

**This girl 'makes a difference'** [Share / Save](#)

Doing what comes naturally, Abigail sings, dances and entertains her way to a national award,  
By Linda Rienecker

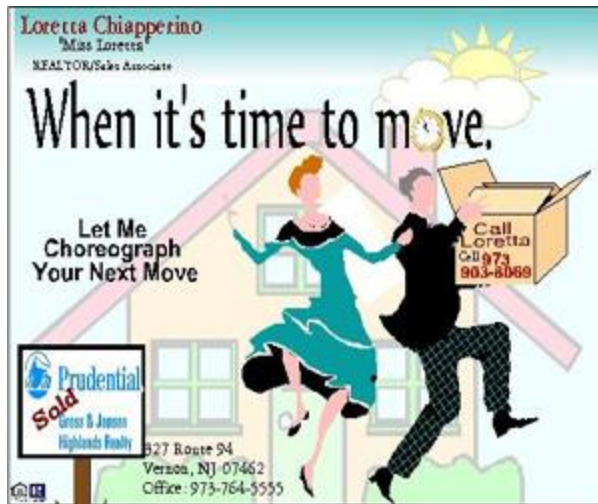
Stockholm — For as long as she can remember, 10-year-old Abigail Lupi has been singing, dancing and acting. At age 8 she founded CareGirlz, a performing troupe that entertains patients in hospitals and nursing homes. This accomplishment recently won her national recognition in Parenting magazine. She and only seven other children nationwide were selected by the magazine as “Kids of the Year” and featured in the February 2011 article, “Eight Amazing Kids Who Make A Difference.”



**Abigail Lupi**

“It was so amazing to see my face in 'Parenting' magazine,” said Abigail. “This (award) was a complete surprise. A phone call came 'out of the blue.' A woman at Parenting magazine said that I had come to their attention and they wanted some more information about me!”

Abigail is a natural when it comes to entertaining. She began making up shows at age 3 and performing for family and friends. She has appeared as Cinderella in the Off Broadway production, on national television commercials, including one for Toys R Us, and in regional theater. The idea for CareGirlz was sparked after performing at a nursing home for her great-grandmother's 100th birthday celebration. “It was just me and my sister the first year,” said Abigail. “We sang Broadway show songs — I always sing show tunes — and we danced. I played the piano and told some jokes. There were about 50 seniors there and they had such a good time. I really liked making them so happy.”



Before her great-grandmother's next birthday, Abigail added two more girls and named the group CareGirlz "because we are all girls and we care." Abigail then began contacting girls she knew from shows and talent competitions, and for Great-Grandma's 102nd birthday, seven CareGirlz performed. Last June at the 103rd birthday

celebration, there were 13 members ranging in age from 6 to 13. "And we are already planning for her 104th birthday this coming June!"

The birthday parties were just the beginning for Abigail's entertainers. CareGirlz (and their parents) have a busy schedule. Parents provide transportation all over the state to performances at nursing homes, assisted living centers and hospitals. Abigail selects the songs and choreographs the dances from their repertoire of 90 Broadway shows. Each girl creates her own costumes, and there are at least four rehearsals before each show. Right now the CareGirlz are preparing for their next show, which is in March at the Lillian Booth Retired Actors Home in Englewood.

"We love what we do," said Abigail.

"I think there are three things that all the CareGirlz want kids [others] to know — you are never too young to make a difference, always try your best and do what you love."

A special honor Abigail Lupi was one of eight children honored by 'Parenting' magazine in its 2011 "Kids of the Year" program, announced in the February issue of 'Parenting School Years.' She was cited as a 'moving example' of how one child can inspire and energize thousands to make a difference. It all started when, to learn more about how children feel about giving, Betty Crocker Fruit Flavored Snacks partnered with 'Parenting' magazine to conduct its Kids'



**The girls help celebrate Millie's 103 birthday party at Chestnut Hill Assisted Living in Passaic, June 8, 2010. From left: Madeline Lupi, great-grandmother Millie, MariaJesus Valdes, Abigail Lupi, Victoria Balkaran.**

Altruism Indicator, revealing the state of giving in America — specifically from children's and their mothers' perspectives. The research shows that 87 percent of 7- to 12-year-olds want to be giving adults. Abigail's story is told here and in the pages of the February issue.

In its effort to create more opportunities for children to help others that are fun and easy, now through May, Betty Crocker Fruit Flavored Snacks is offering children in the U.S. the chance to win a laptop and help donate laptops to children in Africa. Details can be found on specially-marked packages of the snacks or at [www.winonegiveone.com](http://www.winonegiveone.com). Abigail and the seven other Kids of the Year winners will each receive the same XO laptop that is being offered in the win one give one promotion.