Greetings!

Time off from school! What is one healthy thing you would like to do that you haven’t done before? It is so easy to put it off until tomorrow and then the next tomorrow, and the circle continues. But who really knows? Maybe the something good for you that you different TODAY will be super enjoyable and then, you can do it again tomorrow! Today is the only today that you have - make it be the best it can be for you!

CAMP TREASURE REUNION
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 foreword 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 @cyphhearts and on Facebook at our private Caregiving Youth Project Group.

**I'M NOT ALONE**

June 21st might have been the first official day of summer, but here at the CYP headquarters we would like to think we already had our best day of summer: CAMP TREASURE REUNION!

On Wednesday June 20th, we gathered at FAU for an epic day of fun. It was a beautiful day and with the help of some great volunteers and our good friends from the AmeriCorps we played in the pool, and channeled our inner thrill seeker and took on the outdoor adventure course. Sam's Club donated a delicious lunch which was followed by some friendly competition in the gym with relay races.

We had the pleasure of Dr. Betsy Olsen from UNC in Chapel Hill join us, and give you the chance to help her with some research and share what is important or should be heard from a youth caregiver. We have been so fortunate for amazing community partners and once again our dear friends at the Samaritan 365 Kindness Matters who baked and donated a pan of baked ziti and brownies for you to take home. Our day was packed, but it was perfect and fun. Thank you to FAU, AmeriCorps, Dr. Betsy, Sam’s Club, our volunteer drivers, volunteers and the team from AACY for making this a great event!

**CAREGIVING TIPS**

CONGRATULATIONS to all of our high school graduates! We will continue to send you Treasure Talk so you can stay informed of our progress - maybe there are even ways for you to help other youth caregivers who do not have the CYP support. You are off on a new adventure! And, your caregiving may continue. However, now that most of you are 18 years old, there may be new resources to help you in your caregiving! This is especially true if you are caring for an
Michelle D. Sherman, PhD. & Deanne M. Sherman

This book helps teens to:
- Understand the causes, symptoms, and treatment of mental illness
- Learn coping skills
- Sort through complex feelings
- Deal with friends
- Identify resources and find hope

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 or at home, A&A gives the information they need to apply for the A&A.

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FEARLESS CAREGIVER CONFERENCE

"Florida Atlantic University embodies a culture of strategic and collaborative community engagement that results in mutual benefit to the institution and the diverse internal and external communities that it serves."

Just this month, Camp Treasure Reunion was held at the FAU main campus. The Caregiving Youth Project and FAU partner together in a number of ways. Later this year on December 18th caregiving youth and their families are invited to attend the Boca Bowl at FAU Stadium. Stay turned for more information on this fun event! 
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

**IDEAS FOR SUMMER - LEARN & HAVE FUN**

This Summer Your Library Rocks!
Rock your Library and what it has to offer - register for the Summer Reading Program today! Visit any of the 17 Palm Beach County Library System locations or the Bookmobile and win prizes. [Summer Reading Details](#)

Random, wild, tasty and beautiful - explore Palm Beach County
From art museums to sports stadiums, there’s so much to do and see in Palm Beach County. You can gaze at wild animals, tour a chocolate shop, listen to opera or dive some reefs! [Things to do](#)

**WELCOME RICHANE**

Hi everyone! My name is Richane Etienne, MSW. I am the newest member and it’s an honor to be part of AACY. I completed my Bachelor’s and Master’s in Social Work at Florida Atlantic University. I am a born and raised Florida Resident. I have also worked with children, adolescent and their families within the community for many years. I am looking forward to working with AACY youth caregivers and their families. My hobbies include watching movies, being outdoors and spending quality time with family. Go team AACY!
HURRICANE PREPAREDNESS

Click on the link to find everything you need to know to prepare for hurricane season.

Public Safety

QUOTE

"Dreams are the seeds of change. Nothing ever grows without a seed, and nothing ever changes without a dream." -by Debby Boone

ENJOY, BE SAFE!

Independence Day, also referred to as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776.

Sincerely,

Gerry Fallon
Editor
American Association of Caregiving Youth

[Facebook, Twitter, YouTube]