



Treasure Talk

Caregiving Youth Project Newsletter

The Caregiving Youth Project helps identify, recognize, educate, and support students who care for ill, injured, elderly, or disabled family members. This allows caregiving youth to achieve success, have fun, and make new friends, while promoting academic and personal growth.

In This Issue

Quick Links

[American Association of Caregiving Youth](#)

[Caregiving Youth Project on Facebook](#)

[American Psychological Association](#)

[America's Promise](#)

[Generations United](#)

[National Alliance for Caregiving](#)

[National Multiple Sclerosis Society](#)

[Guide to Alzheimers Disease](#)

[UK Young Carers Initiative](#)

www.bam.gov

[Caregiver Action Network](#)

www.netSMARTZ.org

www.afateens.org

www.kidsarecaregiverstoo.com

[Bookendcaregivers.web.unc.edu](#)



Join Our List

Join Our Mailing List!

Issue: #124

August 2018

Greetings!

We are so excited to begin this 2018-19 school year! It's been a busy summer! At AACY we want to continue this journey with you as you learn about the strengths you gain when you ask for help. Many years ago while living in Nashville, my first "PhD" friend said to me, "Connie, why would you not want to be the best you can be?" So, now it's your turn: "Why not be the best you can be?" Know we at AACY are here to support your achievements academically and personally!



Connie Siskowski,
RN, Ph.D. Founder
and President

CAREGIVING YOUTH, YOUR LANES ARE READY!

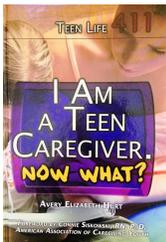
As summer was coming to a close, CYP middle school students returned to Strikes at Boca for the second annual slumber party. Last year was so much fun, we weren't sure we were going to be able to create more fun and memories but boy did we have an epic night! While wearing PJS we indulged in pizza and ice cream sundaes! We had a blast with jumbo jenga, bowling, playing in the arcade, making bracelets and don't forget the late night relay races after the bowling alley closed to the public. It was especially fun to play tag in the locker area, true moments of kids being kids and having plain old FUN! The Family Specialists are still catching up on sleep! Middle schooler's, we don't know how you stay up so late and wake up so early! Regardless, we know new friendships and memories were made and we can't wait for the chance to do it all over again. We are so fortunate to have such great community support, and people like the Belletieri's, who own Strikes, in our lives and who are so generous to give us this opportunity for you.

HURRICANE PREPAREDNESS



Click on the link to find everything you need to know to prepare for hurricane season. [Public Safety](#)

RESOURCE BOOK CHECK IT OUT



In their 411 series, this is the latest book to help teens who are hidden heroes as they take on adult roles to provide caregiving for ill or disabled family. Dr. Connie wrote the foreward to [I Am A Teen Caregiver. Now What?](#) by Avery Elizabeth Hurt. Available on Amazon now or ask your school librarian.

LET'S GET SOCIAL



Join the CYP Instagram account and Facebook group! Connect with each other, learn, build new friendships and strong bonds. Be sure to follow us, comment, like, and re-share our posts! Join us at Instagram @cyphearts and on Facebook at our private Caregiving Youth Project Group.



CAREGIVING YOUTH PROJECT

MIDDLE SCHOOL

Welcome back to school CYP students!! We hope you are all adjusting back to the routine of school and needing to manage your time between school and caregiving. If you are beginning to feel overwhelmed with the class material or need tutoring help, please call your Family Specialist (561-391-7401) to see how we can assist. CYP Family Specialists will be back in the schools beginning in September and are looking forward to meeting with you all. The Lunch and Learn topic for September will be the Caregiving Youth Project to raise awareness of caregiving youth.



CONTINUING CARE

Family Specialists will be back in your schools to begin monthly meetings and Lunch and Learn sessions beginning in September! If you are struggling in any of your classes please reach out to ask about tutoring services.

CYP Seniors - Join us on September 10th at Palm Beach State College for a "Road to College" workshop hosted by TRIO. Students will tour the campus and attend two workshops. The workshops will be focused on college readiness, scholarship opportunities, and obtaining their FSA IDs which will help in the financial aid process. A writing workshop will also be held in the afternoon which will provide students an opportunity to write their personal statements for college, applicable scholarships, and CYP Essay Contest. Lunch will be provided! The Essay Prompts will be worked on during the workshop and reviewed, providing you with immediate feedback. The deadline for the Essay Contest is 5:00pm on October 24th. The winners will receive their cash prizes on November 3rd at the annual Hearts & "Soles" Gala. If you are unable to attend the workshop you

ARE THERE ANY VETERANS IN YOUR FAMILY?



Palm Beach County has services that might be of assistance to your family. [Learn more here](#)

Another resource is [VeteranAid.org](#) that offers detailed information on a Veteran's pension benefit called Aid and Attendance (A&A). If Veterans require assisted living care in a community or at home, A&A gives the information they need to apply for the A&A benefit themselves for free. Senior veterans and spouses use this benefit to help them afford quality home care.

FREE SUPPORT AT YOUR FINGERTIPS, 24/7

CRISIS TEXT LINE |

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works:

1. Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.
2. A Crisis Counselor receives the text and responds quickly.
3. The volunteer Crisis Counselor will help you move from a hot moment to

may get the Essay Contest application from your Family Specialist.

Please RSVP to Brenna at 561-391-7401. Reservations and transportation are limited!

MICHELLE'S CAREGIVING TIPS

Hi CYP Members,

Hope everyone has had a great start to their school year! It can be hard getting back into a routine, and man did the summer fly by or what? If you're having trouble transitioning into the new school year it could have a bit to do with organization.



Today, I want to talk about how organization not only at your school but also in your home can reduce stress and make for a great year! Here's a few tips:

1. Prepare the night before: Have a special place for your backpack and make sure everything you need to bring with you is in your bag for the next day. Sometimes mornings can be busy and an easy time for us to forget, especially if we have Caregiving responsibilities like making breakfast, or giving our care receiver their medication(s).
2. Plan your day: Give yourself time for the things you need to complete. Try to plan around the time your care receiver needs the most help. If you check your family member's blood sugar at 4:00pm, and help to make dinner at 6:00pm, maybe 4:30pm-6:00pm is the best time for homework.
3. Get rid of clutter in your home: Are there items around that get mixed up with important papers and school work? Spend some time on the weekend with your family member getting rid of old mail and unused items that cause clutter.
4. Get rid of clutter in your mind: Talk with your Family Specialist, friends, school counselor, family member or other CYP Members about what is bothering you or causing you stress.

Let's start this school year free of clutter and chaos, and remember you can always ask us for help!

COMMUNITY PARTNER - STRIKES@BOCA

The owners of Strikes@Boca, Debralyn and Ronnie support AACY including the Caregiving Youth



Project in many ways. Students have been invited to an annual bowl-a-thon, Bowling for Bread sponsored by Boca Helping Hands, slumber party, being driven to every event CYP has to offer, and lastly, assisting AACY by sponsoring and putting on fundraising events.

Strikes@Boca is the top bowling destination in Palm Beach County!

a cool moment.

Cost - the service is completely free, but messaging rates apply if you're NOT on Verizon, Sprint, AT&T, or T-Mobile.

Check it out

Have your birthday parties, corporate parties or even join 1 of over 10 leagues today! <http://strikesbocaraton.com/>

WELCOME BARBARA

Family Specialist

Hello. I am originally from Chicago Illinois. I am a Licensed Mental Health Counselor who graduated from Nova University with my Masters Degree in Mental Health Counseling. I worked with Hospice patients for approximately 15 to 20 years as a Grief Therapist. I ran Bereavement Groups for youth. Most recently, I worked as a Private Practitioner in Delray Beach helping a vast variety of clients struggling with relationships, life transition, family matters, aging, as well as, with terminally ill clients. For about 12 years. I worked closely with a psychologist and did a variety of memory tests for the aging, as well as ADHD, and gifted testing for children. I love my work as a helper and provider of hope and emotional growth!



QUOTE

"Sometimes the smallest step in the right direction ends up being the biggest step of your life."



Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

