

## EARLY RISERS EXCEL

by Rima Ghalieh

On Thursday, I made my way to the Academy extra early so that I could attend the Employment Workshop at 8:15 am. The topic was Transferable Skills. I learned that whatever job I have now can teach me skills that I can use at future jobs. We played a game where we had to guess what some people’s first jobs were. Did you know that after college Jodi delivered singing telegrams? Or that William painted houses? Hardly anyone graduates from school and goes straight to their dream job. Entry level jobs develop skills, like being on time or working on a team, that prepare you for future jobs. So when you finally do land your dream job, you’re ready for success. Employment Workshops are held on Thursdays at 8:15 and include a complimentary breakfast.



(left to right) Jodi-lee Weiss, Rima Ghalieh and Anmol Patel

## TRANSITION TO TRANSITIONAL

by Jerry Clancy

I worked for a catering company for a little over two years but the job became complicated when my boss left, and I was no longer getting the support I needed on the job. I left that job and I was unemployed for three months before I was offered an opportunity to work at Sarasota Memorial Healthcare in their environmental services department. This position is part of the Academy’s Transitional Employment program.

With the help of Academy staff, I completed an online application. In order to work there, I need to have a TB test and a flu shot which luckily I already had. Next I’ll get an ID badge and be official. The job entails stocking the housekeeping carts for the staff who clean the hospital.

## MAKING THE PINES SHINE

by Rick Pardo

When I was offered the Transitional Employment position at Pines of Sarasota, I was nervous about the size of the facility. It is immense, and I was afraid that I would never find my way around. It took me a few times to get the layout, but eventually I did, and that felt rewarding. I conquered my fear! Academy staff, Idanes and Phil, did a great job training me. I was nervous the first few days but their support made it easy for me.

I wash and sanitize the dishes, set tables, and prepare the juice containers and connect them to the dispensers. The job entails a lot of cleaning and sanitizing. My favorite part of my job is in knowing that I am adding to the great experience the elderly residents have by making sure that everything sparkles. The Pines is a great place that takes excellent care of the residents. I’m so happy to be a part of that.

I work three days a week at the Pines and on the days that I’m not at work, I attend the Academy. It’s important to me to continue to attend the Academy because I want to give back to the place that helped me get back on my feet. Plus, I love it here.



Rick Pardo

It requires working at a good pace because I will need to get a certain amount of carts stocked every shift. I’m less nervous than when I started my last job because Transitional Employment offers a higher level of support. I know that Academy staff will help me on the job until I can do it on my own. I’m grateful for this opportunity, and excited to begin this new chapter.



Jerry Clancy

# Wellness

By Anmol Patel

*Anmol volunteered at the Academy as part of her two-week Medical Clerkship at Florida State University. She is a third year medical student. Anmol offered her expertise as part of our Wellness Initiative.*

This week we talked about hydration, and the importance of drinking enough water. We learned a staggering statistic that 75% of Americans are chronically dehydrated. Knowing that, we discussed prevention, signs, and consequences of dehydration. Carolyn Robinson was surprised to learn that dehydration can impact our brains and cognition. She states, "It was very informative, I had no idea about the brain fog that dehydration can cause. I went home and told my friends and family about what we learned." She also found it interesting that our personalities can change when we are thirsty. We can become irritable, similar to when we are hungry and get grumpy.

During the session we also discussed how to know when you are hungry versus thirsty, and when to drink water. Our bodies can get used to not drinking enough water, and can start craving it through food. This mixes up the signals we send to our brains, which can lead to eating more than we need. Make sure to grab a glass of water when you feel hungry shortly after a meal, it might just be thirst!

Lori Wiest stated, "I learned I don't drink enough water, definitely not as much as I am supposed to," many of us felt the same way. It is said that we should be drinking close to half our body weight in ounces of water while adjusting for the climate we live in and individual activity levels. It's a lot more than you think!

We had the opportunity to fill out sheets to decide our daily water intake goals, and to help keep track of them. These useful guides can be left on the refrigerator to remind ourselves to stay hydrated! Up to 60% our bodies are made of water, and we must nourish our bodies to keep our energy levels up, think clearly, and feel good. So make sure to take your water bottle wherever you go, or head to your closest water fountain to stay hydrated!



(left to right) Carolyn Robinson, Ian Jones, Idanes Paredes, Anmol Patel, Patty Haltinner and Lori Wiest.



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## UPCOMING EVENTS



### Monday, January 20

Martin Luther King Day of Service - 9 a.m. - 1 p.m.

### Tuesday, January 21

Tour Guide Training - 8 a.m.

### Wednesday, January 22

Menu Planning - 11:45 a.m.

Wellness Wednesday - 3 p.m.

### Thursday, January 23

Customer Service Training - 8 a.m.

Employment Workshop - 8:15 a.m.

Newsroom Meeting - 11:30 a.m.

Embracing Our Differences Outing - 1:30 p.m.

### Friday, January 24

Welcome Desk Training - 8 a.m.

### ONGOING

Breakfast is served:

Monday-Thursday, from 8:15 - 8:45 a.m.

Friday Buffet, 8:45 a.m.

## FINISH LINE IN SIGHT

by Philip Boyer

This week I started classes for my final semester in graduate school at USF. It was accompanied by a strange feeling. My thoughts shaping that feeling come from being in school for the past two and a half years and recognizing that the finish line is very near. Along my educational marathon there has been a constant factor that has kept me on pace and motivated. The Academy has been, and continues to be, that factor. I have been so fortunate to continue to work at the Academy while attending school. The members and staff of the Academy are infinitely encouraging, and helpful for my learning. Concepts and strategies I have learned in classes have been useful in situations at the Academy. Through this practice, members have taught me how to relate and engage in constructive ways. There is no doubt, I have learned just as much from my time at the Academy as I have from my time in school, but the combination is what has been most important in order to help me reach this final stretch.



Philip Boyer

