

November Treasure Talk is Here!

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on behalf of
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To: Updates <updates@gladesinitiative.org>

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Treasure Talk I 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

Sometimes it is hard to get out of our own way! If some things do not go so well for you, think about what YOU can do to change, do not depend on the change coming from someone else. I recently read, "You can't choose your roots, but you can decide how to grow." Before we know it, 2023 will be here - how will you grow?

MANAGING YOUR MONEY: A FEW TIPS FOR GETTING SMART!

Money matters! So you might have landed your first job or been given your first allowance. Now what? Even if it doesn't seem like you're earning a lot of money, making a few small adjustments to your spending habits can add up to a lot in time! Here are a few tips for managing your money.

#1: Set up a savings account. What's your ultimate spending goal? Do you want to buy a car, for example? Talk to your parents and open up a savings account. Get accustomed to depositing as much as you can every time you get paid.

#2: Create a budget. Managing your money can be overwhelming at times. Grab a notepad and break down your expenses. How much do you spend on your phone bill? Food? Gas? Write it all down and calculate how much you have left to splurge and save. Creating a budget and sticking to it will teach you how to form healthy financial habits in the long-run.

#3 Carry some cash. Once you've set up a budget for yourself and calculated how much you have left over to splurge, get in the habit of spending with

**Type I Diabetes is a genetic condition
that usually shows up early in life.**

Can you find the answer?

Activities Recap & Preview

*By Autumn Rogers-Vazquez, Activities
Manager*

Happy start to the Holiday Season, Everyone!! November has been a month filled with love, donations and excitement as we planned for Thanksgiving and our big Holiday Party in December. In the beginning of the month, our FAU Medical Interns facilitated a Kahoot Game Night that focused on the topics of stress, stress management, emotions, coping methods and so on! If you go to our Instagram, @caregivingyouthproject, you

cash so that you're not tempted to dig into your savings or go over-budget.

SCHOOL SHOUTOUT

A special shout out to Ms. Myrlaine Rosefort, School Counselor at Santaluces High School for playing an immense role in the continued success of the Caregiving Youth Project at Santaluces High school. Ms. Rosefort and staff are very warm and welcoming and are always willing to give a helping hand to our Family Specialist. These individuals have a very good rapport with their students and are very knowledgeable of the student population. They ensure that a private space is available for our Family Specialist and staff to meet and work with students. They provide student referrals to our program and connect our Family Specialist with the appropriate school personnel as needed. Every time something is scheduled at the school, she ensures we have what we need and makes sure the students meet with the Family Specialist. She also ensures the special needs requested to complete lunch and learns are prepared before arrival. 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!

Palm Beach County Proclaims Caregiving Youth Week!

In the spirit of progress and in an effort to recognize Caregiving Youth, Palm Beach County Mayor Robert Weinroth and Council Members declared November 13-19, 2022 as Palm Beach County Caregiving Youth Week! Pictured above is our Family Specialist, Richane Etienne, alongside Caregiving Students, Lantana Middle School Principal Mr. Edward Burke, and Yailen Mejias, Administrative Assistant to Mayor Weinroth.

Recycle Old Ink Cartridges

When you recycle your old and/or used ink cartridges with us, you not only help the

can find out who were the top three winners. We then focused on Thanksgiving week where we were able to provide turkeys, turkey meals from Stallone's, pumpkin pies from the Daniel Rossi Memorial Foundation, and gift cards from Project Thanksgiving with the Palm Beach County Food Bank. The meals were donated from the Town of Palm United Way's Turkey Trot and AACY to about 100 of our families. To end off the month, we had a fun virtual Jeopardy Game Night where students caught up and reconnected with caregivers from different schools! Thanks for catching up on our activities, see you next month! ♥

Shirley Chisholm, first African American woman elected to U.S. Congress, was born on 1924.

Shirley Chisholm (née St. Hill) was the daughter of immigrants; her father was from [British Guiana](#) (now Guyana) and her mother from [Barbados](#). She grew up in Barbados and in her native Brooklyn, New York, and graduated from Brooklyn College (B.A., 1946). While teaching [nursery school](#) and serving as director of the Friends Day Nursery in Brooklyn, she studied [elementary education](#) at [Columbia University](#) (M.A., 1951) and married Conrad Q. Chisholm in 1949 (divorced 1977). An education consultant for [New York City's](#) day-care division, she was also active with [community](#) and political groups, including the [National Association for the Advancement of Colored People \(NAACP\)](#) and her district's Unity Democratic Club. In 1964–68 she represented her Brooklyn district in the New York state legislature.

In 1968 Chisholm was elected to the [U.S. House of Representatives](#), defeating the [civil rights](#) leader [James Farmer](#). In Congress she quickly became known as a strong Democratic leader who opposed weapons development and the [war in Vietnam](#) and favored full-employment proposals. As a candidate for the [Democratic](#) nomination for [U.S. president in 1972](#), she won 152 delegates before withdrawing from the race. After her retirement from [Congress](#), Chisholm remained active on the lecture circuit. She held the position of Purington Professor at [Mount Holyoke](#)

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!

Caregivers Support Corner

Before our next edition of Treasure Talk, you will have time off from school and time to enjoy the Holidays. Please also take time to consider your strengths, honor your caregiving and all that goes with it, and give thanks for the many opportunities you have for today and tomorrow!

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>

TRUE!

Type I Diabetes, also known as Juvenile Diabetes, is a genetic condition that usually shows up early in life, whereas Type II Diabetes (also known as Diabetes Mellitus) is a condition that affects adults as a result of poor diet, lack of exercise, genetics, or a combination of all three.

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.

HAPPY HOLIDAYS!

[College](#) (1983–87) and was a visiting scholar at [Spelman College](#) (1985). In 1993 she was invited by Former Pres. [Bill Clinton](#) to serve as ambassador to Jamaica but declined because of poor health. Chisholm was posthumously awarded the Presidential Medal of Freedom in 2015.

PRIORITIZE YOUR MENTAL HEALTH!

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.

The AACY Team wishes you and your family Happy Holidays! Stay safe and don't eat too many sweets!

CONNECT WITH US!

www.aacy.org



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