

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.



YEAR OF THE BAGEL

by Candy El-Azzaoui

2020 was like a bagel. It's delicious when it's warm and fresh (quarantine) but often it's just hard (Covid-19). The hole in the middle is a mystery (when and how will it end?). Yet it wouldn't be a bagel without the hole, so let's be grateful in spite of it all.

Then the holidays arrived. For many it was a no-show. Zoom or Skype was the only way we saw our families. But then came Joanne and Doug Campbell to our door, delivering a delicious holiday dinner from the Academy and it became Christmas as it's supposed to be.

My roommate and I enjoyed and relished the gift of a fresh meal made by the Academy culinary team – let's not forget the cookies and chocolates. What better Christmas gift could there be?



(left to right) Candy El-Azzaoui and Joanne Campbell

OUR NEW YEAR RESOLUTIONS

As 2020 comes to a close, we took a moment to wonder what 2021 would bring. We asked members and staff if they made resolutions for 2021. Here are a few of their responses. Most, if not all, focus on self-improvement and service to others. Good luck, everyone!

Donate money to the homeless. - Raheem Vassell • Read more, spend time with nephews and learn as much as possible to be a great teacher. - Terrell Henry • Get healthier and lose weight. - Dariel Paredes • Continue my three-day per week Academy schedule - Kevin Luckner • Lose 10 pounds. - Matt Thomas • Volunteer more with the Florida Eagle Watch program. - Joanne Campbell • Act as if each day is the last day of my life. - Lisa Hillje • Reach a healthy weight for my physical wellness. - Jerry Clancy • Spend more time with family and graduate from college. - Vanessa Alcantara • Lose weight. - Torre-Anna Blakney • Read a new book each month. - Patty Haltinner • Achieve a higher belt in Karate. - Ben Burnside • Be kind to animals. - Anonymous • Save more money. - Aaron Collmer • Maintain good health by practicing self-care. - Jeff Jean

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AcademySRQ.org

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