

A MILESTONE AT CENTERSTONE

Hi I'm Carla Giuffrida. I have been a member of the Academy for a year. With the help of my wonderful job coach, Jodi-lee Weiss, I was successful in getting a full-time position at Centerstone. Centerstone is a nonprofit organization that helps clients with mental health diagnoses get back on their feet. My title is Peer Advocate. Peer Advocates are employed in a role similar to a case manager, but our own diagnoses gives us unique insight into our client's mental state because we have had similar struggles. I have a small case load and do a variety of tasks for people such as delivering medication, taking them to appointments or community-based agencies like the Food Bank, doing wellness checks, or simply being a good listener.

This is a field I haven't worked in and it is a new and rewarding opportunity. Being a member of the Academy has made me more self-confident and I feel more comfortable helping others.



Carla Giuffrida

WORK(SHOP) IT

Is it okay to wear a tuxedo to a job interview? Should you show up at your boss' home to ask for Monday off? When packing lunch, is a stinky cheese and Brussels sprout sandwich an appropriate meal for the company break room? For the answers to these questions and more, come on in every Thursday at 8:15 a.m. Each week we cover a different topic relating to employment, from navigating the job search to negotiating a raise, and everything in between. With complimentary breakfast served, you can't go wrong! Flex those early-morning muscles and join us for employment workshops for job readiness and job steadiness.



WELCOME Chris Parrish



Chris Parrish

I moved to Florida from New Jersey in mid-2018. Though I have had two jobs in Florida so far, I wanted to have a permanent job that I like. The Academy has helped me develop technical skills and my creativity. In New Jersey, I majored in psychology and worked for Rutgers University Bookstore for five years. When I moved to Florida from New Jersey, I worked for a security company but wanted to go down a different career path because of the stressful 12-14 hour shifts. My mom's friend found out about the Academy from a NAMI meeting and I met with William McKeever. He told me about the technical training and the career programs they offer and the Academy was what I was looking for.

PREPARE FOR GREATNESS

The Academy is pleased to have volunteer Mitch Leon join our team. Mitch is a retired business owner and has generously offered his expertise in helping our members prepare for job interviews. During a recent session, member Rima Ghalieh met with Mitch. Mitch played the part of an employer and asked typical interview questions of Rima. Afterward, Mitch reviewed her responses and made suggestions on how she can improve. This role-playing technique will help the members become more confident in their interviewing skills and develop answers to the questions they could be asked during an interview. Rima thought the experience was so valuable, she wants to do it again another time! We look forward to Mitch's return on a regular basis.



Rima Ghalieh (left) practices her interviewing skills with Mitch Leon.

WELCOMED BY SNOW WARMED BY HOSPITALITY

We place a high value on striving to exceed expectations. But as a young organization, we are still on a big learning curve. Our strategy is to learn from the best – and thus our commitment to ongoing training and development. I traveled to San Antonio, Texas, this past week for that very purpose. What an amazing experience. San Antonio Clubhouse, founded in 2002, is a testimony to service, community and innovation.

During my training in San Antonio, I learned about their community values, data collection systems and sustainability. I am indebted to Mark Stoeltje, Clubhouse Director, and his team for their hospitality and expertise.



William McKeever was greeted by snow upon his arrival to San Antonio, then with open arms by Clubhouse Director Mark Stoeltje.

VOLUNTARY PARTNERSHIP

by Phil Boyer

Our very first Transitional Employment position at the Academy was at the Pines of Sarasota, a rehabilitation and senior care community. Aaron Collmer was the first member to take on the position of Dietary Aide and three others have followed in his footsteps. Over these two years, our partnership with the Pines has strengthened. Donne Albano, the new Director of Volunteer Services, came by for a visit after hearing about our program through coworkers. She was able to tour our building while increasing her understanding of Transitional Employment and the Clubhouse model. She very much enjoyed her visit and expressed in a follow-up email, "I am thrilled that Pines is a partner in the Transitional Employment experience and I hope to work with you all in the future. Your Academy does some amazing work!" We are truly just as thrilled to be working with the Pines and our partnership is what gives members a hand in the amazing work they do, too.



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 Arts and Communication team.

UPCOMING EVENTS



Monday, February 17
Telephone Training - 8 a.m.

Tuesday, February 18
Tour Guide Training - 8 a.m.

Wednesday, February 19
Menu Planning - 11:45 a.m.
Wellness Wednesday - 3 p.m.

Thursday, February 20
Ambassador Luncheon

Friday, February 21
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.



The Academy values our partnership with the National Alliance on Mental Illness (NAMI). NAMI provides support, education, awareness and advocacy to individuals with mental illness and their families. Learn more through their Peer to Peer and Family to Family classes. Visit namisarasotacounty.org for more.

Wellness

Love is in the air... And also at the Academy!

This week we explored many ways to practice self-love. This included setting boundaries for ourselves that help us stay balanced, and making time for the people places and things that bring us peace and joy. We learned that it's not enough to wish for more self-love. We must create it, commit to it, and practice it everyday. Sometimes this is easier said than done, but with a consistent routine of self-nurturing and self-care, it becomes a healthy habit.



(left to right) Rima Ghalieh, Patty Haltinner, Lori Wiest, Carolyn Robinson and Stephen Anderson.

