



Treasure Talk

Caregiving Youth Project Newsletter

The Caregiving Youth Project 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.

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[National Alliance for Caregiving](#)

[National Multiple Sclerosis Society](#)

[Guide to Alzheimers Disease](#)

[UK Young Carers Initiative](#)

www.bam.gov

[Caregiver Action Network](#)

www.netSMARTZ.org

www.afateens.org

www.kidsarecaregiverstoo.com

Bookendcaregivers.web.unc.edu



Join Our List

Issue: #126

October 2018

Greetings!

Albert Einstein once said, "In the middle of every difficulty lies opportunity." How do we discover that opportunity? Sometimes it comes by stepping back, taking a little break and clearing our minds. It is like a computer reboot of our brain which in essence is our own personal computer. Anticipate and be open to act on your life's opportunities that arise from a time of challenge!



Connie Siskowski,
RN, Ph.D. Founder
and President

CAREGIVING YOUTH PROJECT

The CYP is honored to partner with The Big Heart Brigade again this year to help our families who are in need of Thanksgiving meals this holiday season. If you would like assistance please call our office at 561.391.7401 or talk to your Family Specialist when they are at your school.

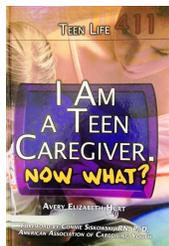


The Lunch and Learn topic for this month is Diabetes. Please visit our resource table in the cafeteria at your school.

MIDDLE SCHOOL

Attention Middle School students! Remember Camp Treasure is coming up Friday November 16th - Saturday the 17th. If you received an invitation in the mail or are interested in attending please call Brenna at the office to RSVP your spot - 561.391.7401

RESOURCE 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 foreward to [I Am A Teen Caregiver. Now What?](#) by Avery Elizabeth Hurt. Available on Amazon now or ask your school librarian.

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.

ARE THERE ANY VETERANS IN YOUR FAMILY?



Palm Beach County has services that might be of



CONTINUING CARE

High School students' Save the date on January 4th for the CYP College Prep workshop at Palm Beach State College. Take advantage of this day to learn about community

scholarships and listen to a presentation from the George Snow Scholarship Foundation. Also, time will be set aside for students to complete their FASFA application and work on any scholarship or college applications with help from the CYP team and Palm Beach State TRIO staff.

THIS MONTH'S SCHOOL SPOTLIGHT



ACY likes to thank and recognize people 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 Ms. Natalie Lima (Guidance Counselor) and Lisa (Secretary in Student Services) at Olympic Heights community High School. They both continue to play an influential role in the success of the Caregiving Youth Project at their school. They are always welcoming, warm and ready to assist our Family Specialist whenever there is a need. Lisa lets us know she is thankful this program is available to the students at the school. Ms. Lima calls to make referrals to our program as well as make sure the students who are already in our program are getting everything they need. Just a few weeks ago Ms. Lima emailed us asking if we could provide a laptop to one of the youth in need. Thankfully we had already had this student on our waiting list and they will be receiving a laptop shortly. Not only that, Ms. Lima makes sure the students know that her office is a safe space for youth caregivers, she currently has CYP sign on her door offering assistance. The recognized staff members as well as other teachers and staff at Olympic Heights High School are true supporters of ACY, and for that we would like to extend our most sincere gratitude, Thank you for all that you do!



MICHELLE'S CAREGIVING TIPS

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 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 |

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](#)

What is Cancer and how do we deal with it?

Did you know this month is Breast Cancer Awareness? Which means there are so many chances for us to not only learn about this specific cancer, but also others! This is also a month for us to advocate for those who may have had cancer in the past or who are struggling with the condition today. Though Cancer can be scary it's better for us to talk about it so we can understand what it is and how we fight it!



Cancer is caused by abnormal cells in our body that grow too fast. Too many cells that often become larger by connecting to each other to form what is known as a Tumor. Tumors can ruin our good healthy cells.

We don't exactly know why some of us develop cancer. We do know how to help avoid some cancers, which involves being the healthiest version of us we can be. Staying away from things like cigarettes and alcohol, exercising regularly and eating healthy foods are all helpful in preventing cancer and other types of illness.

We may already know a family member who has Cancer, it could even be someone who lives a very healthy lifestyle. Sometimes we have no control over Cancer but it is important to have friends and family who are there to help support this person while they go through treatment.

There are different types of treatment for people who have this condition. These include Chemotherapy, Radiation, and Surgery, or a combination of treatments.

How do you deal with Cancer? Do you talk about it with friends or family? Do you like to do research to find out more about it? Do you make signs at school that help to advocate for those who have cancer? Whatever you do know that we are always here to help and answer your questions! Don't forget to visit your Lunch and Learn Table at school to learn more about Cancer and other illnesses each month!

QUOTE

"Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories."

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth



