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 NEW (AWARD-WINNING) WEBSITE!

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

Dear CYP Students,

As we close National Family Caregivers' Month, let's be thankful that Dr. Jill Biden hosted an event at the White House honoring Caregiving Youth who assist a Veteran. Hopefully this cracks a door open so one day you and all Caregiving Youth are recognized, regardless for whom you provide care! Courageously sharing your stories will help to further open the door for the support and recognition that you also deserve!

Word Scramble

This phrase was unscrambled by Ana M. nestnshiestahteu

Congratulations to Ana, as she guessed it: The Sunshine State. :)

Be the first to email the correct response to Dylan dylan@aacy.org and win a $15 Gift Card, when you unscramble this phrase (three words):

Activities Recap & Preview

By Gaby Alvarez, Activities Manager

November was a month of giving thanks and being together as a family to spend quality time.

We finished October with our famous tradition of Camp Treasure. With 31 campers from 6th & 7th grades along with CYP Staff and AmeriCorps volunteers, we spent the day at Everglades Youth Conservation Camp. We enjoyed activities like kayaking, fishing, archery and even a bonfire for s'mores.
MENTOR OPPORTUNITIES

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 November 30, 1876, Yale defeated Princeton, 2-0, in Hoboken, New Jersey in the first collegiate football game played on Thanksgiving.

Nearly 1,000 fans attended the game, played in cold, rainy weather. "The friends of both colleges mustered in good force," the New York Times reported. "Several carriages containing ladies were on the ground, and a goodly number of Alumni were there to cheer the contestants."

Recycle Old Ink Cartridges

On Friday November 12th we had our family friendly movie night with a premier of "Clifford: The Big Red Dog". Our youths and their siblings and family members enjoyed the movie and the feedback received was amazing and our families loved it.

Finally, for the month of December we will have our series of workshops for our High School Seniors & Juniors. In these webinars we will bring together resources to explain how to apply for financial aid, look for scholarships & grants and much more.
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!

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**Holiday Party**

Our annual AACY Holiday Party will finally be in-person again and will be held on Sunday, December 19th. Stay tuned for more information about seating times and additional details. Make sure you have RSVP'd, and if you haven't yet, please reach out to Gaby (gaby@aacy.org) for more information.

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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 for your support!

[https://smile.amazon.com](https://smile.amazon.com)

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**CAREGIVER'S CORNER**

*By Rachel Viselman, MA, Behavior Health Care Manager*

Hello Caregiving Youth,

I hope you all had a relaxing Thanksgiving surrounded by loved ones. While many individuals find the holiday season to be filled with joy and togetherness, others notice feelings of sadness for those who are not present. In those cases, keep them in your thoughts and look back on the positive memories you may have had with them.

Please know that it is normal to feel any emotions that come with the holiday season. Take advantage of some free time to take care of yourself. Exercise, participate in arts and crafts, watch a new television show, listen to some of your favorite music; make sure you take some time to do something you enjoy. You deserve it!

On behalf of the AACY staff, happy Thanksgiving and beginning of the holiday season. We are proud of everything you do!

Ms. Rachel

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**SCHOOL SHOUT-OUT**

A special acknowledgment goes out to Ms. Lima and the staff at Olympic Heights HS

Ms. Lima and the staff at OHHHS has always been so accommodating of our CYP program and our staff. Most recently, we underwent a staffing change, and the staff and faculty at Olympic Heights was very helpful to the new Family Specialist who took over as the CYP representative in the school. Transitions like this can be hard for the students, but also for our staff, and thanks to the team at Olympic Heights, this transition was made...
We at AACY would like to take this opportunity to send a big "Thank You" to Dilma Bennett whose congregation meets at the American Finish Club. Members and spouses of the newly formed "G-5" delivered 50 turkeys and gift cards to the Club and then church volunteers delivered them to Caregiving Youth families in need in the northern and western regions of Palm Beach County.

THANK YOU to all who made this possible to brighten the Thanksgiving Holiday for many!

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**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.

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**FREE SUPPORT AT YOUR FINGERTIPS, 24/7**

- Crisis Text Line
- Crisis Text Line
- Crisis Text Line
- Crisis Text Line
- Crisis Text Line

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](#)