



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.

[Visit our NEW Website!](#)

A Note from Dr. Connie

Connie Siskowski, RN, PhD, AACY President and Founder

Dear CYP Students,

June has offered us all a roller coaster of emotions - from the height of the joy of graduations and going on to the next grade - to the sadness we feel with the tragedy in the Surfside building collapse and the devastation and losses from that.

As CYP members, you and your families have been recipients of many types of support from our team and our greater community. I love the word community as it has no boundaries! People from many parts of Florida and other states have offered their support of you in various ways. For Surfside families, the beauty of community has come from near and far, even extending to other countries that have sent help!

It is with many coming together with assistance that caring, Hope, and ultimately joy prevails!



What a Wonderful Celebration for the CYP Class of 2021

Visit our [new website](#) to view the full gallery of photos from our CYP Graduation Celebration!



Monthly Word Scramble!

Activities Recap and Preview



This phrase has not been unscrambled for **TWO months** now! Come on, I know you can do it! :)

Be the **first to email** the correct response to Kelly kelly@aacy.org and win a \$15 Gift Card, when you unscramble this phrase:

tcnihdareniena

Good Luck!



By Gaby Alvarez, Activities Manager

Featured Community Partner: Advent Lantana



AACY is grateful to the [Advent Lantana](#) in Lake Worth, for donating their **lovely space** for us to host our CYP Graduation Celebration earlier this month.

In addition to a variety of service projects, Advent hosts food distribution each Saturday and a monthly Garage Sale.

Thank you Advent, for all you do for AACY and our communities!



June is LGBTQ+ Pride Month

AACY is proud to be an LGBTQ+ Ally!

Support for Surfside

We here at AACY are coordinating with others to make a difference in the lives of the families who need to start over as a result of the terrible tragedy at Surfside.

Please consider donating if you are able: checks (*payable to AACY, with the notation "Surfside Recovery" in the memo line*); cash; or goods: clothing (underwear, socks, shorts, sweatshirts); toiletries (deodorant, tooth brushes, toothpaste); bottled water, snacks, cell phone chargers, blankets, sheets, & pillows are some examples.

Donations may be mailed or dropped off to: **AACY, 6401 Congress Ave. Suite 200, Boca Raton, FL 33487**. For questions or

June was a month filled with awards, surprises, and fun. Our **highlight of the month** was the CYP graduation party where we honored our high school seniors (see the photo above)! It was a nice night to celebrate all of your accomplishments.



On June 5th we broadcast via Zoom the **NBA Playoff Game** between the Brooklyn Nets and Milwaukee Bucks. On June 18th we hosted (via Zoom) **Movie Night** featuring the latest Disney movie, Cruella and delivered 20 goodie bags for you to enjoy.

On June 21st, we went to **Palm Beach Skate Zone** for ice skating. It was an afternoon filled with laughter, joy, good times; and for some of you, your first time ice skating. We hope to plan another outing soon.

Also, in June we had our second **Alumni Group** via Zoom, and discussed ways for our Alumni to give back as mentors or volunteers.

Upcoming in July: field trips to Sandoway Discovery Center and Morikami Gardens; virtual game night; and Olympic Games Opening Night Ceremonies from Tokyo via Zoom.

Finally, our **Camp Reunion** will be on **Friday, July 30th** beginning at 11am at John Prince Park in Lake Worth. It will be a fun day filled with surprises, food and lots of activities.

Invites for upcoming events are sent via text so be sure to sign up when you receive that invite text, as **spots are limited!**

Also remember to follow us on Instagram [@caregivingyouthproject!](#)

If you believe your parent/guardian or you are not receiving these texts, email Gaby@aacys.org or call 561-362-2532 to be added to the list.

We hope to see you at our next event!

more information, please
email kelly@aacy.org



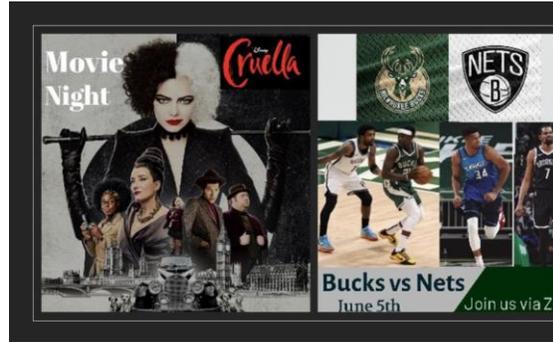
REMINDER Please submit your Community Service hours for the work you do at home! If you have any questions, need more information or help to complete the form, please reach out to your Family Specialist.



Prepare for Hurricane Season

Tips to keep you, your loved ones, & your home safe:

- **STAY INFORMED!**
- **Prepare an emergency kit** (flashlight, portable radio, extra batteries, non-perishable food, bottled water, cash, blankets, clothes & toiletries).
- **Power up your cell phone, iPads, etc., test your generator & fill car's gas tank.**
- **Identify a shelter room** (enclosed area on first floor of home, in central part of the house with no windows.) Avoid all windows & doors until storm passes.
- **Secure the exterior of your home** (bring patio furniture, plants, etc. indoor).



Introducing Caregiver's Corner

By Rachel Viselman, MA Behavior Health Care Manager

Hello everyone!

I am Ms. Rachel, the Behavior Health Care Manager at AACY.

What are you doing to enjoy the break from school? This summer, I will host for the first time ever, Caregiver's Corner.



This is a virtual space for all caregivers to gather and participate in fun activities, interesting conversations, and enjoy the summer together.

Join me in creating a support network with peers just like you! High schoolers are meeting Wednesdays from 12pm-1pm and

- **Install storm shutters** on windows, doors and skylights.
- **Move your cars to higher ground** or park them in your garage against the garage doors. **DO NOT PARK** under trees, power lines or in low-lying areas.
- **Unplug appliances & move away** from exterior doors and window openings. Store in cabinets or interior closets.
- **Make a plan (if evacuation becomes necessary).** Select a common meeting place or single point of contact for family members. Be sure to plan for pet(s) too.

middle schoolers on Thursdays from 12pm-1pm.

Thank you to everyone who attended our first sessions last week and to everyone planning to participate in the weeks to come.

Please contact me at 561-320-8268 if you would like to join us!

Recycle Old Ink Cartridges



When you recycle your old and/or used ink cartridges, 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 kelly@aacym.org for more information.

Thank you for your support!



Featured School: Boca Raton Community Middle School

From Family Specialist Marisol Goffman, MSW:

"I want to take a moment to express appreciation for the support and help received from Ms. Karl, Mrs. Beche, Principal Slack and the entire staff at [Boca Raton Community Middle School](#).

Ms. Karl's contribution and valuable time to the Caregiving Youth Project shows her commitment to the well-being of every student and their families at Boca Middle. In addition to her work at Boca Middle, she also serves on the CYP Advisory Council.

Her support in helping with schedules, students' referrals, and sharing the importance of caregivers' responsibilities with teachers and staff has really made a difference with the students and program.

AACY and I sincerely appreciate Ms. Karl and the entire staff at Boca Middle's role in our program success and hope they keep up the good work!"

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>



ARE THERE ANY VETERANS IN YOUR FAMILY?

PBC has services that might be of assistance to your family. [Learn more here](#)

Another resource is VeteranAid.org. Which offers detailed 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.

**Don't Guess.
Make the Call.**

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Poisoned? Get Expert Help.

Don't guess what you should do. Get accurate Poison Control answers online or by phone. Both are free and confidential.
[Get HELP ONLINE](#)

or CALL **1-800-222-1222**

FREE SUPPORT AT YOUR FINGERTIPS, 24/7

CRISIS TEXT LINE

Crisis Text Line serves anyone, in any type of crisis.

They provide access to free, 24/7 support and information via the medium people already use and trust: text.

Here's how it works:

1. Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.
2. A Crisis Counselor receives the text and responds quickly.
3. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Cost - the service is completely free, but messaging rates apply if you're NOT on Verizon, Sprint, AT&T, or T-Mobile.

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