

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.



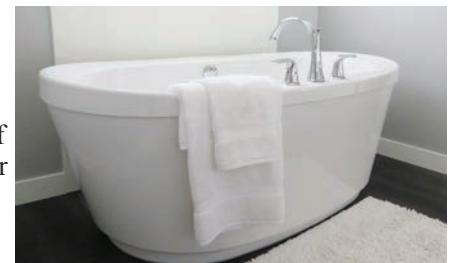
ACADEMY PRESENTS AT WORLDWIDE WEBINAR

Clubhouse International invited the Academy to co-present with Mosaic Clubhouse of London on the topic: "The Hybrid Clubhouse: Integrating traditional on-site Clubhouse with new virtual/remote Clubhouse innovations." Watch for the complete story in an upcoming issue of *Glengary Times*.

Wellness

by Naomi Treece

Culinary Arts hosted a wonderful Wellness Wednesday Workshop last week entitled "Stress Survival Guide." They were addressing situational stress such as the current pandemic. The Survival Guide came under three headings: Body, Mind and Soul. Some of the issues under Body included healthy sleep, eating well, and relaxing muscles. Some people shared their preferences such as taking a bath or a hot shower to aid in relaxing. Under Mind, the Survival Guide included such things as keeping a stress journal, breaking big tasks into smaller steps and asking for some help. The Soul section addressed such issues as engaging in positive self-talk and taking a break from social media. Many things need to be brought to our attention about how to survive stress but it was noted that none of these is a substitute for medication and our physician's orders.



A FOOT IN TWO WORLDS

Being behind a phone while participating in a Zoom meeting with Academy members and staff was less a challenge to figure out than it was a means to stay in a routine and connected. There were a lot more members online than I would see in a day at the Academy, and I enjoyed putting a face to the many names that were once new to me. I like having a routine from the comfort of my home, but I did miss going into the Academy because it forced me to get dressed and at least take a shower and clean up every day. It feels good to interact with people and



Beth Hoff

learn new things. When I'm able to attend in person, the feeling of being exhausted after the day is the most rewarding. I didn't always have a reliable internet connection in order to use Zoom so participating in the workshops was sometimes challenging. But it was great to know that with just a click of my mouse, I could reach out to staff and ask a question about whatever was on my mind in that particular moment. I will probably continue this practice by contacting my staff advocate, but I would prefer meeting at the Academy because it is a little more personal. Now that I have been back in the building for two days, it has been a challenge with the mask scenario. However, the second day was better, and I am sure each day will get better as we continue to learn how to navigate what works the best for us. For me, I like having a foot in both worlds, on-site and online.

THANK YOU ALL

by Raquel Atencio

(The Academy at Glengary is a community partner of Florida State University (FSU) College of Medicine and provides Community Medicine Clerkship opportunities to third year medical students.)



Raquel Atencio

During my third year of medical school, I had the privilege of dedicating my Community Medicine rotation to the Academy at Glengary. While I was unable to attend The Academy in person due to the COVID-19 outbreak, the Academy did not let this stop me from participating in its wondrous activities, meetings and groups. Thus, on May 11, the Academy opened its virtual doors to me, and through many forms of communications, including Zoom, Slack chats, telephone calls and text messages, I was able to get a glimpse of this welcoming community where 88 active members gather and work to better themselves through friendship, healthy lifestyles, skill development, and employment.

Through working with the Academy members, staff, and outside guests, I have been able to see the variety of opportunities offered to each and every person involved, all of which focus on the needs of its members by taking pride in their daily practice of values, such as partnership, respect, dignity, service and wellness. I quickly became fond of working in groups that included members and staff - from cooking lessons, to learning about ergonomics from an occupational therapist, to being part of a Thursday game night - and every experience taught me something new. Working one-on-one with different members also brought me great excitement, and I loved getting to work on creative PowerPoint slides, conversational Spanish skills, or simply just talking about life.

While my time at the Academy has come to an end, I will always remember my days here with a warm smile and so much gratitude. Not only does The Academy remind us that we are never alone, but it also reminds us that we will always have a caring community that will welcome us with open arms and open doors, both physically and virtually. The Academy is a place that showcases how every single person is unique and special in their own way, and provides members with the resources they need to succeed and become the best versions of themselves. I have always said that my goal in life is to help others see themselves not as who they are in that moment, but as who they can be, and thus I am happy to report, the Academy does just that.

Thank you all!



HYBRID WORK-ORDERED DAY

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 - 9:30 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.
Telethon Planning Meeting - 9:30 a.m.
Business & Tech/Arts Team Meeting - 9:30 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 - 9:30 a.m.
Culinary Team Meeting - 9:45 a.m.
Newsroom Meeting - 11 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 - 9:30 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

Breakfast Buffet - 8:45 a.m.
Morning Meeting - 9 a.m.
Business & Tech/Arts Team Meeting - 10 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.

TO MAKE A DONATION

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AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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