Greetings!

One time I read a quote from Oprah that said, "When there is no struggle, there is no strength." Learning to overcome life’s challenges, including those of caregiving, is building a strength that we can rely upon throughout life! Although inner strength by itself is good, in order to be the best we can be, an intentional focus on physical health, especially our body’s core, is also important. When we marry inner strength and core strength, we form a firm foundation for well-being!

CAKE WARS

We sure had some fun with our middle schoolers during spring break! Thank you Boca Helping Hands for hosting us and for judging such a tough competition.

The winner was the pink cake. The cake was inspired by the group’s appreciation of The Caregiving Youth Project. The red gummy bears represent the Family Specialist and the white bear, Dr. Connie, all surrounding the project name and initials of the cake decorators.

Everyone did a wonderful job and if you think the cakes looked good, you should have seen the happy faces after eating them!
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 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

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**MICHELLE’S CAREGIVING TIPS**

Hi CYP Friends!

Happy March, I hope everyone enjoyed their Spring Break! For some youth caregivers Spring Break might not be so much of a vacation but rather a full time job! That’s why the Caregiving Youth Project is here to help you get a short retreat from your responsibilities.

If you don’t know yet some of the activities we provide include Cake Wars, Overnight Camps, Park Days and so much more. Some of you might be thinking, "I don’t think I could leave my care receiver for even a couple hours without worries or stress", Some of the ways we can reduce your stress is a medical alert system that allows your family member to easily call for help in an emergency. Another is a home health aide to provide respite even if it’s just for a few hours a week, or a special occasion!

You might ask why it is important to take advantage of respite. Sometimes when we hold on to too much stress and don’t take a break, it can cause us to become ill, both physically and mentally. We may experience exhaustion, body aches, and even more illnesses such as a cold or the Flu because of a low immune system. If you have any questions about help available don’t forget to ask your Family Specialist at group or Lunch & Learn. This month at Lunch & Learn we discussed Epilepsy, next month we will be talking about Multiple Sclerosis. Stop by to learn more!

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**CAREGIVING YOUTH PROJECT**

**MIDDLE SCHOOL**

March has been a busy month! Family Specialists have been completing Skills Building groups, starting new ones, and during Lunch and Learns, sharing information on epilepsy and seizure disorders. They have also been planning end of the year events. Stay tuned to learn more about the exciting activities as the school year comes to an end and summer begins.

Good luck to all of our students on the FSAs! Remember to get a good
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 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.

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CONTINUING CARE
The countdown to graduation has officially begun!! Seniors-save the date for May 30th from 4-6pm for your Graduation Celebration. Be on the lookout in your mail for your formal invitation. If you need any help in applying for any last minute graduation or college requirements, please reach out to your Family Specialist or call the office 561.391.7401.

COMMUNITY PARTNER - RUTH AND NORMAN RALES JEWISH FAMILY SERVICES

AACY and the Caregiving Youth Project are fortunate to have such a great resource in our community.

Ruth & Norman Rales Jewish Family Services offers help, hope and humanity through their comprehensive range of programs and services which support people of all ages and beliefs.

With locations in Boca Raton and Delray Beach, JFS programs and services include food and financial assistance, senior services, counseling and mental health services and many volunteer opportunities.

https://ralesjfs.org/

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
"Some old-fashioned things like fresh air and sunshine are hard to beat." by: Laura Ingalls Wilder

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

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!

AACY would like to thank Ms. Henry and the entire staff at South Tech Prep Academy for their ongoing support and assistance in making the Caregiving Youth Project a success within her school. We appreciate their help with calling students, arranging Lunch and Learns, and targeting students that would benefit from our program. Kudos to you all and keep up the good work.

WELCOME LUKE

My name is Luke. I’m from upstate New York and have been working with kids for almost 15 years. I’ve worked in schools and education in New York and Florida and recently joined the AACY team. I couldn’t be happier to join this association because of the passion and work ethic the staff has to help assist with the Caregiving Youth Project. I feel this program needs to be noticed and recognized more throughout the nation in order to better assist and grow support for caregiving youth in our communities. Have an idea for an activity? Email me: luke@aacy.org