

August Treasure Talk is Here!

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on behalf of

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Caregiving Youth Project Newsletter: The AACY 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.

| August Treasure Talk 2023!

Sometimes, it is easy to think we are the only ones who don't always do everything right, and we get frustrated - or we wind up just not caring.

As caregivers - and as human beings - there will always be little and big things that don't go the way we want them to. When this happens, take a moment to think what you could do differently when something similar happens again.

Even Nelson Mandela had times when he stumbled. But he learned from those times. With his words of wisdom, Mr. Mandela said, "The greatest glory in living lies not in never falling, but in rising every time we fall."

May we all keep rising! We can do this!

P.S. A Very Important Note: In case there is a hurricane or other disaster, you must plan ahead and complete an application if your family member needs an evacuation shelter for people needing special medical care. Click the logo below to access the form and if you need help, please see your family specialist:

Activities Recap & Preview:

Greetings Everyone!

We hope you all had an amazing start to the new school year! This month's featured activity is our Family Day Picnic at John Prince Park, where you and your family enjoyed great food catered by [Off Tha Bone BBQ](#), games, a bounce house, and more! So many smiling faces 😊!

At the top of the month, our high school Caregiving Youth of Boynton Beach went bowling! In continued [partnership with Healthier Boynton Beach](#), which has a focus on all family caregivers, you had fun and discussed your goals as you got ready for the new school year. Thank you, Ricky Petty!

Towards the end of the month, you and your families sat back and relaxed (as much as possible!) while watching "Transformer: Rise of the Beast." What a movie full of action!

We ended the month with the 2023 Bowling for Bread annual event as part of Boca Festival Days. There were two hours of unlimited bowling, food, and entertainment. We are grateful to [Boca Helping Hands](#), which invited us to this amazing event! Thank you!

It takes a community to support our work! Those who helped provide tools for success in school include the: Education Foundation, Hands on Tzedakah, In Jacob's Shoes, Spirit of Giving Network, The Giving Closet, Town of Palm Beach United Way, and United Healthcare Community Plan, along with many individuals.

Remember to text the word ALERT to 22300 to opt in to continue receiving important messages about your Caregiving Youth Project. We have a ton of fun upcoming events planned for September!

If you want to see some pictures of you and your events, visit (and follow!) our Instagram [@caregivingyouthproject](#) and check out the [acy.org](#) website.

Thank you.
Andreana Holliman, BA

Thanks to Healthier Boynton Beach for bowling at AMF Boynton Beach Lanes

Family Day Picnic at John Prince Park!

Boca Helping Hands 2023 Bowling for Bread Event

School Shout Out - Roosevelt Community MS:

"**Irene Cooper**, a 6th-grade teacher at **Roosevelt Middle School**, deserves heartfelt recognition for her outstanding support and unwavering efforts in fostering the growth of the CYP Program.

Her dedication to ensuring that we receive all necessary documents from the students in a timely manner has been invaluable. Irene's commitment to her role as a teacher and a supporter of the caregiving youth program has significantly contributed to the success of the program. Her professionalism, efficiency, and genuine care for the students are truly commendable.

We are deeply grateful for Irene Cooper's remarkable contributions and tireless advocacy for the CYP program at Roosevelt Middle School." - *Carmen Del Pilar Brugman, RMHCI, AACY CYP Family Specialist*

We support you:

It's no secret – caregiving can be a tough job. On the days when you're beyond stressed, you might feel completely alone. That couldn't be further from the truth. In the United States, over 5.4 million caregivers aged 18 and under are currently helping their loved ones. An army of people wants nothing but the best for you. We will feature videos every month of others who've told their stories in the US and around the world. Some are old, and some are new. The goal is to let you see that other kids have been through this too.

Thank you for all that you do for your family. Remember: you are never alone.

Carers Trust Interview on YouTube - Must Watch!

This month, we are featuring [a YouTube interview of Oritsé Williams](#) published by Carers Trust in the UK. Oritsé is the founding member of JLS, one of the UK's most successful music groups of all time. He achieved success despite facing many hardships, including his mother's diagnosis with Multiple Sclerosis when he was 12

years old. Oritsé became a Young Carer and took on the responsibility of providing care for his mother. He was motivated to do something positive and decided to pursue a career in music. He created JLS, a band that quickly went on to break records and become one of the most successful music groups in UK music history.

So, Oritsé started out just like you, a caregiver in middle and high school. When you watch the interview, pay attention to the first parts, remember - Caregiving Youth are called Young Carers in the United Kingdom.

| A Middle School Caregiving Youth, shared her story about caregiving for her sister during a Benefit for AACY

Ali, a Middle School Caregiving Youth, shared her story about caregiving for her sister during a benefit for AACY hosted by Dr. Ana Benedetti, [Benedetti Orthodontics](#), and her friend, [Dr. Charmaine Johnson-Leong, DDS](#). This is a first in Broward County as we work to raise awareness in other places.

| Richane Etienne and Marisol Goffman have been promoted to CYP Assistant Directors

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.

Crisis Text Line

Free 24x7 support at your fingertips.
crisistextline.org
Text **HOME** to **741741**

**Need help identifying a pill?
Poison possibility?**

Mixed up meds? Found a loose pill?
Worried that a refill looks different?
Suspect an overdose?
Call 1-800-222-1222

Are there any VETERANS in your Family? Resources Available:

PBC has services that might be of assistance to your Family.

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.

| Join us! Tell your friends. CYP Participants must live in Palm Beach County and are referred through personal outreach, school staff recommendation, or other organizations. We serve Caregiving Youth at school and at home.

CONNECT WITH US!
www.aacy.org



Many Thanks to Our Partners:

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

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