



Glengary TIMES

APRIL 24, 2020

COVID-19 UPDATE: *The Academy has fully transitioned to virtual services following “Safer at Home” guidelines. Our doors are temporarily closed but our community is open. Academy members have the opportunity to participate in a range of vocational training and workday activities from home. This helps keep our community safe, connected and productive. In addition, the Academy has implemented a “Care-Van,” operated by members and staff, that distributes food and other essentials. We Are Stronger Together.*

WHERE WOULD WE BE WITHOUT THE ACADEMY?

by Lori Wiest

Since joining the Academy in August 2017, my life has been much better. Not only have I been able to use my writing skills by writing articles for the newsletters, I have also made new friends and reestablished some old friendships. The Academy has helped me out with other concerns, too. For example, I was worried about my mother’s level of care at the nursing home where she lives, and I wasn’t able to get clear answers when I called. I talked to Academy staff about it, and we sat down together and called the facility together. The issue was resolved, and I had some peace of mind.

The Academy has started doing “Care Van” deliveries of food and toiletries to members who need it. I welcomed this at a time when I don’t have a lot of money and it can be dangerous to your health to go to the store. This is just one more example of the help and caring that the Academy provides for its members. Where would we be without the Academy?

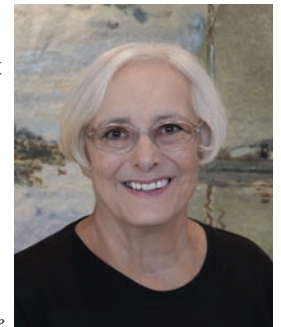


Board President, Joan Geyer (left), helps make an Academy Care-Van delivery to member Lori Wiest (right).

WE ARE ALL CONNECTED

by Naomi Treece

I’ve been thinking a lot lately about the inter-connectivity of us all. In this time of “social distancing” that doesn’t have to mean personal distancing. The Academy has successfully been able to have meetings on an app called Zoom. It is wonderful to be able to see other members and staff in those meetings. I have also been able to have doctor and counseling sessions on that same app. I was recently hospitalized with pneumonia and luckily I was able to have my phone with me. I talked to my family and friends daily. I even had a doctor’s visit on the phone when I was in the hospital! This doesn’t completely make up for the physical distance between friends, colleagues and family but we are sure trying to close that psychological distance. In this present time we have an opportunity to get in tune with ourselves and re-evaluate what is most important in our lives. I am sure that most would agree that family, friends, and other members are most likely the most important thing.



Naomi Treece

PLEASE SUPPORT THE ACADEMY

The Giving Challenge is an exciting 24-hour online giving event that connects nonprofit organizations with passionate donors and community members to support diverse causes and create enduring impact in Sarasota, Manatee, Charlotte, and DeSoto counties. Spread the news of your support of the Academy – and inspire others to follow suit.

Presented by the
Community Foundation of Sarasota County

APRIL 28 - 29
NOON TO NOON

The 2020 Giving Challenge is presented by the Community Foundation of Sarasota County with giving strengthened by The Patterson Foundation.

SQUEAKY CLEAN KITCHEN

by Timothy Phillips

I'm glad that I went to the meeting on Zoom where we learned to clean our kitchens. I thought I was going to have to have my kitchen repainted because my cupboards were so dirty, but I filled my sink with hot soapy water and with some elbow grease I was able to clean them with a sponge. I learned about washing dishes in the sink, too, because I don't use my dishwasher. It was helpful to learn the order of what to clean first, then second, and so on. This information was very motivating and I don't feel so overwhelmed because I can take one step at a time. It is so much easier to get around in my kitchen now!



ZOOMTASTIC

by Rima Ghalieh

The brilliant result of matching pictures with words was never more on display than when I partnered with Phil over Zoom to create a PowerPoint for our Academy morning meeting. It was an unusual experience at first as I looked down at my phone and saw the slides advance remotely on my small phone screen, but the familiar side-by-side teamwork was there just like when I was at the Academy. I like that I was not left to work on my own and was given guidance until the project was completed. When the PowerPoint was finally given life in our morning meeting the other staff and members reviewed the slides with good remarks, and that made me feel good. My favorite part, though, was adding the Quote of the Day to the presentation which read, "Excellence is not a skill it is an attitude." That pretty well explains my Zoom experience because an excellent attitude as we worked together was really the most valuable equipment we needed to finish the project.



Rima Ghalieh

>>>> VIRTUAL WORK-ORDERED DAY <<<<

All events take place through the Zoom app. Watch Slack for Meeting ID and Password.

Monday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 10 a.m.
- Morning Movement - 11:30 a.m.
- Business & Tech Workshop - 1 p.m.
- Culinary Workshop - 1:30 p.m.

Tuesday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 10 a.m.
- Morning Movement - 11:30 a.m.
- Arts Workshop - 1 p.m.
- Culinary Workshop - 1:30 p.m.

Wednesday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 10 a.m.
- Newsroom Meeting - 11 a.m.
- Morning Movement - 11:30 a.m.
- Business & Tech Workshop - 1 p.m.
- Wellness Wednesday - 1:30 p.m.

Thursday

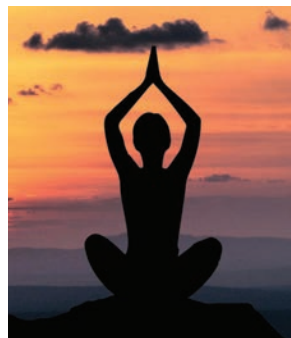
- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 10 a.m.
- Employment Workshop - 11 a.m.
- Morning Movement - 11:30 a.m.
- Arts Workshop - 1 p.m.
- Culinary Workshop - 1:30 p.m.
- Evening Social - 6 p.m.

Friday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 10 a.m.
- Morning Movement - 11:30 a.m.
- Business & Tech Workshop - 1 p.m.
- Culinary Workshop - 1:30 p.m.

Wellness

by Elaina James



After learning how to meditate, I wanted to start meditating every day! It relaxed me and eased my anxiety. The meditation uplifted my mood. I really liked the deep breathing exercise we did, too, it made me more energetic.



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