

# Duet News

• FOR GRANDPARENTS RAISING GRANDCHILDREN •

## From the Director's Desk

By Patricia Dominguez, MSW  
Director of Kinship Care Services

**E**xciting things are happening. We are planning outings, workshops, and events for the rest of 2010.

In March, we had many respond to the outing at **World Wildlife Zoo**, and regret that we could not accommodate everyone who called. It was a great opportunity and we may do it again in the future.

April 10, we will present "**Behavioral Health 101!**" Many grandparents have requested several workshops to address the concerns of children's behaviors, which may or may not stem from abandonment issue such as anger, anxiety fear, grief & loss and how to cope with it. However it is important to understand how the behavioral health system flows and how to advocate for care as children experience difficulties.

During May and June, we will host our **Powerful Families Series** and will focus on advocacy (see page 3). These classes are very popular and we urge you to join.

One exciting event coming up is our **Clothing Swap**. You may bring in gently used and outgrown clothes and pick up some good used cloth-

ing at no cost. Come check us out.

We receive so many suggestions from the grandparents concerning what their needs are and how we might support them. We want to provide help where it is needed. All outings and services are subject to the amount of funds we receive, thus we must plan accordingly. We are pleased to be able to provide our respite care services this summer by paying some or all the fees to send your grandchild to camp or to take classes this summer, giving you the grandparents, some free time.

Another service that we are very excited about is monthly **Guardianship Clinics** offered here at Duet (see page 4). This is a wonderful benefit for any grandparents seeking legal guardianship only.

Times are tough for all of us and through our services, we hope to ease the pressure on grandparents and caregivers raising relative children. We urge you to consider joining the support and sharing group meetings, and taking part in the workshops, respite care, and events. Through these services, grandparents come together and gain information, meet others in similar situations, learn ways to guide them in raising their grandchildren, and have a good time with other grandparents and grandchildren.

We are here for you, so don't hesitate to call if you have questions. ✂

## Our Annual Clothing Swap

**T**his is our second year for a clothing swap for grandparents raising grandchildren and caregivers raising relative children. This is a great way to recycle slightly used and outgrown clothing (children and adults) and pick up some gently used clothing at no expense to you.

Come early and take your time to choose something new. Everyone likes a bargain and we recommend the clothing swap!

Where: Church of the Beatitudes  
Nelson Hall  
555 W. Glendale Ave.  
Phoenix, AZ

Date: Saturday, June 19, 2010  
10:00 a.m. - 1:00 p.m.

You may bring donations starting May 15, to our Duet office located at 555 W. Glendale Ave. Please call before you drop off donations so we can be expecting you. For information call (602) 274-5022 ext.44 or email: [dominguez@duetaz.org](mailto:dominguez@duetaz.org). ✂



## Behavioral Health 101

Many children who are raised by relative family caregivers have behavioral issues at home or at school.

Our workshop will explain the flow of the behavioral health system and give kinship families tips on how to overcome barriers to the services they need to support their children. Continued training hours for OLCR will be given. This workshop is presented by JoAnne Chiariello, MA, LMFT, who is the Director of Family Services, with AASK (Aid to Adoption of Special Kids).

Light refreshments will be provided.

When: Saturday, April 10  
9:30 - 12:30 p.m.

Where: Church of The Beatitudes,  
Nelson Hall  
555 W. Glendale Ave.  
Phoenix, AZ 85021

For more information please call:  
Patricia at (602) 274-5022 ext 44  
email: [dominguez@duetaz.org](mailto:dominguez@duetaz.org)

## "CPS 101" Workshop

The "CPS 101 Kinship Care Giving" information session is designed to give insight to kinship families providing care to a child(ren) within CPS custody.

This information will provide you with an understanding of what your role is, your rights as a provider, how a case works, who is involved and what their responsibilities are as well as what a progress court report looks like. Understanding the process will make the situation easier on everyone involved and ensure that you are

prepared for what lies ahead. Please bring a list of your questions and the presenter will do their best to answer them or get you the answers quickly.

When: Saturday May 22, 2010  
10:00 - 12:00 p.m.

Where: Church of the Beatitudes  
555 W. Glendale Ave.,  
Patio Room  
Phoenix, AZ 85021

Register by May 3, or for more details call (602) 274-5022 ext.44  
email: [dominguez@duetaz.org](mailto:dominguez@duetaz.org)



## From The Book Shelf

*The Adventures of NanaCat and her Children, Moving In* by Maureen Catherine. The authors are two ladies who have written a series of books about NanaCat and her children.

This is a delightful book for young children ages 3 - 6 years old. *Adventures of NanaCat and her children* is a series dedicated to children being raised and cared for by grandparents or kin. "*Moving In*" welcomes the children to live with the grandmother, who offers them love, compassion, hope, and a home where they find safety and stability. It is filled with surprises, joy and affection.

This book is easily read and could be a personal treasure for a small child in which he can draw his own picture.

"*The Adventures of NanaCat and her Children, Moving In*" can't be found in the library. It must be ordered. Some book stores may be able to order one, or try Amazon.com or alibris.com for only \$2.00. You can view the book in our library at Duet. Check out our web site at: [www.duetaz.org](http://www.duetaz.org) and click Resources, then Recommended Reading for more book suggestions.

## GoodSearch.com

What if Duet earned a donation every time you searched the internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

Goodsearch.com is a new Yahoo-powered search engine that donates half its advertising revenue to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!



GoodShop.com is a new online shopping mall which donates up to 30 percent of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, Gap, Best Buy, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause. If you download the GoodSearch-Duet toolbar, we will earn money every time you shop and search online!

Add the Duet toolbar at:  
<http://www.goodsearch.com/toolbar/duet-partners-in-health-and-aging>.



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## Duet Presents the Powerful Families Series

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**P**owerful Families workshops are fun and educational. They foster stable, strong relationships between parents and children. Together, involved families build their social support networks.

The advocacy component will provide kinship caregivers with tools to speak out for material and psychological needs of their families, and help build skills and knowledge to communicate their needs.

If you want to have a voice in decisions that are made concerning your situation at home, with the government and in your life, then join our seminar.

FREE lunch provided. Childcare is available with advance notice. Open enrollment until May 15

Dates: May 1 - June 26,  
9 week series  
(Every Saturday)  
Time: 11:30 - 1:30 p.m.  
Where: Church of Beatitudes  
Patio room  
555 W. Glendale Ave.  
Phoenix, AZ 85021

Call Patricia at (602) 274-5022 X44  
email: [dominguez@duetaz.org](mailto:dominguez@duetaz.org) ✨

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*Grandparents during a former Powerful Families class.*



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## Social Therapeutic Groups for Children

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**G**roup time includes dinner discussions, art activities, games, skits and journaling. Groups are great for children ages 5 - 14 years old. All meetings are on the **3rd Tuesday of each month from 5:00 - 7:00 p.m. (unless otherwise noted)**

Our monthly group meetings are for grandchildren being raised by grandparents or relative caregivers. It offers a safe atmosphere for the children to share concerns, plus relate in a comfortable setting with other children resulting in improved emotional health and well-being.

The group provides opportunities for self esteem development to improve healthy growth and healing. But most of all, we want it to be fun for all ages.

Please call (602)274-5022 for information and to register by the Monday before the meeting so we have enough food and supplies for everyone participating. ✨

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## Respite Services

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**T**hinking of sending your grandchildren to summer camp, enrolling them for local day camps, or signing them up to take lessons? Duet's Kinship Care Services may be able to help your grandchild attend these wonderful programs while offering you some time for yourself through our respite care service.

What is respite care? We have designed our unique respite care services to assist grandparents by paying a portion or all of the registration fees or tuition for activities for their grandchildren. We understand finances may not always allow you to enroll in those types of activities that benefit both grandparents and grandchildren.

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## Here is what you need to know:

1. Show legal custody such as guardianship, non-parent custody, etc.... for the grandchildren you are raising.
2. Be prepared to answer questions about your unique situation (about a 30 minute intake).
3. Offer the name of the provider to whom the check is payable to (we will not reimburse grandparents who have pre-paid for programs).
4. The provider's full address, phone number and name of a contact person.
5. What the start and end dates are for the program, and how frequently the classes meet (i.e. every Monday & Wednesday).
6. If approved it will take 5 business days to process the request (No Exceptions!). ✨

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## EScrip

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**D**o you shop at Safeway, Macy's, Barnes & Noble, or hundreds of other stores? Making a contribution to Duet is now easier than ever with eScrip. eScrip works with merchant partners to contribute to groups like ours each time you shop – at no cost to you!

You can earn valuable contributions – up to 3% of your monthly purchases – to support Duet just by registering any one, or all of your existing grocery loyalty, debit and credit cards.

It is simple to register with eScrip, go to [www.escrip.com](http://www.escrip.com) and click on Sign-up. It's free! Remember to select Duet as the charity you wish to support. ✨

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## Inspiration

"The measure of life, after all, is not its duration but its donation"

Quote from Corrie Ten Boom

## Review 2010 Grandparents Annual Picnic

An unexpected rain washed out our planned February 20th annual potluck picnic, but it didn't stop the grandparents raising grandchildren from having our annual picnic. We just rescheduled it for March 27th. Unable to reserve a Ramada at the Sahuaro Ranch Park, we selected the Western Area Regional Park on Bethany Home Rd. & 81st Ave. in Glendale.

It offered a beautiful location for a time to relax, indulge in food, play and enjoy each other. The event is always a happy social time for grandparents and grandchildren. **Thanks to Fennemore Craig Law Offices** who provided burgers, hot dogs, drinks, cookies & goodies. They volunteered as the cooks and helped serve in many ways. They donated gift cards for the raffles as well as the bingo prizes. This is a social event that attracts more families every year. Don't miss it next year!



We would like to solicit feedback from the families who attended our picnic, past or present. I would like our funders to hear from the families directly on what type of an impact the picnic has had on your family? Please send us a note or thank you card with your input or appreciation. We would like to let Fennemore Craig Law Firm know how they have made a difference in our lives.

We are also taking a poll. Do you prefer the location at Sahuaro Ranch Park (59th & N of Olive) or Western Regional Park (81st Ave & Bethany Home Rd.)? We need to reserve a spot soon, so call 602-274-5022 ext 43 or email to let us know. ✂

## Guardianship Clinics

Do you need legal guardianship for the grandchildren you are raising? If you are raising a grandchild or other minor relative, you will need formal custody to obtain benefits such as health care, or to enroll the child in school. The legal process to gain custody can be complex and overwhelming.

During each free, monthly clinic, a volunteer attorney will guide you through the guardianship petition. Attorneys will only provide legal advice and answer questions regarding uncontested guardianship.

When: 3rd Friday of each month  
3:00 - 5:00 p.m.

Where: Church of the Beatitudes  
Patio Room,  
555 W Glendale Avenue, Phx

Space is limited. Reservations are required. Call 602-274-5022 or email [Dominguez@duetaz.org](mailto:Dominguez@duetaz.org) Presented by Duet, in partnership with The Children's Law Center (Volunteer Lawyers Program) ✂

## Save the Date - July 23 Grandparent's Retreat

A retreat for Grandparents! If you are a grandparent raising a grandchild, then you may be looking forward to a well deserved "break". Duet's grandparent advisory team has been instrumental in planning and preparing a special overnight getaway. Details to come.



When: Friday, July 23, 2010  
overnight trip  
Where: The Merritt Center in  
Payson Arizona  
Cost: \$30.00  
Transportation: Grandparents will  
provide their own  
transportation.  
We will provide more information  
next month ✂

## Recipe - Banana Boats

### Utensils:

Cutting board  
Sharp knife  
Kitchen scissors  
Small bowl & teaspoon  
Rubber Spatula

### Ingredients:

1/4 cup salted peanuts  
4 large bananas  
1 carton (4 ounces) frozen  
whipped topping, thawed  
4 maraschino cherries

### Directions:

1. Chop 1/4 cup of peanuts
2. Wash bananas. Carefully slit top of each banana peel lengthwise, leaving about 1 inch uncut at each end. Cut away about 1/4 inch of the peel on each side of the slit with scissors.
3. Empty the whipped topping into bowl. Scoop out each banana in small pieces with teaspoon into the bowl. Save the banana peel shells. Fold the banana pieces into the topping with spatula.
4. Fill each banana peel shell with 1/4 of the banana-topping mixture. Sprinkle with 1/4 of the chopped peanuts and top with 1 cherry.
5. Serve banana boats right away or refrigerate as long as 1 hour. ✂

## Join Us! We're going Roller Skating!

**S**ocial Therapeutic Group for Grandchildren is planning summer fun roller-skate & pool party outings (see below). If you are a grandparent who is raising your grandchild, or a relative caregiver, we invite you to bring your grandchild to come out and play.

When: Saturday, June 5, 2010

Time: 12:30 – 3:30 p.m.

Where: North Baptist Church  
5757 North Central  
Ave Phoenix, 85012

Cost: \$2.00 per child which  
includes skate rental

Space is limited! Call now! Reservation are required call Patricia 602-274-5022 no later than Wednesday, May 19, 2010 ✨



## We're Having a Pool Party!

**T**he Social Therapeutic Group for Grandchildren will be meeting at:

Where: Villa De Paz Recreation  
10320 W Campbell  
NW Corner of 103rd  
Ave. & Campbell, ½ mile  
south of Camelback Rd.

Dates: Friday, June 25,  
Friday July 9,  
Friday July 23,

Time 5:00 – 10:00 p.m.

Reservations required -Who's coming? 602-274-5022 X44 ✨

## Attention Deficit Hyperactivity Disorder to medicate or not

**T**he treatment of ADD/ADHD in children usually involves a combination of medication, education and behavioral intervention. Often parents want a drug free option. One proven method is behavioral therapy. It requires an experienced therapist or educator to teach techniques geared toward the child and their parents, as well as the child's teachers and extended family.



After a child is diagnosed with attention deficit disorder (ADD/ADHD), one of the most difficult decisions for a parent to make is whether to start him or her on medication. It takes time and requires talking with the doctor and other experts. Here are some instructions if thinking about behavioral treatment:

1. It requires change. A positive attitude must come from you.
2. Take parenting classes. These courses teach ways to handle fidgeting, hyperactivity, improve focusing skills and work on parenting skill.
3. Think of the behaviors you want to encourage.
4. Approach a child with patience and love.
5. Parent the child with consistency.
6. Remove all sugary foods from their diet. Replace them with healthy snacks and meals.
7. Set an early bedtime.

Most experts agree that medication should be considered for ADHD children whose symptoms interfere with social, emotional or academic life. Behavioral therapy and other non-drug treatments can be helpful, but in most cases, these approaches are not powerful enough to replace medication.

It is essential that your child's diagnosis of ADHD is a reliable one. ADHD-like symptoms can be caused by a range of disorders, including frustration associated with having a learning disorder.

The stimulants commonly prescribed for ADHD are considered among the safest of all psychiatric medications. The risks are very low. Stimulants can cause headaches, difficulty falling asleep, but lowering the dosage or switching to another drug could ease these problems.

Though many parents prefer behavioral treatment, they should fully explore the pros and cons of medication. It is a decision that requires study and discipline on the part of the parent. A combination of therapy and medication may be the best way.

*Excerpts taken from:*

*"Treating ADHD without Medication" from the Internet by Dr. Rob Danoff; "How to Treat Children with ADHD without Medication" from the Internet by Crystal Widger; "ADHD Medication or Alternate Treatments?" from the Internet by Edward Hallowell M.D.*

*Inspiration*

*"Having a child fall asleep in your arms is one of the most peaceful feelings in the world".*

*"The best classroom in the world is at the feet of an elderly person"*

Quotes by Andy Rooney



**Duet: Partners In Health & Aging**  
555 West Glendale Avenue  
Phoenix AZ 85021

(602) 274-5022  
www.duetaz.org / info@duetaz.org

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## Two Workshops Planned

Behavioral Health 101, April 10, (pg.2)  
9:30 a.m. - 12:00 p.m.

CPS 101, May 22, (pg.2)  
10:00 a.m. - 12:00 p.m.

*Please join us!*

## Sharing Groups For Grandparents Raising Grandchildren & Kinship Caregivers

### April

Thursday, April 8, 9:00 – 11:00 a.m.  
Thursday, April 22, 9:00 – 11:00 a.m.  
*Evening group for adults & kids:*  
\*Tuesday, April 20, 5:00 – 7:00 p.m.  
Church of the Beatitudes  
555 W. Glendale Ave., Phx. Lounge

Tuesday, April 27, 1:00 – 2:30 p.m.  
Buckeye Community Center  
201 E. Centre Ave., Buckeye, AZ

Wednesday, April 7, 4:30 – 6:30 p.m.  
Glendale Adult Center  
5970 W. Brown St., Glendale, AZ

Tuesday, April 27, 5:00 – 7:00 p.m.  
Care 1st Avondale Resource Center  
328 W. Western Ave., Avondale, AZ

### May

Thursday, May 13, 9:00 - 11:00 a.m.  
Thursday, May 27, 9:00 - 11:00 a.m.  
*Evening group for adults & kids*  
\*Tuesday May 18, 5:00 - 7:00 p.m.  
Church of the Beatitudes  
555 W. Glendale Ave., Phx. Lounge

Tuesday, May 25, 1:00 - 2:30 p.m.  
Buckeye Community Center  
201 E. Centre Ave., Buckeye, AZ

Wednesday, May 5, 4:30 - 6:30 p.m.  
Glendale Adult Center  
5970 W. Brown St., Glendale, AZ

Tuesday, May 25, 5:00 - 7:00 p.m.  
Care 1st Avondale Resource Center  
328 W. Western Ave., Avondale, AZ

### June

Thursday, June 10, 9:00 – 11:00 a.m.  
Thursday, June 24, 9:00 - 11:00 a.m.  
*Evening group for adult & kids*  
\*Tuesday June 15 - Cancelled  
(see page 5) for the planned outings  
for Social Therapeutic Group for  
Grandchildren.  
Church of the Beatitudes  
555 W. Glendale Ave., Phx. Lounge

Tuesday, June 22, 1:00 - 2:30 p.m.  
Buckeye Community Center  
201 E. Centre Ave., Buckeye, AZ

Wednesday, June 2, 4:30 - 6:30 p.m.  
Glendale Adult Center  
5970 W. Brown St., Glendale, AZ

Tuesday, June 22, 5:00 - 7:00 p.m.  
Care 1st Avondale Resource Center  
328 W. Western Ave., Avondale, AZ

\* See Social therapeutic groups.