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 (AWARD-WINNING) WEBSITE!

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

Dear CYP Students,

Life brings so many surprises—some terrific and some tragic. It is easy to celebrate the wonderful times—laughter and words just flow! The tragic times, and those circumstances that are challenging to understand, are not only tough to deal with, but sometimes we are at a loss for words. What becomes most important in our relationships is not always knowing exactly what to say, what is primary is being there. May we at AACY always be there for you, celebrating your accomplishments and just knowing we are in your back pocket, no matter what you are facing.

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)!

We Have A Winner! 
Activities Recap & Preview
This phrase had not been unscrambled in FOUR months!

Congratulations to Christine Y, as she guessed it: Dance in the Rain. :)

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):

nestnshsietatu

Good Luck!

WELCOME NEW TEAM MEMBER

Communications Manager Dylan Wilde

Hello,

I'm Dylan Wilde and I am happy to announce that I have joined the AACY team as the new Communications Manager.

I have a background in marketing and communications, having worked in marketing departments for corporations in Florida and nonprofit organizations in Colorado. Most recently, I served as an Independent Living Coach and RHY Navigator at a nonprofit organization in Colorado called Shiloh Home. It was during my time there that I realized my marketing experience could be helpful in a nonprofit setting, which led me to the AACY.

In addition to my marketing background, I am a professional photographer, a lover of the outdoors, an amateur freediver, and a passionate advocate for the environment. I am happy to have joined the team and I look forward to doing my best to help this organization any way I can.

MENTOR OPPORTUNITIES

By Gaby Alvarez, Activities Manager

September was a month of wild adventures and family fun. On September 6th we did via Zoom a virtual Family Feud game day. Participants played the famous game along with CYP staff. Prizes were given to the winners and a raffle was held for all participants.

During the month we visited the Palm Beach Zoo on a day of wild adventure. Youth saw a great variety of animals in their habitat and learned of the diversity of the animal kingdom.

On our Friday Movie Night of this month, we had the screening of “Cinderella”. The latest princess movie with Oscar-caliber actors was a great success with you and your loved ones as all enjoyed a good quality family time.

We end September with our monthly Alumni group meeting, reconnecting to our graduates of the Caregiving Youth Project while also providing workshops & tools to keep helping them along their adult life.
Our Volunteer Manager, Amanda, organized a fun Mentor/Mentee event at the Palm Beach Zoo!

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!

**NATIONAL LOVE PEOPLE DAY**

Today, September 30th, is National Love People Day, a day when we are encouraged to love one another just for being people. In a world of ever-increasing division it is important to remember that we are all people, we all have a story, and we are all deserving of love. Enjoy today and love someone!

**Upcoming in October** we will have another round of the fan favorite game of trivia, Family Feud. The game night will be held virtually via Zoom on October 14th.

Another great activity will be on October 22nd, if you want to learn magic we will have “The Amazing Max” a famous magician that via Zoom will teach us some basic magic tricks.

Finally, Camp Treasure for 6th & 7th graders will be on October 29th & 30th at Everglades Youth Conservation Camp. Please reach out to your Family Specialist for the application.

Keep an eye for more of these fun activities and when will be happening. The invitations for upcoming events are sent via email and text so be sure to sign up when you receive that 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,

Take a deep breath. Unclench your jaw. Relax your shoulders. — many of us carry stress in our bodies. Notice where you are feeling tense and relax that part of the body.

I hope you are all having a superb September! As you get further into the school year, the balance between school, a social life, work, and caregiving responsibilities may become stressful. Remember that the staff at AACY is here to help however we can. Take a breath, make a schedule, do something that makes you...
On September 30, 1822, Joseph Marion Hernández became the first Hispanic person to be elected to the United States Congress. Born a Spanish citizen, Hernández would die in Cuba, but in between he became the first non-white person to serve at the highest levels of any of three branches of the American federal government.

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

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

If you have any questions, need more help or to confirm receipt of hours, please contact slitton@aacy.org

Ms. Rachel

SCHOOL SHOUT-OUT

Mrs. Guillaume, School Counselor at Lake Worth Middle School

A special shout-out to Mrs. Guillaume, School Counselor at Lake Worth Middle School for being a bright presence in the Caregiving Youth Project over the past 5 years.

Mrs. Guillaume has a great rapport with her students and is very knowledgeable about the caregiving youth population. She is greeted throughout the hallways of Lake Worth Middle School by every student whose lives she has touched.

Along with the teachers at her school, Mrs. Guillaume has provided a warm and welcoming space for the AACY Family Specialist to meet with students. The staff at LWMS provide student referrals to our program and connect our Family Specialist with the appropriate school personnel as needed.

Mrs. Guillaume and other staff members at LWMS are true supporters of AACY! They have seen and appreciate all that AACY has done to help improve the lives of caregiving youth and their families. The American Association of Caregiving Youth would like to express our most sincere gratitude for your support, teamwork and all that you do for us!

FEATURED COMMUNITY PARTNER:

We'd like to take this opportunity to send a big "Thank You" to D'Best Sandwich Shop in Boca Raton for supporting AACY and our Youth. We had heard that their sandwiches were just D'Best and we asked them to cater an event for us. Unfortunately the timing didn't work out, but they went out of their way to help us and by making a generous donation towards future food options for Youth. Thank you D'Best!

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
ARE THERE ANY VETERANS IN YOUR FAMILY?

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

Another resource is veteran Aid.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.

CONNECT WITH US!

www.aacv.org

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.

information or help to complete the form, please contact your Family Specialist.

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.