



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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[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: #133

May 2019

Greetings!

Only a few more school days this year - what does that mean for you? For many, it may mean more caregiving time...so, how do you make your summer most enjoyable and be without summer slide? One way is share one personal and one academic goal with your Family Specialist. Then, as we are in touch with you during the next weeks, let us know how you are reaching even small successes along the way. We will join with you in celebration!
#strongertogether #nosummerslide



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

CAREGIVING YOUTH PROJECT

Middle School

Congratulations to our 8th grade students moving on to high school in the Fall. The CYP is in multiple schools throughout the County so please make sure to let your Family Specialists know where you will be ATTENDING high school.

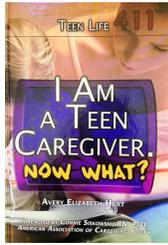


We are preparing many fun events over the summer for you so please make sure to call the office 561-391-7401 if your address or phone numbers have changed.

Continuing Care

Class of 2019...Congratulations to all of our seniors who have graduated!! Your hard work and perseverance has paid off. Good luck to those of you going onto college, the military or entering the workforce. If any family needs assistance during this transition time, please call our office (561.391.7401) to learn about available resources for adult caregivers.

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 assistance to your family. [Learn more here](#)

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 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!

Olympic Heights Community High School's counselor, Ms. Lima has been of great help to the Caregiving Youth Project's Family Specialist during the monthly visits to the school. She is always welcoming, warm and ready to assist our Family Specialist whenever there is a need. Ms. Lima, along with the amazing Student Services staff, are outstanding individuals who have a very good rapport with the students. Ms. Lima and staff are very helpful: with arranging group meetings, scheduling locations, student referral to our program and linking our Family Specialist with the appropriate school personnel as needed to ensure quality of care for our Caregiving Youth. The staff members at Olympic Heights Community High school are true supporters of AACY, and for that we would like to recognize you all by extending our most sincere appreciation. Thank you for all that you do!



MICHELLE'S CAREGIVING TIPS

Hi CYP Friends!

Did you see your Family specialist this month at group or Lunch & Learn? If so, you may have learned about Lupus. Lupus is a disease that is caused when your body's immune system attacks its own organs and tissues. Lupus affects all different parts of the body including the brain, heart and kidneys. If you know someone who has Lupus you know that it can be a painful and tiring illness to deal with.



Once you are aware that someone you know has Lupus, how can you help them? There are many ways to help those you know struggling with this illness. According to the National Resources Center on Lupus one of the best ways to help is to educate yourself. The center also suggests creating a care plan and having open communication.

I believe these awesome suggestions could be helpful to any caregiver providing assistance to a family member with an illness. Learning more, communicating, and having a plan with other supportive services in place will help both you and your care receiver.

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. 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.

Check it out

For more tips on supporting yourself as well as your care receiver, speak with your Family Specialist, check out our website AACY.org or contact our office at (561) 391-7401!

COMMUNITY PARTNERS - PALM BEACH COUNTY PROJECT LINUS AND HIBISCUS GUILD OF PALM BEACH COUNTY

This month each new student in our program received a handmade quilt or blanket from Palm Beach County Project Linus or the Hibiscus Guild of Palm Beach County. Thank you to all the volunteers who spent countless hours making these blankets for our youth caregivers!



SUMMER CAMP TREASURE

Look for your invitation

Hey students, please be on the lookout for the Summer Camp Treasure reunion mailing. If you have attended Camp Treasure in the past, save the date and join us on the 16th of July for Summer Camp Treasure! We have an action packed fun day planned at FAU. Please call Luke at the office 561-391-7401 to reserve your spot today!



SALES TAX HOLIDAY

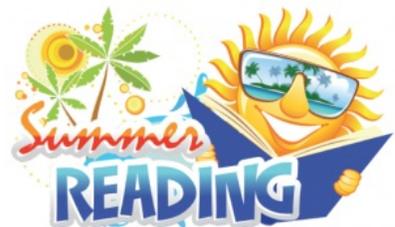
The Florida Legislature has approved two sales tax holidays for 2019: a tax-free period for disaster preparedness supplies that will start at the end of May and a back-to-school tax-free period in August.



SUMMER READING

Visit your Local and County Library

Don't forget to visit your city or county library this summer. They offer wonderful reading programs, where you can earn free tickets and prizes and much, much, more, check it out! www.pbclibrary.org



Reading can help prevent summer slide!

WELCOME PAM

Chief Operations Officer

Pam Perrin joined AACY on May 1st. Pam, previously worked at the George Snow Scholarship Foundation. Please introduce yourself when you see her at the caregiving youth events.



QUOTE

"Success is not final; failure is not fatal: It is the courage to continue that counts."

Sincerely,
Gerry Fallon
Editor

American Association of Caregiving Youth

