

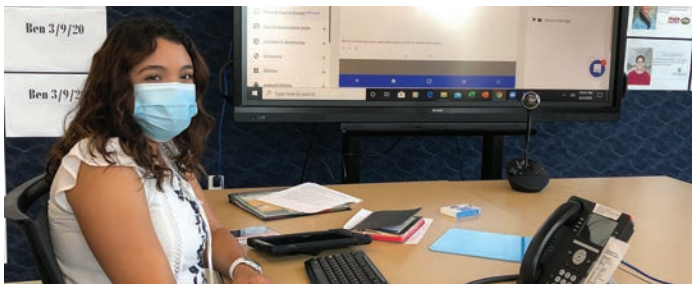
**COVID-19 UPDATE:** Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org). These guidelines have been established based on consensus 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**



## REMOTE CONNECTIONS

When we re-opened in May we offered a Hybrid Workday so that members could have the option of participating on-site or virtually. During the past three months, the majority of our members have decided to participate on-site at the Academy but a smaller group of members chose to work virtually so we strived to provide meaningful and engaging opportunities for the aforementioned members. Working with members virtually presents some inherent challenges to the Clubhouse philosophy of working side-by-side, but with the help of exciting and state-of-the-art technology we can overcome some of those challenges. For our members who have been provided Academy Tablets we are able to assist them remotely thanks to a Mobile Device Management software. With this technology we can work virtually side-by-side and see the member's screen in real-time to provide them with instruction and feedback as they complete a project. While we are physically at the Academy, we are also able to control members' tablets and access applications when they need assistance as they progress with the project from their homes. We are grateful for this technology which has allowed us to collaborate as though we were right next to each other again.



*Idanes Paredes works virtually with Carolyn Robinson, who is at home using her Academy tablet, on a project through the mobile device management software.*

## DO WHAT YOU FEAR

by Vanessa Tammaro

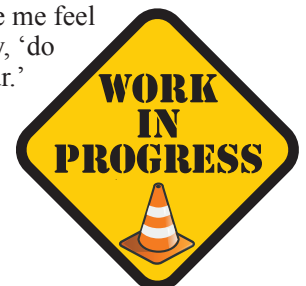
I've been a member at the Academy for over a year but I generally don't attend because I deal with debilitating anxiety that makes it feel almost impossible. There have been days when I have decided to come in but then I get so nervous, I just can't do it, and I end up sitting at home paralyzed with fear.



*Vanessa Tammaro*

I've been in almost daily contact with an Academy staff member who checks in with me. She told me about an opportunity to do a mock interview with a former business owner who volunteers his time to help the Academy, but it meant coming into the building. Eventually, I do want to get a job and get my life back, so I reluctantly agreed to do it.

When I first arrived, everyone was friendly and welcoming which helped reduced my anxiety. The truth is, it wasn't as scary as I thought it would be. Once I was in the middle of the mock interview, it all started to feel familiar from my years as a social worker. I still had a good deal of anxiety throughout the experience but the fact that I was able to complete the interview made me feel a lot more confident. As I like to say, 'do what you fear and watch it disappear.' I remind myself of this often, and know that, while I am still a work in progress, the imperative word is *progress*.



# Wellness

by Lisa Hillje

I learned during a Wellness Wednesday Workshop that aromatherapy is considered a holistic approach to improving your health. Aromatherapy is the art of using plant extracts, or oils, to improve the wellness of the mind, body and spirit. Different aromas offer different benefits. For example, the aroma of eucalyptus, peppermint or citrus may invigorate you, while the aroma of lavender, jasmine or gardenia can be calming.

There are many methods of diffusion, although using a commercial ultrasonic diffuser is pretty easy. You simply add water and a few drops of the plant extract to the water tank of this small machine, plug it in and turn it on. The scent spreads into the room along with the health benefits.



Patty Haltinner describes how to use an aromatherapy diffuser to the onsite and virtual participants of Wellness Wednesday.



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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 10

- 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, August 11

- Morning Meeting - 9 a.m.
- Telethon Planning Meeting - 10:00 a.m.
- Business & Tech/Arts Team Meeting - 9:45 a.m.
- Culinary Team Meeting - 9:45 a.m.
- Academy Meeting - 1:30 p.m.
- Business & Tech/Arts Team Meeting - 2:15 p.m.
- Culinary Team Meeting - 2:15 p.m.

### Wednesday, August 12

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 9:45 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 13

- 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 - August 14

- Breakfast Buffet - 8:45 a.m.
- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 10 a.m.
- Culinary Team Meeting - 10 a.m.
- Employment Workshop - 11 a.m.
- Writing Workshop - 1:30 p.m.
- Business & Tech/Arts Team Meeting - 1:30 p.m.
- Culinary Team Meeting - 1:45 p.m.

## TO MAKE A DONATION

visit our website

[AcademySRQ.org](http://AcademySRQ.org)

and click on the  button

*Thank you for transforming lives!*

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