced the restorative power of guiding others, saying, **“There’s a bit of satisfaction and pride that comes from helping or fixing and restoring, just like getting a car back to running condition.”**



Your generosity turns uncertainty into hope for family caregivers, providing essential resources and support. In 2023, our services reached **866 caregivers**, a 24% increase. One caregiver shared, **“Being part of a support group was vital for my mental health and welfare. The discussions made me feel less alone and gave me the confidence to continue.”**

One standout initiative is our peer support program. Thanks to you, new family caregivers are guided by experienced caregivers who share their time, wisdom, and personal insights. Last year, the program produced a 75% rise in active peer mentors,

offering 256 hours of compassionate support. Your contributions also fueled other innovative services like webinars and symposiums, now available on-demand. Last year, 11 new videos were added, with a notable 32% viewed on mobile devices, ensuring accessible support for more caregivers. Thank you for restoring hope and making a lasting impact in the lives of family caregivers.



85%

of family caregiver support group participants felt they were better able to care for their own health and well-being based on the support they received from the groups.



95%

of family caregivers reported that attending a Duet group helped them feel more confident providing care.

“I’m grateful that I was there for him [her father] during his time that he really needed someone. The last two years of his life, he started going through dementia, and that was even more important, because I was his constant person.” – Lorita



Lorita’s Journey: Spreading Reinforcement to Remote Communities

Rein•force•ment / ree-in-fawrs-muhnt /n.: The action of strengthening or supporting something.

Etuaptmumk is an Indigenous word that means “Two-Eyed Seeing”. It’s a guiding principle that refers to seeing the world through both Indigenous and Western ways of knowing—reinforcing one another and using both together for the benefit of all. Lorita understands two-eyed seeing. As a Navajo woman, she has viewed the world through both Indigenous and Western lenses. At the tender age of 3, Lorita began caregiving for her great-grandmother on the Navajo reservation learning by observing her grandmother’s daily care. This early experience shaped her ability to care for her father when he developed Alzheimer’s dementia.

Through social media, Lorita discovered one of Duet’s ***Finding Meaning and Hope*** discussion series facilitated by the So’ Tsoh Foundation, a Navajo Nation nonprofit organization. She learned about “ambiguous loss,” a term coined by Dr. Pauline Boss to describe the emotional struggle of caring for someone physically present but psychologically absent. Duet partnered with the So’ Tsoh Foundation to voiceover the *Finding Meaning and Hope* series in the Native American language of Diné bizaad. Lorita shared her expertise by helping interpret and translate the series so that Navajo caregivers can experience the guidance in their own language.



Duet’s **Meaning & Hope Institute** provides access to a virtual community of support for America’s approximately 15 million family and friends who are caring for someone who has dementia. The Institute’s flagship program, *Finding Meaning and Hope*, is the only ambiguous

loss centered educational program developed alongside Dr. Pauline Boss for family caregivers. In a remarkable endorsement of support, Dr. Boss has recognized Duet’s Meaning & Hope Institute as the **“Western United States Center for Ambiguous Loss Knowledge and Application.”** This prestigious honor places Duet among an elite group of only three entities to which Dr. Boss has bestowed this recognition.

In 2023, the *Finding Meaning and Hope* discussion series experienced remarkable growth, thanks to generous donors like you and the dedication of trained facilitators across **12 states**. These facilitators empowered family caregivers, fostering a supportive community transcending barriers of distance, isolation, loneliness, inequity, and lack of access to resources. The number of individual sessions (381) soared by 51%, with **332 caregivers** benefiting from the program nationwide. (meaningandhope.org)



of *Finding Meaning and Hope* participant respondents indicated improved resilience after completing the program.



94% of respondents reported that participating in *Finding Meaning and Hope* helped reduce their overall level of stress.



Homebound Adults

“People like me are on a fixed income. That’s the reality. And even though my city has a cab voucher program, it is still very expensive for a person when all you have is your Social Security.” – Carla

Carla’s Journey: Resourceful Aging with Dignity



Re•source•ful / ri-sawrs-fuhl/adj.: 1. Having the ability to find quick and innovative ways to overcome difficulties.

Carla’s resourcefulness shines brightly. As a former Executive Director of the McDowell Sonoran Conservancy, she helped create one of the largest urban preserves in the nation, covering one-third of Scottsdale. “I grew up here, being what they call a cactus hugger and environmentalist. I fought for the desert, which led to the creation of the preserve, the conservancy, and the partnering organization that takes care of it.”

Facing serious health issues from a congenital heart defect, Carla had to stop driving. **“When I was younger, I used the bus and trolley, keeping my job despite the three hours it would take using the bus and trolleys. But as I got older, the journey became unbearable, often sitting at the bus stop in the heat.”** She then used a local cab voucher program until it became too expensive. Thankfully, Carla found Duet’s free-of-charge transportation. Matched with David, a compassionate realtor eager to give back to his community, Carla found a reliable solution.



Together, we make a profound difference in the lives of homebound adults, providing not just transportation but a lifeline of compassion, dignity, and hope. Affectionately known as neighbors, these individuals have chosen to stay in their beloved homes,

surrounded by cherished memories and the things they love. Thanks to the heartfelt service of **307 dedicated volunteers, 434 homebound neighbors** received access to essential healthcare and food, and human interaction to feed the soul. One grateful

neighbor shared, **“I have a wonderful volunteer. She makes me feel heard and important.”**

Despite the national decline in volunteerism, our community at Duet remains resilient. We are profoundly grateful to our volunteers, who have stepped up to help more than one neighbor. For David, finding a tangible way to contribute to someone’s solution is important. **“With Duet, I’m physically present, getting people to and from their medical appointments. I know it’s helpful, and it makes me feel good.”** Thanks to our volunteers’ unwavering commitment, we achieved a 10% increase in the number of homebound adults served in 2023 compared to 2022. Your support makes this growth possible.



of homebound adults reported that Duet services helped them remain independent

98%



of volunteers providing ongoing services reported feeling their life was enriched through providing service

93%



of volunteers would recommend volunteering with Duet to a friend

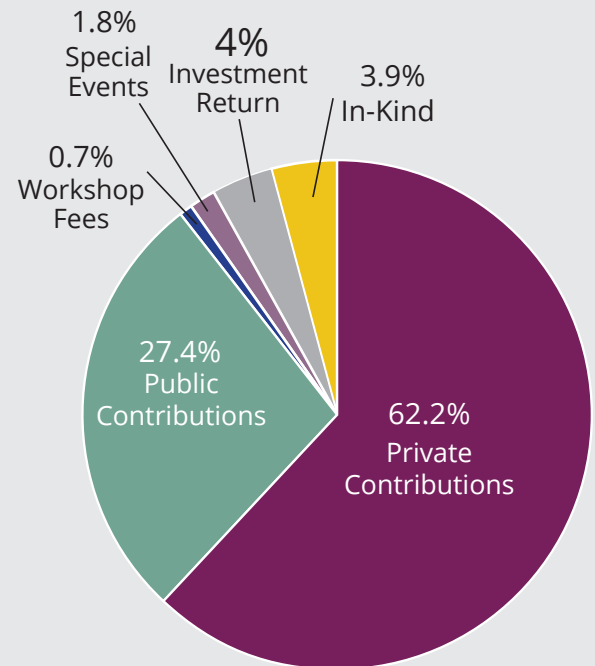
93%

2023 FINANCIALS

Compassion, Dignity, and Hope Made Possible by Generous Supporters Like You

Income

Private Contributions	\$1,261,403
Foundations, Grants, and Corporations	\$656,760
Individuals/Estate Gifts	\$602,470
Faith Communities	\$2,173
Public Contributions	\$556,549
Area Agency on Aging, Region One	\$242,300
City Funds and Government Contracts	\$314,249
Workshop Fees	\$14,376
Special Events (less donor benefit (\$24,884))	\$36,008
In-Kind Contributions	\$78,594
Investment Return	\$79,771
TOTAL	\$2,026,701*



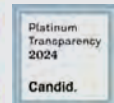
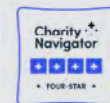
Where Your Gifts Were Spent

Services	\$1,752,758
Meaning and Hope	\$536,076
Family Caregivers	\$433,026
Grandparents Raising Grandchildren	\$395,720
Homebound Adults	\$387,936
Management & General (Supporting our Services)	\$337,502
Sustaining and Expanding our Services (Fundraising)	\$295,116
TOTAL	\$2,425,376

Total Ending Net Assets	\$1,529,463
Value of Time Donated by Duet volunteers	\$361,685
Change In Net Assets	-\$373,791

*Statement regarding budgeting in deficit for 2023:

In 2023, Duet strategically planned a revenue deficit of \$308,500, leveraging the previous year's success in securing \$257,500 in grant funding for 2023 expenditure along with a planned 6% draw from our investment account, amounting to \$51,000. This carryover enabled us to sustain our essential services uninterrupted, ensuring financial stability. The budget deficit shows our dedication to maximizing available resources to fulfill our mission, rather than indicating financial distress. We are confident in our long-term financial health and our ability to secure future funding to support our ongoing initiatives.



Visit duetaz.org/about-us/ for our 2023 audited financials, 990, and electronic version of our Community Impact Report.



Leave a lasting legacy beyond your lifetime.

Please consider naming Duet as a recipient in your will or estate plan. To learn more about our Legacy Circle, contact Jennifer K. Kabrud, Director of Development, at (602) 274-5022, ext. 112, or email kabrud@duetaz.org.



Duet
Partners In Health & Aging

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