

AACY Caregiving Youth Newsletter | Treasure Talk | October 2024

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American Association of Caregiving Youth

Treasure Talk



aacym.org

Volume 198 | October 2024 in Review

A Note from Dr. Connie

Connie Siskowski, RN, PhD, AACY President & Founder



| October Treasure Talk 2024!

I wonder how often we quietly celebrate Halloween when it's not even October 31st? How honest are each of us about how we are feeling, especially if we are frustrated or overwhelmed, no matter if it is caregiving-related or something else?

A couple of years ago, during COVID, we had to wear a mask to protect ourselves and others. Today, sometimes, we wear an invisible mask to protect our emotions. That way, when someone says, "How are you doing?" it is easier to say "Okay" than honestly express ourselves. We wear our non-Halloween masks!

November and National Family Caregivers Month begins November 1st! We at AACY recognize and support you and all that you do - mask or no mask!

Dr. Corrie



Happy Halloween 2024 from AACY!

Halloween is here, and it's a time for costumes, candy, and a little spooky fun! As a Caregiving Youth, you might be at home helping out, but that doesn't mean you can't still enjoy the holiday. If you're staying in this Halloween, there are plenty of ways to make the day special:



Watch a Spooky Movie: Pick a Halloween movie, grab some popcorn, and have a cozy movie night at home.

Give Out Candy: If you're home, you can be part of the excitement by handing out candy. You get to see everyone's costumes and join the fun right from your front door!

Dress Up Anyway: Put on a costume even if you're staying in! Take some pictures and share them with friends or family on social media to join in the Halloween spirit.

Decorate Your Space: Add some Halloween vibes to your space with a few decorations—like pumpkins, ghost cutouts, or even string lights—to make things festive.



Halloween is about having fun, no matter where you are. So, make the most of it, celebrate in your own way, and know that AACY is here cheering you on.

AACY Activities

Andreana Holliman, Activities Manager



Activities Recap & Preview:

Greetings, CYP Friends!

We had an incredible time at Camp Treasure this month! From canoeing, fishing, and archery to bonding with friends, it was a memorable experience full of outdoor fun. We especially loved the art workshop—your self-portraits turned out amazing! These portraits are a piece of you that we hope you'll keep forever.

Looking ahead to November, don't miss these upcoming activities:

11/14 | "You Got The Scholarship, Now What?" Workshop

11/21 | Resume Workshop

Save the Date | Holiday Party in December 2024!

Remember, as part of the CYP, you and your family will never be alone during the holidays. We're here to make them special! *If you need a turkey for Thanksgiving, reach out to your Family Specialist as soon as possible.*

Stay tuned for more fun, and don't forget to catch your event photos on our Instagram. Keep looking out for upcoming activities!

If you want to see some pictures of you and your events, visit (and follow!) our Instagram [@caregivingyouthproject](https://www.instagram.com/caregivingyouthproject).

Thank you.

Andreana Holliman, BA



Camp Treasure - Fall





This month, we held a special event just for you—Camp Treasure! It was an exciting and unforgettable experience for everyone involved.

Day 1 Highlights: The first evening kicked off with a self-reflective treasure box activity, where each of you created a box to hold memories and special items. Afterward, we enjoyed camp songs, a delicious dinner, and, of course, yummy s'mores by the fire.

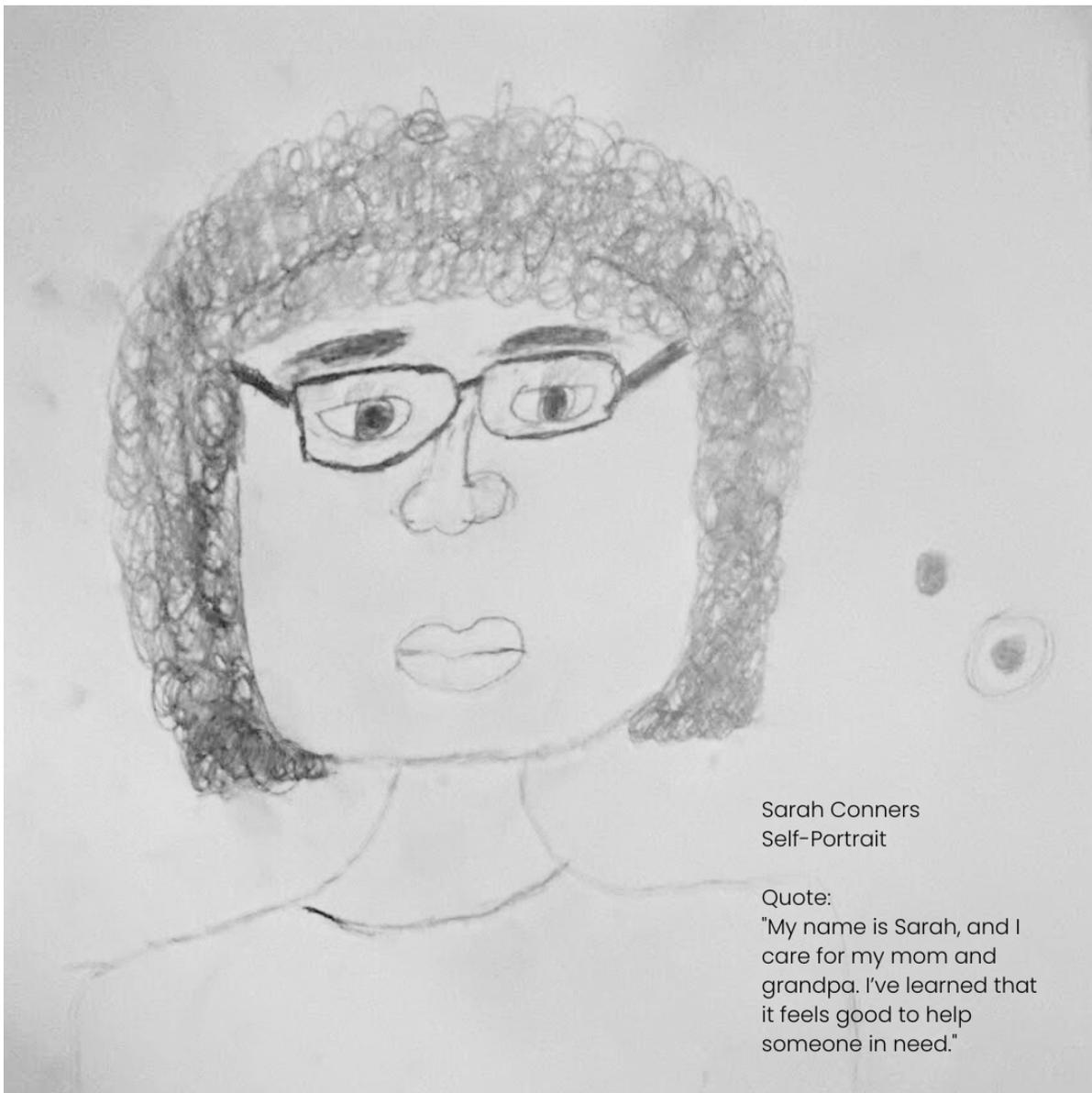
Day 2 Adventures: The next day was packed with outdoor fun! You went canoeing, tried fishing, and even practiced archery. A big thank you to our FAU interns, who led a presentation on mobility and shared some useful tips. Camp wouldn't have been possible without the support of our sponsors, donors, staff, and volunteers, who worked hard to bring this event to life for all of you.

Camp Treasure was a time to make friends, try new activities, and enjoy some much-deserved respite and relaxation. We hope to see everyone back next camp for even more fun!



Self Portrait Art Workshop by Smita Sen





Sarah Connors
Self-Portrait

Quote:
"My name is Sarah, and I care for my mom and grandpa. I've learned that it feels good to help someone in need."



AACY Support Corner

| We Support You:

We're here to support you on your caregiving journey. We'll share fun and educational content, inspiring stories from caregivers who are students or people around the world who are trying to help, and reminders that you're not alone. **Thank you for all that you do for your family.**

| National Family Caregivers Month

November is National Family Caregivers Month!



This year's theme is "Caregiving Around the Clock."
Caregiving Youth Count Too!



American Association of
**Caregiving
Youth**

Did you know that November is National Family Caregivers Month? This month is all about recognizing and honoring people like you who care for a family member in need. Family caregivers are people who help loved ones who may be sick, elderly, or disabled, and their support makes a big difference every day.

As Caregiving Youth, you are an important part of this group. You balance school, friends, and caregiving responsibilities—things many adults might find hard to juggle. This month reminds everyone about the important role you play and why it's so meaningful.

Why National Family Caregivers Month Matters to You

National Family Caregivers Month is a time to bring attention to people who, like you, are family caregivers.

Here's why it's so important:

Raising Awareness: Many people don't realize that young people like you help care for family members. By raising awareness, we help others understand what you do and why it's important.

Celebrating Your Efforts: This month is a chance to celebrate all the hard work you do. Being a family caregiver takes patience, time, and energy, and this month reminds us to say thank you for everything you do.

Connecting with Others: Sometimes caregiving can feel lonely, but this month reminds us that you are not alone. There are other young caregivers out there who know what it's like to care for a family member, and they face similar challenges.

How You Can Recognize National Family Caregivers Month

- **Celebrate Yourself:** Take a moment to recognize the important work you do. It's okay to feel proud of how much you help.
- **Talk About Your Role:** If you feel comfortable, share your caregiving story with friends or teachers. It can help people understand what you do and make them more supportive.
- **Ask for Support:** National Family Caregivers Month is a reminder that support is available. If you need help, reach out to your Caregiving Youth Project team or a trusted adult.

National Family Caregivers Month is a time to recognize the amazing work you do and remind everyone of the big difference you make in your family. **We're so proud of you and all you do to support your loved ones!**



| Moo Deng Moods

Where are you on the Moo Deng scale today?



Moo Deng's various moods perfectly capture the ups and downs of balancing school, caregiving responsibilities, and personal life. Just like Moo Deng, it's okay to feel a range of emotions in a single day. Some moments you might feel determined and ready, and other times, you may just feel tired or need a break. Moo Deng's moods remind us that every feeling is normal and part of the journey. Whether you're upbeat or overwhelmed, each mood is valid and part of caregiving for others—and yourself.



AACY News

| A Message of Hope from a CYP Alumnus



In a recent video interview, a Caregiving Youth Project alumnus shared his journey as a young caregiver and reflected on his time in the CYP program. His story was filled with insights, encouragement, and a powerful message of hope for those currently balancing caregiving responsibilities at a young age.



| School Shout Out!

SHOUT OUT TO

Roosevelt Community Middle School



Roosevelt Community Middle School

Educate. Affirm. Inspire.



District
Calendar



Registration



Parent
Information



SIS Parent
Gateway



Title I
Information



In this Treasure Talk issue, we want to highlight Principal Jeremiah Stewart, who has been a valuable supporter of AACY and a true friend to Caregiving Youth at Roosevelt Community Middle School. Mr. Stewart is retiring this year after 30 years in education, including seven years as principal at Roosevelt, where he made a lasting impact on students, families, and staff.

Mr. Stewart is known for his compassion and support for students who balance school with caregiving responsibilities. Each day, he walks around the school, greeting students and staff, ensuring they have the resources they need to thrive. His leadership has made Roosevelt a welcoming space for all, especially for students in the AACY Caregiving Youth Project.

Under Mr. Stewart's leadership, Roosevelt's academic performance grew, especially in science, and English Language Learners made impressive progress. His dedication and positive spirit have motivated students and staff alike to excel. Although we'll miss him, his impact will inspire us long after his retirement.

Thank you, Mr. Stewart, for your support and kindness. We wish you all the best in your next adventure! – *Carmen Del Pilar Brugman, RMHCI, Family Specialist*





| Caregiving Youth Project Participating Schools!



Schools offering CYP 2024

High Schools:

- Atlantic Community High
- Boca Raton Community High
- Boynton Beach Community High
- Dr. Joaquin Garcia High
- Forest Hill Community High
- Glades Central High
- Inlet Grove High
- John I Leonard High
- Lake Worth Community High
- Olympic Heights Community High
- Pahokee High
- Palm Beach Central High
- Palm Beach Gardens High
- Palm Beach Lakes High
- Park Vista High
- Santaluces Community High
- South Tech Academy*
- South Tech Preparatory*
- Spanish River Community High
- Village Academy High*
- Wellington High
- West Boca High

Middle Schools:

- Bear Lakes Middle
- Boca Raton Community Middle
- Carver Community Middle
- Christa McAuliffe Middle
- Congress Middle
- Conniston Middle
- Eagles Landing Middle
- Emerald Cove Middle
- H. L. Watkins Middle
- Jaega Middle
- John F. Kennedy Middle
- L.C. Swain Middle
- Lake Shore Middle
- Lake Worth Middle
- Lantana Community Middle
- Loggers Run Community Middle
- Okeeheelee Middle
- Omni Middle
- Pahokee Middle
- Palm Springs Community Middle
- Roosevelt Middle
- Tradewinds Middle
- Village Academy Middle*

Join us and spread the word! To participate in our program, Caregiving Youth Project (CYP) participants must reside in Palm Beach County and can be referred through personal outreach, recommendations from school staff, or other organizations. Our support is provided both at school and in the home.

If you are a Caregiving Youth or know someone who is but they don't live in Palm Beach County, please encourage them to email us at info@aacyp.org. We are committed to helping them find resources, no matter where they reside in the United States.





ATTENTION HIGH SCHOOLERS

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 LOG, PLEASE CONTACT YOUR FAMILY SPECIALIST.



In Florida, 16.4% of high schoolers and 23.6% of middle schoolers provide care, or more than 290,000 youth.

Kids are not alone.

CAREGIVING YOUTH PROJECT

of the American Association of Caregiving Youth



5.4 MILLION KIDS

In the US, over 5.4 million middle and HS students aged 18 or younger provide significant assistance or care to a family member with a chronic illness, disability, mental health condition, or frailty due to aging.



\$8.5 BILLION

A 2012 article estimates the economic value from Caregiving Youth is around \$8.5 Billion. The estimate today would be much higher. 74% care for their parents and/or grandparents. 11% care for their siblings or others.



ONLY .ORG IN US

AACY is the only organization in the United States that focuses on the needs of young people who are caregivers. They work to identify Caregiving Youth, provide them with support, and advocate for their rights on all levels.



AACY SERVICES

AACY offers direct services to middle and high school students in Palm Beach County through the Caregiving Youth Project (CYP) and is a leading national authority on matters related to Caregiving Youth.



WE SERVE ALL

AACY inclusively serves Caregiving Youth and their families of all ethnicities, countries of origin, income levels, gender identification, health conditions, disability, sexual orientation, marital status and religions.



CORE VALUES

We respect and demonstrate equality along with racial and social equity as we honor human dignity that is exemplified by our Core Values of Collaboration, Compassion, Empowerment, Innovation, and Responsiveness.



WORLDWIDE

Caregiving for a loved one is among the most demanding, challenging, and rewarding human activities. Although children are commonly thought of as the recipients of care – rather than the givers – children all over the world participate actively in caregiving every day.



CYP SERVICES

Caregiver coaching, skills-building, lunch & learn sessions, community service hour awards for caregiving work, respite fun, peer/friendship connections, home visits, resource support, tutoring, camps, holiday parties, recognition, personal development opportunities and more.

CYP

Resources - Support - Help



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.

IN A CRISIS? www.crisistextline.org

Text HOME to 741741 to connect with a volunteer Crisis Counselor **FREE**

Free 24/7 support at your fingertips.

Text Us 741741



How It Works

Text **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Crisis Text Line

Free 24x7 support at your fingertips.

crisistextline.org

Text **HOME** to **741741**

GET POISON CONTROL HELP

Contact Poison Control right away if you suspect a poisoning. Help is available online with web **POISONCONTROL**® or by phone at 1-800-222-1222. Both options are free, expert, and confidential.

Get help online or Call 1-800-222-1222

POISON CONTROL
National Capital Poison Center

Need help identifying a pill?

Mixed up your meds? Found a loose pill? Worried that your refill looks different? Fortunately, most medications can be identified from the letters and numbers imprinted on the pill.

Identify a pill



Need help identifying a pill? Poison possibility?

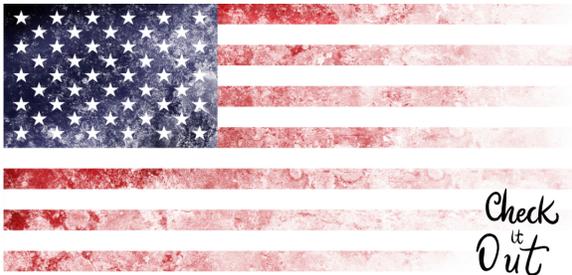
Mixed up meds? Found a loose pill?

Worried that a refill looks different?

Suspect an overdose?

Call 1-800-222-1222

Are there any **VETERANS** in your



Are there any VETERANS in your Family?

Resources Available - Check it Out

Palm Beach County Government

PBC has services that might be of assistance to your family

<https://discover.pbcgov.org/communityservices/humanservices/pages/veteran-services.aspx>

VeteranAid.org

VeteranAid.org offers free help applying for Aid and Attendance if a Veteran requires assisted living care in a community or at home.

VeteranAid.org was created to help families pay for the care their senior loved ones need by claiming the Aid & Attendance (A&A) benefit their veterans are entitled to.

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.

Many Thanks to Our Partners:



United Way of Palm Beach County



Town of Palm Beach United Way





DID YOU KNOW?

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 julie@aacyn.org for more information.

Thank you for your support!



Treasure Talk is a monthly newsletter for and about the students in the AACY Caregiving Youth Project (CYP) and all supporters of Caregiving Youth. We use the term "Treasure" in Treasure Talk to let the kids know that they are highly valued and cherished as individuals – and to recognize and remind them of the positive impact they have on the lives of others around them.





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

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

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