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,

Perseverance, patience, peace are words that are repeating in my mind during these unusually challenging times. Perseverance to never give up; patience with ourselves and others whose values may differ from our own; and peace in knowing we are doing the best that we can in whatever circumstance we are in. Together we can do this and make this school year and all the days ahead, the best they can be!

AACY’s Updated YouTube Channel!

Be sure to check out our updated YouTube channel! subscribe to the channel, like our videos, and follow us on all of our Social Media (see all our links below!) We appreciate you “subscribing,” “liking,” “following,” and “sharing” all that we do here at AACY and the Caregiving Youth Project (CYP)!

Congratulations to Amoy Gordon!
Amoy Gordon, MSW, pictured here on the far left, with some of our 2021 CYP Graduates, and AACY President and Founder Connie Siskowski, RN, PhD (far right)

We are proud to announce that Amoy Gordon, MSW was promoted from within to become our Caregiving Youth Project Director!

Many of you will recognize her from your schools - you will still see her and can still connect with her at any time. Now, instead of a few schools, she will be working with all the CYP schools!

"Amoy has made a difference in the lives of many Caregiving Youth and their families during her tenure with AACY that began in July of 2017," said Connie Siskowski, RN, PhD, AACY President and Founder. "We are thankful for her caring and leadership abilities!"

According to Ms. Amoy, "It is exciting being the new CYP Director! AACY is like family and it feels great being a part of a solid team. I look forward to the continued support and work with our amazing Caregiving Youth and their families."

Congratulations Amoy on this well-deserved promotion!!

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Win a $25 Gift Card!

This phrase has not been unscrambled for FOUR 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!

Welcome New Family Specialist, Tammy Melendez!

Activities Recap and Preview

By Gaby Alvarez, Activities Manager

August was a month filled with so much fun & activities. We finished July strong with our AACY Family Field Day at John Prince Park in Lake Worth (it was great to see so many of you there!)
AACY is pleased to welcome Tammy Melendez, MS, RMHCI as AACY's newest Family Specialist! She will work with students in Pahokee Middle and High Schools and Lakeshore Middle School.

Tammy is a Summa Cum Laude graduate of Argosy University in Atlanta, Georgia, earning her Bachelor's degree in Psychology. She earned her Master's degree in Counseling from Nova Southeastern University, where she graduated Magna Cum Laude.

Tammy is a member of Psi Chi the International Honor Society in Psychology.

"I have always wanted to work with individuals in a helping manner, although I never knew exactly in what capacity until I started gaining experience in the human services/mental health fields," said Tammy.

"I started working as a Dependency Case Manager, Targeted Case Manager, Non-residential Counselor, and Senior Mental Health Practitioner. It was while working in these fields that I obtained a passion for working with children, teens, and young adults."

Tammy is married with two adult children, and three bonus teenage children. She is also a dog mom to two small dogs who "are more of a handful than our human children." Tammy has a passion for cooking and baking, and recently began making beaded jewelry.

"I look forward to working with the families that we serve, as well as working with each and every individual at AACY."

Welcome to the AACY Team, Tammy!

We had snacks, cotton candy and snow cones; competed in a sack race and hula hoop contest; enjoyed arts & crafts; and there was even a Reptile Show! Thanks to all the families, sponsors, volunteers and staff that made this event possible.

Through the month of August, we focused our efforts to bring back to school supplies to those families who participated in the Back-to-School Bash sponsored by Spirit of Giving. These supplies included shoes (see the Featured Community Partner below), backpacks, school and cleaning supplies, and personal hygiene products.

Also in August we had two Movie Nights featuring new releases, via Zoom: Space Jam: A New Legacy and Paw Patrol: The Movie. Both were crowd favorites and families enjoyed that time together.

On August 28th and 29th, families ventured to loan Depot Park and took in a Major League Baseball game! Thanks to our partnership with Miami Marlins, we received complimentary tickets, which were distributed to interested families. The feedback we received was amazing! What a great opportunity for our Caregiving Youth!

Looking ahead to September we will host our Family Feud Game Day on September 7th at 12pm via Zoom. And, we still have some Marlins tickets for the September 18th and 19th games.

Also, we will begin to accept Camp Treasure applications for sixth and seventh graders. We have 40 available spots for overnight Camp Treasure which will be held on October 29th and 30th at Everglades Youth Conservation Camp.

Keep an eye out for more details on all of these fun activities! 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!

Also remember to follow us on Instagram as @caregivingyouthproject and like & share our posts. We also post photos from all of our recent events on our website!

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!
Our Volunteer Manager, Amanda, organized a fun Mentor/Mentee event at the Palm Beach Zoo in June!

We are always looking for mentors to build a special bond with our Caregiving Youth. Please contact our Volunteer Manager Amanda Levine: amanda@aacy.org, if you or someone you know is interested in learning more about this unique and important volunteer opportunity. Thank You!

Did you know there is a special day to celebrate our left-handed friends?

Recycle Old Ink Cartridges

When you recycle your old and/or used ink cartridges, you not only help the environment, but you help 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 caregivers?

Want to go to a baseball game? 
Free Tickets Available!!!!

MIAMI MARLINS

Caregiver's Corner

By Rachel Viselman, MA Behavior Health Care Manager

As we all transition back to school in-person, it is important to not only focus on physical health, but mental health as well. For many of you, this is a big transition!

It is okay to feel whatever it is that comes with this change, whether that be happy, nervous, sad, scared, etc. I encourage you all to look out for your peers and take a few minutes each day to focus on yourself.

Watch your favorite TV show, listen to your favorite song, call a friend, take a bath, exercise, or focus on your breathing. Remember that the staff at AACY is here to help however we can as you embark on the new school year.

If you are struggling to adjust or think you would benefit from talking to a counselor, please call me at 561-320-8268.

“Every day may not be good, but there is something good in every day”…what was good for you today?

Featured Community Partner:
In Jacob's Shoes
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

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 for your support! https://smile.amazon.com

A reminder: please submit your Community Service hours for the work you do at home!

If you have any questions, need more information or help to complete the form, please contact your Family Specialist.

By looking at this photo, you may THINK it is a shoe store but you would be wrong! AACY is SO grateful to In Jacob's Shoes and Maddy Chusid for the more than 300 pairs of shoes we received for our Caregiving Youth, as part of the Spirit of Giving Back to School Bash!

Providing children in need the opportunity to walk with pride and go to school prepared and with dignity, In Jacob's Shoes was formed in loving memory of Jacob S. Zweig.

In Jacob's Shoes is a 501(c)(3) public charity which provides shoes, backpacks, school supplies and athletic gear to South Florida children in need.

Thank you to In Jacob's Shoes for your kindness and generosity!

ARE THERE ANY VETERANS IN YOUR FAMILY?

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

Another resource is VeteransVid.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.

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