



MY WELLNESS STORY

by Rima Ghalieh

I was asked to lead Wellness Wednesday to talk about my personal wellness journey. One thing that I talked about was how I had lost 65 pounds by changing my diet. I eat a lot of chicken and vegetables, and a

Rima Ghalieh leads the workshop

bowl of salad. That's my new lifestyle. They wanted to know long it had taken to take the weight off. I told them that it took a year to a year and a half. I was more than happy to tell everybody that, besides making better food choices, I also do a lot of exercising. The members and staff were astonished, and they asked how many days I work out and what I do. I told them I work out six days a week, with one rest day. For strength, I do 90 reps of hand weights three days a week. For cardio, I either walk or do the stationary bike from 30-60 minutes a day.



In the past, I was pessimistic, so I decided to start therapy to change my behavior. After my mom passed away, everything got to be too much for me, and I knew that I needed to make changes. Also, I have diabetes and I needed to control it. I got motivated to improve my life. Through diet and exercise, my diabetes is managed without having to take medication. Wellness Wednesdays at the Academy has been a big help.

Leading this workshop, I felt like I was a role model, and that felt great. Members and staff thanked me afterwards and told me that I would make a good teacher. I was shocked that I wasn't even nervous. I look forward to having more opportunities to share what worked for me. I know it would make my mom so proud of me.

PRESENTING AT BAYSIDE



(left to right) Patty Haltinner and Ian Churchill head out to Bayside Center for Behavioral Health at Sarasota Memorial Hospital. They made a presentation about Academy services. Thanks to Terry Cassidy, Executive Director of Behavioral Health Services, and her team at Bayside.

TRUIST TOURS ACADEMY



(left to right) Member Aaron Collmer and Academy Board member Andrea Jackson host guests from Truist Financial: Tracy MacLean, Community Development Manager, and Anthony Calabro, Senior Vice President.

IN PURSUIT OF SUPPORTED EMPLOYMENT

by Tim Phillips

Job coach Jodi Weiss and I are looking at getting me a job at Publix. We are focusing on the job interview now, and our goal is to get my foot in the door. I am looking forward to getting the paperwork from the Department of Vocational Rehabilitation, and getting my job application complete and submitting it to Jodi for a thorough review.

I find that courtesy is an important value, as the day approaches. I am looking forward to working with Jodi to set up an interview, and then hopefully starting the job with her support.

I like keeping busy, so finding a job will be just up my alley. What I like the most about this Publix is that it's walking distance from my apartment. Having a work ethic is important. I think I have the skills necessary to work a job while I come to the Academy. I have previous experience at Publix and I know the ropes in being a bagger. I want to follow a tradition of being successful on my job and to do a good job for my supervisor. I am willing to sacrifice my time to work any hours they provide for me.



Tim Phillips

Wellness

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

FIT BALL FUN

by Aaron Collmer

This week at Wellness Wednesday we played Fit Ball Fun. Autumn explained the game and how to do the exercises with proper form. It was like "Hot Potato" with a twist. We used a beach ball that Autumn had written exercises



Autumn Peterson passes the fit ball

on all sides. While music played, we tossed the ball around and when the music stopped the person holding the ball had to do an exercise guided by where their thumb landed on the ball. For example, if the music stopped and your right thumb was on blue you had to do 10 jumping jacks. We had about 10 members and staff play. Everyone had a blast as people were diving for the ball, kicking it and even head butting it. It's definitely a game we should do again as we all got a good workout and had fun.

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

Monday, June 6

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.

Tuesday, June 7

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.
Accreditation Committee Meeting - 4 p.m.

Wednesday, June 8

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.
Telethon Planning - 2 p.m.
Wellness Wednesday Workshop - 3 p.m.

Thursday, June 9

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.
Mission Meeting - 4 p.m.

Friday, June 10

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



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