

AACY Caregiving Youth Newsletter | Treasure Talk | July 2024

American Association of Caregiving Youth <connie@aacy.org>

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American Association of Caregiving Youth Treasure Talk



Volume 195 | July 2024 in Review

A Note from Dr. Connie

Connie Siskowski, RN, PhD, AACY President & Founder



| July Treasure Talk 2024!

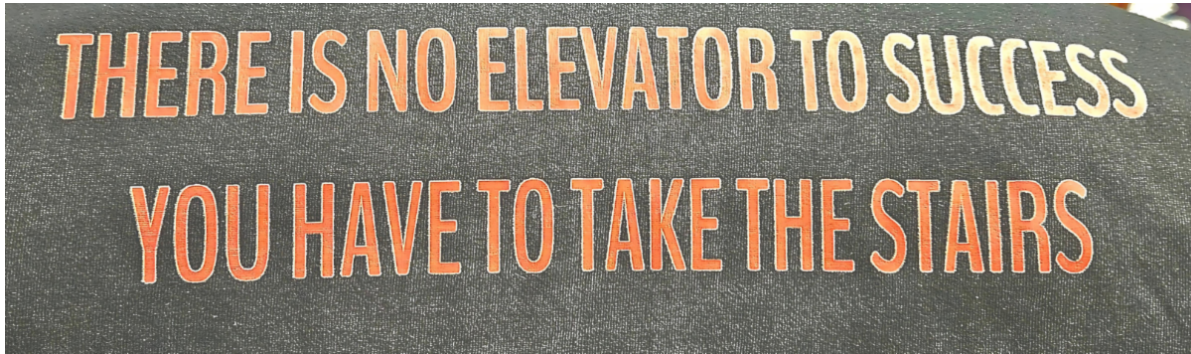
Sati, one of our Caregiving Youth Project 2024 high school graduates, shared this quote by Zig Zigler in her speech at our graduation celebration.

Jeff Firestone of ChariTees was so moved by it that he made tee shirts to give to Sati and others participating in our Caregiving Youth Action Day!

Thank you, Jeff, for helping us all to take a few minutes to consider the application of this quote to our lives... after all, taking the stairs, no matter how many steps or how winding they are, keeps us stronger physically and mentally, too!

It is our choice to enjoy the climb!

Dr. Currie



AACY Activities

Andreana Holliman, Activities Manager



| Activities Recap & Preview:

Greetings, CYP Friends!

Mary Craumer, MSW, Family Specialist, sums up our activities report for July: "Summer means summer fun and new experiences! This month, five of our CYP students had the opportunity to attend the Everglades Youth Conservation Camp for a 5-night sleep-away camp experience. These kids took a break from caregiving and enjoyed a week of fishing, swimming, kayaking, archery, swatting mosquitos, and being part of a cabin of kids.

We also held our annual Camp Treasure Summer Day Camp. Over 50 students spent the day at Florida Atlantic University, where they tried the ropes challenge course, had lunch on the campus, learned how to handle sports head injuries from a guest speaker, swam, and played basketball in the university gym.

These summer activities give you a much-needed break from your caregiving responsibilities. They also give you the opportunity to experience new activities and catch up with friends made through AACY Caregiving Youth Project."

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!





Camp Treasure was SO MUCH FUN this month! We laughed, played games, had big adventures, and made tons of new friends. Remember that super cool climbing course? Or how about swimming?

It's important to take a break from being a caregiver sometimes. Camp helped everyone relax and have a blast! Did you know that having fun can actually help you do better in school and feel happier? It's true!

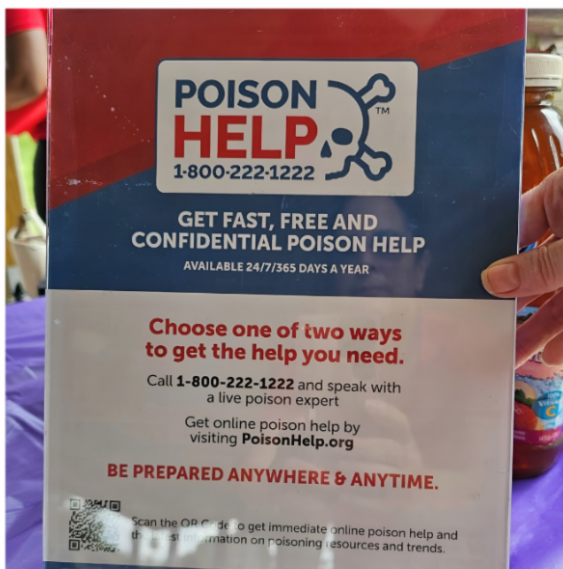
We're lucky to have a place like Camp Treasure where all of you can just be kids. Thanks to everyone who helped make it happen!



| Boynton High CYP at Fun Depot Sponsored by Healthier Boynton Beach



CYP Family Picnic



Our recent AACY Caregiving Youth Project Family Day Picnic was a huge success! Over 40 families came together for a day of fun. We had a blast with delicious food, a bouncy house, snow cones, and field games that everyone enjoyed.

Wendy Stephan from the Florida Poison Information Center helped families learn how to be aware of the risks of over-the-counter (OTC) medications, safely administer medicine, and where to find help with medication questions or concerns.

We are so grateful to everyone who joined us for this special event. It was a fantastic opportunity to learn, play, and connect as a caregiving community!

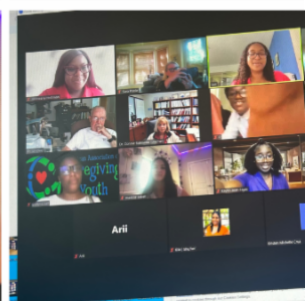
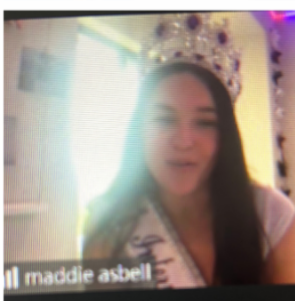
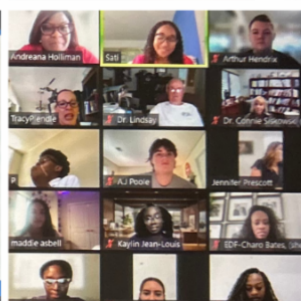
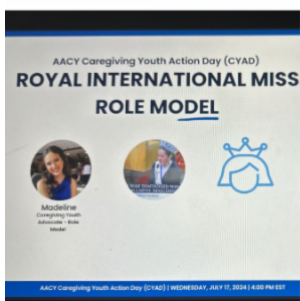
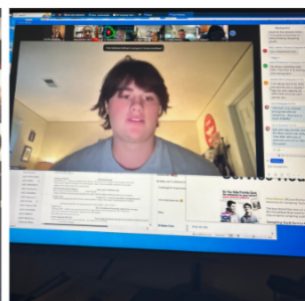
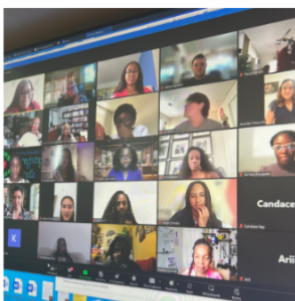
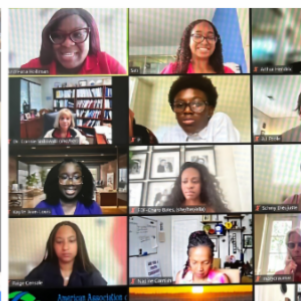
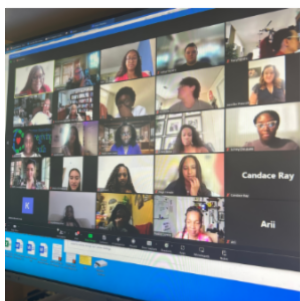
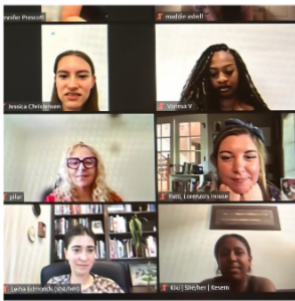
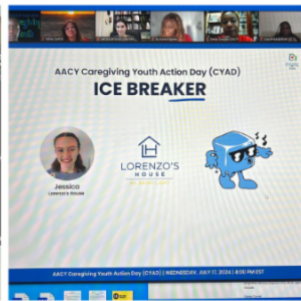
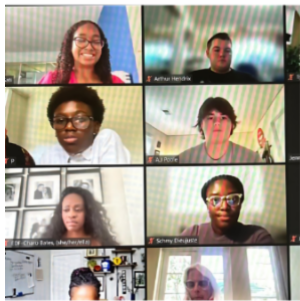
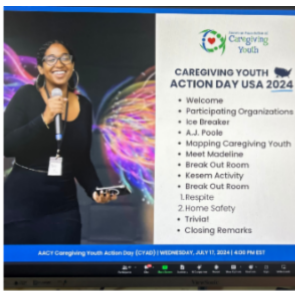
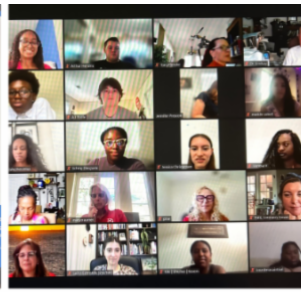
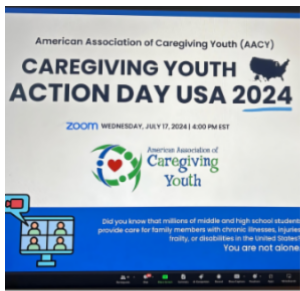
| Everglades Youth Conservation Camp (EYCC)



Fun at Everglades Youth Conservation Camp for a 5-night sleep-away camp experience thanks to AACY and its supporters.



Thanks for Coming to Caregiving Youth Action Day!



Caregiving Youth Speakers



Jessica
Lorenzo's House



A.J.
Kids Are Caregivers
Too



Sha'Keba
UNC Mapping
Research



Madeline
Austin, TX



Jeremiah
Kesem



Arthur
YCARE

We had an incredible time connecting with Caregiving Youth from across the country at our virtual Caregiving Youth Action Day! Caregiving Youth and former ones from Virginia, California, Arizona, Tennessee, Pennsylvania, Texas, Florida, New York, and Washington came together to share experiences, learn, and support each other. Thank you to everyone who participated!



You're not a victim for
sharing your story.
You are a survivor
setting the world on fire
with your truth. And you
never know who needs
your light, your warmth
and raging courage.



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 other young caregivers 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.**

| Summer Internet Surfing Tips, Tricks & Safety!

Search Google Like a Pro

You know how to Google,
but do you do it like a pro?

Here are a few simple yet very helpful search operators to help you
Search Google... like a Pro

"Quotation Marks"

"I love you Mom"

Using quotation marks in your search terms lets you search exactly for that word. It means, all your results will have your search terms in them.

- Dashes

dolphins -football

If you want to exclude a term from your search include a hyphen before that word.

~ Tilde

music ~classes

Use tilde when you want also its synonyms to appear in the result. The above query will search for music classes, lessons, coaching etc.

site:

site:ndtv.com

Use this operator to search within a specific website only.

| verticle bar

blouse | shirt | chemise

This query will search websites that have any one/two/all of the terms

.. Two Periods

movies 1950..1970

Include two periods when you want to search within two number ranges

This graphic is your one-stop shop for becoming a Google guru! Learn how to search for exactly what you need, find the most interesting websites, and avoid getting lost in the maze of the Internet. With these easy tips, you can be a super-sleuth for info you need to help you and the people you care for, or just have fun with it! Let's get searching! Remember these rules to stay safe on the Internet!

- **Don't give out personal information.** It's important not to share your password, name, address/neighborhood, school, or information about your family with anybody online.
- **Don't agree to meet anyone in person that you met online.** Unfortunately, some people sometimes pretend to be someone they're not. It's safest not to agree to meet people in person, even if you've talked to them at length. If you are truly interested in meeting up with someone you met online, talk to a grownup so they can help determine the safest way (if any) to do so.
- **Choose safe screen names.** When you're creating screen names, avoid using personally identifiable information like your name, birthday, city, etc.
- **Protect your passwords.** Don't share your passwords with anyone except for your parents. When you log into an account using a public computer, be sure to log out before leaving.
- **Ask for help if you are scared or uncomfortable.** Some scammers may try to frighten you

into clicking a link or sharing personal information. If you ever feel unsafe or uncomfortable, remember you do not have an obligation to respond to anyone online, and you do not have to click anything you don't want to click.

- **Don't post photos or videos without your parent or guardian's permission.** Even if a photo seems safe to post, it can contain location codes that show where and when the photo was taken, which can reveal personal information about you, like your address or school. Before posting or sharing photos online, talk to a parent or guardian.
- **Don't participate in cyberbullying.** Don't send mean or threatening messages online, and don't engage with these types of messages or comments if you receive them. Cyberbullying is never okay. If you receive a mean or threatening message, talk to a grown-up about how you might have it removed, have the person blocked, or otherwise resolve the situation.
- **Be wary of contests or "freebies."** Contests and freebies are a very common way for scammers to get your personal information. Do not click links, download attachments, or provide personal information such as your name, phone number, address, passwords, etc., without permission from a parent or guardian, even if there is a "countdown clock" or other perceived sense of urgency.
- **Don't download attachments or click links.** Attachments, links, software, or other downloads can have viruses or other malicious software attached to them that can harm your computer or phone or steal your personal information. Never click a link or download anything from anyone you don't know.
- **If something seems fishy or unsafe, stop and ask for help.** Scammers can be sneaky and can even pretend to be someone you know. If something doesn't seem right or makes you feel unsafe, stop and ask for help from a parent or guardian.
- **Understand that nothing is private.** Even content you share via private messaging, text, Snapchat, or "disappearing" message tools can be discovered online. Don't share anything online or on your mobile device that you wouldn't be comfortable having made public.
- **Ask questions! The Internet can be a confusing place—even for grown-ups.** Keep the lines of communication open. If you're unsure about something, talk to a parent or guardian.

Source: <https://www.learning.com/blog/12-rules-for-protecting-students-online/>



AACY News

Caregiving Youth Featured on The TODAY Show!



Child caregivers shine light on heavy task of tending to sick parents

Watch the full segment at today.com



Guess what? AACY and Caregiving Youth were recently featured on the TODAY Show with Maria Shriver! We're so excited because millions of people got to see just how amazing young caregivers like YOU are!

The show highlighted the stories of two incredible teens:

Jacob (Florida): an eighth-grader who exemplifies the dedication of Caregiving Youth nationwide. Through AACY's Caregiving Youth Project, Jacob receives multiple support services as he cares for his mother with multiple sclerosis and his grandmother with dementia.

Rocco (California): a 17-year-old pillar of strength for his family since his mother's cancer diagnosis. Despite his own challenges, Rocco has provided invaluable support to his family while attending Kesem's free summer program, Camp Kesem.

The good news is that millions of people have seen the TODAY Show, and now they understand what it's like to be a Caregiving Youth. By seeing the strength and resilience of Jacob and Rocco, people are empowered to take action and support other kids who are caregiving!





@charlotteprevalreed



The background is a solid blue color. Scattered across the background are several white handprints, each with five fingers spread out, pointing in various directions. A white rectangular banner with slightly irregular edges is positioned in the upper middle section of the image.

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.



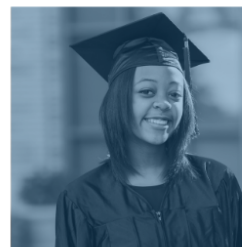
AACY SERVICES

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

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.

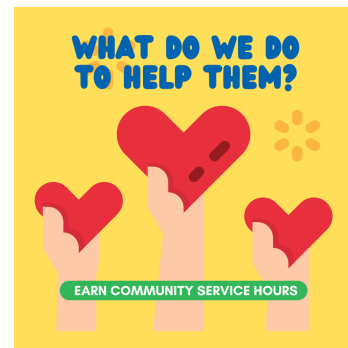
Resources - Support - Help



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

GET POISON CONTROL HELP

Contact Poison Control right away if you suspect a poisoning. Help is available online with webpoisoncontrol.org 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?

Missed 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?

Free 24x7 support at your fingertips.

crisistextline.org

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

Mixed up meds? Found a loose pill?

Worried that a refill looks different?

Suspect an overdose?

Call 1-800-222-1222

Contact poison.org - Free



Are there any VETERANS in your Family?

Resources Available - Check it Out

[Palm Beach County Government](http://pbcgov.org)

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.

Are there any VETERANS in your Family? Resources Available:

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

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. [Learn more here](#)

Many Thanks to Our Partners:



United Way of Palm Beach County



Town of Palm Beach United Way



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.



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!





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