

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.



CULINARY ARTS RAISES EXPECTATIONS FOR 2021

The Culinary Arts team has some exciting goals for 2021 that will help develop new projects and expand team learning. So far, we have added a busser position to our daily pre-shift meeting. This has allowed us to better serve the diners and maintain sanitation especially when turning tables. We have also created an Academy hot sauce with an Arts team designed label that is available for purchase and for use during lunch.

We will be subscribing to a healthy food magazine. This will aid in menu planning, creativeness and keep us up to date with the latest healthy food trends. We will also be working on gathering the Academy's greatest favorite meals and begin on an Academy cookbook. This will take a combined Academy effort involving recipe development, testing, writing and photography, and graphic design.

A new and exiting goal we have set is to create a fine dining day. It will consist of a tasting menu in which the diners will receive a multiple course meal including some shall we say "fancier" edible goodies. This will give the culinary and front of house an exciting challenge as well as a fun event for the community to look forward to. Stand by for the release date for this event.



20 DAY MENTAL WELLNESS CHALLENGE

You'll never change your life until you change something you do daily.
The secret of your success is found in your daily routine.

Go to bed 1 hour earlier than usual DAY 1	Journal 10 things you're grateful for DAY 2	Take a walk outdoors DAY 3	Call someone you love DAY 4	De-clutter your room or desk DAY 5
Take a social media sabbatical DAY 6	Make a list of short term goals DAY 7	Make the most epic, creative salad you can think of DAY 8	Slow down. Sit & watch the sunset DAY 9	Get rid of 5 things you never use DAY 10
Enjoy the sun. Eat lunch outside DAY 11	Unsubscribe from unnecessary emails DAY 12	Send an encouraging text to 5 people DAY 13	Wake up 30 minutes earlier to pray DAY 14	Plan a tea/smoothie date with a friend DAY 15
Go the entire day without complaining DAY 16	Buy yourself flowers DAY 17	Make time for a wholesome breakfast DAY 18	Do one thing you've been putting off DAY 19	Don't overthink. Practice being present DAY 20

WHO'S UP TO THE CHALLENGE?

We started the new year by asking ourselves that question. The challenge was to add something daily to our routine that was designed to improve our mental wellness, and ultimately, bring us greater success. 16 members and staff took on the 20 Day Mental Wellness Challenge and agreed that it was like a makeover for your mind!

JULES LEARNS ROBOTICS

by Jules Meyers

Before I came here, I was going to Manatee Technical College (MTC). I was in the Advanced Manufacturing program. We learned how to control a robot in the classes, and I earned a robotics certificate. We also learned how to work plasma cutters, band saws and laser cutters. My favorite machine was the laser cutter and there was this really cool software called Photo Grave. I absolutely fell in love with it and would make all kinds of wolves and anime. I loved going to school because I would learn something new every day. When I came into class one morning our instructor told us about Covid-19 and that we couldn't come to MTC anymore. I was really sad because I was really enjoying things.

MTC had a competition and my mom wanted me to participate; I had to memorize a speech about what I learned in my class. I kept practicing and practicing in front of my teacher and my parents. I was supposed to be talking about how to measure with a micrometer but instead I choked in front of the judges. I thought I did so horribly. I went crying to my instructor because I had been practicing so much. When the award ceremony came, I was a bit nervous because my family came to watch. When they were announcing winners for the different categories, I heard my name called and was stunned. I ended up winning a gold medal for my category in the skills area.



Jules Meyers shows a couple of the beautiful works she made in her class at MTC.

Wellness

by Rima Ghalieh

Our 20 Day Mental Wellness Challenge taught me a little bit about changing my behavior. Every day for 20 days we designated one task to add to our routine. I never felt overwhelmed because it was a fun and easy task most of the time. I kept positive and it helped change the way I felt in my mind.

I was challenged to make a list of short-term goals, made time for a wholesome breakfast and took time to walk outside. I even started having my coffee on the deck and realized how much I enjoy the beautiful sunshine. I felt so happy to call someone I love because I miss my mom. The hardest thing I was challenged to do in the 20 days was go a whole day without complaining. I really enjoyed the challenge and will continue to work on these things on my own.



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, February 1

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, February 2

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, February 3

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, February 4

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, February 5

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
Spanish Workshop - 3 p.m.

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AcademySRQ.org

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