

SHARE:

[Join Our Email List](#)

[View as Webpage](#)



# American Association of Caregiving Youth Treasure Talk



Volume 187 | November 2023 in Review

## A Note from Dr. Connie

Connie Siskowski, RN, PhD, AACY President & Founder



### | November Treasure Talk 2023!

These days, we are often spoiled by technology and the instant gratification it brings. And then there is the growing popularity of AI, providing us with another dimension of rapid response with a reduction in the use of our brains. What happens though, when there is an injury to our body or mind? There is no instant healing! Let us, therefore, give ourselves and those in our care the gift of time to heal.

I hope you had a Happy Thanksgiving, enjoyed the holiday break, and that it was filled with love, joy, and thankfulness.

We would like to send a huge THANK YOU to our donors and volunteers who donated, volunteered, and touched the lives of our families this Thanksgiving

holiday.

We can't thank them enough.

*Dr. Christie*



# AACY Activities

Andreana Holliman, Activities Manager



## | Activities Recap & Preview:

### Greetings CYP Friends!

This month, we kicked off our activities at AMF Boynton Beach Lanes, where you enjoyed unlimited bowling for 2 hours, arcade games, and food.

We partnered with Smita Sen from Manipura Care Network in mid-November for a virtual art workshop. For this workshop, you created your own gratitude drawing using a variety of media as you attempted to map all the things that this year of growth and transformation has brought you. In developing these drawings, you were encouraged to consider the ways that patterning and cyclicity are key motifs in envisioning the power of gratitude for cultures around the world. Your art pieces looked amazing!

We wrapped up the month with Medical Jeopardy Game Night. You guys know your stuff 😊! We are grateful to our Medical Interns from Florida Atlantic University for leading such a fun game and sharing with you who they are, what they do, and the various medical professions you can choose from.

Keep looking out for upcoming activities! We're looking forward to seeing you and your families at our holiday party on December 17th. Don't forget to sign up.

If you want to see some pictures of you and your events, visit (and follow!) our Instagram [@caregivingyouthproject](https://www.instagram.com/caregivingyouthproject).

**Thank you.**

**Andreana Holliman, BA**



# | AMF Boynton Beach Lanes



| Don't forget to RSVP for the AACY Holiday Party!



# Holiday Party for Caregiving Youth and their families!

Sunday, December 17, 2023  
Safe Schools Institute, Boca Raton

# AACY

## Winter Wonderland Celebration

Fun, food, prizes, and gifts for all!

Contact [andreanna@aacy.org](mailto:andreanna@aacy.org) for more information



## AACY School Shout-Out

| South Tech Preparatory (STP)



# SHOUT OUT TO



## SOUTH TECH PREPARATORY

MRS. PENN AND FRONT DESK STAFF MRS. LESLIE  
AT SOUTH TECH PREPARATORY



SEARCH SOUTHTECH PREPARATORY (GRADES 6-8) | SOUTHTECH ACADEMY (GRADES 9-12)

Admissions ▾ Academics ▾ Career & Technical Ed ▾ Bulldog Community ▾ Parents ▾ Students ▾



## SouthTech Preparatory Academy (6-8)



*Mission Statement: South Tech Preparatory Academy's core mission is to graduate students prepared to matriculate into a career academy program of study which will prepare them for work, higher education, and productive citizenship.*

**School Shout Out - South Tech Academy:** "I would like to highlight South Tech Academy school contact Mrs. Penn and front desk staff Mrs. Leslie. It's always a pleasure working with these lovely ladies, as they provide constant communication and organization as AACY isn't the only organization they work with. I really appreciate Mrs. Penn making sure that I always have a room to meet with the students on the designated days that I attend which allows my workflow to go smoothly." - Destiny Marshall, BA, AACY Behavioral Healthcare Mgr. & Family Specialist



# AACY News

# Caregiving Youth Week 2023: Honoring Young Caregivers

 H. CON. RES. 77 

## Caregiving Youth formally recognized again in the United States.

Reps. Frankel, Salazar, and Barbara Lee Recognize Work of Caregiving Youth as Natl. Family Caregivers Month Concludes



Pictured: Dr. Connie, in Washington D.C., and Charlie & A.J. two former caregiving kids who help educate and bring awareness to Caregiving Youth on Capitol Hill - the seat of the U.S. government, home to the domed United States Capitol, Senate, Houses of Representatives and the Supreme Court.

**This month marks National Family Caregivers Month, a time to recognize the countless individuals who provide care for their loved ones, including YOU - Caregiving Youth!**

Representatives Lois Frankel, Maria Elvira Salazar, and Barbara Lee have introduced a resolution designating November 13-19, 2023, as National Caregiving Youth Week!!

**The resolution designating National Caregiving Youth Week aims to:**

- Support the recognition of caregiving youth in the United States as an underserved and underrecognized population.
- Encourage educators, policymakers, health care professionals, and others to become more familiar with the work, needs, and contributions of caregiving youth.
- Support Federal initiatives to provide up-to-date nationwide research on caregiving youth.
- By recognizing and supporting caregiving youth, we can help them thrive despite the challenges they face and honor their unwavering commitment to their families.

## AACY Support Corner

### | We support you:

We're here to support you on your caregiving journey. We'll share fun and educational content, inspiring stories from other young caregivers, and reminders that you're not alone. **Thank you for all that you do for your family.**

### | Caregiving Youth: Sharing Your Stories

This part of the newsletter aims to give you a platform to share your stories and experiences and to raise awareness of the challenges and triumphs of being a caregiver in middle and high school.

You'll hear from Caregiving Youth from all over our CYP programs in Palm Beach County, caring for loved ones with various medical diagnoses and conditions. They will share their insights through writing prompts, creating a space for their voices to be heard.

We hope that you will find these stories inspiring and informative. We also encourage all of you to participate! Keep writing and sharing!



**GET TO KNOW THE STUDENTS IN THE AACY  
CAREGIVING YOUTH PROJECT**



**Student Stories**

**About**

**+**



**Me**



American Association of  
**Caregiving  
Youth**



**ALYSSA J**

**WOW**

**My name is:** Alyssa J

**My Grade is:** 7th Grade

**I care for my:** grandmother and brothers

**Who needs to be taken care of because:** she has diabetes and has trouble walking. I also take care of my brothers, one of them has autism and the other one has anger issues.

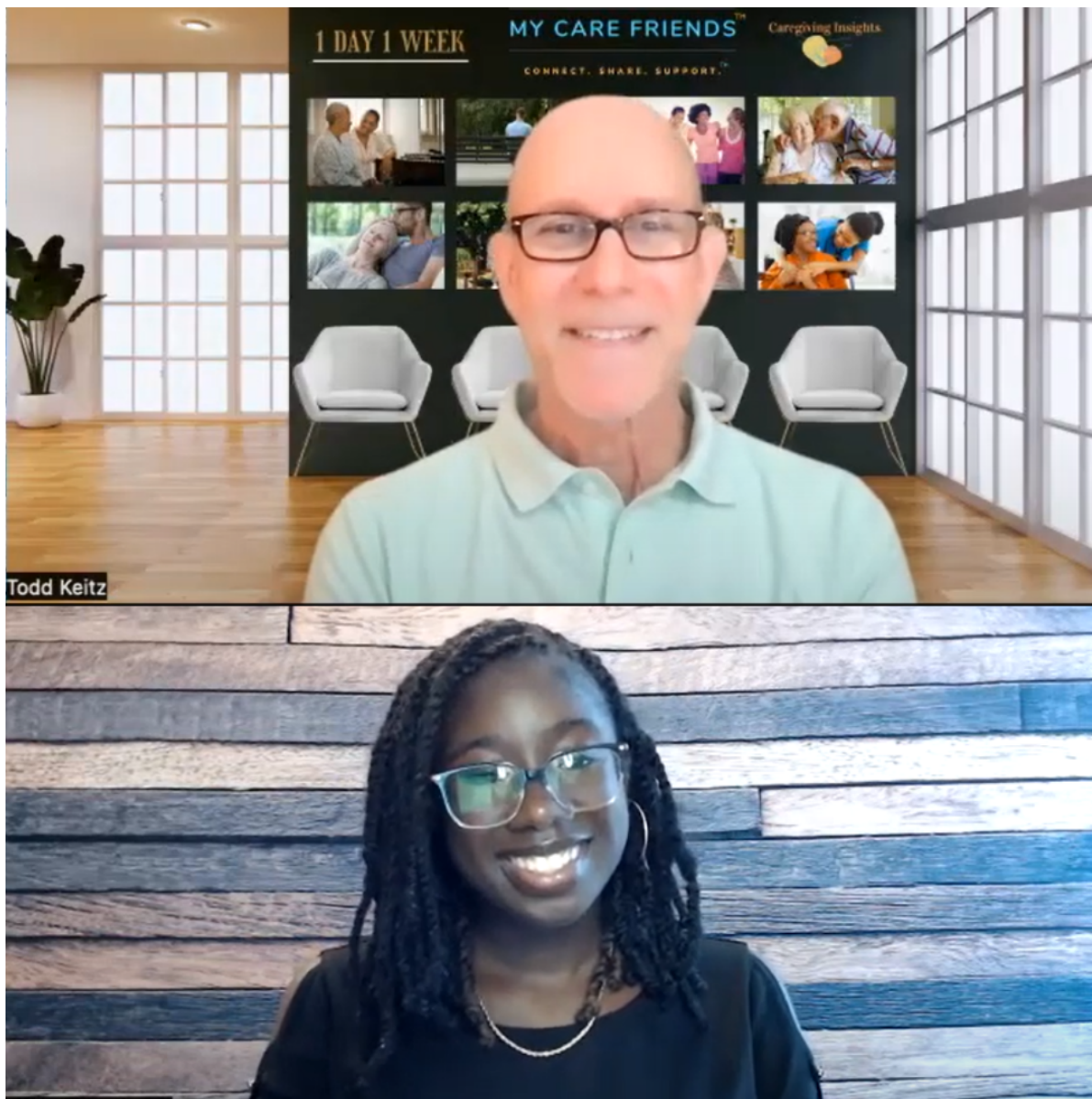
When my mom passed, I felt sad and overwhelmed and felt like I didn't know where to turn. My grandmother encouraged me to join AACY. I didn't want to join at first because I didn't like anyone, I met with but now that I see Ms. Destiny the Caregiving Coach, I don't mind it at all because she understands me so I am happy my grandmother signed me up or I would have never met Ms. Destiny.

The Caregiving Youth Project has helped me by telling me how to help take care of my brother and grandmother and by controlling my feelings by being in caregiving coaching.

Thank you, Alyssa, for sharing your caregiving experience. Your story is a powerful reminder of the strength and resilience of young caregivers. Your willingness to speak out will undoubtedly inspire others and raise awareness for this important issue. Keep shining bright!



## "A Caregiving Youth's Story."



Check out the interview with Kaylin Jean-Louis on the Caregiving Insights channel called "[A Caregiving Youth's Story.](#)"

Kaylin's story is a reminder that many young people are taking care of their loved ones. Young caregivers have a lot of responsibilities and face many challenges, but they still find ways to help their families. Kaylin's story is one of strength and hope, and she continues to inspire other young caregivers.

In this episode of Caregiving Insights, My Care Friends founder Todd Keitz interviews 18-year-old Kaylin Jean-Louis. Kaylin is a caregiver, radio host, motivational speaker, and the founder of Kaylin's Caring Konnection, Inc.

Kaylin graduated from high school early and has been caring for her grandmother and great-grandmother since 2016, along with her mom. So, how does she find time to do all that she does at such a young age? **Watch this inspiring episode to find out!**



## | Not All Heroes Wear Capes



**Caregiving Youth: Not all heroes wear capes, but they do wear big hearts.**

This quote is based on the popular saying "Not all heroes wear capes" and



highlights the heroic work that you do. As caregivers, you sacrifice your own time and social lives to care for someone, and you do so with compassion and love. Every task, no matter how small, makes a difference in the life of the person you are caring for.



***IF YOU DON'T KNOW HOW  
TO ASK FOR HELP  
YOU CAN START WITH***

**I THINK I NEED HELP  
BUT I DON'T  
KNOW HOW TO ASK**



American Association of  
**Caregiving**  
Youth

In Florida, 16.4% of high schoolers and 23.6% of middle schoolers provide care, or more than 290,000 youth.

# Kids are not alone.

# CAREGIVING YOUTH PROJECT

of the American Association of Caregiving Youth



## 5.4 MILLION KIDS

In the US, over 5.4 million middle and HS students aged 18 or younger provide significant assistance or care to a family member with a chronic illness, disability, mental health condition, or frailty due to aging.



## \$8.5 BILLION

A 2012 article estimates the economic value from Caregiving Youth is around \$8.5 Billion. The estimate today would be much higher. 74% care for their parents and/or grandparents. 11% care for their siblings or others.



## ONLY .ORG IN US

AACY is the only organization in the United States that focuses on the needs of young people who are caregivers. They work to identify Caregiving Youth, provide them with support, and advocate for their rights on all levels.



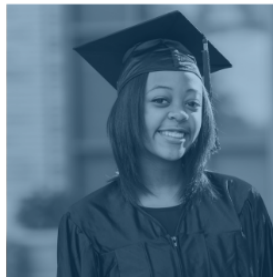
## AACY SERVICES

AACY offers direct services to middle and high school students in Palm Beach County through the Caregiving Youth Project (CYP) and is a leading national authority on matters related to Caregiving Youth.



## WE SERVE ALL

AACY inclusively serves Caregiving Youth and their families of all ethnicities, countries of origin, income levels, gender identification, health conditions, disability, sexual orientation, marital status and religions.



## CORE VALUES

We respect and demonstrate equality along with racial and social equity as we honor human dignity that is exemplified by our Core Values of Collaboration, Compassion, Empowerment, Innovation, and Responsiveness.



## WORLDWIDE

Caregiving for a loved one is among the most demanding, challenging, and rewarding human activities. Although children are commonly thought of as the recipients of care – rather than the givers – children all over the world participate actively in caregiving every day.



## CYP SERVICES

Caregiver coaching, skills-building, lunch & learn sessions, community service hour awards for caregiving work, respite fun, peer/friendship connections, home visits, resource support, tutoring, camps, holiday parties, recognition, personal development opportunities and more.

# CYP

**Join us and spread the word!** To participate in our program, Caregiving Youth Project (CYP) participants must reside in Palm Beach County and can be referred through personal outreach, recommendations from school staff, or other organizations. Our support is provided both at school and in the home.

If you are a Caregiving Youth or know someone who is but they don't live in Palm Beach County, please encourage them to email us at [info@acy.org](mailto:info@acy.org). We are committed to helping them find resources, no matter where they reside in the United States.

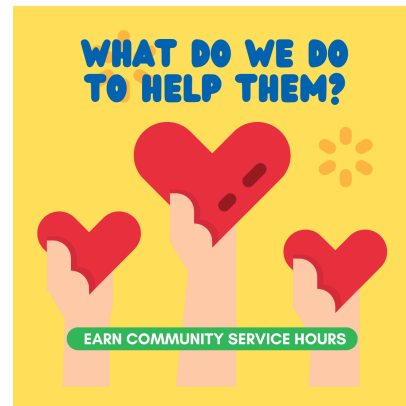
## Resources - Support - Help



### 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.



IN A CRISIS? [www.crisistextline.org](http://www.crisistextline.org)

**Text HOME to 741741 to connect with a volunteer Crisis Counselor** **FREE**

Free 24/7 support at your fingertips.

**Text Us 741741**



#### How It Works

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

#### Crisis Text Line

Free 24x7 support at your fingertips.

[crisistextline.org](http://crisistextline.org)

Text HOME to 741741

## GET POISON CONTROL HELP

Contact Poison Control right away if you suspect a poisoning. Help is available online with webPOISONCONTROL\* or by phone at 1-800-222-1222. Both options are free, expert, and confidential.

Get help online

or Call 1-800-222-1222

**POISON CONTROL**  
National Capital Poison Center

Need help identifying a pill?

Mixed up your meds? Found a loose pill?  
Worried that your refill looks different?  
Fortunately, most medications can be identified from the letters and numbers imprinted on the pill.

Identify a pill



#### 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**



#### Are there any VETERANS in your Family?

Resources Available - Check it Out

##### [Palm Beach County Government](#)

PBC has services that might be of assistance to your family

<https://discover.pbcgov.org/communityservices/humanservices/pages/veteran-services.aspx>

##### [VeteranAid.org](#)

VeteranAid.org offers free help applying for Aid and Attendance if a Veteran requires assisted living care in a community or at home.

VeteranAid.org was created to help families pay for the care their senior loved ones need by claiming the Aid & Attendance (A&A) benefit their veterans are entitled to.

#### Are there any VETERANS in your Family? Resources Available:

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

##### 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.



# DID YOU KNOW?

When you **recycle your old and/or used ink cartridges** with us, you not only help the environment, but you help support one of AACY's many initiatives!

When we mail in those old and/or used ink cartridges, Planet Green donates back to AACY!

Want to collect ink cartridges from family and friends? This is a great way to earn additional community service hours!

Please contact [kristen@acy.org](mailto:kristen@acy.org) for more information.

Thank you for your support!



## CONNECT WITH US!

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



**Many Thanks to Our Partners:**



United Way of Palm Beach County



Town of Palm Beach United Way



Treasure Talk is a monthly newsletter for and about the students in the AACY Caregiving Youth Project (CYP) and all supporters of Caregiving Youth. We use the term "Treasure" in Treasure Talk to let the kids know that they are highly valued and cherished as individuals – and to recognize and remind them of the positive impact they have on the lives of others around them.

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 connie@aacym.org](mailto:connie@aacym.org)

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

Sent by connie@aacym.org powered by



Try email marketing for free today!

---