The national resource for the support of children who are caring for chronically ill, injured, elderly, or disabled family members.

## Legislative News

Kasey Lewis - Legislative Assistant to Senator Lori Berman, Izzy Parrado - AACY Board Secretary, Rick Roth - Florida House of Representatives, Dr. Connie Siskowski, President AACY.

### Local and State

The picture above was taken at the 2019 Legislative Summit organized by the Nonprofit Chamber of Palm Beach County.

AACY was voted as one of two top priorities among youth issues in the 2019 Legislative Green Book. The book is a summary of the top priorities selected by the Health and Human Services Community in Palm Beach County. The Green Book was presented to the PBC Legislative Delegation at a Summit held on December 4, 2018.

## Students from Charles E. Schmidt College of Medicine at FAU

Florence Xiong and Lynn Chi

During their first semester this year, Florence and Lynn, two Medical Students, chose AACY for their Service Learning Project. They shadowed our Family Specialists, went on home visits, attended school Lunch and Learns, observed Skills Building Groups, participated at Camp Treasure, and even found time to wrap gifts at our annual Holiday Celebration.

They then took back this new information about the role of caregiving youth and shared it with their classmates.

## The Importance of Research

Students from Charles E. Schmidt College of Medicine at FAU

## CYP Essay Winners

Michelle Dolan, Connie Siskowski, Roslyn Rigdon, Dan Davidowitz, Daniel Garcia, Jourdon DeFrain

Thanks to the Marcy and Bob Haupt of the BOMAR Foundation, AACY awarded four high school senior CYP students with prizes for the essays they submitted.
When Rammy was attending the Miller School of Medicine at University of Miami, he and Jennifer, his colleague, spent countless hours going through files to collect data and later present their findings on caregiving youth, at the American Academy of Pediatrics Conference in California.

Rammy continues to support the hidden population of caregiving youth. He conducted new research at Children's Hospital Los Angeles. Among other facts, the research among sibling caregivers showed that they spend nearly 20 hours per week caregiving. Plus, they also have school work! Special thanks to their supervisor, pediatrician Dr. Julie Belkowitz for inspiring their interest.

The study was recently, published in the Journal of Health Education Research & Development, Sibling Caregivers: A Mixed Methods Study and Family-Based Intervention Model in a Pediatric Hospital By: Rayman Rammy Assaf, Sharon M. Hudon, Stephanie Marcy, Linda Radbill, Alex Van Speybroeck, Connie Siskowski and Mona Patel.

US Caregiving Youth Bill of Rights

This Caregiving Youth Bill of Rights was published in the early days, of the CYP. AACY still believes caregiving youth have these rights and deserve to be supported!

Debralyn Belletieri is a Women of Grace

Here three of them are at our annual Hearts & "Soles" Gala. Roslyn shared her story of how she cared for her mother. She and her sister now live with her grandmother. The opioid crisis is not just a national issue, but one directly affecting caregiving youth as more grandparents raise their grandchildren.

Daniel cares for his grandmother and for many years, Jourdan cares for her mother.

Pictures above is Mary Ann Singer, receiving her essay award at Boca Raton Community High School. She cared for her father.

Thank you to everyone that supports these students to help them be successful personally and academically.

Comfort from the North

Student's in the Caregiving Youth Project care for family members that cover the full spectrum of chronic illness; ALS is one of them.

Jodi O'Donnell-Ames, Founder of Hope Loves Company, located in NJ, provided comfort giving Teddy Bears to caregiving youth at our most recent Camp Treasure.

Hope Loves Company is the only non-profit in the U.S. with the mission of providing educational and emotional support to children and young adults who has or had a loved one battling Amyotrophic Lateral Sclerosis (ALS) or Lou Gehrig's disease.
On Monday, November 5, 2018 the Bethesda Hospital Foundation celebrated its 19th Annual Women of Grace Luncheon at the Delray Beach Marriott. This event, with more than 500 attendees, honored six local women whose outstanding service inspires and enriches our community. The exemplary women, including Debralyn, were chosen for their selfless acts of kindness and charity towards others. Chairing this spectacular event were Nicole Pasqual and Karen Rogers.

Debralyn Belletieri has volunteered with AACY for six years. She has chaired several fundraising events. In addition, she provides transportation to activities and has hosted sleepovers and bowling parties for the children. For Debralyn, volunteering is a lifelong passion. AACY is thankful to Debralyn for all that she does to help youth caregivers!

AACY Board News

Michael Miller and Joseph Kraus

Thank you Mike Miller of Sam's Club, for your more than five years of service on the AACY Board. Joe Kraus, Board Chair, is shown here presenting a Certificate of Appreciation.

New Board members include Debralyn Belletieri and Sonia Foster pictured below during her Board orientation. Sonia is a national consultant for all branches of the military.

In The News And Raising Awareness

Dr. Connie with Eric Joice, Family Resource Network of New Jersey at the National Caregivers Conference, where Connie spoke.

This article is a follow up to our medication research which reports the first of this kind ever done globally.

Science Daily

Largely unrecognized role of youth caregivers illuminated in new study

The Bellissimo Family & Wellington Equestrian Partners have raised more than $12.2 million for over 230 Palm Beach County charities since its inception in 2010. This year's theme is We are the
Resource Partner

The Town of Palm Beach United Way in partnership with Palm Beach Fire-Rescue and The Palm Beach Daily News chose the American Association of Caregiving Youth to be one of three recipients of collected toys, cash and gift cards.

“These are amazing kids who are already giving themselves,” said Brenna Hovatter, Activities and Youth Social Media Manager. "This drive ensures they are also getting something for themselves."

Read the whole article here

Unique Ways for Helping Youth Caregivers

Friends of AACY show their love & support...

Margaret Nickels, Miami University Miller School of Medicine's former student who conducted medication management research among 28 AACY youth caregivers recently married. She and her new husband, Michael Freedman, requested wedding guests to make a donation to AACY in lieu of a gift.

Instead of birthday presents, CYP graduate Mandy, volunteer Gloria, AACY friend Arline and AACY President, Connie requested donations for caregiving youth.

A holiday party was held at a Broken Sound Club home, and the hosts also asked for donations to be made to AACY in lieu of house gifts.

Thank you for finding new ways to help support youth caregivers!

Hats Off Nonprofit Awards

Karen Harwood, Care Coordinations Services Director at the Palm Beach County Medical Society and former Caregiving Youth Project employee was AACY's nominee at the 2018 Hats Off Nonprofit Awards.

Resource Book

Available through Amazon and Rosen Publishing

2017 -2018 Annual Report

Thank you for supporting AACY.
Wishing You A Healthy, and Joy-filled 2019!