

August Treasure Talk is Here!

AACY & CYP <connie@aacy.ccsend.com>
on behalf of
AACY & CYP <aimee+aacy.org@ccsend.com>

Wed 8/31/2022 7:10 PM

To: Updates <updates@gladesinitiative.org>

Volume 1711 August 2022

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

Thankfully today there is less COVID than a year ago! However, we are, increasingly aware of the long term stresses that the pandemic created. You may be among the students who have had a related learning gap from virtual learning and isolation. If so, you are not alone! If you are having a tough time in school, we are prepared to help you. Our team is awesome but we are not mind readers! Please let your Family Specialist know that you would like to receive some extra learning help and we will provide resources for you!

COMMUNICATION COUNTS

Talking

When you're feeling down and stressed out, it's normal to feel the need to retreat and keep to yourself. However, bottling up your feelings can lead to anxiety and perhaps even depression in the long-term. It's important to talk to someone and express your emotions. Keep in mind that your communication counts! You are valued, seen, and heard. When you reach out to others for help, here are a few tips that will ensure smooth communication:

#1: If you're ever feeling overwhelmed, taking a moment to pause and think before you act can help you express yourself more clearly.

#2: Accept your feelings rather than deny them.

The United States is the first country in the world to formally recognize Caregiving Youth.

Can you find the answer?

WELCOME NEW FAMILY SPECIALISTS!

Laura Grullon

Prior to becoming part of the AACY family I worked for the office of refugees as a case manager. There I focused on reunifying the female youth population who crossed the border with any potential family member they had here in the states. After I obtained my bachelors in Educational Psychology in the Dominican Republic in 2009, I worked

#3: Avoid being judgmental of yourself and others.

#4: Practice how you'll express yourself to others by journaling your feelings.

#5: Be a good listener when people share things with you.

#6: Practice positive self-talk and don't be hard on yourself.

THE IMPORTANCE OF DREAMING BIG

"If you can dream it, you can achieve it". There's no better way to kick off the start of the school year than by aiming big! Since the beginning of the school year, we've been encouraging our Caregiving Youth to make big plans for themselves by taking part in activities that enrich their lives. Sometimes, activities as simple as painting or going out for a picnic teach us the importance of self-care and social interaction. While it's easy to forget that we need these things to be healthier, better-rounded people, the opportunities for growth are never far away. Take a moment to discuss your interests with your Family Specialist, and they'll keep you in the loop with our activities calendar!

COMMUNITY SHOUTOUT!

The team at AACY would like to give a special shoutout to Debra Tendrich, Founder and Leader of Eat Better, Live Better. Thanks to Debra and her team, a group of AACY volunteers was able to deliver food items to five AACY families in need. This generous donation helped these families cook nutritious meals when they had difficulty accessing the ingredients. Eat Better, Live Better strives to provide families with healthy nutrition, especially to those who are fighting childhood obesity and other diet-related health conditions.

Recycle Old Ink Cartridges

with the foster care population where I connected with the families and the clients to ensure they were receiving the necessary services and resources. Helping other has always been and will always be a passion of mine.

Kadian Bernard

My name is Kadian. I have a passion for helping others. I enjoy seeing others succeed and flourish, and being a part of their journeys. Here at AACY I get to feed my passion. I am looking forward to working with our caregiving youths. I have a Master of Arts in Human Services, Specialization in Marriage and Family Counseling. I have my Life Coaching Certification as well.

CAREGIVER'S CORNER

By Shannon Burt, MA, Behavior Health Care Manager

Hi, Students! Stay positive and always work hard! Sometimes things may seem difficult but never stop trying and always remember to do your ABSOLUTE BEST. 😊

Activities Recap & Preview

By Autumn Rogers-Vazquez, Activities Manager

This concludes my first Summer as the Youth Activities Manager with the Caregiving Youth Project. To end the summer, our staff and youth participated in many activities in person and through Zoom. In the beginning of the month, we had our annual Family Picnic Day where we enjoyed cotton candy, won prizes, played games, gardened, bonded with other caregivers, created new friendships, and ate delicious sandwiches. The following day, 10 of our High School female students attended an event called Dream It Be It, facilitated by Soroptimist. These young ladies painted beautiful sunsets/sunrises and participated in life inspiring modules. After that event, Jewish Family Services,

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@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.

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.

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!

hosted a Zoom activity with our youth who explored their mental health in the digital age. We also held a Zoom Disney art class and bowling trip experience. August was an adventure together and we are so grateful to see our Caregiving Youth always excited to participate. See you next month! 😊

Thomas Edison Receives Patent for Kinetographic Camera

On August 31, 1897, Thomas Edison received a patent for the kinetographic camera, "a certain new and useful Improvement in Kinetoscopes," the forerunner of the motion picture film projector. Edison and his assistant, W. K. L. Dickson, had begun work on the project—to enliven sound recordings with moving pictures—in hopes of boosting sales of the phonograph, which Edison had invented in 1877. Unable to synchronize the two media, he introduced the kinetoscope, a device for viewing moving pictures without sound—on which work had begun in 1889. Patents were filed for the kinetoscope and kinetograph in August 1891.

The kinetoscope (viewer), which Edison initially considered an insignificant toy, had become an immediate success about a decade earlier. The invention was soon replaced, however, by screen projectors that made it possible for more than one person to view the novel silent movies at the same time.

Edison and Dickson continued to experiment with motion pictures in the late 1880s and into the 1890s.

Turn-of-the-century copyright law provided protection for photographs, but did not yet have a provision for motion pictures. Therefore, a number of early film producers protected their work by submitting paper contact prints (paper prints) of the film's individual frames—usually on long strips of paper—for copyright registration. By the time the law was amended in 1912, over 3,500 paper prints had been deposited for registration in the United States Copyright Office within the Library of Congress. This practice proved wise, as many early films have been lost due to disintegration and the high combustibility caused by early film's nitrate base. Many of these paper contact prints were converted back to film in the 1950s, and hundreds were

The UK has been providing support for Young
Caregivers since the early 1990's!

digitized in the 1990s.

CONNECT WITH US!

www.aacy.org



American Association of Caregiving Youth | 6401 Congress Avenue, Suite #200, Boca Raton, FL 33487

[Unsubscribe updates@gladesinitiative.org](mailto:unsubscribe@gladesinitiative.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by aimee@acy.org powered by



Try email marketing for free today!