

September Treasure Talk is Here!

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on behalf of
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Treasure Talk | Caregiving Youth Project Newsletter

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 & Founder

As September ends we are confronted with the challenges of Ian, a storm of life - one that is beyond our control. As Caregiving Youth we have had or are going through another type of life storm. The health condition of a loved one is one more life challenge beyond our control. Although we can't control the extent of life's challenges, we can control how we respond to and learn from them. If you are having a tough time managing the storms of your life, please check in with your AACY Family Specialist so you can receive some extra support during this time!

KEEP MOVING!

yoga-girl-back.jpg

Now that holiday season is just around the corner, it's typical and even welcomed to indulge in your favorite treats! While we certainly wish you and your family a very happy holiday season, we also wish to remind you to stay active and keep moving! Just 30 minutes a day of exercise is sufficient to keep your body and mind healthy. You don't need a gym or even equipment! Here are some easy exercises you can do at home:

- #1. Squats for your legs, stomach, and lower back.
- #2. Lunges for your upper legs and glutes.
- #3. Planks for your core, back, and shoulders.
- #4. Push-ups for your chest, shoulders, triceps, and core.
- #5. Pull-ups for your biceps, triceps, forearms, wrists, shoulders, and core.
- #6. Shoulder presses for your core, shoulders, and back. Tip: To help prevent injury, try sand-filled weights instead of dumbbells.

The are over 1.5 million Caregiving Youth in the United States.

Can you find the answer?

CAREGIVER'S CORNER

By Shannon Burt, MA, Behavior Health Care Manager

Hey all! hope all is well. This month I hope everyone utilizes their coping skills as the stresses of the school year arise. Remember we are in this together! KEEP MOVING!

Activities Recap & Preview

#7. Stackers for your whole body. Not familiar with stackers? Here's what to do:

- Stand with your feet a little more than shoulder's width apart and pretend to hold a basketball straight out in front of you.
- Bend at the waist to reach and tap the outside of your left heel.
- Then reach back up and across your body to the right, as if you're stacking a box on a shelf right above your shoulder.
- As you twist across your body, your left heel may come off the ground as you pivot your hips to the right.

Whichever exercises you do, remember that form is key. If you're working out at home, you can always search online for videos and step-by-step graphics that show how to do these exercises correctly. Make sure to go with a source you trust, and if something hurts, always stop and find help.

CYP ALUMN: JADIN HOLMBERG

Jadin Holmberg, 2022

George Snow Scholar and recipient of the Davidowitz Family Trust Caregiving Youth Scholarships, started at Keiser University in the College of Golf program studying Golf Management. She appreciates the support from AACY for a year, the George Snow Family and the generous scholarship from the Davidowitz family. Jadin had been caring for her father, who receives dialysis, and received support from AACY to achieve her goal of studying Golf Management. Here's to a 'Hole in One' kind of year!

SCHOOL SHOUTOUT

A big shout out to Bear Lakes Middle School! The team of Ms. Tabuteau, lead school counselor, and the guidance department administrative assistant, Ms. Bennett, are always ready to roll up their sleeves and work. By the beginning of September we had administered our screening questionnaire to all 287 sixth graders. We received 57 responses from 6th graders indicating they are caregiving. Now we will interview all students who are eligible for the support of the Caregiving Youth Project (CYP). The guidance team at Bear Lakes Middle School makes this all possible. It's a pleasure to work with staff, under Dr. Kirk Howell, and the amazing students at Bear Lakes!

By Autumn Rogers-Vazquez, Activities Manager

Happy First Full Month Back to School Everyone 😊 This month we enjoyed two zoom activities of a movie night and Family Feud. For our movie night, we watched the DC League of Super Pets, where we learned the important lesson of friendship! The following week we had our Family Feud, where Team Weirdos and Team Dory went back and forth in 10 questions. We all had such a fun time learning new facts and dancing to the Family Feud theme song! And to end off our month of activities, last Monday since you didn't have school, we took a trip to the Palm Beach Skate Zone where some of you experienced your first time on the ice. Everyone started off with a little help of an ice supporter but within an hour, we had some ice-skating professionals having fun with the other caregivers. Next month is going to be another big month of fun activities and we can't wait to have you there! See you soon ♥

"The Flintstones" premieres on ABC in 1960

On September 30, 1960, the popular animated sitcom "The Flintstones" debuted on ABC. The Flintstones were the modern Stone Age family. Residing in Bedrock, Fred Flintstone worked an unsatisfying quarry job, but returned home to lovely wife Wilma and eventually daughter Pebbles. Fred, a big fan of golf and bowling, also enjoyed bullying neighbor Barney Rubble, while Barney's saucy wife Betty was best friends with Wilma. During the show's run, Barney and Betty would adopt an unnaturally strong son, Bamm-Bamm, who would become friends with little Pebbles. "The Flintstones," heavily inspired by "The Honeymooners," convinced a generation of children that dinosaurs and humans occupied the planet at the same time. Hugely popular and influential, The Flintstones set a new precedent for prime time entertainment.

PRIORITIZE YOUR MENTAL

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 aimee@acy.org for more information.

Thank you for your support!

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.

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?

You don't pay more to participate! 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>

FALSE!

It is reported that there are more than 5.4 million Caregiving Youth in the United States!

While there are specific days throughout the year dedicated to raising mental health awareness, 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.

CONNECT WITH US!

www.aacy.org



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