



Duet

Partners In Health & Aging

2022

COMMUNITY IMPACT REPORT

102-year-old, Lois,
is one of the 2,426
lives transformed
by your support

OUR VISION

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



A MESSAGE FROM ANN WHEAT, EXECUTIVE DIRECTOR

It's always better with two—Duet and You.

A partnership of two—a duet— makes the impossible possible when meeting the needs of a rapidly growing number of aging adults. This duet affords equal importance to the participants, with both parts moving together in rhythm to create a composition of care.

With the pandemic behind us, 2022 was a banner year to take the lessons learned and a renewed spirit of community engagement to deliver compassion, dignity, and hope to homebound adults, family caregivers, and grandfamilies. Your partnership expanded vital services, helped alleviate isolation, and transformed 2,426 lives in Maricopa County and beyond – **an increase of 36% more people served than the year prior.** Thank you for making such progress possible!

In 2022, Duet transitioned our congregational health services to Dignity Health Center for Faith Health Partnerships. This collaboration honors the 28 years of dedicated work provided by this service and gives it the sustainable resources to grow with value-added offerings to faith community nurses. We are grateful to each and every one of you who created and supported this service for so many decades. Our deepest gratitude to the hundreds of faith community nurses who personify faith in action for the betterment of our community.

2022 also brought important opportunities to amplify Duet's services by partnering with notable new ally, Robert Waldinger, M.D., Director of the Harvard Study of Adult Development, the world's longest scientific study on happiness. Concurrently, we've launched a significant new initiative with renowned researcher, Pauline Boss, Ph.D., an international expert in stress reduction for caregivers affected by ambiguous loss. Dr. Boss was the guiding force in Duet's *Finding Meaning and Hope* video workshop series for dementia family caregivers. Watch for updates on our collaborations with these three renowned individuals in the coming year.

Looking forward, I invite you to envision and invest in the world we are creating together. Arizona's aging trajectory requires a broader and deeper support for Duet's mission like never before. Through a robust strategic planning process led by our Board of Directors, our past accomplishments are shaping our future in innovative and strategic ways. With rhythm, compassion, dignity, and hope, see how your support is impacting lives to create the composition—duet—of care. We are proud to be your partner in health and aging.

Our Mission

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

STRATEGIC PLAN GOAL, 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.



Homebound Adults

“I don’t really know what I’d do without Duet. I most certainly appreciate them. They have wonderful people who take good care of me.” – Lois



Lois Friday (pictured on front cover), a neighbor who turned 102 years old this year, is one of four centenarians who continue to live independently in their own home with the help of Duet volunteers. Lois's volunteers provide her with weekly transportation to the grocery store, visits to her doctor, assistance with paperwork, and minor handyperson repairs around her home.

She and one of her Duet volunteers, Gail Comer, share a special camaraderie. What started out as friendly phone calls to Lois six years ago, naturally evolved into friendly visits to Lois's home and even trips to church together. From sharing stories about her grandparents' experiences with slavery in the South, to her baptism, Lois has much to share. **“It doesn’t seem like volunteering at all,”** says Gail. Last year's Comer family Christmas gathering included an extra seat just for Lois. Gail says, **“Lois is like family to us.”**

Aging with Dignity



Your generosity makes relationships like Lois and Gail's possible by bringing together compassionate volunteers with homebound adults, affectionately referred to as neighbors, who can no longer drive yet wish to remain living in their own homes with dignity. In step with your

direct support and the compassionate service of **309 volunteers, 393 homebound adults** were lifted from hardship, isolation, and loneliness through vitally needed services including grocery shopping, rides to medical appointments, friendly visits, paperwork assistance, and minor handyperson services. In addition, from grocer gift cards to Thanksgiving holiday meals, low-income neighbors received emergency assistance, helping stretch budgets during difficult times to remain living independently. Through a partnership with Televēda, 20 isolated, low-income neighbors received tablets, along with training and technical assistance, harnessing

technology to bridge the digital gap to connect with friends and family. One neighbor commented, **“I just received my mail today, and can’t thank you and everyone at Duet enough for your kindness and generosity. I never expected to receive such a nice gift from everyone there, and I just want you and your incredible volunteers to know how grateful I am.”**


99%

of homebound adults reported that they were better able to live in their homes independently because of the volunteer assistance received


91%

of homebound adults reported feeling happier and more connected with other people because of services received


11,544

hours of volunteer time helped homebound adults fight isolation and loneliness



Family Caregivers



“Being Hispanic, our culture has a very hard time asking for help. When I go to the Duet support group, I realize that I am not alone in this and I do need help.” – Juanita

Living in the moment. That’s how 53-year-old Ariel Pena lives his life. And while many endeavor to have such awareness and peace, Ariel has no other choice. **“My mind is not in the correct place,”** he says. Following a devastating accident and resultant stroke in 2012, Ariel now relies on his wife, Juanita, to fill in the gaps of a fragmented memory that can no longer discern shared moments of the past, even those of their wedding day. With a positive attitude and brave determination, 43-year-old Juanita tries not to focus on the loss of Ariel’s declining memory. **“I have taken care of him for 11 years now, and I try just to enjoy his happiness.”**

Providing care for a loved one is difficult, especially if they require round-the-clock attention. When circumstances redirect activities of daily living, family caregivers, like Juanita, often prioritize the care of their loved one over their own needs. Thanks to your generous support, Juanita has discovered a Spanish-language support group at Duet to help uplift her own self-care in the caregiving journey.

Aging with Hope



Since our founding in 1981 by The Rev. Dr. Dosia Carlson, Duet has continued her legacy as an innovator in providing vitally needed services that improve the lives of vulnerable adults. With your support, diversifying our services was made possible through the hiring of three bilingual

staff members across multiple service areas. You also provided help and hope to **696 family caregivers** through an expansion of 15 different virtual and in-person support groups, workshops and webinars, an

annual symposium, information and referral services, peer support, and our signature *Finding Meaning and Hope* video discussion series based on the work of Pauline Boss, Ph.D. and her groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief*.

When 95% of *Finding Meaning and Hope* participants reported that the series significantly lowered their stress, we recognized the urgent need to make it available beyond Maricopa County. As a result, 2022 marked a defining moment in our history – a national movement of healing and hope for family caregivers of loved ones with dementia through the launch of our Meaning & Hope Institute.



207

family caregivers received personalized information and referral services totaling 75 hours



100%

of caregivers felt they benefited from their family caregiver support group



215

interactions were made between caregiver mentors and mentees



"I did not sign up for this [caregiving]. I was angry and frustrated. And I was frightened that I might not survive. So, I started from a dark place, but I absolutely advocate for the *Finding Meaning and Hope*." – Randi

Randi and Dennis Luoto's 50-year strong marriage knew more ups than downs. They had successfully raised three daughters and retired from productive careers. But even a strong Finnish constitution wasn't resilient enough for Dennis to overcome two debilitating strokes and the onset of Alzheimer's. Randi knew the drill. She had heard the lectures, attended the conferences, read the advice columns, and listened to the podcasts. After five years of seeking in vain for a survival guide to caregiving for her husband, she was angry, frustrated, and done venting.

Then, at a caregiver support group in her hometown of Seattle, Washington, the facilitator encouraged her to give Duet's *Finding Meaning and Hope* 10-part discussion series a try. Randi attended the series and

felt empowered and validated. **"Suddenly I began to see I could manage this, I was strong enough, and clever enough—I was proud to be a caregiver."** She now attends the virtual *Finding Meaning and Hope* Alumni Support Group and is thriving and helping others on similar caregiving journeys.

A National Movement of Hope for Family Caregivers of Loved Ones with Dementia



(meaningandhope.org). The Institute offers a range of supportive services including the *Finding Meaning and Hope* discussion series, training and certification

Duet's Meaning & Hope Institute is here to empower all dementia family caregivers to better care for themselves, especially those who are isolated and underserved, through access to a community of support and vital resources. The Meaning & Hope Institute is a virtual community that transcends the barriers of distance, isolation, loneliness, culture, class, and lack of access to local resources

for discussion facilitators, webinars and support groups, and referrals to a wide variety of additional services provided by Institute partners.

The Meaning & Hope Hub, launched in 2022, actively connected 150 family caregivers and program facilitators. The Meaning & Hope Hub is the interactive element of the Institute that connects members to program videos, resources, and meaningful interactions. One caregiver stated, **"When you are on a difficult journey like mine caring for a parent with dementia, you encounter human angels along the way that give you different gifts, perhaps strength, knowledge, community. These angels make the journey more bearable. As donors to Duet, you are unseen angels, equally responsible for making these spirit-renewing relationships happen. Thank you."**

 family caregivers participated in a *Finding Meaning and Hope* discussion series
400

 new *Finding Meaning and Hope* facilitators were trained from across the nation
40

 volunteer hours were provided in support of the *Finding Meaning and Hope* discussion series
686



Grandfamilies



“Duet has been a blessing to us. The support group meetings and workshops really reinforce that you’re going to be okay.” – Connie

Fifteen-year-old Isaias always knew he wanted to play NFL football. **“Even as a toddler, Isaias would scoot his walker up close to the TV screen to watch whenever a football game was playing,”** shares his grandmother, Connie. But as any parent knows, the expense of keeping your child in sports can be costly. Having raised six children of her own, Connie Arciniega thought budgeting for club sports and gear was a thing of the past.

Single and with one foot in retirement’s door, Connie was looking forward to the gentle pace of her golden years. Then in 2008, the unimaginable happened. Both her son and daughter-in-law passed away leaving her grandson, Isaias, alone and one step away from the foster care system. Connie suddenly found herself with a 9-month-old on her hip and parenting

for the seventh time in her life. But a grandmother’s love is fierce. Gathering her faith and a prayer, Connie shifted both feet back into the game.

Because of your generosity, Connie discovered Duet’s kinship care program and now has respite funds to cover the cost of everything from Isaias’ YMCA basketball membership to football cleats and basketball shoes. She rests assured knowing she can provide her athletic grandson with the enriching opportunities afforded through extra-curricular athletic programs.

Aging with Compassion



Your support kept families together in 2022. Providing a stable and nurturing environment for an extended relative or grandchild, especially when you’ve already raised your own children, can be financially and emotionally challenging. The legal intricacies to ensure a child

remains in the custody of kin are complex. Duet’s kinship care services are here every step of the way, from navigating legal resources, to offering enriching and educational social outings for grandchildren, and providing respite funds for some “time off.” In fact, with your support, Duet assisted grandparents with 12,163 total hours of supervised activity for their grandchildren. In addition, families found unity and compassion through 54 virtual and in-person support groups, educational workshops, a Back-to-School

Drive, and a Holiday Toy and Gift Card Drive. Olivia, a great-grandmother raising her grandchildren, shared, “I have four adopted great-grandchildren – a three-year-old boy with autism, and triplet girls who are two years old. I appreciate everything you do for us. Thank you so much.”


535

grandparents and **802 grandchildren** were equipped with resources to thrive together as grandfamilies


85%

of grandparents felt more confident in their roles after attending Duet’s workshops and experienced a significant decrease in their stress levels after attending Duet’s support groups

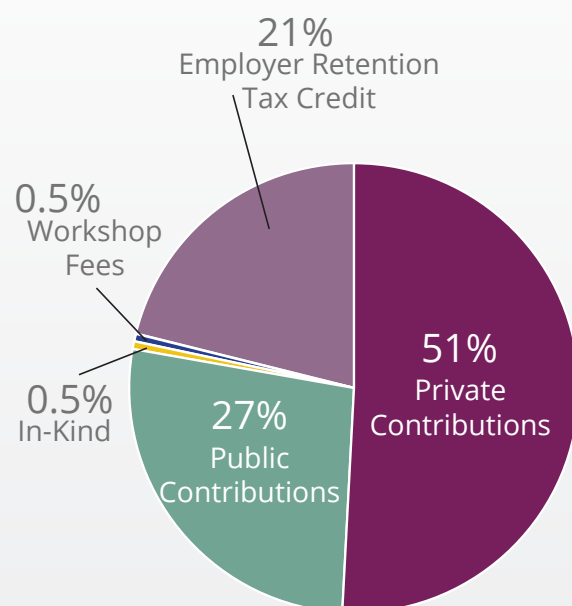

100

grandfamilies received increased economic security through food gift cards and emergency assistance

FINANCIALS

Income

Private Contributions	\$1,067,396
Foundations, Grants, and Corporations	\$541,103
Individuals/Estate Gifts	\$520,518
Faith Communities	\$5,775
Public Contributions	\$559,024
Area Agency on Aging, Region One	\$228,079
Government Grants	\$330,945
Workshop Fees	\$11,071
In-Kind Contributions	\$11,615
Employer Retention Tax Credit	\$444,150
Investment Return	-\$144,297
TOTAL	\$1,948,959



How Your Gifts Were Stewarded

Services	\$1,219,825
Homebound Adults	\$357,982
Family Caregivers	\$438,420
Grandparents Raising Grandchildren	\$350,824
Congregational Health	\$72,599
Management & General (Supporting our Services)	\$487,337
Sustaining and Expanding our Services (Fundraising)	\$539,294
TOTAL	\$2,246,456

Total Ending Net Assets	\$1,903,254
Value of Time Donated by Duet volunteers	\$323,232
Change In Net Assets	-\$297,497

Visit duetaz.org/about-us/ for our 2022 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.



**STAY
CONNECTED!**



**SIGN UP AT
DUETAZ.ORG**

VOLUNTEER. DONATE. ASK FOR HELP.



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