



# Glengary TIMES

NEWS OF THE ACADEMY AT GLENGARY

January 31, 2020

## GECKO'S SHARED VALUES

We had a great visit from Fiona Farrell and Amy Leithauser of Gecko's Hospitality Group. They took a tour and stayed for lunch to discuss the possibility of hiring opportunities for our members. With a dozen restaurant locations throughout Sarasota, there are many potential possibilities for employment. We will continue the conversation with them as we hone in on jobs that are the best fit for our members.

It was clear from meeting them that Gecko's shares our values of respect and inclusion. Gecko's is well-known for their commitment to supporting the Sarasota community, partnering with hundreds of non-profits and philanthropic endeavors. We would be proud to collaborate with such a winning team.



(left to right) Fiona Farrell, Chief Operating Officer; Jodi-lee Weiss and Amy Leithauser, Director of Kitchen Operations and Training

## GENEROCITY

by Lori Wiest

This week, Isabelle DeMartine, Patty Haltinner, Chantel Gingerich, Lisa Hillje and I went to the GeneroCity event put on at the Municipal Auditorium by Sarasota Magazine, at which fifty nonprofits presented their missions and services to the community. A number of people wanted to know what it is that we do, so each member told them of the difference that the Academy has made in their lives, while Patty told them more about the programs and services of the Academy. We had free finger food for dinner. We finished out the evening tired but satisfied that we had made a difference in the community by getting the word out about our mission.



(left to right) Chantel Gingerich, Isabelle DeMartine and Lori Wiest

## WELCOME Lisa Hillje



Lisa Hillje

I'm a native to Sarasota, and I graduated from University of Florida with a Bachelor's degree in Horticulture. I rescue dogs, and I have two right now that are like my children. I learned about the Academy through my friend Lori who has been a member here since it opened. My first day was a little overwhelming, and I was reluctant to return, but then everyone was so kind and welcoming, I decided to give it another try.

If I wasn't here, I'd be staying at home doing nothing. While I'm here, I'm working on improving my memory, creating friendships, and gaining computer skills. I hope to get a job after I've been here longer. I'm so glad that I'm here.

## MAKING HEALTHY AND TASTY SNACKS

Our garden is growing and we are enjoying fresh veggies, greens, and herbs in our daily lunches.

Thanks to the generosity of the William G. and Marie Selby Foundation, we are fortunate to have a state-of-the-art commercial kitchen which includes a food dehydrator. Many members and staff enjoyed kale chips for the first time and were delighted to learn how easy it is to turn fresh kale leaves into delicious good-for-you baked snacks. Drying fruits, veggies, meat, and fish has never been easier with the dehydrator. You can also make kale chips in a 275 degree oven with a little olive oil and salt. It is a great healthy alternative to potato chips.



Kevin Geyer (right) shows Rick Pardo, Ben Burnside and Tyler Hamilton how easy the snacks are to make.

# A WALK IN THE PARK

by Kristen Disler



On Tuesday 11 members went out to Phillippi Estate Park to take pictures for Sarasota Magazine's Earth Day Photo Contest. We brought three cameras and a drone. We were also able to bring our own cameras or use our phones. I took more than 100 photos using the camera on my phone. In order to get good photos I had to get low on the ground or lean over a fallen tree. We were each allowed to submit three photos. I chose my three because I liked the contrast of the colors. If I don't win, I still had fun walking in nature.

Kristen Disler (above) and two of her three submissions (below)



## CATCHING THE WORM

Beginning in February, Thinking Well will move to 9:30 a.m. on Mondays and Wednesdays. This 15-week cognitive brain-training course uses computer-based exercises to improve cognitive skills such as working memory, information processing and executive functioning. It is widely believed that the brain, just like our bodies, gets sluggish after a meal. So our original post-lunch start time of 1:30 p.m. was less than ideal. Let's rise with the sun and see what our early birds can do!



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## UPCOMING EVENTS



### Monday, February 3

Telephone Training - 8 a.m.

### Tuesday, February 4

Tour Guide Training - 8 a.m.

### Wednesday, February 5

Menu Planning - 11:45 a.m.

Wellness Wednesday - 3 p.m.

### Thursday, February 6

Customer Service Training - 8 a.m.

Employment Workshop - 8:15 a.m.

Newsroom Meeting - 11:30 a.m.

### Friday, February 7

Welcome Desk Training - 8 a.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 [namisarasotacounty.org](http://namisarasotacounty.org) for more.

## Wellness

Most adults know they need seven to nine hours of sleep each night, but may not know why. Lisa Hillje learned that too little sleep can impact your physical, social, and emotional wellness and Lori Wiest was surprised to know that when you sleep your brain and body are not "off." We learned while you're asleep your body heals, your learning and experiences are filed away in your memory and your brain is busy removing harmful proteins that accumulate during the day. Carolyn Robinson is going to minimize distractions by turning off the television earlier and Stephen Anderson is going to attempt to get out in the sun in the morning to help set his body's natural clock.

