

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.



Nathan Seepaulsing

ACADEMY OFFERS TRAINING TO FSU MEDICAL STUDENT

Hi, everyone! I'm Nathan Seepaulsing, a third-year medical student at Florida State University's College of Medicine. I'd like to take

this opportunity to introduce myself to the entire Academy community! I am originally from Punta Gorda, a small-town south of Sarasota. I spent the first two years of medical school in Tallahassee and moved to this area in order to do my clinical rotations.

I am at the Academy completing my Community Medicine course, which is a two-week partnership with a local organization focused on health promotion. I am so fortunate to have been paired with the Academy for this experience! I am learning about the role the Academy plays in the community, as well as its goals and objectives. I want to thank all of the members and staff for welcoming me, and I look forward to discovering what makes the Academy so special!



(left to right) Academy member Paul Hennekes shows Nathan Seepaulsing how to manage our welcome desk.

WELCOME JULES MEYERS

My name is Jules, and I am very excited to be attending the Academy. It has helped me make new friends. I am currently working at a rehabilitation center called Heartland ManorCare. I work as a dietary aide. I come to the Academy because I want to learn more about cooking and how to be more creative.

I started here before Christmas. The reason I know about the Academy is because my mom saw it online and thought it would be good for me. Before I started here, I had bad social anxiety. I still do, but when I met more people, I felt a lot better about going here. Some of my hobbies are basketball, art and playing with my dogs.



Jules Meyers

CONGRATS LISA!

Culinary Arts team member Lisa Hillje recently completed her SafeStaff certification. She is so proud of this accomplishment and is eager to add it to her resumé. We're proud of her, too!



Lisa Hillje

TURNING LEMONS INTO LEMONADE

by Lori Wiest

When you are diagnosed with mental illness, you may lose a lot of hope, especially if you have chronic symptoms. That is why you must learn lessons of compassion from this experience. When I was a child, I would look at homeless people on the street and not feel that sorry for them. Nowadays, having mental illness myself, I feel like I want to help them. A trip downtown to the SCAT bus station will reveal people in many sad conditions. There are several places in town where you can volunteer to help the homeless; a google search will reveal these places.

You can always remember to have gratitude for food, clothing, and shelter. Some people do not even have that. Try to look for the good in life at all times. If you do that, you will have a happier life.



Lori Wiest

Wellness

WHO'S UP TO THE CHALLENGE?

If the secret to success is in our daily habits then let's change our daily habits to have more success! The Wellness Committee rolled out a 20-Day Mental Wellness Challenge to help create better habits.

The Committee provided online and hard copies of the challenge for members and staff to take home to help implement new habits into our daily lives beyond the Academy hours. Daily challenges include going to bed one hour earlier, taking a break from social media and making time to enjoy a wholesome breakfast. They are small changes that, hopefully, will have a huge impact on our mental wellness.



Great turn out for Wellness Wednesday as members and staff learn tips for better mental health and take part in the 20-Day Mental Wellness Challenge.



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, January 11

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, January 12

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, January 13

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, January 14

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, January 15

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

Thank you for transforming lives!

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