



AN HONOR AND AN ADVENTURE

by Chantel Gingerich

I was chosen to present at a three-day Clubhouse Conference in Kalamazoo, Michigan with Business & Tech staff member, Vanessa Alcantara. I think this will be a great experience and a challenge for me, and it's been fun preparing with Vanessa. It will be nice to get to know her even better from travelling together.



Chantel Gingerich

Speaking up in public is very hard for me but I can do this. It will take guts and boldness to fight my anxiety, but I will be confident and be myself. I will dress professionally and make sure to look my best. I've had to put in a lot of practice for when I present my Transitional Employment success story to a large audience. So much practice! I'm so glad that I worked on it as much as I did because now, I have confidence in my speech. The days of the conference will be long and challenging, but I will succeed and represent the Academy with my best foot forward. I love to fly, and I have never had my own hotel room so that'll be awesome. I hope to enjoy the trip and take what is best from it. Thanks to the Academy for making me grow and be strong, and for helping me succeed in life.



(left to right) Chantel Gingerich and Vanessa Alcantara wrap up a presentation.

988 CRISIS LIFELINE

Simply calling or texting 988 or chatting 988Lifeline.org will connect you to compassionate care and support for mental health-related distress.

#988Lifeline

988

24/7 Crisis & Support



CENTERPLACE HEALTH VISITS

CenterPlace Health gave a presentation of their healthcare services to members of the Academy. Their providers offer caring, affordable healthcare for residents of Sarasota County at six locations, from Sarasota to North Port. Services include dental care for kids and adults, women's health, mental health, substance abuse, chiropractic care and many others. CenterPlace Health accepts all patients whether they have insurance or not and will work with you if you can't afford services. Payment using a sliding fee scale based on income is provided. No one will be turned away due to inability to pay.



(left to right) Tiona Settles, Tracy Green, Michael Silverman and Todd Konen

ART OF RECOVERY IS HERE

Art of Recovery is a fifty-two page book highlighting the creative talents of Academy members. The book features fine art, craft, poetry and essay from 14 members of the Academy. Books are available for a \$25 donation. The book's layout, design, and photography was created by members of the Graphic Design & Multimedia team.



(left to right) Zach Pastor, Lazaro Rodriguez, Tim Phillips, Joanne Campbell, Loriann Smith, Greg Cook, and Irene Lunt.

Wellness

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

by Greg Agnacian

This week we practiced stretches for the whole body and talked about its benefits. We learned that stretching is an excellent way to prevent injury at any age. We also discovered that the best way to obtain productive workouts is to stretch and warm-up before and stretch after your workout. I got out of my comfort zone to stretch with everyone and realized that when I ease into stretches more slowly I feel better.



(left to right) Greg Agnacian, Rima Ghalieh, Autumn Peterson and Idanes Paredes

**SAVE
THE
DATE**

**Fourth ANNUAL
TELETHON
August 31**



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.



HYBRID WORK-ORDERED DAY

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, July 25

- 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, July 26

- 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, July 27

- 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, July 28

- 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, July 29

- 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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