

ALL FAITHS FOOD BANK

by Isabelle DeMartine

What an exciting visit to the All Faiths Food Bank with William McKeever and Patty Haltinner! As we arrived, we were greeted by the brightly colored building that gave us such a hopeful feeling. It felt like we were on a rainbow! We learned that there are many ways to support their mission to end hunger, from donating stocks to volunteering your time. Of course, donating food is always a great way to help. We were surprised to learn that 11.5 million meals were served last year. Some members at the Academy might benefit from their programs, but all of us can help support them.



(left to right) Patty Haltinner, Adeana Osika, Isabelle DeMartine, William McKeever and Sandra Frank

WELCOME Julia Deverdzic



Julia Deverdzic

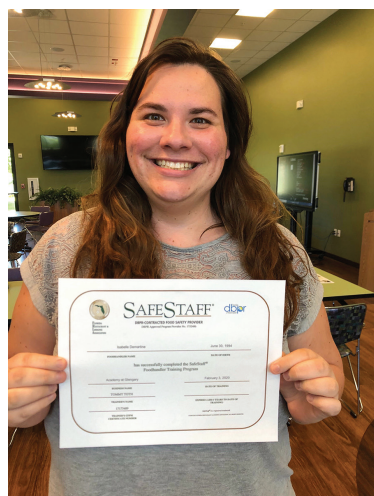
This is my second week at the Academy. So far, it's been a positive experience. I'm meeting lots of new friends and I'm learning lots of new stuff. I may not be earning a degree, but I'm learning new skills and I have something to put on my resume. I really like it here because everyone is so nice and supportive. It's been really fun working in the kitchen and learning accounting skills with the Business and Tech team. I plan on continuing to come here like I've been doing so I can learn more.

SHARING OUR KNOWLEDGE

We had the pleasure of hosting David Kerst from Kate's Place, a Clubhouse in Orlando, Fla. David is spearheading their transitional and supported employment programs, and he is visiting other clubhouses to see how others run their programs. While here, he met with Carla Giuffrida and her supervisor on her supported job at Centerstone, Rick Pardo and his supervisor on his transitional job at The Pines, and at Sunset Cadillac he met with the General Manager and got to see firsthand what absentee coverage looks like as placement manager was Joanne Campbell filling in for Herika Martinez who was out with the flu. David also spent time in our teams and joined us for lunch. He was so impressed by our culinary skills that he is currently considering commuting here for lunch. While we don't recommend it, our doors are always open to him. David says "I want to thank all of the members at the Academy for making me feel so welcome during my visit. It was a fantastic learning experience and I will do my best to put the new knowledge I've acquired into practice at Kate's Clubhouse in Orlando. As impressed as I was with your facilities, I was blow away by the kindness and hospitality of your members during my visit. Keep up the great work!"



(left to right) Andrew Cavazzi, Patty Haltinner, David Kerst, Jeffrey Jean, Jodi-lee Weiss, and Idanes Paredes



Isabelle DeMartine

SAFE-STAFF CERTIFIED

Congratulations to Isabelle DeMartine! She is the latest Academy member to be Safe-Staff Certified. This training program includes preventing cross-contamination, proper cleaning and sanitizing, controlling time and temperature when handling food and causes and effects of major food-borne illnesses.

BACK TO SCHOOL

Recently I went back to college and it was a really good thing. At first I did not know what to do with not so perfect grades, but I spoke to my family and they gave me some words of encouragement. They said don't give up after the first week. Now it seems really easy. This is something I have wanted to do for a long time. As long as you know what you want to do, college is easy. Not everybody gets an education, and I am grateful for the opportunity. It is just the next step for me toward the pathway of success.

At a young age I knew I wanted to be an entrepreneur. Financial accounting, the class I am taking, is teaching me how the accounting world works. It is almost like learning another language. I'm glad I stuck it out when things were tough. My perseverance is paying off.



Lee Baker

MEMBERS HELPING MEMBERS

by Rick Pardo

I work at the Pines as a Dietary Aide as part of the Academy's Transitional Employment program. Last week, as I was getting ready for work, I realized there wasn't enough gas in my car. I got in contact with staff member Jeff Jean at the Academy and explained the situation. Jeff assured me there was a way to fix this. Jeff asked another member, Aaron Collmer, if he could go to the gas station and fill up a gas can and bring it to me. Aaron was happy to do it and the objective was accomplished. I was able to get to work on time that day. This is just one example how members and staff work together to achieve solutions to occasional problems that may arise. It is one of the many things that makes our community so special.



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UPCOMING EVENTS



Monday, February 10

Telephone Training - 8 a.m.

Tuesday, February 11

Tour Guide Training - 8 a.m.

Wednesday, February 12

Menu Planning - 11:45 a.m.

Wellness Wednesday - 3 p.m.

Thursday, February 13

Customer Service Training - 8 a.m.

Employment Workshop - 8:15 a.m.

Newsroom Meeting - 11:30 a.m.

Friday, February 14

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 for more.

Wellness

Everyone in favor of Self Esteem say "I"!

When our self esteem is high we are likely to bounce back from emotional wounds, such as rejection and failure, more quickly. Members were interested to learn that self esteem is unstable. It fluctuates daily, if not hourly! Isabelle DeMartine is working on eliminating self criticism, while Stephen Anderson is learning to accept compliments. Ian Jones will work on self-compassion and we all agreed to try to get better at identifying our strengths and developing them. The bottom line is boosting self esteem requires a bit of work, which involves developing and maintaining healthier emotional habits.

