



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.

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[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

[a little bit of happy](#)

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Join Our List

Issue: #122

June 2018

Greetings!

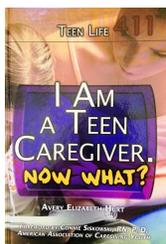
Time off from school! What is one healthy thing you would like to do that you haven't done before? It is so easy to put it off until tomorrow and then the next tomorrow, and the circle continues. But who really knows? Maybe the something good for you that you different TODAY will be super enjoyable and then, you can do it again tomorrow! Today is the only today that you have - make it be the best it can be for you!



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

CAMP TREASURE REUNION

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.

I'M NOT ALONE

CAMP TREASURE REUNION



June 21st might have been the first official day of summer, but here at the CYP headquarters we would like to think we already had our best day of summer: CAMP TREASURE REUNION!

On Wednesday June 20th, we gathered at FAU for an epic day of fun. It was a beautiful day and with the help of some great volunteers and our good friends from the AmeriCorps we played in the pool, and channeled our inner thrill seeker and took on the outdoor adventure course. Sam's Club donated a delicious lunch which was followed by some friendly competition in the gym with relay races.

We had the pleasure of Dr. Betsy Olsen from UNC in Chapel Hill join us, and give you the chance to help her with some research and share what is important or should be heard from a youth caregiver. We have been so fortunate for amazing community partners and once again our dear friends at the Samaritan 365 Kindness Matters who baked and donated a pan of baked ziti and brownies for you to take home. Our day was packed, but it was perfect and fun. Thank you to FAU, AmeriCorps, Dr. Betsy, Sam's Club, our volunteer drivers, volunteers and the team from AACY for making this a great event!

CAREGIVING TIPS

CONGRATULATIONS to all of our high school graduates! We will continue to send you Treasure Talk so you can stay informed of our progress - maybe there are even ways for you to help other youth caregivers who do not have the CYP support. You are off on a new adventure! And, your caregiving may continue. However, now that most of you are 18 years old, there may be new resources to help you in your caregiving! This is especially true if you are caring for an



Michelle D.
Sherman, Ph.D. &
Deanne M.
Sherman

This book helps teens to:

- Understand the causes, symptoms, and treatment of mental illness
- Learn coping skills
- Sort through complex feelings
- Deal with friends
- Identify resources and find hope

[click here for more information](#)

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

older adult.

Your family and every other family is unique and there is no such thing as one size fits all! Sometimes it takes lots of patience to find what help is best for you and your family and sometimes we have to be creative. Think outside the box and always remember that it is more than OK to ask for help!



So when you turn 18, even if you are still in high school and are caring for an older adult, what are some of new resources that might be available for you and your family and how can you access them?

Begin by calling your local Aging Resource Center. In Palm Beach County, that number is: 866.684.5885.

Some of the services you and your family may be eligible for include:

- Respite - in home or day care
- In-home counseling
- Home delivered meals
- Information and education
- Powerful Tools for Caregivers six-week workshop

As always, know that we at AACY are but a phone call (561-391-7401) away. If you have a question that we can't answer, we will help you find the answer you need.

Thank you for all that you do for your family and for others!

COMMUNITY PARTNER - FLORIDA ATLANTIC UNIVERSITY

"Florida Atlantic University embodies a culture of strategic and collaborative community engagement that results in mutual benefit to the institution and the diverse internal and external communities that it serves."



Just this month, Camp Treasure Reunion was held at the FAU main campus. The Caregiving Youth Project and FAU partner together in a number of ways. Later this year on December 18th caregiving youth and their families are invited to attend the Boca Bowl at FAU Stadium. Stay turned for more information on this fun event!

FEARLESS CAREGIVER CONFERENCE

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 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

FEARLESS CAREGIVER CONFERENCE

CAREGIVER 911 CAREGIVING SOLUTIONS START HERE

LEARN HOW TO:

- ▶ Balance family, work & caregiving
- ▶ Motivate family members to help
- ▶ Convince Dad to stop driving
- ▶ Persuade Mom to listen to you
- ▶ Legally protect your aging parents
- ▶ Secure the future of your adult child

Register at CAREGIVER.COM 954.362.8126

BOCA/DELRAY
July 17, 2018
South County Civic Center
16700 Jog Road
Delray Beach, FL 33446
10:00 AM - 2:30 PM
LUNCH INCLUDED

Win a Hasbro's Joy for All companion pet.
2 LUCKY WINNERS

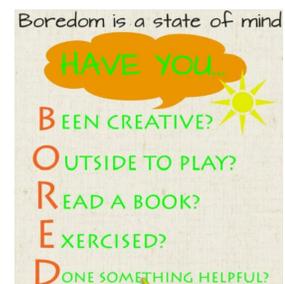
Limited FREE TICKETS for Family Caregivers
SPONSORSHIP OPPORTUNITIES AVAILABLE

mutotiff The new standard in fall detection technology
ABSOLUTE LAW GROUP
MOBILE PHYSICIAN SERVICES
CAREGIVER

IDEAS FOR SUMMER - LEARN & HAVE FUN

This Summer Your Library Rocks!

Rock your Library and what it has to offer - register for the Summer Reading Program today! Visit any of the 17 Palm Beach County Library System locations or the Bookmobile and win prizes. [Summer Reading Details](#)
[Calendar of Events](#)



Random, wild, tasty and beautiful - explore Palm Beach County

From art museums to sports stadiums, there's so much to do and see in Palm Beach County. You can gaze at wild animals, tour a chocolate shop, listen to opera or dive some reefs! [Things to do](#)

WELCOME RICHANE

Hi everyone! My name is Richane Etienne, MSW. I am the newest member and it's an honor to be part of AACY. I completed my Bachelor's and Master's in Social Work at Florida Atlantic University. I am a born and raised Florida Resident. I have also worked with children, adolescent and their families within the community for many years. I am looking forward to working with AACY youth caregivers and their families. My hobbies include watching movies, being outdoors and spending quality time with family. Go team AACY!



HURRICANE PREPAREDNESS

Click on the link to find everything you need to know to prepare for hurricane season.

[Public Safety](#)



QUOTE

"Dreams are the seeds of change. Nothing ever grows without a seed, and nothing ever changes without a dream." -by Debby Boone

ENJOY, BE SAFE!



Independence Day, also referred to as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776.

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

