



Treasure Talk

Caregiving Youth Project Newsletter

The Caregiving Youth Project helps identify, recognize, educate, and support students who care for 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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Issue: #121

May 2018

Greetings!

"Only I can change my life; no one can do it for me!" says Carol Burnett. May signals many new beginnings...promotions to the next grade level...moving up to new schools and even graduating from high school or college. You are becoming the captain of your own ships. The reality is that the choices you make can improve or can wreck your life. We at AACY are cheering for you to make positive life choices. Be #CYPstrong!!



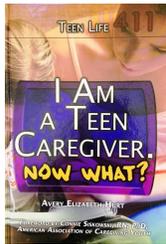
Connie Siskowski,
RN, Ph.D. Founder
and President

CONGRATULATIONS CYP CLASS OF 2018



What an amazing celebration we had on Wednesday, May 30th for the graduating class of 2018! CYP Graduates were welcomed with beautiful views, love and support at the Boynton Beach Intracoastal Clubhouse. We know that as youth caregivers, you face many hurdles and challenges throughout your academic career. Graduation is just the start and we know that your future is bright. We hope all graduates continue to check in with us. We want to know all about

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.

I'M NOT ALONE

the wonderful and fabulous things you encounter. Good luck in your next journey!

Thank you to Healthier Boynton Beach, and Samaritan 365 for delicious sandwiches and the tastiest of sweets and treats! Thank you to Strikes@Boca for the take home graduation cookies, and Debralyn - volunteers for amazing centerpieces. Two great speeches, one from a former CYP graduate of 2014 and one from this year's class, emphasized the importance of believing in yourself, but it is important to ask for help too. It was beautiful how their speeches paralleled each other, their stories, hope and the possibilities of the future. We also thank Jeff and Susan Firestone who provided scholarships and awards.



We are so thankful for the community support and everyone who came to celebrate and help honor the student's accomplishments. Stay tuned for more pictures!

CAREGIVING YOUTH PROJECT

Middle School

This month each new student in our program received a handmade quilt or blanket from Palm Beach County Project Linus and the Hibiscus Guild of Palm Beach County. Thank you to all the volunteers who spent countless hours making these blankets for our youth caregivers! Congratulations to our 8th grade students moving onto high school in the Fall. The CYP is in multiple schools throughout the County so please make sure to let your Family Specialists know where you will be ATTENDING high school. We are preparing many fun events over the summer for you so please make sure to call the office (561-391-7401) if your address or phone numbers have changed.

Continuing Care

Class of 2018...Congratulations to all of our seniors who have graduated!! Your hard work and perseverance has paid off. Good luck to those of you going onto college, the military or entering the workforce. If any family needs assistance during this transition time, please call our office (561.391.7401) to learn about available





Michelle D.
Sherman, Ph.D. &
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

[click here for more information](#)

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

CAREGIVING TIPS

It's now the final week of school and life changes. You have probably come to learn that one of the consistencies in our lives is change. How much we can be flexible and can adapt to change makes life easier - individually and for your family and friends.

The May Lunch and Learn topic was Lupus also known as SLE or Systemic Lupus Erythematosus. If the person you care for has this chronic autoimmune disease, it is likely that there are many up days and down days. It can be confusing because of its variability and on the outside to others, your family member looks and seems "normal." Did you know that you are not alone in caring for someone with lupus? According to the Lupus Foundation, at least 1.5 million Americans have this illness!



The symptoms of lupus can come and go as an inflammatory process attacks healthy tissue including the brain, the circulatory system and joints in addition to other organs. Little is known about what really causes lupus. Some experts say it is related to genetics and the environment. It may be that the body is doing what it is supposed to do to protect itself.

Each person who has lupus has his/her own unique reactions; there is no cure. Because this is an unpredictable illness, the caregiving by you may vary from day-to-day. So one day you may have to help your family manage medications and the next day you won't. This makes planning for you a little more challenging, however knowing this and learning all that you can about autoimmune illnesses helps you prepare to support your family member while managing your own life.

Even if it seems trivial, providing emotional support and just "being there" may be more important than you realize at the time. Extra stress can tax the body and the management of lupus. The more good days you all have, the better!



Sometimes, no matter how hard you and your family tries, the symptoms of lupus still happen. Know that when this occurs, it is not your fault! Some things are just out of our control as much as we might wish otherwise.

Whether school is in or out, you are always free to call the AACY/CYP office (561.391.7401 or 800-508-9618) to speak with your Family Specialist or any member of the "A-Team" to discuss any concerns or ask questions. The A-Team fails at mind reading - you must communicate as you care for your family member(s).

SCHOOL SPOTLIGHT

AACY thanks and recognizes 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

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

to attend school, get good grades, know they are not alone and most importantly, graduate!

In the
Spotlight



Wesley Wallace - School Counselor was in attendance to support three of our graduating seniors. Sarina Toussaint, Sefania Jacques, and Bryant Garcia, who all received Courage Awards for sharing their stories at our Celebration Brunch at Broken Sound Club, on May 15th. Letting others know about the challenges you have faced, and with CYP support, have overcome is ever so powerful in helping others understand the meaningful role you have, for your family and for society. Thank You!

CAMP TREASURE REUNION

Hey students, please be on the lookout for the Camp Treasure Reunion Mailing. If you have attended Camp Treasure in the past, save the date and join us on the 20th of June for Reunion Camp! We have an action packed fun day planned at FAU. Please call Brenna at the office 561-391-7401 to reserve your space today!



COMMUNITY PARTNER - HEALTHIER BOYNTON BEACH

Local leaders and residents in the Boynton Beach community have identified Family Caregiving as the critical health issue in their area and are collaborating with Palm Healthcare Foundation, utilizing the committed funds, to create lasting, impactful change.



Ricky Petty, Project Director supports AACY, including the Caregiving Youth Project. This month Healthier Boynton Beach is a sponsor at our annual CYP Graduation Celebration.

SALES TAX HOLIDAY

Tomorrow, June 1st, another Hurricane Season begins. As a

reminder to get prepared the Florida Legislature created a Sales Tax Holiday which also begins tomorrow and runs through Thursday, June 7th. It is a good time to stock up on your batteries, flashlights, tarps and ice chests - remember those last minute scrambles before Hurricane Irma and think of the little things you can do now so you can take care of the bigger things later.



QUOTE

"Success means having the courage, the determination, and the will to become the person you believe you were meant to be." - George Sheehan

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

