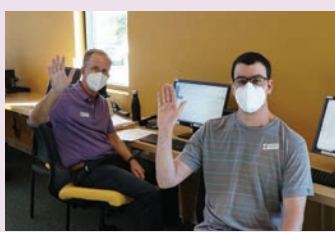


**COVID-19 UPDATE:** The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](https://AcademySRQ.org).



## ACADEMY TRAINS IN MASSACHUSETTS

The Academy is excited to be sending a group to a two-week Clubhouse International training this month. On-site trainings had been suspended during Covid, but are now offered again. Our group will spend their time at Genesis Club, one of the 12 Clubhouse International training bases, located in Worcester, MA. The group is comprised of member Rick Pardo, staff Patty Haltinner and board member Shelly Crofut. Rick and Patty will attend both weeks and Shelly will attend the second week of training that is designed for Clubhouse administrators. During their immersive training they will spend time with the work units learning and sharing ideas and processes to bring back to the Academy. They will attend roundtable discussions on various topics such as the 37 Clubhouse standards. Evening and weekend socials will get them out into the city to explore. It will be a fun and enlightening experience for all.



## WELCOME Cathy Dexter

My name is Cathy Dexter and I am the new staff in Business and Technology. I moved to Florida from upstate New York this past summer. My degrees are in Music Education and I have been working in the field of music most of my life.



*Cathy Dexter*

Most recently I have worked with individuals with disabilities. I assisted them with learning employment skills. Over the past few weeks, I have enjoyed meeting staff and members at The Academy. I look forward to working with everyone and helping the members work on their goals.

When I'm not at The Academy, I love spending time with my family and my dog, Caramel. I also spend my free time playing piano, reading, and exploring new places in Florida, my new home.

## COME ON COOL WEATHER

Academy members and staff are stylish in their new Academy logo-embroidered fleece jackets! We can't wait for cooler weather to enjoy them.



(left to right) Kevin Geyer, Irene Lunt, Jodi-lee Weiss, Cathy Dexter, Patty Haltinner, Ben Burnside, Stephen Anderson, Lisa Hillje, Jeff Jean, Idanes Paredes, Autumn Peterson, Joanne Campbell, Sandra Teperman



(left to right) Shelly Crofut, Patty Haltinner, Rick Pardo



The Academy supported our community partner NAMI Sarasota Manatee by participating in this year's NAMI Walks Your Way event. We took to the streets, or bridge in this case, with a walk across the Ringling Causeway Bridge on a beautiful, almost fall, October morning. This is just one way the Academy shows that we'll do ANYthing to move this world closer to "Mental Health for All."



(left to right) Tim Phillips, William McKeever, Candy El-Azzaoui, Vanessa Alcantara, Caydee Denney and Patty Haltinner

## Wellness

Wellness activities are held every Wednesday from 3-4 p.m.

## GROWING IN MY FUTURE

by Rima Ghalieh

At this week's Wellness Wednesday, I did an exercise about being more optimistic about my future. What I learned about growth is that it's important not to be in a fixed mind set. I want to believe that I can change my behavior and continue gaining positive knowledge. This exercise helped me have confidence knowing I can actually believe in myself.



(left to right) Stephen Anderson, Christian Pisani, Caydee Denney, Candy El-Azzaoui, Carolyn Robinson, Rima Ghalieh, Rick Pardo, Ian Churchill and Autumn Peterson



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 Graphic Design & Multimedia team.

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

### Monday, October 18

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:45 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, October 19

Morning Meeting - 9 .m.  
Individual Team Meetings - 9:45 a.m.  
Academy Meeting - 1:30 p.m.  
Individual Team Meetings - 2 p.m.

### Wednesday, October 20

Morning Meeting - 9 a.m.  
Individual Team Meetings - 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, October 21

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:45 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Ambassador Luncheon Planning - 3 p.m.  
Multimedia Projects Planning - 2 p.m.

### Friday, October 22

Breakfast Buffet and Morning Meeting - 9 a.m.  
Individual Team Meetings - 10 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.

HYBRID WORK-ORDERED DAY

## TO MAKE A DONATION

visit our website

**AcademySRQ.org**

and click on the **Donate Now** button

**Thank you for transforming lives!**

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