



## 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.

#### In This Issue

##### Quick Links

[American Association of Caregiving Youth](#)

[American Psychological Association](#)

[America's Promise](#)

[Generations United](#)

[National Alliance for Caregiving](#)

[National Multiple Sclerosis Society](#)

[Guide to Alzheimers Disease](#)

[UK Young Carers Initiative](#)

[www.bam.gov](http://www.bam.gov)

[Caregiver Action Network](#)

[www.netSMARTZ.org](http://www.netSMARTZ.org)

[www.afateens.org](http://www.afateens.org)

[www.kidsarecaregiverstoo.com](http://www.kidsarecaregiverstoo.com)

[Bookendcaregivers.web.unc.edu](#)



Join Our List

Issue: #142

March 2020

Dear CYP students,

Our lives are changing - it seems almost daily and we are all in this together - the Corona train that we can't jump off. So, how do we handle this? One way is working hard to increase our patience...some things that get us frustrated are in our control and some things are beyond our control. Those beyond our control, we just have to learn to let go; we have no power over them. What are two things we can do to increase our patience over what we can control? First, we can be creative and think about the circumstances a different way! Secondly, we can be thankful for the blessings we do have as we patiently wait for what we can't control such as when school reopens and life returns to normal!



Connie Siskowski,  
RN, Ph.D. Founder  
and President

#### LET'S GET SOCIAL ON INSTAGRAM!

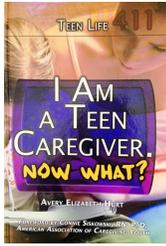
Join CYP's Instagram account! Be sure to follow us, comment, like, and re-share our posts!

Join us at @caregivingyouthproject

#### SCHOOL SPOTLIGHT

The American Association of Caregiving Youth likes to express our gratitude and highlight schools that help to make the Caregiving Youth Project a success. Students who are supported in their caregiving roles are more likely to attend school consistently, maintain good grades, know they are not alone, and most importantly, graduate!

## 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.**



Professionals on this free hotline can answer your questions about medications you are giving, including "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,

This month, I think we have to highlight The School District of Palm Beach County and all the schools in the district.



Thank you to everyone that is working to keep the students in the district learning and fed. It is important to stay in contact with your schools as the challenges and adjustments are constantly changing.

## STEPHANIE'S TIPS

What a month March has been! There must be a millions things running through your minds.



Gathering and sharing in fellowship is usually so important. As we all are dealing with the social distancing, we can still find creative ways to connect with one another. So while we understand how important it is not to meet just now - to protect the vulnerable - we also recognize the impact that being isolated is going to have on lots of people. If we look a little closer, we can find a silver lining of how this can bring families and communities together. Our local businesses, schools and agencies are all working together to help one another. People now appreciate the things they took for granted, including connection with one another.

I have put together these ideas for how we can keep on caring for each other

- \*Uphold a friend in prayer.
- \*Give a gift of entertainment to somebody who is isolated.
- \*Open your windows and sing or make music!
- \*Drop cards with your contact details through your neighbors' doors.
- \*Phone, text or video call a friend or family member.
- \*Play board games/ card games with immediate family members.
- \*Put on a talent show via video chat with distant family and friends or right at home.

Please make sure you are reaching back out to your family specialist as they are working very diligently to provide all the various assistance our communities have to offer. Be safe and take care of one another.

Your family here at AACY is here for you!

## WELCOME KIMANI

My name is Kimani, it means adventurous traveler. I graduated from the University of South Florida. I'm passionate about my community. I look forward to being a positive addition to the AACY family, the mission of this organization sits near to my heart.



## SAFETY IS IMPORTANT

Please take the time to make sure you and your family stay safe.

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 spouses use this benefit to help them afford quality home care.

Below are a few suggestions.

Emergency numbers are in sight.

Electrical cords are in good condition - not broken or frayed.

Your home has at least one smoke detector.

Medicines in your home are stored in a safe place.

Medicines are current and not outdated.

Loose rugs have a non-skid backing.

Unsafe chemicals are stored out of reach of small children.

Knives are stored in a rack or a drawer.

A flashlight is near the adult's bed.

Shoes and other items are picked up from the floor.

There is a night light for the bathroom.

There are railings by porches, balconies and terraces.

Doors and windows are locked at night.

A fire extinguisher that is near your kitchen.

## QUOTE

"Tough times never last, but tough people do."-Robert H. Schuller

Sincerely,  
Gerry Fallon  
Editor

American Association of Caregiving Youth

