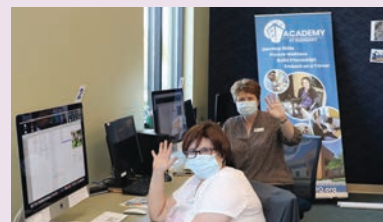
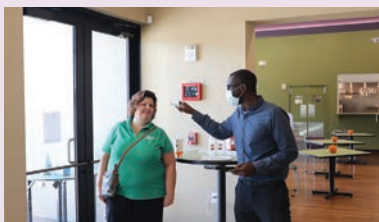
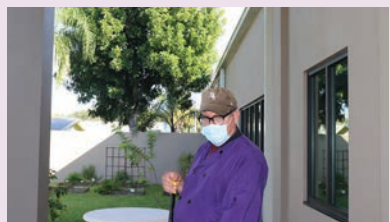


COVID-19 UPDATE: Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and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



ACADEMY JOINS WORLD MENTAL HEALTH DAY

We thank Carrie Seidman, of the Herald Tribune, for the wonderful suggestion of the relay walk. Many thanks to our partners Mental Health Community Centers, Inc., NAMI Sarasota and Manatee Counties, Suncoast Behavioral Health Center, First Step of Sarasota, Centerstone and all the friends and family of our members who joined us for our relay walk across the Ringling Causeway Bridge. Our banner and signs crossed the bridge many times between 7 a.m. and 2 p.m. to raise mental health awareness.



WELCOME Nicole Pendelton

Hello, my name is Nicole; my friends call me Nicolie. I was born and raised in Sarasota and grew up in a large, close-knit family. I'm so happy to be attending the Academy.



Nicole Pendelton

I'm learning to work in a kitchen. Every day is something new. I like working with the different ingredients and following recipe directions. I'm also learning computer skills. I have used computers in the past, but I am getting a refresher here to keep up with the times. I'm grateful for the open use of internet access, and for the staff who are constantly helping me.

In my free time, I like to shop and exercise. I own a bike and I ride it almost every day. I can ride to the Academy in about 20 minutes. I also like to walk. I enjoyed walking across the Ringling Bridge with my Academy friends for World Mental Health Day. All in all, the Academy is my favorite place to come and be with the other members, and learn new things.



I SEE THE LIGHT

by Rebecca Wolfson

Well, I'll say I never thought the day would come, but now I've seen the light . . . well the Sunset that is . . . Yes! It looks like the Transitional Employment (TE) opportunity is opening again! I am super excited! I had the opportunity to tour Sunset Cadillac this week with Joanne Campbell, Job Coach, and Steve Montanaro, General Manager, to look at the new setup for the TE position and getting ready to start (and soon!) The new set-up involves a small (but roomy) glass cubicle/office with a full desk and chair and will have a plexiglass screen (to help with the social distancing during the position training.) It feels much brighter and airier than the previous setup. And . . . get this! Steve is going to get me a Cadillac mask, like the other staff members, so it'll look like I fit right in! Steve and I are quite excited about starting, and I think we can all see the light on the horizon in the near future.



Rebecca Wolfson

MEMBER SHARES HER BREAST CANCER STORY

by Lisa Hillje

According to the American Cancer Association, 12 percent of women will develop breast cancer over the course of their lifetime. Even men must be cautious as one in every 883 men in 2020 is expected to be diagnosed with invasive breast cancer. In women, there are about 276,480 expected new case this year.

Unfortunately, I was in the one percent chance of getting breast cancer prior to the age of 40 years old. My basset hound mix dog, Lexie, miraculously helped me discover my breast cancer. Lexie has a particularly keen sense of smell. One evening while I was sleeping, she went berserk barking and started to jump on my chest. This caused me to find a lump on my breast. As it turned out, the lump was an



aggressive form of invasive cancer. Fortunately, Lexie saved my life because the cancer was detected early. I underwent a lumpectomy and received treatment at the Moffitt Cancer Center. I am a cancer survivor.

Lisa Hillje with her dog, Lexie



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.

<<<< 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, October 19

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

Tuesday, October 20

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

Wednesday, October 21

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Newsroom Meeting - 11 a.m.
Menu Planning Meeting - 11:45 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Wellness Wednesday Workshop - 3 p.m.

Thursday, October 22

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

Friday, October 23

Breakfast Buffet - 8:45 a.m.
Morning Meeting - 9 a.m.
Individual Team Meetings - 10 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Employment Workshop - 11 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Writer's Workshop - 1:30 p.m.

TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  **Donate Now** button

Thank you for transforming lives!

The Academy at Glengary, Inc., is a 501(c)3 charitable organization. All donations are tax-deductible to the extent allowed by law. The Academy at Glengary is registered with the state of Florida (CH56160). A copy of the official registration and financial information may be obtained from the Division of Consumer Services at www.800helpfla.com or by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.

