

## October 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 | 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*

Last week I flew to Washington, DC. and my seat was to be assigned at the gate. The flight attendant had my boarding pass already printed and let me know he had given me a window seat in the last row. Prior to boarding time, I was called to report back to the desk where I was told that the people in my row had a service dog. I said it was OK, that I love dogs! The attendant kindly explained that the new window seat was better because the seat can recline and I would be more comfortable. I felt cared about! How important it is that we each feel cared about as we care for others. Kindness matters! We can offer and receive kindness for free - even in these tough economic times!

#### SOCIAL STANDING: TIPS FOR SOCIAL MEDIA SAFETY & WELLNESS

In our contemporary world, social media can feel all-consuming. It's where we get our news and how we stay connected to many of our friends and loved ones, too. Although social media has come a long way, that doesn't mean we should let our guard down when it comes to meeting new people. Here are a few tips for saying safe while navigating the expansive world of social media.

**#1: Never agree to meet someone in person without a chaperone or 'safe-call'.** It's important that if you have a security net if you're arranging an in-person meeting with someone you've met online. Always let a friend or relative know of your whereabouts and who you'll be meeting. It can be an awkward conversation, initially, but you will be safer as a result. You can either bring a chaperone along, or arrange a safe-call. A safe-call is designed to be a check-in time with someone you trust. You agree to call them at a specific time to let them

A chronic pain condition is temporary and lasts less than 3-6 months.

Can you find the answer?

#### Activities Recap & Preview

*By Autumn Rogers-Vazquez, Activities Manager*

Happy Spooky Season Everyone! At the beginning of the month, we traveled to the AMC Theater to see the new movie "See How They Run". We had our own private theater and enjoyed some perfect movie snacks as we watched the mystery unfold. For some of us, this was our first time ever in a theater and for others, it

know you're okay. This person should have the address and information about regarding who and where you'll be meeting.

**#2: Keep the information you share about yourself to a minimum.** Try to avoid oversharing details about yourself on social media. For example, posting when and where you'll be away on vacation is not a good idea because it puts the security of your home at risk. It also makes it easy for people to find out your location. The less you share about yourself publicly, the better.

**#3 Take a break every now and then.** Refresh and recharge yourself by doing a social media 'detox' every now and then. Social media has a way of consuming our lives, but you needn't be swallowed up! Put your phone down and every now and then and enjoy a physical activity or similar. You'll thank yourself for it!

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## **MEET OUR SHOW-AND-TELL CONTEST WINNER: DAVID ROGOZAN!**

Born in Romania, 14-year-old David Rogozan has an all-too-familiar story. His family emigrated to the United States when his younger sister, Rania (pictured alongside David, on the left) was diagnosed with a rare heart condition at birth known as Hypoplastic Left Heart Syndrome. David has been a caregiver for his sister for years, and has cared for her throughout her numerous heart and eye surgeries. As the winner of our Show-and-Tell Contest, David and his mother enjoyed complimentary tickets to this year's Hearts & "Soles" gala alongside runner-up **Jaliah Williams**, who is a Caregiver for her mother! David has dreams of finishing high school and afterwards enlisting in the Marine Corps, where he hopes to branch out and make a difference.

*Pictured left to right: David, CYP Director Amoy Gordon, and Jaliah.*

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## **SCHOOL SHOUTOUT**

We want to send a shoutout to South Tech Preparatory Middle School Staff for their continuous support in making the Caregiving Youth Project a success. A very special shoutout to Ms. Patricia Colas, School Counselor. Ms. Patricia Colas was very helpful and made the process of integrating our services simple. She demonstrated her true support of the Caregiving Youth Program. Our team appreciates how easy and effective Ms. Colas and

was an opportunity to reconnect with our caregiving friends! In the following week, our FAU Medical Interns hosted a fun and educational Jeopardy Game Night, where we learned about different career paths, medical fields and some fun random facts. Lastly, for this month we are having our Camp Treasure for our middle school youths. We participate in many activities such as smores-making, kayaking, archery, swimming, fishing, making new friends and so much more! Thanks for stopping by. See you next month! ♥

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## **The Statue of Liberty is unveiled**

The Statue of Liberty, formally Liberty Enlightening the World, is a colossal statue on Liberty Island in the Upper New York Bay, U.S., commemorating the friendship of the peoples of the United States and France. Standing 305 feet (93 meters) high including its pedestal, it represents a woman holding a torch in her raised right hand and a tablet bearing the adoption date of the Declaration of Independence (July 4, 1776) in her left. The torch, which measures 29 feet (8.8 meters) from the flame tip to the bottom of the handle, is accessible via a 42-foot (12.8-metre) service ladder inside the arm (this ascent was open to the public from 1886 to 1916).

An elevator carries visitors to the observation deck in the pedestal, which may also be reached by stairway, and a spiral staircase leads to an observation platform in the figure's crown. A plaque at the pedestal's entrance is inscribed with a sonnet, "The New Colossus" (1883) by Emma Lazarus. It was written to help raise money for the pedestal, and it reads:

*Not like the brazen giant of Greek fame,  
with conquering limbs astride from land  
to land; Here at our sea-washed, sunset  
gates shall stand, a mighty woman with a  
torch, whose flame is the imprisoned  
lightning, and her name Mother of Exiles.  
From her beacon-hand glows world-wide  
welcome; her mild eyes command the  
air-bridged harbor that twin cities frame.  
"Keep, ancient lands, your storied pomp!"  
cries she with silent lips. "Give me your  
tired, your poor, your huddled masses  
yearning to breathe free, the wretched  
refuge of your teeming shore. Send*

all the staff members at South Tech Preparatory are in making our Family Specialists feel welcome. We are truly grateful for your support and teamwork!

*these, the homeless, tempest-tost to me,  
I lift my lamp beside the golden door!"*

Today, the Statue of Liberty is a symbol of America, and remains a highly popular attraction with visitors in New York City.

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### **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 [aimie@aacymn.org](mailto:aimie@aacymn.org) for more information.

Thank you for your support!

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### **Caregivers Support Corner**

Before our next edition of Treasure Talk, you will have a week off from school and time to enjoy Thanksgiving. 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!

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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?

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!**

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### **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.

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### **HAPPY HALLOWEEN!**

The AACY Team wishes you a Happy Halloween. Stay safe, have fun, and don't eat too much candy!

**A chronic pain condition is long-term and can last more than 3-6 months.**

**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.

### CONNECT WITH US!

[www.aacy.org](http://www.aacy.org)



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