

May Treasure Talk is Here!

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on behalf of

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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.

| May Treasure Talk 2023!

School is out, and yet your caregiving continues! Please stay in touch with your AACY Family Specialist and enjoy the many activities we are planning for you this summer!

We at AACY care about each of you and want you to be cyber-safe, as now, without school, you may elect to spend more time on the Internet.

Doing so can be an excellent experience, but it also can be dangerous to your well-being - and none of us want that!

Please see our special feature this month about being Internet savvy and safe!

PS: We hope you'll join us in welcoming our new Activities Manager, Andreana Holliman!

Andreana graduated from the University of Central Florida with a Bachelor of Arts in Psychology. She has been serving children and families for almost eight years and is very passionate about youth development and helping families in need. She wants to see all children succeed and leave a lasting impact that will encourage and inspire all youth to strive for the best in everything they do.

| Activities Recap & Preview:

Greetings CYP Friends!

This month's featured activity was our Virtual Art Workshop, coordinated by Smita Sen from Manipura Care Network and led by Gloria Fan Duan. Those who attended had an opportunity to use air-dry clay and household objects to create a ceremonial system to represent something meaningful to them.

There was so much creativity in the Zoom room! We had a butterfly, an affirmation handbag, a flower, and much more.

This month we also had our Career Series to learn about the field of public relations and how to apply for internships. What an engaging and informative session led by Cristina from Humana!

You will also have an opportunity to engage in another Career Series this month that will be led by Brian Ginsburg and Board Member Jeffrey Gordon, two dynamic lawyers who will share with you the steps to becoming a lawyer.

My new chapter with AACY has been so amazing!

I'm truly grateful to be a part of a dynamic team that's passionate about serving youths in need, and I've truly enjoyed meeting many of you and your families. Thank you all for the warm welcome!

Please follow our Instagram page: [@caregivingyouthproject](https://www.instagram.com/caregivingyouthproject), to see all the amazing activities our youth is engaged in! It's truly inspiring!

Thank you.

Andreana Holliman, BA

| Virtual Art Workshop | Great time using air-dry clay and household objects to create a ceremonial system!

| Camp Treasure | Spring 2023 | Make Memories!

AACY Camp Treasure: A Day in the Life

Camp started with a bus ride down to North Miami, while enjoying a trivia game with our Director. After arriving and bonding on the bus, there was time for football, Twister, and just enjoying being a kid.

Afterward, they learned everything from how to start a fire - to fire safety - and of course, how to put it out! Making and enjoying s'mores was also fun!

On Saturday, there was archery, canoeing, art and crafts, and team bonding on day two! We all had a big surprise that made a trip like no other when an iguana, resting on a bush, jumped into a canoe!!

Thank you to our staff for cooking breakfast and grilling lunch. Thank you also to The Fuller Center for help getting us there and back safe and sound!

These respite activities are so important for you just to be kids!

- Time with others who understand what you are going through.
- Learning new skills, such as how to start a fire and how to canoe.
- Making new friends and bonding with each other.

We all had a great time at Camp Treasure... learning new skills, making new friends, and having fun!

Shoutout to **Palm Springs Community Middle School Staff** for their continuous support in making the Caregiving Youth Project a success in the school.

"A very special shoutout to **Ms. Miller, School Counselor**, and **School Secretary, Ms. Glenda**, who are so welcoming and always ensures space is available for me to meet with the students and provide whatever help I need throughout my time in the school. They are both very helpful and make the process simple.

Such amazing efforts show their true support for the AACY mission through the Caregiving Youth Project (CYP) program at their school.

The American Association of Caregiving Youth appreciates how easy and effective all the staff members at Palm Springs Middle are in making me feel welcome.

We are truly grateful for your support and teamwork! Thank you, Palm Springs Community Middle School staff." - Kadian Bernard, MAHS, AACY Family Specialist

| 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. An army of people wants nothing but the best for you. We will feature videos every month of other kids who've told their stories in the US and around the world. **This month, we are featuring a special reminder about being Internet savvy and safe!** We want you to have a safe and fun summer online!

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

| Special Feature: Smart Social Networking

1. DON'T POST OR SEND ANYTHING YOU WOULD BE EMBARRASSED FOR CERTAIN OTHERS TO SEE.

Think about what your family, friends, future employers, or college admission decision-makers might think if they see it. How would you feel if that statement or picture was forever tied to your name and your identity? Does it really represent who you are? Remember, your keyboard may have a "delete" button, but once online it is often

impossible to remove.

2. DO START EARLY IN BUILDING A POSITIVE ONLINE REPUTATION.

Don't wait until you are getting ready for college or applying for a job to start developing a dynamite digital dossier. From the very first post you make on a new social media platform, think about how others will perceive and interpret what you share. Also, actively involve yourself in many positive activities. Excel academically. Volunteer. Play a sport. Lead a social group. Give a speech. Do community service. Write positive, thought-provoking and creative blog posts or editorials for online news outlets. Get yourself featured in newsworthy projects. All of these things will look good on a resume, and they will reflect positively on you if someone stumbles upon them in an online search. Figure out the best ways to create and maintain an online identity that strongly demonstrates integrity and maturity.

3. DON'T COMPROMISE YOUR IDENTITY.

Identity thieves are constantly looking for new ways to obtain your personal information, usually for the purpose of benefiting financially at your expense. Never post your address, date of birth, phone number, or other personal contact information anywhere on social media. Even with restrictions, access can be gained through fraudulent means such as by phishing, hacking, or malware.

4. DO BE CONSIDERATE OF OTHERS WHEN POSTING AND INTERACTING.

If you message someone and they do not respond, or if someone messages you and asks that you not post about them, take the hint and move on. Also, don't post pictures of others without their permission. And if someone asks you to remove a picture, post, or to untag them, do so immediately. It's what you would want if you asked someone the same thing.

5. DON'T VENT OR COMPLAIN, ESPECIALLY ABOUT SPECIFIC PEOPLE OR ORGANIZATIONS, IN PUBLIC SPACES ONLINE.

People will negatively judge you based on your attitude, even if your complaint has merit. Employers, schools, and others have access to social media, and they are looking. Is that spiteful comment about your boss or co-worker really worth losing your job over? Or sharing with those who may have an awesome opportunity to give you in the future? Be careful, too, about complaining in seemingly private environments or sending direct messages to others you think you can trust. You just never know who might eventually see your posts.

6. DON'T HANG OUT WITH THE WRONG CROWD ONLINE.

Resist accepting every friend and follower request that comes your way. Having a lot of followers isn't the status symbol some people make it out to be, and can just increase your risk of victimization. Giving strangers access to your personal information opens you up to all sorts of potential problems. It's also true, though, that those who are most likely to take advantage of you won't be complete strangers, but will be those you've let into your life just a little bit (like allowing them to friend or follow you) – and who use information they can now access against you. Be selective with who you allow to enter into your world! Go through your friends and followers lists regularly and take the time to delete those you do not fully trust, those that you have superficial and largely meaningless friendships with, and those you probably aren't going to ever talk to again.

7. DON'T HANG OUT WITH THE WRONG CROWD OFFLINE.

Maybe you're smart enough not to post that pic of you holding that red solo cup (filled with lemonade). But your friend does—and tags you—along with the comment: "Gettin' blitzed!!!" You also might not want others to record your legendary dance moves at last weekend's party, but cameras and phones are everywhere. If you are associating with people who don't really care about you or your reputation, they may seize the opportunity to record and post the video for others to see (and laugh at). Worst of all, it could go viral,

and next thing you know you are being interviewed by Daniel Tosh about a humiliating video of you that has gone global and been viewed by millions. Trust us – you do not want that kind of attention.

8. DO PROPERLY SET UP THE PRIVACY SETTINGS AND PREFERENCES WITHIN THE SOCIAL MEDIA APPS, SITES, AND SOFTWARE YOU USE.

Use the features within each environment to delete problematic comments, wall posts, pictures, videos, notes, and tags. Don't feel obligated to respond to messages and friend/follower requests that are annoying or unwanted. Disallow certain people from communicating with you or reading certain pieces of content you share, and allow access only to those you trust. Turn off location-sharing, and the ability to check-in to places. If you need to let your friends know where you are, just text them using your phone rather than sharing it with your entire social network.

9. DON'T POST OR RESPOND TO ANYTHING ONLINE WHEN YOU ARE EMOTIONALLY CHARGED UP.

Step away from your device. Close out of the site or app. Take a few hours, or even a day or two, and allow your brain some downtime to think through the best action or response. Responding quickly, based on emotion, almost never helps make a problem go away, and often makes it much worse. Pause before you post!

10. DO SECURE YOUR PROFILE.

Use complex passwords that consist of alphanumeric and special characters. Avoid using recovery questions which have easy-to-guess or common answers such as a pet's name. Never reveal your passwords to friends or family, or leave them written down somewhere. Avoid accessing your online profile from devices which are unsecure (like at a library computer), or do not have virus and malware protection.

11. DON'T TELL THE WORLD WHERE YOU ARE AT ALL TIMES.

You probably wouldn't hand a stranger your daily agenda, and you shouldn't post it all over social media. Burglars use social media to target victims by reading posts that clue them in as to where you are (and when you're not at home). Checking in while on vacation or posting an update such as "At the beach for the day" or "Be back in town on Tuesday" may be a fun way of letting your friends know what you are up to, but it also lets those with bad intentions know when your home is empty and vulnerable.

12. DO REGULARLY SEARCH FOR YOURSELF ONLINE, JUST TO SEE WHAT IS OUT THERE.

Start with Google, but also use site-specific search engines on social networking sites, as well as sites that index personal information about Internet users. Some examples are: peekyou.com, zabasearch.com, pipl.com, yoname.com, and spokeo.com. If you do find personal information about yourself, investigate how you can have it deleted. Many sites provide some type of "opt-out" form which allows you to request its removal.

13. DON'T GET POLITICAL.

It's best to shy away from political and religious declarations which might seem abrasive and may offend others. Even though these opinions might be legitimate (and you are certainly entitled to them), you need to realize that others are looking at what you post and will judge you accordingly. Plus, social media isn't the best place to discuss these complicated issues. Save the preaching for personal conversations! Also remember that sarcasm is often lost in online communications. A funny comment might can be easily misinterpreted or taken out of context, resulting in unintended hurt feelings or inaccurate perceptions.

14. DO BE CAREFUL ABOUT OVERSHARING.

If you are always posting about your meals, trips to the bathroom, social life, and the latest viral YouTube video, others are going to think that: 1) you have way too much time on your

hands, 2) you have no focus or goals, or 3) you are unproductive and cannot possibly contribute meaningfully to anything. Remember that people don't care as much as you want them to care about all of the various random things going on in your life. It's not all about you!

Hinduja, S. & Patchin, J. W. (2018). Smart social networking: Fifteen tips for teens. Cyberbullying Research Center. Retrieved [May 2023], from <https://cyberbullying.org/smart-social-networking.pdf>

| Palm Beach County Schools Character Now! Award for a Caregiving Youth. Congratulations Fredy!

Fredy is one of the awesome students enrolled in our AACY Caregiving Youth Project @pbcs

Photo and a Shout Out from Marisol Goffman, MSW, AACY Caregiving Youth Project Family Specialist:

"I wanted to share with you that one of our students, Fredy, was recognized by his School to receive the District's Character Now! Program' Award.

With the recent addition of state Character Education standards, the District developed a new program called "Character Now!," which weaves together the new state standards with the District's existing Social-Emotional Learning (SEL) and Positive Behavior Support (PBS) initiatives to better integrate character into the life of the school.

The following are new character themes for the District program:

- Showing empathy and kindness
- Being responsible
- Having a growth mindset
- Demonstrating trustworthiness
- Demonstrating respect
- Being a good citizen

Students are provided with instruction in the standards through the SEL and PBS initiatives. They are then recognized by their schools for demonstrating the character themes.

| Congratulations to the Class of 2023!

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.

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](#)

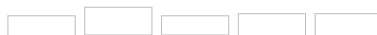
Another resource is VeteranAid.org.

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](#)

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www.aacy.org



Many Thanks to Our Partners:

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