Dear CYP students,

We try hard to hide our fears; yet, the uncertainties of the pandemic and changes in our lives, including with school, can increase our anxieties. Fear keep away is a HUGE challenge! We try hard to hide our fears; yet, the uncertainties of the pandemic and changes in our lives, including with school, can increase our anxieties.

The building up of fear before taking a big test or even meeting someone new, seems silly when the test is over, or you have made a new friend. There was really nothing to be anxious about or afraid of that you couldn't manage!

Each time we overcome fear, let's learn from the experience and make 2021 a year of fearing less!

November Activities

November was full of smiles!

Our furry friends at Lion Country Safari were super excited to see all your faces during the drive-thru portion of the park! Who was able to spot all the hidden animals amongst the trees? Although some were napping, others were very easy to spot, like the giraffes, zebras, and monkeys waving hello! We
hope you learned some interesting facts about these majestic animals, such as a group of lions, are called a pride!

Trivia at Loxahatchee Grove Park was surely interesting! What was your favorite trivia question? There was definitely a friendly competition going on between the Powerful Team and the Nukes! After battling out for a while, the Nukes were crowned winners, but no worries, everyone got prizes for trying their best!

Wasn't that Thanksgiving Sugar Cookie Class so much fun! We all knew that you were going to get very creative in decorating your cookies with vibrant colors and sprinkles, but whoa, were we taken back by how amazing your cookies came out! You all were natural bakers, mixing the dough and using the colored dye to make your own unique colors!

These events aren't possible without the support of our awesome staff members, volunteers, and donors!

Thank you!

Jessica Payano
Youth Activities / Events Manager

Sign up early for our next events so you won’t miss out on the fun!

Thank You St. Paul Lutheran Church and School in Boca Raton

Thank You St. Paul Lutheran Church and School in Boca Raton

This month we thank the members of St. Paul Lutheran Church and School in Boca Raton. Initiated by its Outreach Ministry, donations supported Thanksgiving meals prepared for many AACY families by Stallone’s Italian Kitchen in greater Boca Raton. The meals were then delivered to Caregiving Youth at home by AACY staff and volunteers. It takes a community! We so appreciate the help and
Thanksgiving Baskets!

Special thanks to the employees of Call 4 Health who donated items and put together Thanksgiving baskets for our Caregiving Youth families. The baskets were delivered to nearly 50 families in Palm Beach County - lots of stuffing, potatoes, vegetables, plus fresh pumpkin pies and a gift card to purchase a turkey - all contributed especially for them! This all happened with the vision of Debralyn Belletieri, her friends who volunteered, our team, Avalon Bay, Allegiance Home Health and many support of all who participated in making a difference in many lives!
Become a Mentee!

AACY mentors are so helpful...for today and for your tomorrow! For example, Yazard whose mentor is Joe, has learned from him about business, investing and the importance of good study habits that has resulted in improvements in his grades and college testing scores! They have enjoyed activities including deep sea fishing - although we are not sure what Yazard caught! If you are interested in being a mentee, please let your Family Specialist know!

Caregiving Tips from Dr. Connie
Throughout the world, the health condition(s) of your family member(s) are different than those of the people your caregiving friend takes care of.

Yet, the way caregiving affects your lives are very much the same!

This month AACY is encouraging you to follow the steps in **LEAD** to help you be the best caregiver you can be!

- **L**earn all that you can about the health condition(s) of your family member; always use a trusted resource
- **E**ducate others in your family, including your care receiver, about the health condition; knowledge is power
- **A**sk your AACY Family Specialist if there is something you don't understand; asking for help is a sure sign of strength
- **D**iscover and use available resources to help you in your caregiving journey; assistance from within your school, the community, or through AACY.

If you are unsure of the name of your AACY Family Specialist, call our office (561.391.7401) or our 800 # (800.508.9618) which you can call 24/7 and the person who answers will make sure we receive your message.

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**School Recognition | November School Spotlight: Loggers Run Middle School**

This month, Loggers' Run Middle School's counselor, Ms. Balais gets many kudos from AACY. She has always gone above and beyond to assist with the identifications of Caregiving Youth and working collaboratively with our team, especially with our Family Specialist, Mrs. Amoy. Her help this academic school year has been steadfast to overcome the challenges students are facing because of the pandemic. Adjusting to virtual learning as well as losing the day-to-day social interactions with their peers, AACY Family Specialists and other school personnel. Through it all, Ms. Balais has shown her dedication, and patience. She even helped initiate a new way to reach our AACY youth to get them the help they need and keep us all connected. A big thank you Ms. Balais!
Meet Jordan Hernandez, a Boca Raton High School Teacher who interviewed Connie for his podcast. Thank you Jordan for providing this perspective from your eyes, how wonderful to recognize caregiving youth and thank them for all they do.

U.S. CAREGIVING YOUTH BILL OF RIGHTS
Remember us in December!

Did you know that Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the
Please consider signing up for the American Association of Caregiving Youth, as you do your shopping.

AmazonSmile is the same Amazon you know. Same Products, same prices, same services.

Support AACY by selecting us as your charitable organization. Sign up today at https://smile.amazon.com

Sincerely,
The AACY Team
American Association of Caregiving Youth

Quick Links

American Association of Caregiving Youth
American Psychological Association
America's Promise
Generations United
National Alliance for Caregiving
National Multiple Sclerosis Society
Guide to Alzheimer's Disease
UK Young Carers Initiative
Caregiver Action Network
www.bam.gov
www.netsmartz.org
www.afateens.org
www.kidsarecaregiverstoo.com
Bookendcaregivers.web.unc.edu

DO YOUR PART
We know COVID has changed our lives, and at times that can be hard on you. But remember to do your part, wear a mask, wash your hands often, and social distance. Together we can get through this!
HOLIDAY TOY DRIVE THANKS!

Many thanks to all who donated to the Holiday Toy Drive!

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 forward to I Am A Teen Caregiver. Now What? by Avery Elizabeth Hurt. Available on Amazon now or ask your school librarian.

POISON HELP 1-800-222-1222

Professionals on this free hotline can answer your questions about medications you are giving, including "Have I given too much or too little?"
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.

Check it out

ARE THERE ANY VETERANS IN YOUR FAMILY?

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

Another resource is VeteranAid.org. Which offers detailed information on a Veteran's pension benefit called Aid and Attendance (A&A).

If a Veteran requires assisted living care in a community or at home, A&A 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.