

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.



FULL-TIME JOB, STUDENT BALANCING ACT

Hi everyone, my name is Vanessa Alcantara and I have officially been working at the Academy for three months now! I want to thank everyone for being so kind and welcoming me to the Academy with open arms. I am enjoying my time working in the Business and Technology team, and I am very excited to see what the future has in store.



Vanessa Alcantara

I am not sure if everyone knows, but I am currently a student at Florida State University, and I am graduating next month with my degree in Family & Child Sciences and Social Welfare. I am currently working at the Academy full time while completing five classes. Although balancing a full-time job and full schedule of classes is difficult, I want to thank the Academy for encouraging and supporting me through it.

One way I manage classes and work is by practicing self-care. I enjoy taking study breaks by watching a TV show, treating myself to Cold Stone, or taking a walk on the beach. When you are busy and have a lot going on whether it be work, school, or other life events, self-care is crucial in ensuring you do not wear yourself out. I encourage everyone to practice self-care because your body and mind deserve it!

TRANSITIONS

by Naomi Treece

I have attended the Academy virtually for the past year. I was grateful to receive a tablet from the Academy to use for my virtual activity. Since I have had two doses of the Covid-19 vaccination, I have decided to finally return to be on-site at the Clubhouse. Due to various problems, mostly having to do with lack of transportation, the transition has been a difficult one. I was finally able to arrange transportation through the SCAT Plus bus system! I happily returned for my first on-site visit for lunch one day. I was using curbside pickup over the past year but that is a whole different experience than actually having lunch AT the Academy. I was greeted and welcomed back quite joyfully from several members and staff, most of whom I have only gotten to know virtually! I can hardly believe that it has been an entire year since I set foot inside! It seems like a very long time and I am so glad to be actually back!



(left to right) Naomi Treece and Patty Haltinner



CONGRATULATIONS!

The Academy has a new family member. Congratulations to Jeff and Vaneth Jean on the birth of their beautiful baby girl!



CONGRATS JULES

Congratulations to Jules Meyers, the Academy's latest member to earn SafeStaff certification. Helping members get their professional certifications is just another way that the Academy supports them in furthering their careers. Jules is a dietary aide at a nursing home and this certification will go far in making her a even better employee

Wellness

by Naomi Treece

Wellness Wednesday Workshops, held from 3-4 p.m., are a blast! This month's topic is Nutrition. The first workshop was about healthy eating habits. I have a bad relationship to food! Some of the tips Patty gave were suggestions to eat more fruit and vegetables, using smaller plates, putting one's fork down between bites, etc. One of the things she brought up was that it takes something like 25 minutes to actually feel full! She said that if we are overeating (eating too much too fast) that we no longer get the signal from our stomach that we are full! I have been on a weight loss journey for the past eight months and have lost some weight but have a long way to go. Wellness Wednesday this month will be a wonderful and much needed addition to learning how to take care of myself better! And Patty makes everything light-hearted and fun!



(left to right) Stephen Anderson, Chantel Gingerich, Patty Haltinner and Ben Burnside play "Nutritious Foods Hangman."

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 8

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 9

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 10

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 11

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 12

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

Thank you for transforming lives!

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