

January Treasure Talk is Here!

AACY Caregiving Youth Project <connie@aacy.ccsend.com>
on behalf of

AACY Caregiving Youth Project <connie+aacy.org@ccsend.com>

Tue 1/31/2023 3:32 PM

To: Updates <updates@gladesinitiative.org>



Volume 176 | January 2023

Caregiving Youth Project Newsletter

The AACY Caregiving Youth Project (CYP) 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.

| First Treasure Talk of 2023: New Year!

Perhaps even without your realization, you are developing important life qualities that you and others will especially appreciate in your adulthood. These include compassion, resilience, and strength which grow in many forms. You are amazing!!

We are excited to let you know that we are joining with the UK on March 15th as we both work together to promote the theme, "Make Time for Young Carers" ("Make Time for Caregiving Youth") here in the US. It will be an action day on your behalf!

So stay tuned for more news and save the date which will culminate in a 7 PM Eastern time Zoom with Caregiving Youth here in Palm Beach County and throughout America!

| Amoy Gordon, MSW, RCS published an article on CYP for the American Society on Aging

'Two Programs Show Success Helping Young Caregivers' | BY AMOY GORDON, MSW, RCSWI, Director of the Caregiving Youth Project at the American Association of Caregiving Youth, in Palm Beach, Fla.

Many thanks to the American Society on Aging for helping us shine the light on AACY's Caregiving Youth Project.

"For many years, 14-year-old David has been caring for his younger sister Rania, who is now 11, and was born with a rare congenital heart defect. His family came to the United States to receive needed medical care for her. So far she has had eight heart surgeries and two on her eyes. "There were days when Rania was not feeling well. I got scared but I knew what to do: keep her calm, put on her monitors to check her heart rate, blood pressure, and oxygen levels," said David.

He is thankful for the ongoing support and recognition he receives from the Caregiving Youth Project of the American Association of Caregiving Youth, including the ability to earn community service hours required by his high school. He also said, "We don't know what the future has for us, but we take every day as it comes. We are happy together." He wants to pursue a medical career after entering the military."

THE CAREGIVING YOUTH PROJECT STARTED IN ONE MIDDLE SCHOOL AND NOW SERVES STUDENTS IN 35 PUBLIC MIDDLE AND HIGH SCHOOLS.

"Since the launch of AACY's programs, there has been some recognition of the organization's efforts to find solutions for the plights faced by these young people. CYP directly helps more than 500 caregiving youth throughout the calendar year and has helped more than 2,100 since its inception. The organization receives some local funding from Palm Beach County for services, but mostly operates on grants and individual donations."

| Amoy, Connie, Sam, and David Appear on The Brooklyn Cafe Show

How wonderful to participate in the Brooklyn Cafe Show with Dawn and Freddy! Amoy Gordon, our Caregiving Youth Project Director, also spoke as did two of our Caregiving Youth, Sam, and David, to whom we gave each a Courage Award.

| Former Caregiving Youth Charlie & A.J. went to Capital Hill to thank Congress members for helping kids who care

Even when your Caregiving Youth Project days are over, we love it when young people and alumni help shine the light to make positive change for all kids who provide care for someone. We asked Charlie and A.J., former Caregiving Youth, to present Certificates of Appreciation on the first day of the new 118th Congress to Legislators who helped sponsor a resolution declaring "National Caregiving Youth Week" in the United States! We encourage you to continue to follow your dreams and help others with issues that you

believe in, even after you graduate!

| Special thanks to Lake Shore Middle School

The following staff members at Lake Shore Middle School: **Mr. Corey Scott** and **Dr. Burden** (Assistant Principal), **Mrs. Boatwright**, **Ms. Jackson**, **Mrs. Field**, and **Mrs. Torrez** (Assistant School Office), and **each and every one of the staff members**. They are always welcoming, warm, and ready to assist our Family Specialist whenever there is a need.

These individuals are outstanding and have a very good relationship with the students. They assist our Family Specialists with arranging group meetings, scheduling locations, referring students to our program, and connecting our Family Specialists with the appropriate school personnel as needed.

The recognized staff members as well as other teachers and staff at Lake Shore Middle School are true supporters of AACY, and for that, we would like to extend our most sincere gratitude. **Thank you for all that you do!**

| Activities Recap & Preview:

Hello and Happy New Year, Everyone!

Our featured activity this month is that our youths, their families, and mentors attended the Concert 4 Kindness at FAU!

Please enjoy some pictures of the event! We are making sure the kids get out in the world, experience "something different" and make good memories! The takeaway from this concert was to never forget to BE KIND!

Thanks for catching up on our activities. See you next month! ❤️

| What to watch: Bill Nye the Science Guy - Makes Science fun to learn:

Originally released in '90s, Bill Nye's show has been entertaining and educating kids for decades. These days, you can find a plethora of content from a Netflix series to ideas for at-home science experiments.

As far as the website goes, you'll find several resources that include books, a documentary, and links to Bill Nye's shows (Save the World, The Science Guy, and Science Rules!). [Here's a link to his Bill Nye the Science Guy videos!](#)

As Bill Nye says, "It's not magic, it's science!" His website is bringing science to a whole new generation of avid learners and future scientists through cool & engaging content!

| We support you:

It's no secret – caregiving can be a tough job. On the days when you're beyond stressed, you might feel completely alone. That couldn't be further from the truth. In the United States, over 5.4 million caregivers aged 18 and under are currently helping their loved ones. There is an army of people who want nothing but the best for you. We are going to feature videos every month of other kids who've told their stories. Some are old, some will be new, and the goal is to let you see that other kids have been through this too.

Thank you for all that you do for your family. Remember: you are never alone.

"Courage is about learning how to function despite the fear, to put aside your instincts to run or give in completely to the anger born from fear. Courage is about using your brain and your heart when every cell of your body is screaming at you to fight or flee – and then following through on what you believe is the right thing to do."

— Jim Butcher

| What It's Like To Take Care Of Multiple Family Members At Age 15 | VICE News

[What It's Like To Take Care Of Multiple Family Members At Age 15](#)

VICE News Video - Dec 18, 2017 - This [video](#) has been viewed over 3.5 Million times

Jonathan is 15 years old and lives in Palm Beach, FL with his mother who has MS, his younger brother has a cranial disorder, and his grandmother that was recently diagnosed with Alzheimer's disease. As the only able-bodied person in his home during the week, before and after school Jonathan cares for his mother, brother, and grandmother while also managing his football and school schedule. He is what is becoming more known as a "teen caregiver."

Even though there are an estimated 5.4 million kids in these roles, the U.S. has still not passed any laws or legislation to support them.

"That's a big burden to have on a 15-year-old child who should be living life going to homecoming worrying about what movie he's going to go to with his friends, not hurrying up to come home to take care of his little brother and take care of his mother and take

care of his grandmother," Jonathan's Mother Jennifer Gutierrez told VICE News. "He should not have to worry about those things. Unfortunately, he does."

Amazon Smile Program Ends February 20!

Did you know that Amazon donated 0.5% of the price of your eligible [AmazonSmile](#) purchases to the charitable organization of your choice?

Sadly, the program is ending February 20, 2023. **Please consider a monthly gift** to the American Association of Caregiving Youth (AACY), in lieu of your support from Amazon Smiles!

<https://aacy.org/donate/>

988 Crisis Hotline

We at AACY believe that prioritizing mental health is a year-round endeavor. When you're having a difficult time, it's important to seek help.

Thankfully, there is a new phone resource available no matter where you are in the US!: Just dial the **9-8-8** hotline.

This hotline is available 24 hours, 7 days a week, 365 days a year. Don't suffer in silence - get help and keep hope alive.

Community Service Hours

A reminder: please submit your Community Service Hours for the work you do at home!

If you have any questions, need more information or help to complete the form, please contact your Family Specialist.



Crisis Text Line

Free 24x7 support at your fingertips.

crisistextline.org

Text **HOME** to **741741**

Need help identifying a pill? Poison possibility?

Mixed up meds? Found a loose pill? Worried that a refill looks different? Suspect an overdose?

Call 1-800-222-1222

Contact poison.org - Free

Are there any VETERANS in your Family? Resources Available:

PBC has services that might be of assistance to your Family. [Learn more here](#)

Another resource is VeteranAid.org.

This organization offers details 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. [Learn more here](#)

CONNECT WITH US!

www.aacy.org



Many Thanks to Our Partners:

The American Association of Caregiving Youth (AACY) is a Florida 501 (c) (3) corporation.

A COPY OF THE OFFICIAL REGISTRATION (#CH12431) AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE OR AT WWW.FRESHFROMFLORIDA.COM. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

American Association of Caregiving Youth | 6401 Congress Avenue, Suite #200, Boca Raton, FL 33487

[Unsubscribe updates@gladesinitiative.org](mailto:unsubscribeupdates@gladesinitiative.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by connie@aacy.org powered by



Try email marketing for free today!