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 BRAND NEW WEBSITE!

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

Dear CYP Students,

In recent days I've had the chance to spend some precious time with family in Florida's panhandle. I am trying hard to get back home but the plane doesn't fly without a pilot! Just like with caregiving, often the situations that come up and interfere with our plans are beyond our control! Life happens! How we use a gift of time and be flexible in our responses is up to us. Taking some deep breaths and letting go of something I can do nothing about is my choice; what is your response when life happens beyond your control?

AACY’s Updated YouTube Channel!

Be sure to check out our updated YouTube channel like our videos, and follow us on all of our Social Media! Links are all found below. We appreciate you "liking", "following", and "sharing" all that we do here at AACY and the Caregiving Youth Project (CYP)!

Successful Mentor/Mentee Matches!

Our Family Specialist Autumn Rogers-Vazquez, MSW was thrilled to share two of her recent Mentor/Mentee matches that she helped to facilitate.

Glara (featured bottom left) is entering 11th grade. She is excited to plan an upcoming trip to an art museum with her mentor!

Bottom right is Breyana, who is headed into 10th grade, who recently met her mentor, Emmanuela. They are looking forward to trying new adventures together including an upcoming fishing trip!

AACY is so grateful to all our mentors, who make such a difference in the lives of our Caregiving Youth!
Welcome New Family Specialist, Vania Astudillo, MSW

Hi everyone! My name is Vania and I have recently graduated from Florida Atlantic University with my Masters in Social Work. I obtained my Bachelor’s degree in Political Science, and I am extremely interested in policy change and in the future, any macro work that I could do in order to help the community.

I previously interned at AACY, so I am thrilled and honored to be back to a familiar environment. During my free time, I enjoy being in the outdoors, remaining active, and traveling.

I look forward to contributing to AACY and being a part of this incredible team.

Welcome New Care Manager, Alessa Loor

My name is Alessa Noely Loor. I was born in Ecuador and moved to Colorado with my sister and mom at a young age. I graduated from Metropolitan State University of Denver in 2020 with my Bachelor’s degree in social work.

After living in Colorado for most of my life, I was ready for a different scenario, which brought me to Florida. Everything around Florida is new to me. I cannot get enough of this weather and the beach! Therefore, you will find me being a beach bum on my days off or exploring a new restaurant (they are endless here!).

I talk too much for my own sake, but I love making meaningful connections with individuals and my community. During the last two years, I have had the chance to do innovative work with several non-profits advocating for domestic violence and human trafficking survivors. Advocacy work was only the start of my career. It has opened my eyes to a world that needs more people like us who are ready to change and impact our communities.

Deciding to go into social work was a no-brainer for me. I love putting myself in a space where I can serve others. When I’m using my skills and knowledge to empower individuals around me, those are the moments that bring fulfillment to my life. We are all brought into this world with purpose, and serving others is mine.

Words aren’t enough to express how grateful I am to be a part of the American Association of Caregiving Youth. There is nothing more important than empowering our next generation!

Win a $25 Gift Card!

Activities Recap and Preview

By Gaby Alvarez, Activities Manager
This phrase has not been unscrambled for THREE months now!

Be the first to email the correct response to Kelly kelly@aacy.org and win a $25 Gift Card, when you unscramble this phrase:

tcnihdareniena

Good Luck!

Featured Community Partner: Villa Rosano

AACY is grateful to Villa Rosano in Boca Raton for donating delicious food for our graduation celebration, held in June!

We could not do all that we do without our wonderful, supportive partners in the community.

Thank you Villa Rosano for being one of AACY’s partners!

Thank You for Your Support for Surfside

Thanks to the generosity of many, we were able to donate $405 and dozens of articles of clothing, bedding and toiletry items, to the survivors of the terrible tragedy at Surfside in Miami.

Next, we headed to Morikami Museum and Japanese Gardens also in Delray Beach! Our kids had an amazing day, and we learned about the Japanese culture, explored natural trees and made new friends. It was great to see the happy faces!

Later in July we dove into some more water fun, at Coconut Cove Water Park in Boca Raton! The weather cooperated once again, and it was a great way to cool off on another hot, sunny day! Our kids had so much pool fun, went down the slides, relaxed at the lazy river (see photo below) and enjoyed snacks/pizza!

Finally, to close out the month, we will host an action-packed, Family Field Day at John Prince Park in Lake Worth, on Friday, July 30th. There are many activities planned, along with plenty of food, and maybe even some surprises! I can’t wait to share pictures with you all next month.

Keep your eye out for more of these fun activities and when they will be happening. The invitations for upcoming events are sent via text so be sure to sign up when you receive that invite text, as spots are limited!

Remember to follow us on Instagram @caregivingyouthproject to like/share our posts!

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

We hope to see you at our next event!
Prepare for Hurricane Season

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 ground or park them in your garage against the garage doors. DO NOT PARK under trees, power lines or in low-lying areas.
- Unplug appliances & move away from exterior doors and window openings. Store in cabinets or interior closets.
- Make a plan (if evacuation becomes necessary). Select a common meeting place or single point of contact for family members. Be sure to plan for pet(s) too.

Don’t Miss Out on FL Back to School Sales Tax Holiday!

Don’t miss out on Florida’s Back-to-School Sales Tax Holiday which kicks off this Saturday, July 31 through Monday, August 9. During this time,

Caregiver’s Corner

By Rachel Viselman, MA Behavior Health Care Manager

Hello everyone!

This month in Caregiver’s Corner, we discussed healthy habits, self-care and enhancing our personal wellbeing. A highlight of our weekly support group was creating stress balls together (see the picture below! PS don’t squeeze TOO hard, we learned the hard way LOL)

For anyone who missed this activity, the steps are as follows:

1. Find an empty water bottle, remove the cap
2. Cut the bottle along the line above the plastic wrap. The top of the bottle will become your “funnel”
3. Attach a balloon to the top of your water bottle funnel
4. Put about a pinch of rice at a time into your funnel and watch as it falls into your balloon
5. Repeat step 4 until you are happy with the size of your balloon and able to feel the rice texture through the balloon
6. Use a marker or sharpie to decorate your balloon stress ball to your liking
7. Whenever you are feeling stressed, sad, frustrated, etc., use this stress ball

As we transition from summer break into a new school year, self-care is important! Do something that makes you smile today and every day. We at AACY, and, specifically in Caregiver’s Corner are here to support you!

“Let your smile change the world! Never let the
Qualifying items will be exempt from tax. Here’s everything you need to know!

**Clothing and accessories**
*No tax is due on the purchase of the following items $60 or less:*
- backpacks
- baseball cleats
- diapers and diaper bags
- raincoats, hats, and ponchos
- gym suits and uniforms (work, school, and athletic)
- sleepwear
- graduation caps and gowns
- jeans
- dresses
- lab coats
- leggings
- ties
- fanny packs
- shawls and wraps
- baby clothes
- bowling shoes
- leotards
- suits, slacks, and jackets
- sweatbands

*Doesn’t include:* jewelry, briefcases, fishing boots, swimming masks, or sunglasses.

**School supply items**
*No tax is due on the purchase of the following items $15 or less:*
- binders
- crayons
- scissors
- poster boards
- lunch-boxes
- notebooks
- pencils and pens
- notebooks
- folders
- highlighters
- construction paper
- staplers and staples
- rulers
- calculators

*Note: Doesn’t include:* masking tape, printer paper, or white-out.

**Computers and accessories**
*No tax is due on the first $1,000 of the sales price for the following items:*
- computer cables
- computer batteries
- data storage devices
- keyboards
- scanners
- printers and cartridges
- speakers
- tablets
- web cameras
- docking stations
- modems
- monitors
- headphones
- ink cartridges
- hard drives
- electronic book readers
- blank CDs
- software (antivirus)

Doesn’t include:
- dental floss
- toothbrushes
- toothpaste
- contact lenses
- contact lens solutions
- hearing aids
- eyeglasses

Enjoy the last couple weeks of summer!

Ms. Rachel

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**Featured School: South Tech Academy**

*From Autumn Rogers-Vazquez, MSW, AACY Family Specialist:*

“The team at South Tech Academy including, Ms. Franco, the point of contact; Ms. Devine, Ms. Turenne, Ms. Merrigan and Ms. Kurtz is a team I am very thankful to have who supports our organization in the school.

When I first met with them they were so excited to provide anything that was needed to help our mutual students excel in school and use our resources from the Caregiving Youth Project (CYP).

Although this year was challenging with less than half of all CYP students in person and most learning virtually, Ms. Franco made it possible for me to include all the virtual students in meetings and activities by setting up a Google Meet and smart board so that we could communicate together.

Thank you to the women at South Tech Academy who really care about their students and recognize that what we do at AACY is so important.

I am beyond touched for how welcoming and supporting they have been from the beginning to the end of the school year, and I look forward to impacting more lives together in the upcoming school year.

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**Support AACY with AmazonSmile**

Did you know that Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice?

Please consider signing up for the American Association of Caregiving Youth (AACY), as you do your shopping, and thank you!
Doesn’t include: regular batteries, smartphones, computer bags, game controllers, fax machines, or furniture.

For a full list of exempt and nonexempt items, click here, or Call or email Palm Beach County Vice Mayor Robert Weinroth’s office if you have questions or need assistance at: 561.355.2204 or rweinroth@pbcgov.org.

Back to School Tips

Here are 12 helpful back to school tips to make saying goodbye to Summer a little bit easier!

Recycle Old Ink Cartridges

When you recycle your old and/or used ink cartridges, you not only help the environment, but you support one of AACY’s many initiatives!

When we mail in those 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!

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

Facebook  Instagram  Twitter  LinkedIn  YouTube

CONNECT WITH US!