

COVID-19 UPDATE: Beginning May 18, 2020, Academy members have the option of attending the Academy or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and Board of Directors. They are subject to change at the discretion of the Academy community. These guidelines will be reevaluated on an ongoing basis and are subject to future modification. We Are Stronger Together.

Philip Boyer is a founding staff member, and has been an integral part of our team for five years. He recently received his MSW from the University of South Florida and is returning to his home state of Washington to work as a social worker and be near his family. His contributions to our community are indelible; his legacy of positivity and commitment will continue to inspire us.



Philip Boyer (left) was the first staff member on this mission which began in July 2015. Phil is joined by Bob Geyer, William McKeever and David Collins as they stand on the vacant lot that would become the Academy at Glengary.

A LEGACY OF SERVICE

by Phil Boyer

Academy Community, the time has come for me to say farewell. Since the inception of the Academy, service to our mission with members and staff has been nothing less than a blessing. As I reflect, my reminiscence is not drawn to the ups and downs that are synonymous with adjustments in life, or the wonderfully challenging day-to-day projects at the Academy and in grad school. Instead, my thoughts center on the people that I have had the privilege to work with and serve. In a way, my service at the Academy has become my identity while living in Sarasota, and it is not an overstatement to admit that I have been profoundly shaped by the members and staff that have surrounded me. I am so grateful for all of our meaningful conversations and the important work we have accomplished together at the Academy over the years. Within those experiences have been bonding moments and collaborative creations that will last beyond my time here. Our time spent together is what I will remember the most as I move on. As philosopher Seneca put it, "the end of one thing leads to the beginning of another," and this is the constant hope that abounds within the Academy. Change is constant in life, but at the Academy there is always space for a new beginning.

PARTING THOUGHTS

STEPHEN ANDERSON - "I hope you take a part of us with you on your journey." **JEFF JEAN** - "You will always be a part of the Academy." **KEVIN GEYER** - "When you've settled into your new life, let us know how you're doing." **PATTY HALTINNER** - "You've been such an inspiration. I've never met anyone like you." **IAN CHURCHILL** - "I hope that your next job appreciates you as much as we do." **JODI-LEE WEISS** - "Your positivity inspires me, especially when I'm driving and impatient, I think 'what would Phil do?'" **CAROLYN ROBINSON** - "You made such an impact on my life, and I wish you the best." **CARLA GIUFFRIDA** - "You brought so much joy to the Academy. Good luck with your future endeavors. I know you will do wonderful things." **NAOMI TREECE** - "Best of luck, Phil!" **LISA HILLJE** - "You have a bright future ahead of you, for the sky is the limit!! Best wishes! Keep warm in the brutal cold of winter while we are basking in the sun." **JOANNE CAMPBELL** - "May your kind soul and adventurous spirit take you far!" **JACOB YOHE** - "It has been a joy to work with you over the last year or so. I wish you nothing but the best on your next journey. You deserve it! Best wishes." **MARIE FUSCO** - "Phil, it's been my pleasure to get to know you. Thank you for your patience and knowledge. You make transition seem like fun!" **TANDI MAXWELL** - "Thank you for your patience, understanding and kind qualities. You truly make a difference, not only in your future, but ours... Thank you!" **MICHAEL SANACORE** - "Phillium's stoicism, patience and genuine concern demonstrated not only great professionalism, but also served as an inspiration. He will be sorely missed but never forgotten." **SHERDIL ABID** - "Phil was like a role model for me when I was trying to put all the pieces back together. He also worked with me one on one to be a better person at coping skills."

FOOD FOR THOUGHT

by Raquel Atencio

After a great first day at the Academy, I was really eager to see what was in store for Day 2. Not only has everyone been super friendly and welcoming, but I have also quickly come to love the variety of unique classes that are offered for all members. One of my favorite hobbies is trying new recipes, so I could not have been more excited to learn that Day 2 would include a cooking demo with Ben Burnside and Patty Haltinner. And this wasn't just any cooking class... we learned how to cook delicious vegan garbanzos. Yum! Ben mixed everything together and taught us about the chemistry behind the caramelization process, Patty shared some tips on nutrition and well-balanced meals, all while recording all the action. We were a group of six and each person had something great to contribute to the workshop. Kevin Geyer impressed us by being extraordinarily prepared and coming in with everything chopped and divided beforehand, which made the class run smoothly. Sherdil Abid asked really thoughtful questions that I'm certain will make us all better chefs, including the differences in various types of curry, such as curry paste, curry powder, and Thai curry. And Tim Phillips introduced me to his cat, Tiger, who joined in on the fun and was an exceptionally cute spectator! The Academy made a big batch to distribute to members in need the next day, and after sitting in on the class I can safely say that members are going to really enjoy this meal! I can't wait for the next cooking class.



Raquel Atencio

Wellness

The correlation between work and injury is centuries old and in this new decade we are still continuing to improve this relationship.

Regina Bonyng, an occupational therapist at Sarasota Memorial Healthcare spent time "zooming" with us last Wednesday to teach us about ergonomics. Regina was an excellent resource for us as she pointed out different ways to adjust our workspace to decrease the risk of injury and pain while we work from home on Zoom. Here are a few tips:

- Keep moving and regularly vary your body positioning.
- Maintain good head and neck posture.
- Combat eye strain.
- Position your chair properly.
- Keep your arms close.



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.

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

Monday

Morning Meeting - 9 a.m.
Business & Tech/Arts Team Meeting - 9:45 a.m.
Culinary Team Meeting - 9:45 a.m.
Business & Tech/Arts Team Meeting - 1:30 p.m.
Culinary Team Meeting - 1:45 p.m.

Tuesday

Morning Meeting - 9 a.m.
Business & Tech/Arts Team Meeting - 9:45 a.m.
Culinary Team Meeting - 9:45 a.m.
Academy Meeting - 1:45 p.m.
Business & Tech/Arts Team Meeting - 2:15 p.m.
Culinary Team Meeting - 2:15 p.m.

Wednesday

Morning Meeting - 9 a.m.
Business & Tech/Arts Team Meeting - 9:45 a.m.
Culinary Team Meeting - 9:45 a.m.
Business & Tech/Arts Team Meeting - 1:30 p.m.
Culinary Team Meeting - 1:45 p.m.
Wellness Wednesday - 3 p.m.

Thursday

Morning Meeting - 9 a.m.
Business & Tech/Arts Team Meeting - 9:45 a.m.
Culinary Team Meeting - 9:45 a.m.
Business & Tech/Arts Team Meeting - 1:30 p.m.
Culinary Team Meeting - 1:45 p.m.

Friday

Morning Meeting - 9 a.m.
Business & Tech/Arts Team Meeting - 9:45 a.m.
Culinary Team Meeting - 9:45 a.m.
Employment Workshop - 11 a.m.
Writing Workshop - 1 p.m.
Business & Tech/Arts Team Meeting - 1:30 p.m.
Culinary Team Meeting - 1:45 p.m.

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AcademySRQ.org

and click on the  **Donate Now** button

Thank you for transforming lives!

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