

**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



## EXTRA THANKFUL

by Rima Ghalieh

On Thanksgiving Day, William McKeever delivered a turkey dinner to my house. That was nice of the Academy. It was a great blessing for the Academy to think about those of us who didn't have a meal, or anyone to celebrate with. They think about members who don't have a family or a homemade dinner. The fact that the Academy thought of me and made sure that I didn't feel alone on the holiday made me feel proud to be part of this community. Everyone goes out of their way, even on the holiday, to deliver turkey dinners to the members.



Rima Ghalieh



(left to right) Candy El-Azzaoui, Lisa Hillje, Ben Burnside and Stewie Bitterman

## VALUE OF THE DAY

by Naomi Treece

Each day at the Academy's morning meeting, a member is asked to present a value that represents us, and the Clubhouse model. There are many common values that we uphold. Examples of the values recently presented are Dependability, Reliability, Commitment, and Open-mindedness. I have been focused on Gratitude since November 1. Gratitude is the quality of being thankful; readiness to show appreciation for, and to return kindness. Each day when the Value of the Day is presented, we reflect on the ways in which we embody the value, and we discuss the importance of representing that value within the Academy community and also to the wider community. Each of the values listed above and countless more are equally important. I, however, remain stuck on Gratitude.



Naomi Treece

I have been "gratitude journaling" daily and I feel that the practice of remaining thankful sheds a whole different light on how one's life is lived. The American writer and philosopher Elbert Hubbard wrote that "a positive anything is better than a negative nothing." If we have an attitude of thankfulness, everything won't always be rosy and bright; however it is more likely to be so.

# Gratitude

# LATEST ON THE GARDEN

by Timothy Phillips

The garden has been growing and expanding! Rosemary, sage, parsley, oregano, basil and chives: these herbs have been growing in the garden for quite some time. They have been used in soups, salads, and main courses. We plan to add tomatoes, squash, peas, hibiscus, turnips, and even bananas. The recipes we make are made with the addition of these herbs and spices. Our Chef Instructor, Ben Burnside, is an expert on these herbs and spices. He knows what to use from the garden and is a valuable asset to the culinary department. Right now, a lot of the herbs are still in the process of growing. This cool weather is helping them along. Meat dishes like turkey go well with herbs on them and make delicious meals. Culinary comes up with a lot of specific meals to use the ones that have grown to maturity. I am looking forward to seeing this part of the garden reach full maturity, and be used for food preparation.



Timothy Phillips

## Wellness

Gratitude is considered the single most positive thing we can do for ourselves. Showing gratitude can change the way we feel and act, creating a more positive you. I learned that showing gratitude for a few minutes a day can boost your mood from feeling ok to great. Some people think that it's happy people who are grateful, when in reality it is grateful people who are happy. Journaling consistently about the good things in your life can help prepare you, and give you strength to deal with the rough patches in your life. In a recent Wellness Wednesday, we created a gratitude journal. We asked participants to list three things they are grateful for, two things that you have control over that will make today great, and two things that you could do today to make you feel accomplished. We reserved two questions for nighttime journaling: what was my favorite moment of today and what did I learn today. In addition, Chantel Gingerich hand-drew an amazing Gratitude Tree that we put in our lobby. We were all invited to write down what we were grateful for on a leaf and tape it to the tree. We then took all the leaves, laminated them and hung them on our Holiday Tree in following our Wellness Stress Free Holiday theme. There are plenty of things one could stress over this holiday season, but we are going to focus on the things we are grateful for ... it's easy to do when we just look at our tree.

Stephen Anderson



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.

All events take place on-site at the Academy and through the Zoom app. Watch Slack for Meeting ID and Password.

### Monday, December 7

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

### Tuesday, December 8

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, December 9

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, December 10

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, December 11

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

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**AcademySRQ.org**

and click on the  button

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