



## Treasure Talk

### 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.

#### 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](http://www.bam.gov)

[Caregiver Action Network](#)

[www.netSMARTZ.org](http://www.netSMARTZ.org)

[www.afateens.org](http://www.afateens.org)

[www.kidsarecaregiverstoo.com](http://www.kidsarecaregiverstoo.com)

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



#### Join Our List

Join Our Mailing List!

#### Issue: #125

September 2018

#### Greetings!

When you live in a big city and look up, you see only a small patch of sky; tall buildings get in the way. In contrast, on most days in South Florida, you can look up and enjoy a large blue sky. It is Nature's canopy - complete with moving cloud pictures, stars, a moon that shines brightly and the sun's solar power. No matter what challenges you face, when you take a moment to reflect and appreciate beauty, you glean renewed hope, strength and energy. Take a sky look today!



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

### CAREGIVING YOUTH PROJECT

#### MIDDLE SCHOOL

It's hard to believe the first 9 weeks of school are almost coming to a close, which means report cards are on the horizon. If you are struggling in any of your classes please make sure to reach out to your Family Specialist or call the office 561.391.7401 for tutoring assistance.



the illness.

The Lunch and Learn topic for the month of October is Cancer; please make sure to visit the table if you have a loved one diagnosed with Cancer or want to learn more about

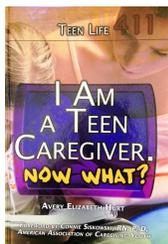
Mentors are available for our middle and high school students; if

## 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.

interested or want to learn more about the AACY mentoring program please call our office 561.391.7401.

## CONTINUING CARE

ATTENTION CLASS OF 2019! We were so happy to partner with Palm Beach State College on September 10th for our "Road to College" workshop.

SENIORS NOW IS THE TIME! Prepare and get ready. October 1st the FAFSA application opens up. Be sure to start looking up and working on scholarship opportunities. If you are experiencing any confusion, work with your Family Specialist and your school counselor to complete any forms or applications.



DON'T FORGET: The annual Essay Writing Contest is due by 5:00pm on October 24th. If you need the application and or writing support please ask your Family Specialist or call the office today and speak with Ms. Brenna, 561-391-7401. Winners will receive a monetary award and attend the AACY Gala in November.

## THIS MONTH'S SCHOOL SPOTLIGHT



AACY likes to thank and recognize people at our schools that go above and beyond to assist in making the Caregiving Youth Project a success. Students that are supported in their caregiving roles are more likely to attend school, get good grades, know they are not alone and most importantly, graduate!

Jennifer Carril, Assistant Principal at Spanish River High School, is a vital component of CYP's success since the program started at the school. Not only does Mrs. Carril work with Ms. Kim to ensure youth caregivers are provided the needed support, but she helps to identify how to raise awareness of youth caregivers within her school and educate staff and other students. Mrs. Carril, as well as other teachers and staff at Spanish River High School are true supporters of AACY, and for that we would like to extend our most sincere gratitude, Thank you for all that you do!



## MICHELLE'S CAREGIVING TIPS

## 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

Hi CYP Members,

Did you know that the month of September is Yoga Awareness Month? This is a special time for us to discuss the benefits of yoga for your health. According to the Yoga Journal there are 38 health benefits to Yoga; wow! Some of these benefits include; increased strength, better blood flow, increased focus and happiness, and better flexibility, just to name a few!



It is so important to find some type of exercise you love. We know that though Yoga is great for mind, body and soul it might not be right for everyone. Let's talk about some other exercises you can do to stay healthy.

Examples of exercises that members of our AACY team regularly do include:

- Ms. Brenna, the CYP Activities Manager, attends a Zumba class that she loves. Dancing is a great way to stay healthy, and reduce stress!
- Ms. Kim, one of our Family Specialists swims with her kids in the pool. The list of swimming benefits can go on forever! They include a healthy heart, lungs, and a whole body workout.
- Volunteer Manager Ms. Marcy really enjoys playing tennis, and often plays multiple times a week. Marcy feels that she can always challenge herself while playing and enjoys the socializing aspect of it too! Tennis is great for endurance, and a healthy heart.
- As for myself, one of my favorite workouts is spin class. I listen to different types of music and ride a stationary bike and enjoy this workout because even though you are working out on a bike individually, it still feel like I'm part of a team.

Why is it so important that you exercise and live a healthy lifestyle? One big reason includes being a caregiver. If you do not take care of yourself, it is hard to take care of someone else. You might already have an exercise that you love, maybe a team sport like football or soccer, or maybe you just enjoy a quiet walk. Whatever you're doing to stay healthy keep it up!

## WELCOME JESSICA

### FAU INTERN

Hello, my name is Jessica Emmanuel and I am excited to be one of the interns here at AACY. I am originally from Miami, but currently reside in Deerfield Beach. At this moment, I am an FAU student with a major in Social Work and a minor in Theatre. I love Arts and enjoy performing. During this internship I am ready to learn from each Family Specialist and give my all; hopefully I can learn the CYP ropes as quickly. During my free time I love watching television, networking, swimming, relaxing and also participating in a comedy special with my close



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

friends and thank you for having me.

## WELCOME STEPHANIE

### FAU INTERN

Hi my name is Stephanie! I am currently completing my Masters in Social Work at Florida Atlantic University and I am the newest intern here at AACY. I have a strong passion for helping to empower and support the youth in our communities of Palm Beach County, and I am very humbled and excited to be here at AACY! In my spare time I enjoy bike riding, reading, and volunteering. I look forward to all that I will learn here and am so thankful for this opportunity working with youth caregivers.



## QUOTE

**You are**  
*Stronger*  
**than you seem,**  
*Braver*  
**than you believe, and**  
*Smarter*  
**than you think you are.**

Sincerely,  
Gerry Fallon  
Editor  
American Association of Caregiving Youth

