

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



NOW WE'RE COOKIN'

This week the Academy got new culinary uniforms. The jackets are black with our logo embroidered on them. The material is especially nice. They are lighter and more breathable than the purple ones we had previously been wearing. We also got new chef hats. Besides being really comfortable, if we do say so ourselves, we look like a million bucks!



(left to right) Idanes Paredes, Ben Burnside, Chantel Gingerich, Kevin Geyer, Terrell Henry, Jodi-lee Weiss, Stephen Anderson, Beth Hoff, Christian Pisani, Candy El-Azzaoui, Matthew Thomas, Jerry Clancy and Jason Sulimay.

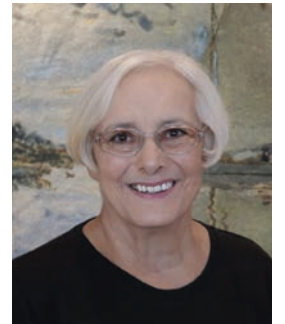


Volunteer Steve Weinberger visited the Academy today to share some winter vegetable plants for our garden. Watch for the full story in an upcoming issue. (left to right) Ben Burnside, Stephen Anderson, Candy El-Azzaoui, Lisa Hillje and Steve Weinberger.

PEER-TO-PEER CHALLENGES

by Naomi Treece

NAMI Peer-to-Peer is an educational program for people with mental health conditions, run by people with mental health conditions. It was developed by NAMI, which is the National Alliance on Mental Illness. This is an eight-week program, and it is two hours each week. I am in my seventh week of this program. It is wonderful and interesting. We each received a binder full of challenging exercises and resources. The goal of the program is to have people come away with valuable information in order to aid them in recovery and prevent relapse. There are only seven people in the class which is being held this year on ZOOM. We do share our own stories, but no one is forced to share more than they wish. We had to agree not to share any medical advice, only to provide positive reinforcement regarding what attendees shared. The first week we worked together on class rules that made us all feel safe. I have gotten a great deal out of this program. I would encourage anyone to contact NAMI locally regarding their programs. I think Peer-to-Peer is a great program!



Naomi Treece



Wellness

by Rima Ghalieh

I had fun doing salsa dancing with my friends at the Academy for Wellness Wednesday (held every Wednesday from 3-4 p.m.). I enjoy Latin dancing; it is a new experience for me. It was a great way to exercise and move the body. My friends and I were laughing, and we were socializing and having a lot of fun together. Everybody danced great and learned at their own pace. Our chef Ben was very helpful; he put on the video and got us started. I think he had fun dancing with us. I am looking forward to more salsa dancing in the future.



(left to right) Carolyn Robinson, Candy El-Azzaoui, Kevin Luckner, Rima Ghalieh, Idanes Paredes, and Ben Burnside learn to Salsa dance.

CALM SEAS

At the Academy, we thrive on the fast-paced excitement of our big events. From global webinars to telethons and fundraisers, we are never ones to shy away from the action. Often, we barely catch our breath after a major production before it is time to start planning the next Big Thing.

This year, in light of the pandemic, we made the decision not to host our fall luncheon fundraiser. As much as we sorely miss the buzzing activity of planning a big party, the decision affords us the luxury of a little extra time to reflect. We take this time to regroup; to consider new ways of innovating and improving our daily routines. Or, some days we might simply linger for an extra few minute over lunch while we get to know each other a little better. As a community, we have always been adaptable to changes, adept at seeing the silver lining. Of course, we will be thrilled when we can go back to safely hosting a full house in our dining room, but until then, we are making the most of these calmer days.



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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, October 26

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 27

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 28

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 29

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 30

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  button

Thank you for transforming lives!

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