

COVID-19 UPDATE: Academy members have the option of attending the Academy onsite 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.

GLAD TO BE BACK OPEN



GOALS CREATE OUR PATH

by Naomi Treece

I recently had the opportunity to have my second goal planning meeting with my staff advocate, Jodi-lee Weiss, and another staff member of my choosing, Idanes Paredes. My initial goal planning was three months ago, but members are encouraged to have these meetings as frequently as they think it is necessary, i.e., monthly, every three months, etc. I actually have frequent conversations with Jodi-lee and feel very comfortable talking with her. I also work closely with Idanes in the Business and Technology team. Sometimes these conversations can be challenging as I am painfully shy. Goal planning can be very beneficial because you get feedback when you want and from whom you want.



Naomi Treece

These meetings consist of reviewing previous goal planning, examining the goals that are still to be resolved or need further time. Then, establishing new goals or amending ones that are still "works in progress." There are short-term goals, mid-range goals and ultimate goals. One of my short-term goals is to collaborate more with other members on projects. Another goal of mine is to finish the story I'm writing in the Writer's Workshop called *Fernando, Ready for Adventure*.

One thing to remember is that at the Academy there is no pressure. Staff is here to help facilitate these goals and will help and encourage all members in any possible way! The only pressure to do things is our own desire to live healthier and happier lives. I would encourage all members to have these meetings in order to work toward and realize their goals.

ON, OFF, ON, OFF, IT'S ON!

by Aaron Collmer

I started working as a cashier at Republic Parking at Sarasota Bradenton International Airport in December 2018. A year and a half into the job, I was comfortable and had a steady routine. When the pandemic hit, traffic at the airport went down to almost nothing and there wasn't as much work for me. Eventually I was furloughed. I was out of work and about to apply for unemployment when I got called back in to work. I was excited to return to work, but after only one shift, I was furloughed yet again, this time for another two and half months. Last week, I got called back to work again, and I couldn't be more excited. My schedule is different than it was before, but I know that these times call for being flexible, and I am willing to do whatever it takes.

It's been so long, I feel like I may need to have my training refreshed, which makes me a little bit nervous. But mostly I'm confident that I'll get back up to speed with the help of the very supportive management team at Republic Parking. I'm grateful to the Academy, too. I'm glad that the Academy has reopened and helped create structure to my days while I was out of work, and for allowing me to keep my brain sharp during this trying time.



Wellness

by Beth Hoff

Did you know that kindergarteners laugh up to 400 times a day? But by the time we reach adulthood, the number drops to 17 times a day. This could be taking a toll on our overall wellbeing. You've probably heard the phrase "laughter is the best medicine," but do you know why? Studies have proven that laughter relieves stress and physical tension, boosts the immune system, and even burns calories!

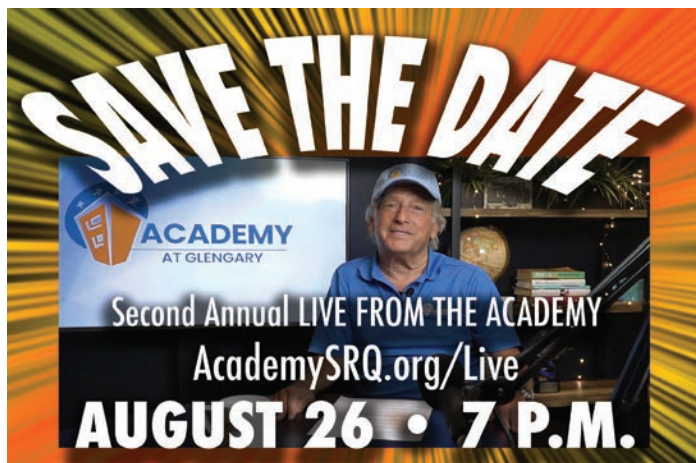
I'm the type who will burst out laughing in the middle of grocery shopping because of something that happened yesterday. Or when I'm going out about my day only to realize that my socks don't match. Laughing at ourselves is not only healthy but it means we have the ability to not take ourselves too seriously. Be silly, be fun, and have a good laugh. The health benefits are no laughing matter.



OUR FUNNY SIDE

by Chantel Gingerich

We like to have fun while we learn, so our multimedia team decided to shoot a wacky video parody of a Zoom call. It's based on the fact that when we first started using Zoom (back when our building was closed - we're open now), it was a real mess; everybody was talking at the same time or playing their TVs loud in the background. There were 13 of us in it (including our Director William! Who knew that he could be so funny?), and we laughed a lot while making it, but we also got to learn how to stick to a script and show our humorous side. I don't want to give too much away because you'll have to watch the video when it airs at our Telethon on August 26.



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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, August 3

- 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, August 4

- Morning Meeting - 9 a.m.
- Telethon Planning Meeting - 10:00 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, August 5

- 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, August 6

- 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 - August 7

- 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.

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AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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