Greetings!

February’s Valentine’s Day encourages us to show love to those who are special in our lives. Yet, we can be surrounded by people who are less than loving, who may even be bullies. Did you know that across the Atlantic Ocean in the UK, "young carers" are among bully targets? Being bullied is not OK! Mind reading is not a CYP team talent! Let us know if you are a bully target; we can advocate and act on your behalf! Your CYP team is here to support you so you are bullied no longer!

CYP COOKING CLASS

Did you know that many caregiving youth cook for their families?

The Junior League of Boca Raton and Boca Helping Hands facilitated a cooking class on February 8th. Caregiving youth learned the importance of cooking with healthy foods, while being mindful of kitchen and cooking safety. Attendees observed cooking demonstrations and then enjoyed meal tastings were made. Jarden Crock Pots, recipes, a bag of food and knowledge of using leftovers, creatively wrapped up the session. Thank you to these special partners for helping to broaden their cooking skills.
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 assistance to your family. Learn more here

Another resource is VeteranAid.org that offers detailed information on a Veteran's pension benefit

MICHELLE’S CAREGIVING TIPS
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 serves anyone, in any type of crisis. They provide 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

COMMUNITY PARTNER - BOCA HELPING HANDS

Boca Helping Hands mission is to provide food, medical, and financial assistance to meet basic needs as well as education, job training and guidance to create self-sufficiency.

Boca Helping Hands and AACY Hi CYP Members,

You may have seen a lot of people this month wearing the color red walking down your halls at school. February is not just an extra special time to recognize those you love, it’s also Heart Month! Many wear red to support healthy hearts and bring awareness regarding the many illnesses associated with the heart! Wearing red is just one small thing we can do to show our support, but let’s talk about a few more!

One of the best ways to support healthy hearts is to make sure you’re keeping your own heart healthy! Did you know that 80% of heart attacks and strokes can be prevented? It’s true! There are modest changes we can make to avoid an unhealthy heart. Some of these things include avoiding smoking, exercising daily, drinking lots of water and managing stress! When doing some of these things we may realize that others around us follow our lead, this is called positive peer pressure. This positive peer pressure maybe be especially helpful for a family member that already has a heart condition.

Lastly, ask lots of questions! When you know more about what can help prevent things like heart disease you can share this with others. Spreading the word about a healthy heart with friends, family and your community is another great way to support Heart Month. There are many people who you can ask about particular health conditions in regards to the heart such as your family doctor, your gym teacher, or even your CYP Family Specialist at Lunch and Learn!

CAREGIVING YOUTH PROJECT

MIDDLE SCHOOL

The topic for Lunch and Learn in March is Epilepsy and Seizure Disorder. If someone in your family is diagnosed or experiences seizures, please see your Family Specialist at the Lunch and Learn. Our Skills-Building groups help you build self-esteem, plan for future goals, communicate better, and learn how to manage the challenges and stress associated with youth caregiving. We are planning some exciting events in the upcoming months, such as Camp Treasure and Cooking Classes so stay tuned for announcements made by your Family Specialist!!

CONTINUING CARE

Are you attending your senior prom but worried you don’t have the money to buy a dress or a tux? AACY can help!! Please call our office at 561.391.7401. As a reminder, scholarship deadlines are coming due. Help is available if
partner for cooking events, their food pantry program, employment opportunities, and supplies on a as needed basis.

www.bocahelpinghands.org/

On Saturday February 9th, Soroptimist of Boca Raton/Deerfield Beach held a "Dream it, Be It" workshop for high school girls.

Students were paired up with a Soroptimist member to learn together throughout the day. The workshop focused on demonstrating that your future is unlimited. During three sessions, students made dream boxes, talked about obtaining achievable goals, and learned how to overcome obstacles. Then, they listened to the personal stories of the life journeys of the Soroptimist women. At the conclusion of the day, each girl received a gift bag from Soroptimist. Thank you Soroptimist International of Boca Raton/Deerfield Beach.

"Strive for progress, not perfection." - Unknown

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

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**THIS MONTH'S SCHOOL SPOTLIGHT**

AACY 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 who are supported in their caregiving roles are more likely to attend school, get good grades, know they are not alone and most importantly, graduate.

Jennifer Carril, Assistant Principal at Spanish River High School, is a vital component of CYP’s success since the program started at the school. Not only does Mrs. Carril work with Ms. Kim to ensure youth caregivers are provided the needed support, but she helps to identify how to raise awareness of caregiving youth within her school and educate staff and other students. Mrs. Carril, as well as other teachers and staff at Spanish River High School are true supporters of AACY, and for that we would like to extend our most sincere gratitude, Thank you for all that you do!

**COMMUNITY PHYSICAL ACTIVITY CHALLENGE**
AACY is an active partner with Healthier Boynton Beach. Its Executive Director, Ricky Petty wants to "go for the gold" so when you sign up, please consider joining Ricky’s team!

The Let’s Move! Commit to Change Physical Activity Challenge engages Palm Beach County residents in a friendly competition through the month of March with the goal of promoting physical activity, nutrition and healthy behaviors!

You can dramatically improve your health by participating in sustained physical activity for just 30 minutes a day!

Let’s Move invites Palm Beach County residents to form teams and get moving together – commit to exercising at least 30 minutes a day, and log your minutes!

**WHO can participate?**
ALL Palm Beach County Residents!

**WHEN is the challenge?**
March 1 - 31, 2019

**WHERE can you sign up?**
www.LetsMovePBC.org

**Questions? Email info@phfpbc.org**