Greetings!

What does the role of music play in your life? Think about its influence on you and your emotions. One of the beauties of music is that there is only one language among the notes. We may have cultural differences in types of music but each note is the same in English, Spanish, Creole, French, Portuguese and whatever other language you can think of! As the world around us spins beyond our control, take time to focus on what brings you and others together; for sure, music is one! Make music during these final days before school again starts!

SUMMER CAMP TREASURE

Join Our List

Join Our Mailing List!
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 foreword 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

Hi CYP Friends!

Can you believe the summer is almost over? Caregiving can be extremely tough, especially when you’re a young person trying to balance school and a personal life. Sometimes things may start to feel overwhelming, especially during the new school year. However, CYP has your back!

So how do you continue to see the positives during these tough times? For the new school year, take action and utilize your teachers. Collect all the syllabus given and make a note of important dates, tests, and assignments. This will decrease your stress levels because you are planning ahead! In addition, try to schedule personal time for yourself. Balancing caregiving and school can be hard, be sure to

POISON HELP 1-800-222-1222

Don't Guess. Make the Call.

1 Call 9-1-1 if the person is unconscious or has trouble breathing.
2 Call Poison Help (1-800-222-1222) to connect to your local poison center.
3 Stay calm – most poisoning emergencies can be resolved quickly.
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.

HURRICANE PREPAREDNESS

Click on the link to find everything you need to know to prepare for hurricane season.

Hurricane Planning Guide

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

BOREDOM IS A STATE OF MIND

Your Family Specialist and CYP are here to support you. If you want to talk, you can find us at Skills Building Groups, during Lunch & Learns or at any of the other activities CYP holds, and know that you can call our office and any of our team members are open to help! A new school year is right around the corner. I see youth caregivers in our program as strong, independent, hard-working and empathetic, all these great qualities assure me that you guys will do well this upcoming school year!

For more tips on supporting yourself as well as resources you may need for the new year speak with your Family Specialist, check out our website AACY.org or contact our office at (561) 391-7401!

WELCOME GLORIBEL

Hi Everyone!! My name is Gloribel Jimenez. I am originally from Perth Amboy, NJ and I was born in Brooklyn, NY. I graduated from Florida Atlantic University with my Master’s degree in Social Work. I am the first graduate in my family and to me it is an honor. So therefore, I always make sure I make my family proud. I worked in a daycare setting for eight years, and have always had a passion to work with children and families. The reason why I decided to become a Social Worker is because I want to make an impact on those individuals that I get to work with and in the community. I am really excited to be a part of the AACY team and I can’t wait to make a difference in the lives of the youth caregivers and their families. Lastly, I have two children and I love to spend time with them baking, playing outdoors, and doing arts and crafts at home. Remember the sky is the limit!!

THANK YOU SUMMER INTERNS

Dierdra Edouard and Alex Venarchick

Hi everyone! My name is Deidra Edouard! I am AACY’s newest summer intern. I am currently a sophomore at The Florida State University studying Biological Sciences and Women Studies. I’ve had the pleasure of serving along an awesome team this summer and learned and grown so much from this experience. I too grew up a caregiver, and our organization does such great things for the youth in our community. I feel lucky to have been a part of an organization that I personally connect to and that share the passions I have. Thank you for this life changing experience and many great memories together!
Find Your Summer Adventure, Learn & Have FUN!

Explore Palm Beach County. From art museums to sports stadiums, there’s so much to do and see in Palm Beach County. You can gaze at wild animals, tour a chocolate shop, listen to opera or dive some reefs!

Things to Do

SUMMER READING

Visit your Local and County Library

Don’t forget to visit your city or county library this summer. They offer wonderful reading programs, where you can earn free tickets and prizes and much, much more, check it out!  www.pbclibrary.org

Reading can help prevent summer slide!

QUOTE

It does not matter how slowly you go as long as you do not stop.

I’m a Florida native attending college at Middle Tennessee State University near Nashville, TN where I’m studying the Music Business with a concentration in Commercial Songwriting. I’m currently home for the summer and picking up some credits at PBSC as well as working on several singles that will soon be on Spotify, iTunes and other streaming sites. I love to write songs, sing, play guitar and bass."

COMMUNITY PARTNER - SAM’S CLUB

Recently, Sam’s Club provided not only the food and beverages at our Summer Camp Treasure, but their employees volunteered. Thank you Brooke Grieco, Owen Houghton, Mike Miller, Brandon Otero, Michelle Perez, Nixon J. Pierre, Inez Ricketts, Cartinie Senatus. Sam’s Club is a wonderful community partner that assists us throughout the year. They have provided sleeping bags, laptops, paper products, desserts for the holiday celebrations and much much
Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

Sam’s West, Inc. is an American chain of membership-only retail warehouse clubs owned and operated by Walmart Inc., founded in 1983 and named after Walmart founder Sam Walton.
https://www.samsclub.com