

**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.



## COOKIN' WITH GAS

by Ben Burnside

Big congratulations to Matthew Thomas! If you are wondering why you have not been seeing this dedicated Academy member, it's because he has a new job. He is now a prep cook/line cook at J.R.'s Old Packinghouse Cafe, working five days a week. Last week I had the pleasure of visiting him at work. He was full of smiles and very happy to see me. He said he is enjoying his new job and learning a lot of new things. This was an incredible experience for me. I can't even explain how gratifying it was to see Matthew behind the line. I brought him a card signed by many of the staff and members at the Academy. I also had a chance to speak with his manager/the owner of the restaurant. I let him know that Matthew has our support and to let us know if there is anything we can do to help. He said Matthew is doing very well; he is a good worker, does exactly what is asked of him, and has been making Cuban sandwiches on the line. He even came in on his day off when they needed some extra help.

Congratulations Matthew!



(left to right)  
Matt Thomas and  
Ben Burnside

## WELCOME NEIL BLAKE

As a new member of the Academy at Glengary I've made new friends and found lots of work to keep me busy, like making artwork for the multimedia team and prepping food for the culinary team. It's been a pleasure working in the teams, and I look forward to continuing as time progresses. When I'm not at the Academy, I enjoy soccer, basketball, track and field, chess, and playing cards.



Neil Blake

## A CADILLAC OF JOBS

by Rebecca Wolfson

Thank you very much to everyone at the Academy at Glengary and at Sunset Cadillac for providing me with a great job and helping me to learn it. It's really wonderful to be working again! I'm happy to have a steady schedule (to go along with the Academy's daily activities). I honestly thought the day would never come. I think we all worried about what it would be like to go back to work after the COVID-19 pandemic started. We now have plastic shields/dividers at our desks and we all wear masks to keep one another safe. I feel great every day I work (my schedule just increased to three days a week!) and I get something accomplished, something done! For me, that's best part about the job, regardless of how big or small it may be. Thank you again for this opportunity.





(left to right) Kristen Blomberg, Ian Churchill, Jodi-lee Weiss

## SUPPORT FOR SUPPORTED EMPLOYMENT

This week, we were visited by Kristen Blomberg from Mental Health Community Centers (MHCC). Kristen is a new Employment Specialist with MHCC and she reached out to us to learn more about what we do. Ian provided her with a comprehensive tour, and then she sat down with Jodi to learn about our supported employment program, and to figure out how to collaborate and find ways to support our shared employment objectives.

Like the Academy, MHCC provides services to adults with a mental health diagnosis. And while there are some similarities between our programs, we each have our unique focus and structure. By working together, we believe we can better serve our communities and get more people back to work. And that's a strategy we should all want to employ!

## RAMBLIN' MAN

by Kevin Luckner

I am a freelance writer with a bit of a perfectionist streak. And today, I was given a challenge during the first "free-write" writer's workshop. The objective: read a quote, pick a word, phrase or image that resonates with you, and then write for three minutes without pausing to edit or think. Here was today's quote:



Kevin Luckner

"In nature, nothing is perfect, and everything is perfect, trees can be contorted, bent in weird ways, and they're still beautiful." ~ Alice Walker

Time limits usually give me anxiety and tend to restrict my "muse." But knowing that I wasn't restricted to the quote itself gave me the freedom to cling to whatever caught my attention (for me, it was the idea of perfection). So much so, that I was reluctant to put my pen down after the timer had stopped! The faucet had metaphorically been turned on and I wanted nothing more than to keep it running for as long as possible. I think that is exactly the point of this type of exercise.

## 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, February 15

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 16

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 17

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 18

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 19

Breakfast Buffet - 8:45 a.m.  
Morning Meeting - 9 a.m.  
Individual Team Meetings - 10 a.m.  
Bus & Tech/Arts & Multimedia/Culinary  
Individual Team Meetings - 1:30 p.m.  
Bus & Tech/Arts & Multimedia/Culinary  
Spanish Workshop - 3 p.m.

## TO MAKE A DONATION

visit our website

**AcademySRQ.org**

and click on the  button

*Thank you for transforming lives!*

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