

COVID-19 UPDATE: Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and Board of Directors. They are subject to change at the discretion of the Academy community. These guidelines will be reevaluated on an ongoing basis and are subject to future modification. We Are Stronger Together.



GETTEL DRIVES OUR MISSION FORWARD

We were excited to have Mr. James Gettel visit us yesterday. He is the President of Gettel Automotive and the Gettel Foundation, Inc., and our newest corporate sponsor. When he arrived, members and staff were gathered in the dining room and met him with a standing ovation. We wanted him to know how appreciative we are of their support. Mr. Gettel is at the helm of 17 automotive dealerships, yet he was funny and warm and approachable. Members Kevin Luckner and Ian Churchill presented him with a gift; a clock engraved with our words of gratitude. Kevin and Ian spoke briefly about their recovery journeys and what the Academy means to them, adding their personal thanks. Mr. Gettel then spoke and shared why our mission is important to him. Ian invited him to return for lunch in the future, adding "you're one of us now." We sure hope he takes us up on the offer!



(left to right) Kevin Luckner, Jim Gettel and Ian Churchill

THE POWER OF POWERPOINT

by Naomi Treece



Naomi Treece

I am excited to participate in the PowerPoint Workshop that Business & Tech is currently having. I began this presentation on a topic I feel passionate about which is big cats (i.e. tigers, lions, jaguars etc.) in captivity. It was fun picking out pictures and setting up the slides. PowerPoint is the common tool we use at the Academy to lead meetings, ensuring that all the points we want to make are included. Participants in this workshop will give their presentations to members and staff. The goal is to boost confidence in public speaking. I will have to overcome my own shyness to do this!

Public speaking is a good skill to have if you're looking for employment and want to nail the interview. It helps in ones' personal life as well, as it is good to be able to speak up for oneself. Public speaking is a skill that members can use in order to speak on behalf of the Academy. This may involve speaking at schools, community centers etc. The Academy helps its members to be more confident in work and community activities.



JUNE 1, 2021
 Donate anytime May 1 - June 1
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 Thank you!

FLORAL ARRANGEMENT LONGEVITY

by Lisa Hillje

The floral arrangements at the Academy often last for many weeks. It's a testament to how we take care here. Here's how we keep our flowers looking so fresh for so long:

We choose our varieties wisely. Flowers such as carnations, hydrangeas and chrysanthemums can last a long time under the right conditions. We add nutrients to the water and recut the base of the stems at an angle to increase the surface of the stem's water intake. We replace the water in the vases every few days. When they're not gracing our dining room tables, we keep them in the walk-in refrigerator.

It is not difficult to care for cut flowers, but it requires attention. This is a metaphor for relationships. Nurturing does not require complicated tasks, just consistent care.



Wellness

BEST WISHES, KIND REGARDS

by Stephen Anderson

At this week's Wellness Wednesday we wrote letters containing what we would like to tell our past, present and future selves (like in Scrooge, but nicer). As we listened to others' stories, we withheld judgments and instead really listened to how the words were affecting us.

For some younger members, the most interesting self was thought to lay somewhere in the future, while for some older members it was an exercise in honesty about how closely aligned they are with who they thought they would be. There were relationships we had wished to amend and stories of how to learn from our mistakes.

We were given cutout shapes of the sun, the moon and a heart, to encourage us to see our life in light of changes around us; for our lives inhabit the natural world, with many moods, many shades of meaning enveloping us as we age.

All events take place on-site at the Academy and through the Zoom app. Watch Slack for Meeting ID and Password.

HYBRID WORK-ORDERED DAY

Monday, May 17

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
PowerPoint Workshop - 1:30 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Graphic Design/Multimedia Workshop - 3 p.m.

Tuesday, May 18

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.
Bus & Tech/Graphic Des & Multimedia/Culinary

Wednesday, May 19

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Newsroom Meeting - 11 a.m.
Menu Planning Meeting - 11:45 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Wellness Wednesday Workshop - 3 p.m.

Thursday, May 20

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Friday, May 21

Breakfast Buffet and Morning Meeting - 9 a.m.
Individual Team Meetings - 10 a.m.
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Super Chill Free-write Writer's Workshop - 11 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Spanish Workshop - 3 p.m.

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AcademySRQ.org

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Thank you for transforming lives!

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