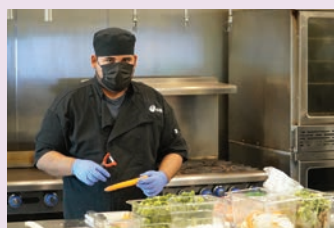
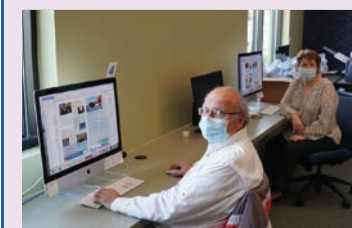


**COVID-19 UPDATE:** The Academy is open regular hours of Monday through Friday, 9 a.m. - 5 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](https://AcademySRQ.org).



## FLASH SERVICE PROJECT!

In conjunction with the Ukrainian Baptist Church of North Port, Florida, the Academy is collecting new and unopened non-perishable foods, hygiene and first aid products for the citizens of Ukraine. Drop off your items by April 1 at the Academy Monday - Friday, 9 a.m. - 5 p.m. Thank you!

## FACES OF HOPE

by Loriann Smith  
and Greg Cook

Loriann Smith, Rick Pardo, Greg Cook, William McKeever and Ruth Anderson attended a Hope Clubhouse luncheon in Fort Myers. Hope Clubhouse is an accredited mental health Clubhouse program, like the Academy. Their featured speaker, Dr. Joshua Seidman, was from Fountain House in New York. Dr. Siedman's presentation focused on the role of social connectedness in mental health recovery.

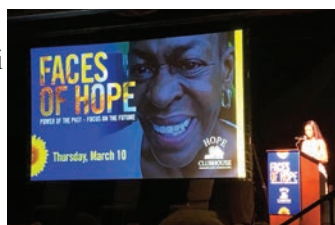


(left to right) Ruth Anderson, Rick Pardo, Loriann Smith, Greg Cook and William McKeever

Fountain House is driving a national movement, of which the Academy is one of eight founding affiliates. Future Clubhouse initiatives may continue to include virtual programs that were implemented during COVID. Dr. Siedman also reported that mental health was mentioned as a priority during President Biden's State of the Union speech.

Hope Clubhouse has outgrown their current space, and is fundraising for a new, larger space to support its growing membership. CEO, Erin Broussard, presented preliminary designs to the audience in request of financial support. Hope Clubhouse is teaming up with CASL (Community Assisted Supported Living) to make this a reality.

A panel discussion with members Ryan Benefiel, Damini Parkhi and Dr. Siedman focused on recovery aspects of Hope Clubhouse. Ryan and Damini both had high praise for their experience at Hope Clubhouse.



## VOLUNTEERS OF AMERICA

by Zach Pastor

Jeffrey Jean and I spoke at Volunteers of America. We spoke about what the Academy has to offer. Jeffrey answered questions and I shared my story with them. They enjoyed hearing all of this. In fact, some of their staff will be joining us for a tour and lunch in the coming weeks. This is an exciting opportunity for us to introduce ourselves to another organization and create another community partnership.



Zach Pastor

## OUT OF MY COMFORT ZONE

by Irene Lunt

I come to the Academy three days a week. I work in the Business and Tech team practicing my typing, PowerPoint, and customer service at the welcome desk. I stepped out of my comfort zone and tried the Culinary Arts team and boy was it hard. I'm glad I did this because I felt like I needed a new challenge. Learning new things has always been scary for me. I helped prepare lunch with other members and Academy staff Ben Burnside. The best thing was that I got to eat the fruits of my labor. Everybody loved what I made.



Irene Lunt



Irene making falafel with Ben Burnside

# THE ACADEMY IS FLOURISHING

by Jason Sulimay

We are excited to bring a new database called Flourish to the Academy. We have been working with San Antonio Clubhouse for over a year and we are now ready to share with everyone how we use this effective new resource. Recently we facilitated a training for members and staff on how to input goal planning, goal follow-ups and outreach notes. We adopted an effective goal planning strategy called "SMART Goals."

**S-Specific:** Make goals as clear as possible.

**M-Measurable:** Develop a benchmark and a target so you know if you're making process.

**A-Attainable:** It's healthy to stretch, but ensure your goal is within reach so you don't get discouraged.

**R-Relevant:** Create smaller goals that align with your big picture plan.

**T-Time Bound:** Assign deadlines to goals in order to create a sense of urgency, which fosters achievement.

We are all excited and ready to start using this powerful tool that will help us capture important data and measure outcomes. Thanks to the San Antonio Clubhouse for creating Flourish software and for mentoring us over this past year!



Jason Sulimay

## Wellness

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

## SWEET DREAMS

by Rima Ghalieh

Wellness Wednesday this week was about healthy sleep habits. We played "Sleep Jeopardy," answering questions about good techniques for a good night's sleep. I enjoyed the game and had fun playing with the members and staff Autumn Peterson.



Rima Ghalieh

I learned a lot on the topic. It really made me want to improve my sleep habits. We learned about the effects of caffeine, and it made me think twice about drinking coffee, especially after 5 pm. If you have caffeine too close to bedtime, it will make it hard to sleep.



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 many are offered through the Zoom app. Watch Slack for Meeting ID and Password.

**NOTE: Morning meeting begins at 9 a.m.**

### Monday, March 21

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:30 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Typing with Rima Workshop - 4 p.m.

### Tuesday, March 22

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

### Wednesday, March 23

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:30 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.  
Multimedia Project Planning - 2 p.m.  
Wellness Wednesday Workshop - 3 p.m.

### Thursday, March 24

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

### Friday, March 25

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:30 a.m.  
Writer's Workshop - 11:30 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Spanish Workshop - 3:30 p.m.

Gardening available daily through Culinary Arts



## 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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