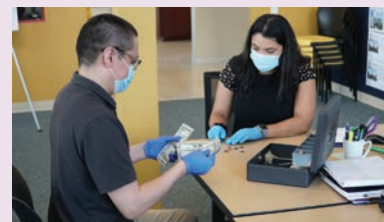
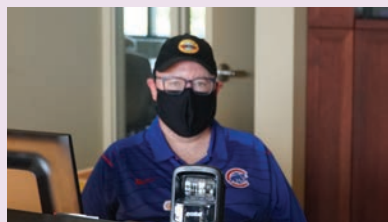


COVID-19 UPDATE: Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and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



WHAT'S NEW IN THE GARDEN

by Tim Phillips

The garden has seen some major improvements over the past week! Our friend and garden guru Steve Weinberger contributed many vegetable plants for use in our kitchen. Tomatoes are a highlight of our newest crops, with three new varieties: "Jelly bean," red and yellow tomatoes to be exact. Also, orange bell peppers, green bell peppers and purple bell peppers are planted in the western side of the garden. Zucchini and broccoli were also planted, and they will go well in many of our recipes. Red Russian kale and Napa cabbage and Top Crop beans will go wonderfully in our soups, salads, and entrees. Jaune et Verte squash is a Spanish type of squash. It goes great in many Spanish type dishes. Summer squash will also be growing along with all of these vegetables during the fall season, and into the winter. These vegetables go great with so many of our recipes at the Academy. And we all know that homegrown vegetables taste better than frozen vegetables.



Members and staff plant winter vegetables in the garden. (left to right) Lisa Hillje, Stephen Anderson, Ben Burnside and Candy El-Azzaoui.

UNFINISHED BUSINESS

by Beth Hoff

If someone were to ask you to sit down and write a story casting yourself as the hero, what would you say? The first time I tried to do this, I quit. I would sit at the computer and stare blankly into it until my eyes would droop and my legs would fall asleep. I thought I had to create some fantastical masterpiece. I did discover that you do have to be passionate about what you are writing about in order to complete it. Placing yourself as a fighter in anything is hard. We often don't think of ourselves in a positive way. It might surprise you that we are all heroes in our journey called life.



Beth Hoff

My second attempt stuck with me until the end. I was engrossed in it. I was enjoying creating and writing something that really encompassed my life. I absorbed a lot about the writing process and learned a lot about myself. I learned that I never really complete things and that is why my life never feels content. I am always grasping for something more. Now I know that if I can finish my projects, it will give me a great sense of accomplishment.

REMEMBER TO VOTE

Early voting continues through Sunday, Nov. 1, 2020. Polls are open 8:30 a.m. until 6:30 p.m. in Manatee and Sarasota counties. |General election is Tues., Nov. 3, and polls are open 7 a.m. to 7 p.m.



Wellness

For Wellness Wednesday during the month of October, we focused on the importance of movement and how it can benefit our body and mind. To incorporate this in a fun way, we decided to learn a variety of dances, from Hip Hop to the Cha Cha and Salsa. We kept the rhythm going and, in the week of Halloween, we even challenged ourselves to learn the steps to "Thriller." Needless to say, we also enjoyed the added health bonus of laughter!

Whether we like it or not, our bodies need exercise, and this brought out the tired "Zombies" we all felt like inside. To keep moving forward towards better health in our bodies and mind, we just need to take it one step at a time.



(left to right) Rima Ghalieh, Carolyn Robinson, Candy El-Azzaoui, Stephen Anderson, Julia Deverdzic, Kevin Luckner and Patty Haltinner

TRAINER TRAINING

Due to COVID-19, Transitional Employment (TE) positions were put on hold, unsure of when we would be able to continue. Fortunately, we are one step closer to restarting our TE position at Sunset Cadillac. Our Placement managers are now receiving refresher training and member Rebecca Wolfson will go through onboarding in the next week.



Idanes Paredes, one of the placement managers for the TE position at Sunset Cadillac, is actively learning the job tasks in order to train Rebecca Wolfson.

>>>> 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, November 2

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Wellness Committee Meeting - 3 p.m.

Tuesday, November 3

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

Wednesday, November 4

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
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, November 5

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

Friday, November 6

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)

TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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