Greetings!

It is hard to believe that another school year is almost over! Is it now time to take your life to the next level? Take a self-inventory. What is working for you? What isn’t? None of us will ever be perfect yet we each can do and be the best we can be with the gifts and talents we have - and some of them may still be waiting to be uncovered and developed in your life. We look forward to supporting you in any way we can to help you change what isn’t working and to take your life to the next level!

CAMP TREASURE

Camp Treasure XXV was a success! The kids and staff had a great time with all the activities and educational programs. Students were grouped together and used team building skills throughout the ropes course. Campers worked individually to create their own treasure box that they brought home to share with their families.

Stuffed animals donated by Pine Crest 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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American Association of Caregiving Youth
Caregiving Youth Project on Facebook
American Psychological Association
America's Promise
Generations United
National Alliance for Caregiving
National Multiple Sclerosis Society
Guide to Alzheimer's Disease
UK Young Carers Initiative
www.bam.gov
Caregiver Action Network
www.netsmartz.org
www.afateens.org
www.kidsarecaregiverstoo.com
Bookendcaregivers.web.unc.edu

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Connie Siskowski, RN, Ph.D. Founder and President
Everyone went swimming, played kick ball and created special bonds with their peers. We all got to watch and participate in a demonstration from a licensed Physical Therapist on how to adjust body weight positions in order to help with caregiving skills. The time at Camp Treasure was a lot of fun, and a learning experience for all. Stay tuned for Camp Treasure XXVI in the fall!

**CAREGIVING YOUTH PROJECT**

CYP Family Specialists will be in the school throughout the month of May and will be meeting with all of you for the End of the Year Feedback completion. Your feedback and input is very important to us!

The topic for Lunch and Learn in May is Lupus. If someone in your family has been diagnosed with Lupus or another related auto immune illness, please see your Family Specialist at the Lunch and Learn table in your school.

If you have struggled in any subject areas this past school year, please know that tutoring will continue throughout the summer. Let’s prevent “Summer slide!”

High School students, we are excited for your upcoming graduation and look forward to seeing where your goals and aspirations take you on your journey ahead.
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.

THERE IS VALUE IN SUPPORT

Jean Max has a passion for helping others, as well as, a drive to succeed. Pictured to the right, at the 18th Annual Men with Caring Hearts Awards Luncheon is Eda Viner, Jean Max Maradieu, and Dr. Connie.

Congratulations to Jean Max Maradieu for being a 2019 Outstanding Male Youth Volunteer Award Honoree. Jean Max was formerly in the Caregiving Youth Project, and is now a Eda & Cliff Viner Community Scholar. He is a sophomore at Florida Atlantic University.

THANK YOU ELIOT

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!

AACY would like to thank Mrs. Mack at Palm Beach Central High school for her ongoing support and assistance in making the Caregiving Youth Project a success within her school. We greatly appreciate her efforts in piloting our 9th grade questionnaires this year. Special thanks to Ms. Argudo for assisting with calling students down and securing meeting spaces. Thanks also to Mrs. Baxter for her help in arranging Lunch and Learn sessions. Kudos to all of you and keep up the good work!

MICHELLE’S CAREGIVING TIPS

Hi CYP Friends!

Have you ever heard of the saying "April Shower’s bring May flowers"? Caregiving can be extremely tough, especially when you’re a young person trying to get school work done, but what kind of great things does caregiving bring to you? From an outsider’s perspective I see youth caregivers in our program as strong, independent, hard-working and empathetic, often because of their caregiving experience.

So how do you continue to see the positives during these tough times, or know that there are flowers coming after all that rain? Sometimes it can be helpful to ask friends, family, teachers or counselors to remind you of the amazing strengths that you possess when you forget. You might be surprised to hear all of the wonderful things they have to say. Also, give yourself a pat on the back for even the smaller accomplishments such as getting all the dishes done or receiving a B on a test that you were really stressing about.

Your Family Specialists love to hear about your accomplishments so don’t forget to share them at Skills Building Groups, during Lunch & Learns or at any of the other activities CYP holds! This month your Family Specialists shared information with you about Multiple Sclerosis during Lunch & Learn. You might have learned that Multiple Sclerosis (MS) is an illness that affects the nerves that connect to the brain and spinal cord. You may even care for someone in your family that has MS. There are many resources available to those who
Eliot Popper is a mentor for the Caregiving Youth Project. He was matched up with Marc, a caregiving youth, when he was in sixth grade. Marc with the help and support from his mentor, will be graduating in May and then attending college.

Eliot was nominated by AACY for this year’s Men With Caring Hearts Award Luncheon. All of us at AACY appreciate Eliot for being a mentor and for volunteering and supporting our organization in myriad of ways. Congratulations Eliot and Marc!

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.

COMMUNITY PARTNER - CLINICS CAN HELP

Clinics Can Help redistributes surplus medical equipment and supplies to children and adults in need.

AACY Family Specialist have connected several of our caregiving youth families with Clinics Can Help whenever they are in need of a walker, wheelchair, or other types of medical equipment or supplies.

If you know of someone that who could be helped by their services, encourage them to visit their website and fill out a request form.
https://www.clinicscanhelp.org/

ATTENTION CYP SENIORS CLASS OF 2019!

"You’re off to great places! Today is your Day! Your mountain is waiting, so… get on your way!"
Dr. Seuss

GRADUATION CELEBRATION

It’s Time to Celebrate YOU graduates of 2019!!!
Greenacres Community Center
501 Swain Blvd., Greenacres, FL

Thursday, May 30th from 4-6pm

You MUST RSVP by May 24th to let us know that you will be there! You are invited to bring 2 family members. Call 561.391.7401

Special Scholarships & Awards! Refreshments! Free Parking!
You are asked to submit a family picture to your Family Specialist or to Luke at luke@aacy.org

"Don’t let what you can’t do stop you from doing what you can do." - John Wooden

Sincerely,
Gerry Fallon
Editor
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