Caregiving Youth Project Newsletter
The Caregiving Youth Project helps identify, recognize, educate, and support students who care for chronically 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.

Visit our Website

Celebrating Black History Month
Dear CYP Students,

This month we have celebrated Black History, so important in the formation of our country. There is no doubt that prejudices of many kinds remain today. We must take responsibility and recognize the prejudices we each own. As a former critical care nurse who has administered many blood transfusions, there was never a time when race, ethnicity, religion, wealth, criminal record, political party, immigration status, or skin color was on the checklist prior to hanging a bag of life-saving blood! Please join with me in honoring and caring for all peoples by remembering our one blood, the very core of our being.

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

Monthly Contest!
Your chance to win a $15 gift card is as easy as 1.2.3!
Be the first to email Kelly kelly@acy.org when you unscramble this phrase:
rayzemonaiaga

Good Luck!

Activities Recap & Preview
Thank You to All Our Valentine's Day Cupids!

Although February is the shortest month of the year, it was jammed packed with fun activities for all of you!

CYP’s Love & Laughter Drawing Contest is coming to an end. Thank
From an interactive and fun, virtual dessert class to hand-written, personalized and beautifully created cards and cookies, our AACY Staff, Board, Donors and Volunteers poured their heart into ensuring that this year's Valentine's Day was extra special for our Caregiving Youth.

Packages were hand-delivered to more than 400 Caregiving Youth!

With love and tremendous gratitude, we could not have done it without you: Beverly Belletieri, Debralyn Belletieri, Mildred Belletieri, Kirsten Blazek, Carolyn Burie, Barbara Hedgecock, Jeannette & Roger Josephs, Mimi Kinsler, Debbie Leifert and the Pine Crest Middle School Beta Club Members, Bryan Lewis, Arline & John McNally, Sari Myers, Dena Nathanson, Ryan Richards, Reverend Tom & Jana Tift, Roz Tubbs, Gilmer Viana, Lori Weakland and Judy Wong.

We hope you all enjoyed those Valentine's desserts we made together; and got nice and cozy with loved ones to watch 'The Secret Life of Pets' in the comfort of your own home for Movie Night. Which character did you connect with the most? If I were a pet, I'd be just like Gidget, so caring and full of life!

We are wasting no time in March, with an activity right at the start! It's not too late to sign up for CYP's virtual field trip to MacArthur Beach State Park to learn about ecosystem services and how the health and wellbeing of humans is dependent on healthy ecosystems! For spring break, we will be having a field trip to a marine life discovery center, hitting the beach after for some fun in the sun, lounge on the sand and play some lively beach games. We know that physical fitness is important but can sometimes be difficult to get motivated. Therefore, we will be closing the month of March with a Zumba class where you will learn a few dance fitness routines to salsa, merengue, dance hall, and more via Zoom.

All invitations for upcoming activities are sent via text so be sure to sign up when you receive that invite text, as spots are limited!

If you believe your parent/guardian or you are not receiving these texts, email Jessica@aacy.org or call 561-391-7401 to be added to the list.

I hope to see you at our next event!

Scholarships and Contests

There are several scholarships available to you, a Florida student. Please visit the AACY website for more information! Deadlines are fast approaching!

If you are looking for an alternative to college, there are options! Learn more about the TradeUP project if you are considering a trade or technical school!

The 2nd Annual Humans of Dementia Storytelling Contest is open to high school and college students nationwide. You may enter a written or photo submission or both.

There are cash prizes and winners are invited to a private Zoom celebration with contest partners, judges and Seth Rogen and Lauren Miller Rogen (HFC founders). For more information click here!

For questions or any assistance with applications, please Kelly: kelly@aacy.org
In honor of Black History Month, here are five Black History Heroes we should know:

A poet, an author and a teacher, **Gwendolyn Elizabeth Brooks** made history in 1950 when she became the first African-American woman to be awarded a Pulitzer Prize for Poetry. She published her first poem at 13, and by the time she was 16 she had already published nearly 75 poems.

**Mae C. Jemison** became the first African-American woman to enter the space program. On Sep. 12, 1992, she joined the crew of seven astronauts on the Endeavour, becoming the first African-American woman in space.

The first African-American Major League Baseball player in the 20th century, **Jackie Robinson** made history when he signed with the Brooklyn Dodgers in 1947, ending 60 years of segregation in the league. Robinson was Rookie of the Year; National League MVP; and helped win two World Series.

When **Morrie Turner** wondered why there were no minorities in cartoons, his mentor—Charles M. Schulz—suggested that Turner create one. He created **Wee Pals**, which first appeared in the early 1960s as **Dinky Fellas**, became the first American syndicated comic strip with a diverse and integrated cast of characters.

**Daniel Hale Williams** opened the Provident Hospital: the first medical facility to have an interracial staff. He also co-founded the National Medical Association, because the American Medical Association did not allow African-American members.

**Support AACY with AmazonSmile**

Did you know that Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice?

Please consider signing up for the American Association of Caregiving Youth (AACY), as you do your shopping.

Support AACY by selecting us as your charitable organization. Sign up today: [https://smile.amazon.com](https://smile.amazon.com)

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**Featured Community Partner:**

**ChariTEES**

AACY is so grateful to ChariTees, and founders Jeff and Susan Firestone.

One of the many ways they have helped AACY through the years is by providing discounted prices for our Camp Treasure t-shirts since our very first camp in Spring 2007. They have also provided scholarships and prizes for CYP high school graduates.

ChariTEES provides custom printed t-shirts, embroidery and promotional items at special pricing for non-profits, for their many fundraising initiatives.

Pre-Covid, AACY worked with them to create our **iCare t-shirts**, just one of the ways people can help support AACY and our Caregiving Youth.

Click here to learn more about Charitees!

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**Featured School:**

**Tradewinds Middle School**

AACY South Team Leader and Family Specialist Amoy Gordon wishes to recognize Tradewinds Middle School!

"A special shout out to Ms. Maggie Sanon, School Counselor and Assistant Principal, Mr. Gregory Kirkwood at Tradewinds Middle School for playing an immense role in the continued success of the Caregiving Youth Project (CYP) program at Tradewinds Middle school," said Amoy.

"They are always very warm and welcoming to AACY staff; ensuring there is a private space available to meet and work with students. TMS has a very good rapport with, and is very knowledgeable of, the student population, which allows them to provide student referrals to our program as needed."

Amoy continued, "The TMS staff including the
Professionals on this free hotline can answer your questions about medications you are giving, including "Have I given too much or too little?"

ARE THERE ANY VETERANS IN YOUR FAMILY?

PINC has services that might be of assistance to your family. Learn more here.

Another resource is veteransflow.org. Which offers detailed information on a Veteran's Assistance Program benefit called Aid and Attendance (AA).

If a veteran requires assisted living care in a community or at home, AA gives the information they need to apply for this benefit 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 serves anyone, in any type of crisis.

They provide 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 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.

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