

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.



MASKED UP

by Neil Blake

Working during the pandemic is challenging. I work at Lowes as a Loader, and if we have the slightest sniffles or a cough, we have to stay home for at least a week, and then be tested before returning to work. Wearing masks makes it hard to breathe, and customers can't always hear me very well through the mask. I end up repeating myself a lot. Don't get me wrong; I'm glad that we wear masks because it is important for our safety. When I go home, I like knowing that my family is safe because we take precautions at work. I'm really looking forward to the day that this pandemic is behind us, and we can all get on with our lives.



Neil Blake

LAW ENFORCEMENT AND MENTAL HEALTH

by Naomi Treece

I recently had the opportunity to attend a WANA Webinar entitled "Clubhouses and Law Enforcement: Strengthening our Relationship." I enjoyed the webinar immensely! It was one of a two-part series presented by Cora Dale Clubhouse, Lexington House, and Goshen Police Department, all located in Indiana. It was presented to encourage working with local police and sheriff departments to educate the officers of the work of Clubhouses and how to work with mental health patients in crisis. The best part of the webinar to me was when a member spoke of his experiences with law enforcement. He gave one example of a bad experience with law enforcement officers when he was in a mental health crisis, and then he gave a good example of another time when he was in crisis. Also the very experienced Officer James Ballard of Goshen Police Department gave examples of dealing with mental health patients in crisis. Interestingly, James Ballard is now President of Lexington Clubhouse Advisory Board. The experiences he relayed in his presentation were very heartfelt and caring with respect to dealing with these persons. He explained that he wasn't always this empathetic in his work but he learned through becoming more aware of crisis intervention through training and working directly with the local clubhouses. Strengthening the clubhouse relationship with law enforcement is an important part of the work we do in our communities.



Naomi Treece

MY DAY

by Jules Meyers

My day at the Academy starts early, when I get dropped off by the bus. First, I sign in at the front desk with my Academy ID card, and then join the Arts and Communication team. The day begins with our team meeting where we choose what projects we would like to work on for the day. I usually make the greeting cards because I love making things and showing off my creativity. There is always a variety of work to do, and I never know what I am going to be working on that day. I also try to make new friends when I come to the Academy. Everyone is so nice and welcoming.



Jules Meyers

BREAKFAST BUFFET

by Kristen Disler

Every Friday the Academy opens at 7:30 a.m. to start prepping for breakfast buffet. Members can request their favorite breakfast foods and/or come help make them. It was nice to see all the breakfast foods displayed so beautifully and to serve ourselves.

Once Covid hit we were unable to display the food and serve ourselves. We still served breakfast buffet every Friday but it was served from behind the service counter with one person serving the food.

We now have our breakfast buffet displayed in the dining room once again, thanks to our new plexiglass dividers. We can see all the tasty treats while keeping the food safe behind the plexiglass. It is still served to us, so only one person touches the utensils, but it's wonderful to have the display in the dining room again.



Kristen Disler

Wellness

by Stephen Anderson and Gigi Pomfred

During Wellness Wednesday this week, we made little jars that we filled with words of self-affirmation, to remind ourselves how much we love ourselves. It is like a wish, but by saying them aloud we are making a connection to a more positive sense of self. There was a lot of laughter and shared positive emotions in the room. It felt good to make them together because at the end of the exercise we all started to give words of affirmation to one another to put in each other's jar. By making an exercise of it we translate our feelings into words. It's like a gift to ourselves every time we open the jar. These reminders will be useful to boost our confidence and self-love, specifically in times of self-doubt and bad days.



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, March 1

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Arts/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Tuesday, March 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, March 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.
Arts/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Wellness Wednesday Workshop - 3 p.m.

Thursday, March 4

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Arts/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Friday, March 5

Breakfast Buffet - 8:45 a.m.
Morning Meeting - 9 a.m.
Individual Team Meetings - 10 a.m.
Bus & Tech/Arts & Multimedia/Culinary
Free-write Workshop - 11 a.m.
Arts/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Spanish Workshop - 3 p.m.

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AcademySRQ.org

and click on the  button

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