Caregiving Youth Project Newsletter
The Caregiving Youth Project (CYP) 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.

Visit our Website

A Note from Dr. Connie
Connie Siskowski, RN, PhD, AACY President and Founder

Dear CYP Students,

It is with great expectation and perhaps even with a little fear that you are soon to wrap up this school year. If you have experienced some virtual learning challenges, please boldly take advantage of catch up opportunities...you will feel stronger and glad that you are doing something smart for yourself both for today and many tomorrows! See you soon at summer fun activities!

The AACY Office will be closed on Monday, May 31 in observance of Memorial Day. We wish everyone a safe, and happy long weekend. Thank you to our heroes who made the ultimate sacrifice.
Recognizing Mental Health Awareness Month in May

In honor of May and Mental Health Awareness Month, our AACY Staff "Got Their Green On"

For 2021’s Mental Health Awareness Month, the National Alliance on Mental Illness (NAMI) continues to amplify their message: “You Are Not Alone.”

If you or a loved one may be coping with mental health issues, AACY wants you to know: you are not alone.

Call the NAMI Helpline at 800-950-NAMI; email: info@nami.org; or in a crisis, text "NAMI" to 741741.

You can always also contact your CYP Family Specialist at 561.391.7401.

Save the Date for June 11 CYP High School Graduation Celebration

We are so excited to celebrate our CYP Class of 2021! All you CYP graduating high school seniors are invited, along with two guests, to join us for a special celebration on Friday, June 11, from 4:30 to 6:30 p.m. at the Advent Lantana Hall in Lake Worth.

Please RSVP by June 1. We can’t wait to see you and celebrate this special milestone with you!

Monthly Word Scramble!

I guess we stumped you with this one (below) in April!! So let’s try again. :) Be the first to email the correct response to Kelly kelly@aacy.org and win a $15 Gift Card, when you unscramble this phrase: tcnihdareniena

Good Luck!

Activities Recap and Preview

By Gaby Alvarez, Activities Manager

May was a month filled with firsts; fun; and surprises. We hosted CYP’s first ever two-
Featured Community Partner:

AACY wants to recognize the good work being done by our neighboring partner, Healthier Boynton Beach (HBB)!

Led by Project Director Ricky Petty, the HBB mission is to inspire, support and improve the lives of caregivers in the heart of the Boynton Beach community.

AACY was pleased to participate with HBB and other partners, for their recent Let’s Move: Commit to Change Physical Activity Challenge. As a result, the HBB team came in fifth place among 400 participating groups, and helped to accrue one million minutes of movement in Boynton Beach. WOW!

Thank you Ricky and HBB for all that you are doing to recognize and support caregivers in Boynton Beach!

**REMINDER**

Please submit your Community Service hours to your Family Specialist for the work you do at home! Click here to complete the form.

Preparing for Hurricane Season

Hurricane and storm preparation tips to keep you, your loved ones, & your home safe:

- **STAY INFORMED!**
- Prepare an emergency kit (flashlight, portable radio, extra batteries, non-perishable food, bottled water, cash, blankets, clothes & toiletries).
- **Power up your cell phone, iPads, etc., test your generator & fill car’s gas tank.**
- **Identify a shelter room** (enclosed area on first floor of home, in central part of the house with no windows.) Avoid all windows & doors until storm passes.
- Secure the exterior of your home (bring patio furniture, plants, etc. indoor).
- **Install storm shutters** on windows, doors and skylights.
- Move your cars to higher day **VIRTUAL Camp Treasure** on April 30 to May 1.

The 49 sixth and seventh grade campers enjoyed activities like painting their own unique plant pot, tie dying a facemask, (see the photo above) creating a treasure box, doing yoga, and interacting with other caregivers to gain a sense of togetherness.

On May 7th we held our first “USA Caregiving Youth Connect” event via Zoom. It was so great to connect with those of you who joined us, both locally and around the United States. Thank you to event partners: Camp Corral, Hope Loves Company, Kids Are Caregivers Too, and our awesome Youth Ambassadors Charlie and Kaylin!

We launched our CYP Alumni Program in May, and on May 27th held our first Alumni Event via Zoom (see the picture of the group below)! It was wonderful to reunite, share and hear stories, and present results from the Alumni Survey. Stay tuned for our next CYP Alumni Event!

Looking ahead, we are excited to honor and celebrate our 2021 CYP graduating high school seniors on Friday, June 11.

Be sure to follow us on Instagram @caregivingyouthproject and share our posts.

All invitations for events and activities are sent via text so please sign up when you receive that invite text, as spots are limited!

If you believe your parent/guardian or you are not receiving these texts, email Gaby@aacy.org or call 561-362-2532 to be added to the list.

We hope to see you at our next event!

Featured School: Conniston Middle School

From our Family Specialist Gloribel Jimenez, MSW, RCSWI:

“I would like to recognize Ms. Danielle Hernandez 6th grade school counselor and AACY contact from Conniston Middle School for her dedication to our Caregiving Youth.”
Despite this year being different due to the pandemic, Ms. Hernandez was very responsive with emails and calls in order for me to be able to complete check-ins with students as well as the 6th grade questionnaires to help us identify Caregiving Youth in her school.

When I come on campus Ms. Hernandez is very welcoming and makes sure to assist family specialist with whatever is needed.”

Thank you Conniston and Ms. Hernandez for your support of AACY youth (including Marely and Alexia pictured below, proudly displaying their Skills Building Certificates of Completion)!

Recycle Old Ink Cartridges

When you recycle your old and/or used ink cartridges, Planet Green donates back to AACY!

Want to collect ink cartridges from family and friends? This is a great way to earn additional community service hours!

Please contact kelly@aacy.org for more information.

Thank you for your support!

Support AACY with AmazonSmile

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Please consider signing up for the American Association of Caregiving Youth (AACY), as you do your shopping, and thank you for your support! https://smile.amazon.com