

“Managing the stewardship of charitable giving  
is a moment-to-moment dignified responsibility.”

VIRGINIA G. PIPER

## #PiperTrustMoments

Celebrating 20 Years of Moments

### NOVEMBER 20, 2019 #PiperTrustMoments, 7<sup>th</sup> Edition

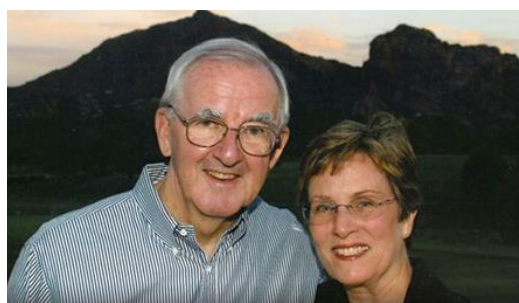
With November being National Family Caregivers Month, we want to recognize and honor family caregivers across the country.

Caring for and managing the health of a loved one is a challenging journey. The “industry” of family caregiving has become an essential societal asset—and one that we must not take for granted. In Arizona alone, there are more than 800,000 family caregivers—unpaid individuals who provide care for loved ones who are no longer able to care for themselves.

But who cares for the caregivers? The Phoenix nonprofit [Duet](#) does, by offering mentor programs, support groups, and an innovative video discussion series that provides emotional support, valuable resources, and guidance to better navigate the demanding caregiving journey. In this edition of [#PiperTrustMoments](#), we highlight the critical work this organization is doing to reduce stress and build resilience in these hardworking, dedicated, compassionate individuals—caregivers.

Importantly, we want to honor an exceptionally devoted caregiver and a cherished friend of Piper Trust, Mary DeCabooter. As many of you know, [Dr. Art DeCabooter](#)—a lifetime member of the Virginia G. Piper Charitable Trust Board of Trustees—recently passed away. What you may not know is that his loving wife, Mary DeCabooter, was an exceptionally dedicated caregiver over the years.

Art was committed to his service with the Trust. In fact, in his years of service, he only missed one board meeting—the week before he died. For many years, Mary took him to meetings which allowed him to remain active in his service to our community.



Dr. Arthur and Mary DeCabooter.

We are humbled by the incredible care that Mary gave to Art with such compassion and dignity, and we dedicate this issue to her. Further, in honor of Art and his dedication to education and civic responsibility, our Trustees established the Arthur W. DeCabooter Fellowship in Higher Education—a \$250,000 fund at his alma mater, the Indiana University School of Education. Funds generated by this gift will be used to recruit and retain outstanding doctoral students in the higher education program. Piper Trust will be forever grateful to Art for his servant leadership, dedication to community, and love for humanity.

Warmly,

Mary Jane Rynd  
President and CEO

### GRANTMAKING SPOTLIGHT

## ANN WHEAT OF DUET: PARTNERS IN HEALTH & AGING

Too often, family caregivers feel overwhelmed and isolated as they handle the needs of homebound adults. The toll on their health is high. Cancer, heart problems, exceptional stress, and depression are all common among caregivers. And alarmingly, about half of older adult caregivers will predecease the person they're providing care for, said Ann Wheat, CEO of [Duet: Partners In Health & Aging](#).

Fortunately, when adequately supported, most caregivers can not only navigate the journey, they can find personal meaning along the way. Duet had the expertise and drive to develop more robust caregiver programs. In 2016, a grant helped the organization expand and enhance support services for family caregivers in a big way.

“Without the help of Duet, and my  
incredible caregiver mentor, I’d be  
totally lost. Duet saved my life  
because they know what it takes  
to be a caregiver.”

—Clara, family caregiver

(continued)

"Through Piper Trust's investment, we put a lot of work into reaching underserved caregiving communities across the Valley," Wheat said. "We started our first Spanish-speaking support groups, a men's group, and recently launched the first LGBTQ-specific caregiver group, which has been well received." All told, Duet runs about 200 support sessions a year, all free of charge.

Additionally, Duet launched a Caregiver-to-Caregiver mentor program, where stable family caregivers provide one-on-one phone support for caregivers who may feel alone, and can't get out of the house for a meeting.

Of course, for someone to reach out for help, they have to identify as a caregiver. "But most caregivers don't self-identify," Wheat explained. "They're just doing what you do if you care about somebody."

To remedy this, Duet created the "I Am a Family Caregiver" traveling exhibition, which helps family caregivers "see" themselves as caregivers.



Ann Wheat (right) explains how the "I Am a Family Caregiver" exhibit increases community awareness about family caregiving and the need for support.

The display includes profound photographs of loving family caregivers who receive support through Duet. "The exhibit really helps with community awareness around this issue," Wheat said.

Once they do identify, caregivers can also find resources and ask for help via Duet's comprehensive website. "Caring for someone while navigating the system can be a full-time job and an exercise in frustration," Wheat said. "Thanks to these improvements, it's a much more user-friendly platform."

As crucial as these enhancements are, Wheat sees one program as the most vital. "Finding Meaning and Hope" is a unique workshop series offered at no cost to help family caregivers navigate the grief associated with caregiving. Based on the groundbreaking work of Pauline Boss, PhD, the series teaches coping techniques to combat the ongoing stress caregivers experience.

With support from Piper Trust, Duet filmed Dr. Boss with real family caregivers and created a series of videos that offer strategies for reclaiming hope and improving health and well-being. "This series is a game-changer," Wheat said. "What Piper Trust allowed us to do was far beyond what Duet could have done on its own. The videos are professionally produced and beautiful."



Family caregivers gather with Ann Wheat and Dr. Pauline Boss (seated in center) after recording the "Finding Meaning and Hope" video series.

Wheat is grateful for Piper Trust's investments. "It's hard to go through the community without seeing the positive impact of Piper Trust. There's not one among us who's leading an organization that doesn't feel the impact of what the Trust does," she said.

But closer to home, Wheat sees these investments as having life-saving potential. "When you see the faces of people who've been through our programming, you don't see those stressed-out, traumatized family caregivers; you see people who have hope," she said. "Hope changes everything."

## A SPECIAL VIRGINIA PIPER MOMENT



Virginia Piper and Laura Grafman (right); Virginia named Mrs. Grafman a Lifetime Trustee of Piper Trust.

Virginia Piper invested in care for older adults at a time when such care had not yet received national attention. She and her very close friend Laura Grafman held numerous gatherings to strategize with other women about creative ways to support care for older adults—a critical need, yet it garnered little interest at that time. As a result, Virginia, Laura, and a small group of women formed *Friends of the Foundation for Senior Living* and convened many successful fundraisers to aid older adults. Perhaps because of her family, Virginia understood the progression and role reversal of the parent-child caregiver relationship. And perhaps her faith led her to display such care for and honor of human life at all stages.

THERE ARE ALL KINDS OF  
MOMENTS IN GIVING

SHARE YOURS

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### ABOUT

Virginia G. Piper Charitable Trust supports organizations that enrich health, well-being, and opportunity for the people of Maricopa County, Arizona.

### CONTACT

Karen Leland  
Chief Communications Officer  
480-556-7125 | [kleland@pipertrust.org](mailto:kleland@pipertrust.org)

