

## September Treasure Talk is Here!

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

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

Fri 9/29/2023 11:00 PM

To:Updates <updates@gladesinitiative.org>

[View as Webpage](#)



### Volume 184 | September in Review 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.

## | September Treasure Talk 2023!

In our life in general and especially as caregivers, we quickly learn that in order to move forward with a positive attitude, we must remain FLEXIBLE!

Our flexibility must also stay within the boundaries of our values and do what we know to be the right thing. And it's often smart to compromise.

For example, your mother doesn't want to get up to do her exercises and help her recover. Your solution may be to allow her to stay in bed a little while longer but then give her a time when she must exercise. You explain to her that you want her to get better and that she must do her exercises in order to do that.

You exhibit flexibility with her in terms of the time, but you also stay within your values of making sure you are doing your part to help her recover.

If you have questions or need support, please call your Family Specialist or our office. "We are here for you as you are there for your mom!"

## | Activities Recap & Preview:

**Greetings Everyone!**

Happy Fall! I hope everyone is enjoying the start of this wonderful season 😊.

We kicked off our activities with Family Feud Night via Zoom this month. What an enjoyable moment to see the reactions to the responses of your answers. What a fun night!

At the end of the month, you also got to sit back and relax to a virtual movie, The Little Mermaid (2023). It was wonderful to see you and your families gathered to see the movie.

Look out for upcoming activities! We've begun sending out invites for the AACY Holiday Party on December 17th. Don't miss out on an opportunity to accept the invite, select a gift of choice, and choose the time slot you would like to attend the day of the party before it fills up.

Remember to text the word ALERT to 22300 to opt in to continue receiving important messages about your Caregiving Youth Project. We have a ton of fun upcoming events planned for October!

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**

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

**| District Shout-Out!**

**The Caregiving Youth Project program is celebrating its 17th year in the Palm Beach County School District!** We are grateful for the support of our compassionate and dedicated staff, including principals, assistant principals, school counselors, behavioral health professionals, teachers, main office secretaries, and everyone else who helps make our program successful in serving caregiving students and their families.

This month, we would like to extend special gratitude to a few of the many Palm Beach School District personnel who support the Caregiving Youth Project program in 35 middle and high schools across the county:

- **Dr. Rachel Capitano**, South Area Superintendent
- **Dr. Camille Long**, North Area Superintendent
- **Karen Whetsell**, Central Area Instructional Superintendent

Thank you for your commitment and efforts to bridging support for our students!

## **| We support you:**

In this section, we're all about supporting you. We'll post entertaining and educational social media content to keep you occupied and entertained, and we'll feature videos or stories of other current or former young caregivers in the US and worldwide. Some stories are old, and some are new, but they all have one thing in common: they show that you're not alone.

We hope that this section will provide you with a little bit of support and encouragement during your caregiving journey. Whether you need a laugh, a break from the stresses of caregiving, or a reminder that you're not alone, we're here for you. **Thank you for all that you do for your family.**

## **| Caregiving Youth: Sharing Your Stories**

This new feature 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!

**"Choose a name:** Beautiful Flower

### **What would you like us to know about your caregiving situation?**

I am in 10th grade. I care for my Mother who needs to be taken care of because she suffers from breast cancer, lung and brain metastasis.

### **Write about a dream you have for your future. How does your caregiving experience fit into that dream?**

My dream as a Caregiving Youth is to be able to give my Mother and family what they need, for example, money, a great nice house, and the best cancer treatment. My dream is to feel my family in peace and not worry about anything.

### **Write about a dream you have for your future. How does your caregiving experience fit into that dream?**

I think that being a Caregiving Youth member is helping me to be more mature, knowing that life is not easy and that it has bad and good things. The project helps me to make more friends with the activities. AACY let me join a new community that has kids like me, and I feel normal with them. Additionally, the coaching service did help me with some family problems. It has also helped me to solve problems in the best way ever."

Thank you, 'Beautiful Flower' - Congratulations on being the first to kick off this new initiative and sharing your story with all of us! We know you'll continue to bloom at school and in life!

## | Child Caregivers - New York Times Story

[A video from the New York Times - Child Caregivers](#)

This month, we are featuring a YouTube interview on Caregiving Youth published by the New York Times a few years ago. We have been working together in Palm Beach County for many years helping kids who are caregiving succeed.

## | Happy Birthday to Dr. Connie!

Happy Birthday, Dr. Connie! May she continue to be a shining thread in the beautiful tapestry of the world to make it a better place by championing children who are caregivers.

**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.

### 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

### 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.

and keep hope alive.

**Crisis Text Line**

Free 24x7 support at your fingertips.

[crisistextline.org](http://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](http://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](http://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:unsubscribe_updates@gladesinitiative.org)

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

Sent by [connie@acy.org](mailto:connie@acy.org) powered by



Try email marketing for free today!