

Volunteer Viewpoint March 2020

A Newsletter for Friends and Volunteers of the Agency

MISSION STATEMENT

Vision- that every youth caring for a chronically ill, injured, elderly or disabled family member will achieve success in school and life.

Mission- to increase awareness and provide support services for youth caregivers and their families by connecting healthcare, education and community resources.

FROM THE VOLUNTEER MANAGER

Dear Volunteers:

My name is Amanda Levine, and I'm very happy to introduce myself as AACY's Volunteer Manager. I am excited to work with such a caring and dedicated group of volunteers.

AACY is always here for our volunteers, and extend our knowledge of resource services to you, just as we do for our caregiving youth and their families. We are experiencing life in a new way and as we all adjust, please know if you need any extra support, we can help you out. We are so fortunate to have dedicated volunteers who give so much of themselves to better the lives of caregiving youth. Thank you for all you do!



Here is what the Family Specialist are doing for the caregiving youth:

- Checking in with families and providing current COVID 19 information
- Facilitating the process for caregiving youth to get laptops and internet from their schools to begin distance learning.
- Making sure families know the food distribution sites and delivering food for those lacking transportation
- Using tele-health to continue individual counseling and new strategies for managing stress
- Developing a tele-group model to provide ongoing Skills Building
- Creating activities to reduce provide some fun and relief
- Offering linkages while sharing new resources and options to meet the unmet needs of families
- Continuing with respite care

And these are some of the reasons that AACY so appreciates your ongoing support.

Late February, we had our mentor/mentee picnic at John Prince Park in Lake Worth. The weather was beautiful, and it was a fun filled afternoon of food, fun and sports. It was nice for mentors to meet with other mentors to chat about different activities they have or plan to participate in with their mentees. We look forward to incorporating more events for the mentors and mentees in the future.

Our M.A.C.Y. (Mentor a Caregiving Youth) program now has 33 mentor matches and we

continue to recruit more mentors every month. If you are interested in learning more about becoming a mentor, please email me at amanda@acy.org.

With gratitude,

Amanda Levine
Volunteer Manager

WHY VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering: 4 ways to feel healthier and happier-

1. Volunteering connects you to others
2. Volunteering is good for your mind and body
3. Volunteering can advance your career
4. Volunteering brings fun and fulfillment to your life

Authors: Jeanne Segal, Ph.D. and Lawrence Robinson. Last updated: June 2019.



PERSONALITY PROFILE-

JEFFRY CHASE

Jeffry is an extremely dedicated, valuable and hardworking volunteer for

AACY. Since November 2019, Jeffry has spent countless hours reorganizing and revamping our database. This database is where we maintain all of our donor

Great day at John Prince Park with mentors and mentees in the M.A.C.Y. program.



records and contact information for all individuals involved with our organization. Jeffrey's hard work has enabled AACY to generate reports and mailings with greater efficiency. Whether he works from home or comes in to teach our staff how to access reports, we are so fortunate to have his guidance and assistance.

On volunteering with AACY, Jeffrey says, "I'm happy to be here, helping where I can. It is a unique organization that is truly dedicated to its' task of helping children cope with a difficult situation. Childhood is the best, and perhaps the only, time to nurture people and give them the chance to develop into productive adults. Children shouldn't have to sacrifice their future when there are people available, such as the wonderful and dedicated staff of the AACY, to provide the assistance they need and, most assuredly, deserve."

Jeffrey grew up in NYC and attended the High School of Music and Art in Manhattan. He graduated from NYU with his B.A. and M.S. in Mathematics. He served 2 years as a Captain in the U.S. Army overseeing the 1st Army HQ's Data Processing Center.

Jeffrey worked in Information Technology for 20 years with Fortune 500 companies such as IBM and Chesebrough-Ponds. He oversaw Worldwide Technology. He then formed his own Financial Planning Firm – Professional Financial Management and provided planning and investment services to a varied group of clientele for the next 20 years.

Currently, Jeffrey splits his time between Florida, during the winter, and Stamford, CT, during the summer. Stamford is where he and his wife, Sandy, raised their 3 children, Michael, Gary and Debbie. Jeffrey and Sandy also have 6 grandchildren. Jeffrey is now a Florida resident. When up north, he volunteers in Stamford at Jewish Family Services. Jeffrey's Interests are Music, Photography, Tennis and Golf.



VOLUNTEER OPPORTUNITIES

Food Donations:

We are in need of individually wrapped snacks and drinks for our caregiving youth to have when they go back to school. Here's a list of items requested:

Little Bites

Capri Sun Drink Packs

Chips

Candy (non-chocolate)

On-going Volunteers Needed For:

Mentoring

Tutoring

Event Transporting

Community Outreach

Clerical Assistance

Fundraising

Social Networking

Video/Photography

Writers

Public Relations

Basic Computer Skills

Want to make a difference in the lives of caregiving youth?

Contact me today!

Amanda Levine

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