



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.

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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

www.kidsarecaregiverstoo.com

Bookendcaregivers.web.unc.edu



Join Our List

Issue: #129

January 2019

Greetings!

Unlike today, when I was younger, there were always a few seesaws at the park. It was a great way to experience balance! Life is like a seesaw so you learn balance in other ways. Focus on your priorities as you juggle school, caregiving and your life. Be



flexible and make adjustments in your life seesaw! Then, as life changes, you will find balance and soar in a

healthy ways, even with happenings that are beyond your control!



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

COLLEGE DAY

The start of the new year means many things. However, for you seniors it means one thing: graduation is coming and so is college or other challenges!

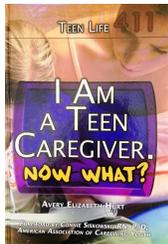


January 4th, was a day at Palm Beach State College listening to a very informative presentation from Leslie Cornwell, of the George Snow Scholarship Foundation, about applying to colleges scholarships and filling out our financial aide forms. This type of workshop is so important because it helps you have a more successful start in your secondary education.

CARNIVAL

Thank you so much to the Boca West Children's Foundation for inviting us to the Carnival! We had such a great day! Whether it was flying down the zip line, learning to drive in the bumper cars,

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.

ARE THERE ANY VETERANS IN YOUR FAMILY?



Palm Beach County has services that might be of

playing games or snacking on some tasty treats, it was a wonderful time! It was a great chance for you to have a fun afternoon with friends and just be kids!



MOVIE

Friday December 28th was so fun! Thank you so much to Mrs. Carolyn B who treated CYP kids to a movie. Not just any movie, but the Sequel to Mary Poppins! The experience was extra special in the luxury new Premier Cinemark on Airport Road in Boca Raton. Everyone reclined in their seats, and snacked on popcorn, candy and a soda. THANK YOU!!!



CAREGIVING YOUTH PROJECT

January's Lunch and Learn sessions focused on Alzheimer's Disease and Dementia. Many youth caregivers in the CYP provide care to a loved one with memory related problems. Our Skills-Building groups are beginning again to help you build self-esteem, plan for future goals, communicate better, and learn how to manage the challenges and stress associated with youth caregiving. We are planning some exciting events in the upcoming months so stay tuned for announcements made by your Family Specialist!!

MIDDLE SCHOOL



CONTINUING CARE

The Caregiving Youth Project in partnership with Soroptimist International is planning a workshop "Dream It, Be It" to help empower our female high school students. The workshop will be held on February 9th. If you are interested please call Brenna at 561.391.7401 or speak to your Family Specialist at school. As a reminder, scholarship deadlines are coming due. Help is available if needed!!

THIS MONTH'S SCHOOL SPOTLIGHT

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 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](#)



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 who are supported in their caregiving roles are more likely to attend school, get good grades, know they are not alone and most importantly, graduate!

The staff at Lantana Middle School(LMS): Fred Wilson (Assistant Principal), Decarla Boggs (6th grade/7th grade A-K School Counselor) and Mrs. Iris Santiago (Secretary) all help to provide exceptional success with Caregiving Youth. The staff has created a welcoming atmosphere consisting of space to meet with active and future CYP students, being proactive with informing students about various Lunch and Learns themes, helping with coordinating groups, and providing referrals for students in need of CYP services. The staff at LMS complete these duties with smiles on their faces. Thank you, Mrs. Boggs, Mrs. Santiago, and Mr. Wilson, for your commitment, patience, promptness and willingness to assist CYP, so your youth caregivers succeed.



MICHELLE'S CAREGIVING TIPS

Hi CYP Members,

Have you ever walked to a room in your home and once you arrived forgot why you even went in there, or called a friend to tell them something and then forgot why you called? Sometimes forgetting can be irritating! What happens when you begin to forget things every day, and certain tasks that once seemed easy? Even using your phone becomes more and more difficult! This is often due to diseases called dementia and Alzheimer's. Luckily, as a teen, this is something you won't have to worry about, but maybe you have an older adult you take care of who does.



Alzheimer's disease is a condition that permanently affects the brain in older adults. The disease gets worse over time and sometimes may even cause people to forget the names and faces of the people they love dearly.

How can you help someone who has dementia or Alzheimer's? It is important to be as patient as possible. It can be very upsetting when someone forgets, especially if they forget your name or who you are. One day might go very well where they remember a lot and the next

day might be very different. Make sure to communicate with someone you trust if you are worried, angry or sad. Speaking about your concerns can relieve a lot of stress. If you want to know more about Alzheimer's disease or other illnesses, make sure to visit your Family Specialist at the Lunch and Learn table at your school!



Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying,
"I will try again tomorrow."

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

