Dear CYP students,

Am hoping you have had a good summer! What is one new thing that you learned as you prepared for the best school year ever? Personally, there was a huge re-earning experience in my new life as a caregiver for my husband. I re-learned the importance of celebrating seemingly small accomplishments; things we all might otherwise take for granted. When he first came home from the hospital, he had to rest between every single activity. Then, one day he was stronger and able to shower and shave without stopping to rest! We celebrated his progress - so encouraging for us both!

In your caregiving, pay special attention to even the smallest of victories; little things can be very meaningful for all involved!

SHARING TALENTS: MULTI-GENERATIONAL BRUNCH

A CYP Back to School Brunch and wellness event facilitated the sharing of talents in our community. The party included many tables of crafts, games, and much more. Raffle prizes were won and everyone participated in the photo booth, dancing and karaoke. This event complete with food and DJ was made possible with the sponsorship of Edgewater at Boca Pointe of Acts Retirement-life Community, and Mr. and Mrs. Benjamin Krieger.
join CYP’s Instagram account! Be sure to follow us, comment, like, and re-share our posts! Join us at @cyphearts

HURRICANE PREPAREDNESS

Always be prepared for a natural disaster. Click on the link to find everything you need to know to prepare for hurricane season.

Hurricane Planning Guide

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.

POISON HELP 1-800-222-1222

Don't Guess. Make the Call.

COMMUNITY PARTNER - TRADER JOE'S

Students, who attended the Back to School Brunch, were thrilled in receiving their Trader Joe's goody bags filled with a booklet of brain teasers, a reusable water bottle, candy, Acts’ famous blueberry bread, and much more. Thank you again for your generous donation!

BOWLING FOR BREAD
"Have I given too much or too little?"

FREE SUPPORT AT YOUR FINGERTIPS, 24/7

CRISIS TEXT LINE

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

ARE THERE ANY VETERANS IN YOUR FAMILY?

PBC has services that might be of assistance to your family.

Learn more here
Another resource is VeteranAid.org. Which offers detailed information on a Veteran’s pension benefit called Aid and Attendance (A&A). If a Veteran requires assisted living care in a community or at home, A&A gives the information they need to apply for this benefit for free. Senior Veterans and

Thank you Boca Helping Hands (BHH) for inviting our caregiving youth to be a part of your 13th Annual Bowling for Bread and food drive, held at Strikes@boca. On Sunday, August 25th all who participated enjoyed an afternoon of fun, food and bowling. This event was part of the Boca Raton Chamber Festival Days, and benefits local children’s based nonprofits. Proceeds from this event will be given to the participating non-profits.

The BHH Food Center is open six days a week with a Family Night Dinner on Thursdays. They also deliver meals to homebound disabled and elderly individuals. A collaborating partner of ours, they opened a Resource Center in April 2002 to provide help for Boca Raton residents in crisis situations such as eviction or utility cancellations.

They continue to have an increase in demand for their services. In response they have expanded a Job Training Program that includes the following classes: Hospitality, Home Health Aide, CDL (Commercial Truck Driving), Customer Service Representative Training and IT Help Desk Technician. For more information, visit https://www.bocahelpinghands.org/

MICHELLE’S CAREGIVING TIPS

Hi CYP Friends!

We are back in gear for the new school year, and we couldn’t be more excited about working together to make sure your year is victorious! Our Family Specialists will be meeting with you one on one to check in and make sure that you have everything you need be successful! We often ask questions
spouses use this benefit to help them afford quality home care.

QUOTE

"Work hard, be kind and amazing things will happen." - Conan O’Brien

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

It is important to ask for help when you need it. It may feel like you have the weight of the world on your shoulders and you must conquer it alone, but you don’t have to! We know of many community resources that can assist you and your family, including help with food, housing, clothing, medical access and educational support.

We know and understand how much you are concerned about taking care of those you love. Maybe a home health aide will give you a bit of a break from your caregiving responsibilities and help your loved one feel more secure when you are away. Maybe a medical alert system can help your family member in an emergency and make you feel safe when you leave for school. Whatever it may be, we are here for you.

A great place to talk about the stress you may be feeling and any other concerns is during your check-in with your Family Specialist; that way we can help you early in the school year. You will also have the chance to talk to other youth caregivers during your Skills Building Groups coming up in September and October.

We are rooting for a great school year for you filled with support and growth!

WELCOME MARISOL

Hello! My name is Marisol Goffman. I graduated from Florida Atlantic University with a Masters degree in social work. I was born and raised in Argentina. I have worked with children and families providing different services and support. I’m excited to be part of the American Association of Caregiving Youth and to help you achieve success in your respective lives. I look forward to meeting and working with many wonderful youth caregivers and their families. Some of my favorite past times are spending time with my family and friends, cooking, and crafting.

THANK YOU SUMMER INTERNS

Alana Rosarion

Alana has been a bright, young volunteer serving AACY throughout the entire summer. Her volunteer experience soared as a Camp Counselor at Barry University’s Buckids Camp. She also worked with 3-year-olds at Church by the Glades, and was a Girl Scout who volunteered her time at the Ronald McDonald House. Alana will be returning to UCF this fall as a sophomore studying Health Science to become a Physician’s Assistant. We appreciate all of Alana’s hard work and dedication to helping youth caregivers this summer!