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.

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

Dear CYP Students,

With the onset of the coronavirus, we have been on a roller coaster of circumstances and emotions we had never dreamed about! We continue to discover new ways of learning, of caring, and coping to manage situations beyond our control. Perhaps never has the saying "a day at a time" been more meaningful! We have the opportunity to appreciate each day! We can strive to live every day learning from our mistakes - and for sure we all make them! Let us do the best we can for ourselves and for those in our care. We can do this! Bring on 2022!!

MENTOR OPPORTUNITIES

Activities Recap & Preview

By Gaby Alvarez, Activities Manager

December was a month of festivities, learning, fun and happiness while spending quality time with the families.

During the month of December, we provided a series of virtual workshops for our high school students. These webinars were provided in
Our Volunteer Manager, Amanda, organized a fun Mentor/Mentee event at the Rapids Waterpark!

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!

On December 30th, 1968, Led Zeppelin recorded live for the first time.

Within a year, they’d be big. Within two, they’d be huge. And within three, they’d be the biggest band in the world. But on December 30, 1968, the quartet of British rockers preparing for their fifth-ever gig in the United States were using propane heaters to keep themselves and their equipment warm while they waited to go on as the opening act for Vanilla Fudge at a concert in a frigid college gymnasium in Washington State. A few serious rock fans in attendance had at least heard about the new band formed around the former guitarist from the now-defunct Yardbirds, but if those fans even knew the name of this new group, they might not have recognized it in the ads that ran in the local newspaper. The Spokesman-Review of Spokane, Washington, ran an advertisement on this day in 1968 for a concert at Gonzaga University featuring “The Vanilla Fudge, with Len Zefflin”—a concert of which a bootleg recording would later emerge that represents the first-ever live Led Zeppelin performance captured on tape.

At the Financial Aid session, the participants learned how to fill out the FASFA and the different scholarship opportunities that local organizations and colleges have to offer. While at the Essay Writing Workshop the students were guided on how to properly write their personal essays for the different scholarships available.

Finally, the Scholarship sessions educated students about how to apply for scholarships and had their questions answered. With these series of virtual workshops, now you have a better idea of the college application process leading to the best outcome possible.

On December 18th we were part of the Boca Raton Bowl at FAU Stadium. Caregiving Youth along with their families received tickets and enjoyed a College Football Bowl game experience.

On December 19th the Safe Schools Institute was the scene of our Holiday Celebration. Our Youth and their families enjoyed the festivities, food & surprises and gifts. Even though we had to make some last minute changes to our plans, our volunteers and staff rallied together to make sure we could still have as much fun as possible, complete with food to take home and Good Humor ice cream. Thanks to all who made this possible including the Broken Sound Club, photographer Bob, PepsiCo and many other contributors.
Recycle Old Ink Cartridges

When you recycle your old and/or used ink cartridges with us, 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 and friends? This is a great way to earn additional community service hours!

Please contact dylan@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

Keep an eye out for more of these fun activities and when they will happen. The invitations for upcoming events are sent via email and text so be sure to sign up when you receive the invitation, as spots are limited!

Also remember to follow us on Instagram as @caregivingyouthproject and like & share our posts.

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!

CAREGIVER’S CORNER

By Rachel Viselman, MA, Behavior Health Care Manager

Hello Caregiving Youth,

I hope you all had a great semester, and your winter breaks are off to a relaxing start. To all those who celebrate, a Merry Christmas to you and your loved ones! The new year is a chance to reflect upon the past and make resolutions/goals for the upcoming year. Take a
We at AACY would like to take this opportunity to send a big "Thank You" to the Elks Club Lodge #2166 for donating 20 bikes for us to give away at our Holiday Party this year! We were able to give them all to Caregiving Youth who needed them and in addition to the bikes, the Elks Lodge also donated sporting equipment, balls, and accessories! We’re so thankful to Tito Young, Shirley Board, and Paula Buss for delivering the bikes and the sports equipment!

**College Prep & Scholarship Information**

It's that time of year, Juniors & Seniors! For many of you, College may be just around the corner, or perhaps you just want to get a head start? If you are interested in college prep, scholarship information, and more, please visit the scholarship page on our website or talk to your Family Specialist to find out what opportunities might be available to you.

I hope you all take some extra time for yourself during this break from school. You deserve it!

If you find yourself needing some extra support, please reach out to me or your Family Specialist at AACY.

“Count your rainbows, not your thunderstorms.”
- Ms. Rachel

**SCHOOL SHOUT-OUT**

A special shoutout to Ms. Carline Tabuteau, School Counselor, and Ms. Camille Bennett, Administrative Assistant, in the Guidance Department at Bear Lakes Middle School. Both have welcomed our program and helped facilitate many meetings with both students and staff. Ms. Tabuteau has welcomed our Caregiving Youth Project at Bear Lakes Middle School by introducing me to staff, providing a quiet place to meet with students, and helped juggle many students’ schedules. Ms. Bennett has made it easy for me to meet with students, made passes for students, and set up a secure “mailbox” for students to return “mail” to me. Wherever I go at Bear Lakes Middle School, the staff is friendly and welcoming and has referred students to us. Assistant Principal, Mr. Hightower, always checks in with me and supports our program. Our program at Bear Lakes was virtual last year. Those sixth graders from last year remain active in our program as seventh graders. Our large group of new sixth graders are ready to start meeting regularly and can’t wait to go camping with us in March. Principal, Dr. Kirk Howell, has set the tone at the school of both high academic achievement, high standards of behavior, and welcoming our Caregiving Youth Program in the school.

**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