

CYP Treasure Talk - February 2024

AACY Caregiving Youth Project <connie@aacy.org>

Thu 2/29/2024 10:41 PM

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American Association of Caregiving Youth Treasure Talk



Volume 190 | February 2024 in Review

A Note from Dr. Connie

Connie Siskowski, RN, PhD, AACY President & Founder



| February Treasure Talk 2024!

When I was younger and money was tight, from time to time we had meat to eat that was not my favorite. It came in a can and was called SPAM. Today, SPAM has a different meaning - those too many emails that we didn't ask for or want.

Thankfully, deleting them is easy! Now, going a step further, apart from email, is there SPAM in your life?

Are there kids or adults with whom you have an unhealthy relationship?

We don't have a people delete button. Instead, we get to make a choice of who we spend our time with. Let's all work on making smart choices!



Dr. Corrie



AACY Activities

Andreana Holliman, Activities Manager



| Activities Recap & Preview:

Greetings, CYP Friends!

This month's featured activity was Camp Treasure. What an amazing overnight camping experience you guys had. You went fishing, swimming, canoeing and put your skills to the test with archery. You also made smore's at the bonfire. Yummy 😊!

Sending a huge thank you to Jeff Heinz from Palm Beach County Fire Rescue for facilitating a wealth of knowledge to educate you guys on crucial safety measures both at home and beyond during the Emergency Preparedness Presentation. It was great to see everyone bonding, making new friends, and gaining new experiences on this wonderful trip.

Keep looking out for upcoming activities!

If you want to see some pictures of you and your events, visit (and follow!) our Instagram [@caregivingyouthproject](https://www.instagram.com/caregivingyouthproject).

Thank you.
Andreana Holliman, BA



| CAMP TREASURE





| Seed Sculpture Art Workshop - Register Today!



MANIPURA CARE NETWORK WORKSHOP

Seed Sculpture Workshop

GUEST ARTIST: LEE PIVNIK

MARCH 07, 2024

6:30PM-8PM

ZOOM INFO:

MEETING ID: 879 9813 7743

PASSCODE: CYP2024

REGISTER HERE



If you have any questions please contact
Andreana at Andreana@aacynetwork.org

On March 07, 2024, we will be hosting a **Seed Sculpture Art Workshop in partnership with Manipura Care Network** from 6:30 pm-8 pm, via Zoom. All participants are encouraged to start collecting colorful flower petals, leaves, and organic materials in preparation, and give some thought towards what animals you might want to honor in your sculpture and each participant will receive seed-starting soil, clay, and native Florida wildflower seeds, to mix into a sculptable substrate. Please scan the QR Code for the registration link to sign up, or send me an email. Workshop description is on the registration form. If you have any questions or concerns please feel free to contact Andreana at Andreana@aacynetwork.org or ask your family specialist!

**THERE'S SOMETHING
SPECIAL WHEN CAREGIVERS
GET TOGETHER**



-AACY



AACY School Shout-Out

| Boynton Beach Community High School

SHOUT OUT TO

BOYNTON BEACH COMMUNITY HIGH SCHOOL



Boynton Beach Community High School

Educate. Affirm. Inspire.



School Shout Out - "It has been a pleasure working with Boynton Beach High School this year to assist the CYP students with monthly skills-building groups and recruitment during lunches. **Mrs. Cooper-Dunbar** has done an exceptional job locating space for our students to learn various educational topics. Mrs. Cooper-Dunbar (Assistant Principal) is supportive, understanding of our agency's needs, and never hesitates to assist with any barriers faced at Boynton Beach High School. I admire her devotion to helping the CYP.

In addition, the staff of **Ms. Sincoul (Guidance Secretary)** and **Ms. Jones (Student Service Secretary)** have contributed to the support of CYP by having student aides available and calling students prior to lunch for the skills-building group. She assures us that all students are accounted for, for a successful group. Ms. Sincoul continues to educate me on the additional resources available to our students at the school and introduced me to in-house agencies such as TRIO which assist students with FAFSA, college tours, SAT/ACT support.

The staff at Boynton Beach High School continues to do an exceptional job providing support to CYP and students. The endless efforts show and CYP is very thankful for the staff. We thank you for what you have done and what you continue to do!"

- *Richane Etienne, MSW, RCSWI, Assistant Director - North Team*

AACY News

| Caregiving Youth Have Talent!



This young caregiver's heartfelt rendition of America the Beautiful truly set the tone for the AACY Hearts and Soles Gala this past weekend. What a stunning performance! Her talent and courage to sing inspired us all.

Would you like to represent Caregiving Youth by telling your story, writing, creating videos, or singing? Contact your family specialist and let them know! We often have opportunities for our students.

| Black History Month



As Black History Month comes to a close, a reminder that it was created to focus attention on the contributions of African Americans to the United States. The [History Channel has created a really great web page dedicated to Black History Month](#) with some fantastic stories, facts, and videos!

AACY Support Corner

| We support you:

We're here to support you on your caregiving journey. We'll share fun and educational content, inspiring stories from other young caregivers, and reminders that you're not alone. **Thank you for all that you do for your family.**

| Caregiving Youth: Sharing Your Stories

This part of the newsletter aims to give you a platform to share your stories and experiences and to raise awareness of the challenges and triumphs of being a caregiver in middle and high school.

You'll hear from Caregiving Youth from all over our CYP programs in Palm Beach County, caring for loved ones with various medical diagnoses and conditions. They will share their insights through writing prompts, creating a space for their voices to be heard.

We hope that you will find these stories inspiring and informative. We also encourage all of you to

participate! Keep writing and sharing!



My name is: Kaitlyn N.

My grade is: 11th grade

I care for my: Myself and my mom

“Kaitlyn, who is 16, struggles with sickle cell anemia, a painful blood illness. She resides with her mother, niece, and siblings, who are (25) and (19) years old. Kaitlyn has been a member of the American Association of Caregiving Youth since 2018. During this time, the family suffered a great loss. The family’s maternal grandmother passed away unexpectedly. The family has stayed close and primarily relied on each other for continued support, which has strengthened the family.

Kaitlyn has been hospital home-bound due to her illness since 2019 because of her health condition but returned to school her sophomore year. Kaitlyn has managed to excel academically despite her ongoing hospitalizations, surgeries, the inability to attend school in-person, and limited involvement in social activities. AACY has provided services to Kaitlyn including tutoring and counseling services. When she is at her best and her health has improved Kaitlyn attends AACY activities within the community and engages in skills-building groups during lunch. Kaitlyn has been in and out of the hospital because of her sickle cell anemia. **Kaitlyn’s mother has had shoulder surgery and in 2018 diagnosed with breast cancer in which for the next 6 years treatment will begin until she is in remission. Currently, she is in treatment every 28 days.**

Kaitlyn and her family have learned that remaining positive, giving back, and having “Faith” is all that is needed to continue to live their daily lives, despite all odds. Her mother expressed feelings of pride because of her children’s accomplishments despite the life situations they have endured. She continues to work daily despite her health challenges. “If something happens to me, I just want to make sure my girls will know what to do.” Kaitlyn’s mother expressed doing everything she can to continue to be here for her family.”

Kaitlyn, your voice is powerful. It sheds light on young caregiver experiences, inspiring others and giving them strength. Keep shining! You're awesome.



| Palm Beach County non-profit provides resources for youth caretakers - Feature Story on a Student in the CYP Program!



Palm Beach County non-profit provides resources for youth caretakers



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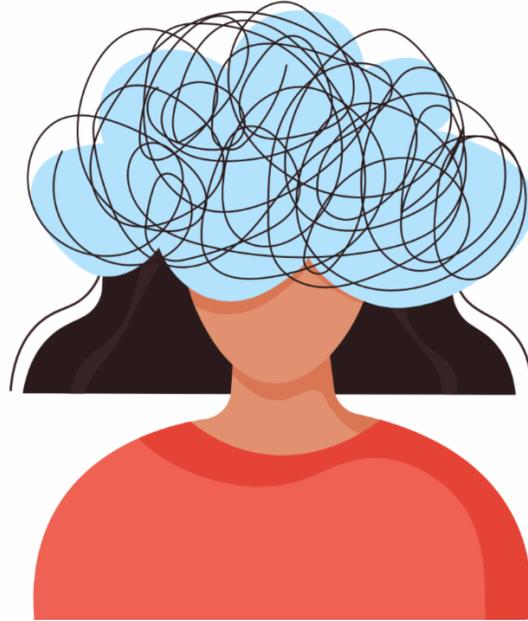
Watch this inspirational WPBF news story from this past year to hear Ali Enlow describing how she helps care for her little sister with cerebral palsy.

“Eva needs extra help showering and I put her to bed. I love caregiving so much... and I love sharing my story,” the 13-year-old seventh-grader at Logger’ Run Middle School said...



**WHEN YOU ARE A YOUNG
CAREGIVER SOME DAYS
ARE HARDER THAN
OTHERS.**

-AACY.ORG





In Florida, 16.4% of high schoolers and 23.6% of middle schoolers provide care, or more than 290,000 youth.

Kids are not alone.

CAREGIVING YOUTH PROJECT

of the American Association of Caregiving Youth



5.4 MILLION KIDS

In the US, over 5.4 million middle and HS students aged 18 or younger provide significant assistance or care to a family member with a chronic illness, disability, mental health condition, or frailty due to aging.



\$8.5 BILLION

A 2012 article estimates the economic value from Caregiving Youth is around \$8.5 Billion. The estimate today would be much higher. 74% care for their parents and/or grandparents. 11% care for their siblings or others.



ONLY .ORG IN US

AACY is the only organization in the United States that focuses on the needs of young people who are caregivers. They work to identify Caregiving Youth, provide them with support, and advocate for their rights on all levels.



AACY SERVICES

AACY offers direct services to middle and high school students in Palm Beach County through the Caregiving Youth Project (CYP) and is a leading national authority on matters related to Caregiving Youth.



WE SERVE ALL

AACY inclusively serves Caregiving Youth and their families of all ethnicities, countries of origin, income levels, gender identification, health conditions, disability, sexual orientation, marital status and religions.



CORE VALUES

We respect and demonstrate equality along with racial and social equity as we honor human dignity that is exemplified by our Core Values of Collaboration, Compassion, Empowerment, Innovation, and Responsiveness.



WORLDWIDE

Caregiving for a loved one is among the most demanding, challenging, and rewarding human activities. Although children are commonly thought of as the recipients of care – rather than the givers – children all over the world participate actively in caregiving every day.



CYP SERVICES

Caregiver coaching, skills-building, lunch & learn sessions, community service hour awards for caregiving work, respite fun, peer/friendship connections, home visits, resource support, tutoring, camps, holiday parties, recognition, personal development opportunities and more.

CYP

Join us and spread the word! To participate in our program, Caregiving Youth Project (CYP) participants must reside in Palm Beach County and can be referred through personal outreach, recommendations from school staff, or other organizations. Our support is provided both at school and in the home.

If you are a Caregiving Youth or know someone who is but they don't live in Palm Beach County, please encourage them to email us at info@acy.org. We are committed to helping them find resources, no matter where they reside in the United States.

Resources - Support - Help



988 Crisis Hotline

We at AACY believe that prioritizing mental health is a year-round endeavor. When you're having a difficult time, it's important to seek help. Thankfully, there is a new phone resource available no matter where you are in the US!: Just dial the **9-8-8** hotline.

This hotline is available 24 hours, 7 days a week, 365 days a year. Don't suffer in silence - get help and keep hope alive.



Community Service Hours

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.

IN A CRISIS? www.crisistextline.org

Text HOME to 741741 to connect with a volunteer Crisis Counselor **FREE**

Free 24/7 support at your fingertips.

Text Us 741741



Crisis Text Line

GET POISON CONTROL HELP

Contact Poison Control right away if you suspect a poisoning. Help is available online with web **POISONCONTROL**™ or by phone at 1-800-222-1222. Both options are free, expert, and confidential.

Get help online or Call 1-800-222-1222

POISON CONTROL
National Capital Poison Center

Need help identifying a pill?

Mixed up your meds? Found a loose pill? Worried that your refill looks different? Fortunately, most medications can be identified from the letters and numbers impressed on the pill.

Identify a pill



Need help identifying a pill?

Free 24x7 support at your fingertips.

crisistextline.org

Text HOME to 741741

Poison possibility?

Mixed up meds? Found a loose pill?

Worried that a refill looks different?

Suspect an overdose?

Call 1-800-222-1222

Contact poison.org - Free



Are there any VETERANS in your Family?

Resources Available - Check it Out

Palm Beach County Government

PBC has services that might be of assistance to your family

<https://discover.pbcgov.org/communityservices/humanservices/pages/veteran-services.aspx>

VeteranAid.org

VeteranAid.org offers free help applying for Aid and Attendance if a Veteran requires assisted living care in a community or at home.

VeteranAid.org was created to help families pay for the care their senior loved ones need by claiming the Aid & Attendance (A&A) benefit their veterans are entitled to.

Are there any VETERANS in your Family? Resources Available:

PBC has services that might be of assistance to your Family. [Learn more here](#)

Another resource is VeteranAid.org.

This organization offers details 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. [Learn more here](#)

Many Thanks to Our Partners:



United Way of Palm Beach County



Town of Palm Beach United Way



Treasure Talk is a monthly newsletter for and about the students in the AACY Caregiving Youth Project (CYP) and all supporters of Caregiving Youth. We use the term "Treasure" in Treasure Talk to let the kids know that they are highly valued and cherished as individuals – and to recognize and remind them of the positive impact they have on the lives of others around them.



DID YOU KNOW?

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 kristen@acy.org for more information.

Thank you for your support!





The American Association of Caregiving Youth (AACY) is a Florida 501 (c) (3) corporation.

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