Greetings!

Before dinner, at the first group meeting of campers and staff at Camp Treasure, everyone does a self-introduction and says what they are thankful for. Family always tops the list! “Family” is becoming an expanded and inclusive term; its significance goes beyond blood relatives. Within our homes, we have blended and extended families. Outside of home, there are CYP, school, congregation, sports, service club and work families, among others! How terrific it is to be alone no longer!

CAMP TREASURE XXIV

We experienced an epic time together at Camp Treasure! Fall 2018 Camp Treasure. Thank you to all the middle schoolers who joined us, the AmeriCorp members, AACY Board member Mark Balsom, FAU students, Rosie and Joe Martin from Allegiance Home Health Care, Rosie is also an AACY Board Director as is Althea Ceasar who provided ice cream, Mary Ann our Camp Nurse, Jodi O'Donnell of Hope Loves Company for the teddy bears and the volunteers for making this a memorable camp. We didn’t let the early sunset or cooler weather stop us from having fun. The AACY staff love hearing the giggles, seeing the friendships made, and watching you, caregiving youth get the chance to be a kid. The Bunk name challenge and cheer has become a popular competition and we love seeing creativity blossom! Beautiful treasure boxes were made, fears were conquered in the ropes course, and we had the best fun in the sun at the pool. We hope you are still wearing your blue bracelet with pride and that is holds a spot as your reminder of the fun we had and that you are never alone.
CYP students mark the calendar and save the date! Our Holiday Celebration is December 16th, 2018. This year we will be having TWO seatings to help serve more caregiving youth and their families. The first party will be from: 12:00pm-2:00pm and the second party will be from: 3:00pm-5:00pm. Students and their families are allowed to attend ONE party. Party choice is based on availability. Look out for your invitation, RSVP to save your space. 561-391-7401. An adult MUST RSVP your space.

RESOURCES BOOK CHECK IT OUT

In their 411 series, this is the latest book to help teens who are hidden heroes as they take on adult roles to provide caregiving for ill or disabled family. Dr. Connie wrote the forward to I Am A Teen Caregiver. Now What? by Avery Elizabeth Hurt. Available on Amazon now or ask your school for a copy.

CAREGIVING YOUTH PROJECT

MIDDLE SCHOOL

Did you know that family members who have diabetes are a common health condition cared for by caregiving youth? November’s Lunch and Learn sessions focused on diabetes. Students received information on the types of diabetes, and how to help care for a family member who has this health condition. Please contact your Family Specialist if you would like to know more. The topic for next month Lunch and Learn will focus on mental health and addiction.

CONTINUING CARE

We are excited to announce the top winners of the Senior Essay Writing Contest. Mary Ann Singer, Roslyn Rigdon, Daniel Garcia and Jourdan DeFrain. These students were presented with cash prizes from the BOMAR Foundation at the Broadway themed Heart and "Soles" Gala for Caregiving Youth. Thank you to all the students that submitted essays.

THIS MONTH’S SCHOOL SPOTLIGHT
**MEDICATION ARTICLE**

Finally made it to press!

Thank you to 28 CYP students who give medication and participated in four focus groups to make this research possible.

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**LET'S GET SOCIAL**

Join the CYP Instagram account and Facebook group! Connect with each other, learn, build new friendships and strong bonds. Be sure to follow us, comment, like, and re-share our posts! Join us at Instagram @cyphearts and on Facebook at our private Caregiving Youth Project Group.

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**ARE THERE ANY VETERANS IN YOUR FAMILY?**

Palm Beach County has services that might be of assistance to your family. Learn more here

Another resource is VeteranAid.org that offers detailed information on a Veteran’s pension benefit called Aid and Attendance (A&A). If Veterans require assisted living care in a community

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AACY thanks and recognizes staff at our schools that go above and beyond to assist in making the Caregiving Youth Project a success. Students that are supported in their caregiving roles are more likely to attend school, get good grades, know they are not alone and most importantly, graduate!

This month we are recognizing Mrs. Carine Guilluame, School Counselor at Lake Worth Community Middle School (LWCMS). This will be Lake Worth Community Middle School’s first year to be part of the Caregiving Youth Project, and Mrs. Guilluame has been a great support since day one. She is always welcoming, has a positive attitude, and is ready to assist our Family Specialist wherever there is a need. She strives to work to find a solution to a problem or concern. Previously, Mrs. Guilluame was the CYP Liaison at another school. When she told the school principal about bringing the CYP to LWCMS, he asked her to be the point of contact, and she accepted the role right away. Other staff members at LWCMS have also welcomed the CYP with open arms. They continue to ask questions about the program, and have affirmed the need for the CYP in the community. For that, we would like to extend our most sincere gratitude!

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**MICHELLE’S CAREGIVING TIPS**

Hi CYP Members,

You may have seen your CYP Family Specialist at Lunch and Learn this month discussing diabetes. According to the Center for Disease Control 9.4 percent of the US population has diabetes. That’s a whole lot of people, which means you may know someone who has diabetes, maybe even the person you care for!

So what is diabetes and how can you help someone who has it? Diabetes happens when someone’s body does not have enough insulin. There are two types of diabetes. Type 1 Diabetes occurs when the cells in the pancreas are damaged and they don’t make enough insulin; this is the type of diabetes that often affects young people. Type 2 Diabetes usually occurs in adults who may be overweight and is related to insulin resistance.

If you or someone you know has diabetes it is important to watch closely for any symptoms or side effects and properly treat it.
or at home, A&A gives the information they need to apply for the A&A benefit themselves for free. Senior veterans and spouses use this benefit to help them afford quality home care.

**FREE SUPPORT AT YOUR FINGERTIPS, 24/7**

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

Check it out

Symptoms can include sleepiness, feeling very thirsty or hungry even though you may be eating healthy, and tingling or numbness in the hands and feet. Some of the ways to manage diabetes include making healthy food choices, testing blood sugar regularly, taking medication prescribed by the doctor and getting checkups regularly.

Although diabetes can be scary, many people learn to live a safe healthy lifestyle with this condition by following the doctors’ orders! Can you think of other diseases that can be managed or prevented with some of the healthy choices discussed above such as food choices?

If you want to learn more about diabetes, or other common illnesses don’t forget to stop by the Lunch and Learn table and speak with your CYP Family Specialist.

**WELCOME MARCELLA**

Hi everyone! My name is Marcella Martinez. I am originally from Tucson, Arizona, but was living in Atlanta, Georgia for about 3 years before I moved to South Florida. I received my Master’s in Social Work at Our Lady of Lake University. I am excited to part of the AACY team. I have worked with children in multiple areas. I believe its important to empower our youth, and I have always had a passion working with this population. My family means the world to me, and I will continue to make them proud. My hobbies include; traveling, going to the beach, listening to music, and working out. Remember only you can make your dreams come true!

Enjoy life, Eat well & Laugh often

November is National Family Caregivers Month. It is a time to recognize and honor family caregivers of all ages across the country. Thank you, youth caregivers, we think you are super!

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

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- United Way
- NonprofitsFirst ACCREDITED
- Palm Beach County Community Services
- Children's Services Council Healthy, Safe, Strong.