



APRIL 17, 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.*

THE SPACE IN BETWEEN

by Rebecca Wolfson

I attended an Arts & Communications workshop through Zoom that taught us to think a little deeper about what goes into designing a company logo. Ever think about logos? I mean really look closely at logos? Well, if you did, you might notice a thing or two, not just the words. Take a good look at the negative space. What some logos are doing is more than just promoting a product’s name. If you look really closely you might see more than just words. This past week Joanne Campbell of the Academy’s Arts and Communications team, showed us a few things you might never have noticed about logos.

For instance, here is the logo for FedEx:



I’d bet that a glance what you see is just a simple logo, but if you look

between the E and the X, there is a white arrow, which subliminally represents speed and precision. That’s the way you’d like your mail to be delivered, right? Sneaky isn’t it? Makes you wonder why you missed it for so long.



Here’s the Baskin and Robbins logo: You might just see B and R, right? Look again. There’s the numeral 31 right in between the two letters, the number of flavors they serve on a regular basis. Who wouldn’t be inspired to go to an ice cream place with so many options? I’ll bet you’re excited now.

It really is something;

something you never really thought about. Advertising is quite the clever business. So next time you’re looking at a logo or any other advertisement, take a minute, take a closer look and you’ll be surprised at what you see.



LIFE DURING COVID-19

by Sherdil Abid

Did you ever think that you would experience a pandemic and see your whole city come to a halt? Well now we can all say that we have. Everyone is dealing with it in their own way. For me, when everything shut down, including the mosque, I’ve never felt so helpless in my life. So many things that I love, such as going to tai chi, attending the Academy at Glengary, visiting my dad’s friend’s house, gardening with my friend, and all the other activities that I enjoy doing with other people suddenly stopped. These things are more than just fun pastimes for me; they are part of my wellness plan, strategies that keep my mental health in check.

I live with anxiety and even on a good day it can be a difficult journey. Now, dealing with the coronavirus threat, it’s a big challenge to stay calm. But on a positive note, I am now much more grateful for the little things, and I look at all the good fortune I once took for granted in a different light now. When I feel depressed in the future I can always remember this and be more grateful. Instead of feeling sad that I can’t perfect this one move in tai chi, I will now really appreciate that I am able to attend a tai chi class. Lastly, I have a lot to value and to be grateful for; blessings that I might have overlooked if it weren’t for this pandemic.

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.

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



Presented by the
Community Foundation of Sarasota County

**APRIL 28 - 29
NOON TO NOON**

THE CUTTING EDGE

by Kevin Geyer

Last week, the Academy had a Knife Skills course on Zoom. Our chef Ben demonstrated techniques from his kitchen and I followed along from mine. Let me share some of what I learned.

First, always place a wet towel under your cutting board. This keeps it from slipping. Make sure that your hands, towel, and cutting board are all sanitized, and your food is properly washed. If you want to sharpen a knife, make sure your knife and stone are wet. Use a 45 degree slow sweeping motion on both sides, and make sure to wash the knife when you are finished.

A sharp knife is a safe knife because a dull knife requires more pressure. Always choke up on the handle of the knife as much as you can without touching the blade. When cutting, make sure to curl your fingers under and around the item you're cutting, not leaving your fingertips exposed. One technique is to rock the blade from front to back while leaving the tip of the knife on the board. There is also sideways slicing; just make sure that your fingers are not in-line of the blade!

If a blade is ever rusty, or a cutting board is cross-contaminated, don't use it. When you're finished using your knife, take it to the dishwasher and make sure to leave it blade-down where it is visible (for example, don't drop it in a dishpan of cloudy water). These are just a few examples of how I learned to improve my technique while staying safe.



Ben Burnside demonstrates various knife techniques during Zoom workshop.



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.

>>>> 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 Chanaka Weerasinghe

At Wellness Wednesday this week, we discussed a very important topic: Sleep. I learned that seven to 10 hours of sleep is normal for most people, and it depends on each person. It is necessary to be in a dark, quiet environment to aid sleep. We also discussed the benefits of not eating or drinking too close to bedtime. Keeping a consistent sleep schedule also is important, so try to go to bed at the same time every night. In the morning, getting bright sunlight is a great way to start the day.



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.

