

WELCOME FSU MEDICAL STUDENT

by Anmol Patel

My name is Anmol Patel. I am a third year medical student at the Florida State University College of Medicine. I am originally from Vero Beach FL, and I moved to Sarasota six months ago for school. I am hoping to pursue surgery as a career. I am grateful the Academy took me on as a volunteer for our two-week community medicine clerkship. I am looking forward to getting involved, meeting new people, and learning about all of the great things the Academy does.



Anmol Patel

NEW YEAR'S RESOLUTIONS

by Linda Fridshal

I had a New Year's Resolution to become more independent so I signed up for the SCAT Plus bus. SCAT Plus provides door-to-door transportation for those who can't access the regular bus line due to a disability. The program requires you to have a doctor fill out the paperwork. We did the paperwork in November with my doctor and SCAT Plus accepted my application within a week (though it often takes 30 days).

I called SCAT Plus and scheduled my ride for 9:30 to 10 a.m. from my home to the Academy. They cannot guarantee an exact pick-up time, but I still got to the Academy close to my requested time.

It's a very good service that I feel other members could take advantage of also.

I feel like I've already had a great start to the New Year by accomplishing one of my goals.



Linda Fridshal

OUR 2020 VISIONS

The Academy surveyed its members and asked what their goals are for 2020. Here's what some members said:

"I would like to train more people on Quickbooks so that if I am not at the Academy for an extended period, the Academy can stay current with the accounting/data entry in Quickbooks." - Paul Hennekes

"I would like to put in more time at the Academy. My main goal is to arrive earlier and get a job in the future." - Carolyn Robinson

"My goal is to get a job, work hard and make good food!" - Matthew Thomas

"My goal is to become completely computer savvy." - Candy El-Azzaoui

"My goal is to finish grad school." - Phil Boyer

"My goal is to learn twitter, Instagram and other types of social media." - Linda Fridshal

"I would like to help others to understand, that despite their worst suffering, they are a lot more than they realize." - Kevin Geyer

*The Academy wishes everyone
all the best in 2020!*

CONGRATULATIONS

Congratulations to Garrett Laue. He has been selected to fill the Transitional Employment position at Sarasota Memorial Health Care. Watch for his story in an upcoming issue of weekly newsletter.



Garrett Laue

A TRUE LEGACY

We were deeply saddened at the passing of Charles and Margery Barancik during late December. Their generous spirit and charitable foundation are a true inspiration and lasting legacy for the Sarasota community.

Wellness

It's simple, not easy!

We learned on Wellness Wednesday that in order to change a habit or create a new one, we need motivation. Designing your ideal habits on how you want your life to look may be simple, but it sure isn't easy. Academy member Stephen Anderson agrees and says "Ok, well that seems easy enough, right? But, how do we get motivation; where does that come from?"

Research shows us that motivation comes from happiness. So, alright, if I'm happy I'll be motivated? Well, how can I be happy in this process of creating new habits? Research also points to happiness coming from progress.

If we're changing or creating a habit, setting goals that are realistic, attainable, and measurable can help us accomplish that. One member, Ian Jones, set a goal to start to jog. He didn't set a goal so big that it was unrealistic, such as running a marathon; just to take the first step. Accomplishment helps us see progress, progress makes us happy, happiness keeps us motivated, and motivation is what we need to create the change. Told you it's not easy!



(left to right) Ian Jones, Patty Haltinner, Anmol Patel, Phil Boyer and Stephen Anderson develop their resolutions for 2020.

UPCOMING EVENTS



Monday, January 13

Telephone Training - 8 a.m.

Tuesday, January 14

Tour Guide Training - 8 a.m.

Wednesday, January 15

Menu Planning - 11:45 a.m.

Wellness Wednesday - 3 p.m.

Thursday, January 16

Customer Service Training - 8 a.m.

Employment Workshop - 8:15 a.m.

Newsroom Meeting - 11:30 a.m.

Friday, January 17

Welcome Desk Training - 8 a.m.

Monday, January 20

Martin Luther King Day of Service - 10 a.m. - 2 p.m.

ONGOING

Breakfast is served:

Monday-Thursday, from 8:15 - 8:45 a.m.

Friday Buffet, 8:45 a.m.



The Academy values our partnership with the National Alliance on Mental Illness (NAMI). NAMI provides support, education, awareness and advocacy to individuals with mental illness and their families. Learn more through their Peer to Peer and Family to Family classes. Visit namiarasotacounty.org for more.

COME ON IN

Have you ever found yourself in the neighborhood, maybe with a friend or relative, and wished that you had thought to schedule a visit? Next time, be sure to stop in. We are never too busy to make time for you." Take a tour, learn about our program and ask questions. One in five adults experiences mental illness. We might be the right place for you, a family member or friend.

Aaron Collmer



The Academy at Glengary is accredited by Clubhouse International and is made possible by a Public-Private Partnership. This newsletter is designed and printed on-site by the Arts and Communication team.

