

July 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

Yikes! It's already time to think about heading back to school, and seeing your friends, plus new opportunities for learning! How exciting! And yet, your caregiving responsibilities continue...school or no school. Juggling everything takes discipline and perseverance, knowing what you do for your family is of GREAT value, as well as managing the many aspects of your life. Be sure to check in with your Family Specialist for help in achieving the balance you need to be the best you can be for yourself and for your family.

Prioritizing 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.

FEATURED SCHOOL:

L.C. Swain Middle School

AACY wanted to take a moment to express appreciation for the support and help received from Principal Mr. Thomas, Ms. Claudia Black, guidance counselor, 6th grade Secretary Ms. Ivette Cardieri, front desk secretary Ms. Elizabeth and the entire

Gloria Estefan was a Caregiving Youth for her mother.

Gloria Estefan

Can you find the answer?

CAREGIVER'S CORNER

By Shannon Burt, MA, Behavior Health Care Manager

Hi, Students!

Summer is finally over and it's now time to step into a new school year! I know it may be a bit scary for some of us who will be starting a new school and going into a new grade, but you got this! Here are **5 tips** that you can use for those new school year nerves:

staff at L.C Swain Middle School. Their contribution and valuable time to the Caregiving Youth Project showed the school's commitment to the well-being of every student and their families at LC Swain. The support they have made by helping with schedules, students' referrals, providing a place to meet with students, and sharing the importance of caregivers' responsibilities with teachers and staff have really made a difference in the students and program. AACY sincerely appreciate the entire staff at LC Swain Middle's role in our program success and hope they keep up the good work!

Coconut Cove Waterpark Trip

Summer is almost over, but that doesn't mean that the fun has to come to a full halt. Our Caregiving Youth learned that it's necessary to take a break every now and then and soak up the sun! Their recent trip to Coconut Cove Waterpark was a big hit for all of those involved. What better way to spend a Monday afternoon than with a dip in the pool? And of course, we can't forget a scrumptious lunch afterwards! Our Family Specialists were on-site to ensure that everything went smoothly. They even got the opportunity to join in on the fun!

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 aimée@aacymc.org for more information.

Thank you for your support!

A reminder: please submit your **Community Service Hours** for the work you do at home!

#1: Get a good night's rest before school!

#2: Eat a healthy breakfast in the morning before school, so that you are energized and ready for the day.

#3: Be friendly and make new friends and start new memories!

#4: Respect your peers, teachers, and others in authority.

#5: Have fun learning new things!

Activities Recap & Preview

By Autumn Rogers-Vazquez, Activities Manager

Another memorable summer month of activities for July. Our first event for this month, Hair with Flair, was hosted by our Caregiving Youth Director, Amoy, AACY staff members and myself. We were grateful to Lantana Advent Church for graciously allowing us the space to host this activity.

Throughout this activity, the youths learned all different types of hair styling techniques from regular braids, box braids, French braids, Dutch braids, how to connect hair extension pieces, gems and so much more! After the event was over, the youths informed us how this activity has boosted their confidence and self-esteem! After that event, we had our annual Coconut Cove Waterpark trip, where the students took a splash in the pool, relaxed in the lazy river, completed water rope obstacles, and went cheering down slides. Activities like these are so important for our youths to rekindle friendships, create new bonds and enjoy different parts that life has to offer.

Then, we had our Mathmagician show, where our students participated in algebra questions to be able to solve the magic! Lastly, we had our annual Back to School Bash event hosted by the Spirit of Giving, where over 400 students in our program received backpacks, school supplies, polo shirts, sneakers, physicals, haircuts, dental checks and more! See you next month

If you have any questions, need more information or help to complete the form, please contact your Family Specialist.

Community Bag Program

American Association of Caregiving Youth (AACY) has been selected as a benefiting nonprofit in the Community Bag Program for the month of July 2022! AACY will receive a \$1 donation from each purchase of the \$2.99 reusable Community Bag at the store located at **Winn-Dixie 7024 Beracasa Way, Boca Raton FL.**

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?

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!

If you guessed False, you are correct! Gloria Estefan's family was from Cuba and her father was exposed to Agent Orange when he was fighting in Vietnam. He became very ill with multiple sclerosis. Gloria's mother worked to support the family, and at age 12 she became her father's caregiver until she was 19. Those years helped Gloria become the remarkable person she is today.

You can read more about her story [here](#)!

Lunar Rover Used For the First Time

On July 31, 1971, Apollo 15 crew members David Scott and James Irwin became the first astronauts to use a lunar rover on the surface of the moon.

Fifty-three years after Neil Armstrong made his giant leap for mankind, the Apollo program remains a singular cultural and technological achievement. The application of so much technology to a single goal was nearly without precedent. Amongst all the gadgetry born of the Apollo program, the lunar rover ranks near the top of the cool scale. The rover was the most famous electric vehicle until that slick little two-seater from Tesla Motors came along, and it remains a technological marvel. The amount of tech packed into that little buggy still boggles the mind. The rovers were used to give the astronauts greater leeway in exploring the moon during the later, more science-heavy Apollo missions. Those space suits are bulky, and walking in them wasn't easy. So, having a set of wheels expanded the astronauts' range, because they weren't restricted to walking short distances.

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