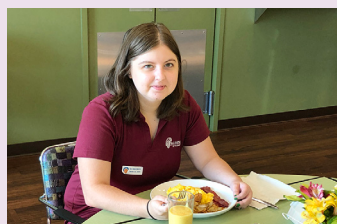


COVID-19 UPDATE: Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and 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.



JOB SURFING

by Ian Churchill

Following the end of my nine-month rotation as part of Transitional Employment, working for the Public Defender's office, I began working with an Academy job coach to find a permanent job. However, since Covid hit, for nearly a year, there was nowhere to apply because everything was closed down. Thankfully, I am now able to continue my search for a job, applying to numerous places. Applying for employment opportunities has allowed me to view the situation differently; even though the Covid pandemic has slowed down getting a job, it has given me a strong drive to succeed and push forward despite the way it seemed, given the circumstances.



Ian Churchill

Furthermore, I even garnered some interest by getting a couple "we're interested in your skills" calls. My latest job attempt was applying for Curry Roofing as a desk clerk, where I would be scheduling appointments and answering phone calls. I had an interview from an employer interested in my customer service skills and bilingual ability speaking Spanish. Regardless if I end up obtaining employment for this job, it has been not only a positive experience applying and interviewing, but through the joint effort with the Academy, I am developing the necessary skills to set myself up for a foreseeable future that will last.

GUIDING TOURS

by Kevin Luckner

Running my first tour was such a strange occurrence, I honestly don't remember it aside from the overwhelming silence from my end, only offering a minimal amount of dialogue and explanation of what we do here at the Academy. I was caught completely off-guard, Idanes needed someone to run it with her and I had no experience running a tour beforehand, I hadn't even finished the tour guide training.

Over time my confidence started to grow, with each new tour I would run, both with staff and members, I would learn and incorporate new tidbits of history and knowledge regarding the Academy. I even managed to run two tours in one day just the other week.

Running those two tours gave me a newfound sense of confidence. The entire time I was absolutely beaming and energetic. It certainly helped that the first tour that came through was someone who was back from my home state of Connecticut.

Interestingly enough, the guests that were touring were a father/son duo representing Bridge House, a clubhouse in Bridgeport, CT where I was briefly a member!

I look forward to hosting some more tours in the future!



Kevin Luckner running a tour



DAYLIGHT SAVING TIME STARTS SUNDAY, MARCH 14
Remember to set your clocks ahead one hour Sunday morning!

WRITER'S WORKSHOP

by Candy El-Azzaoui

A bow to the writer's workshop on Fridays at 11 a.m. via Zoom or at the Academy. Whoever joins the group develops techniques to better articulate the words and thoughts inside their head. Jodi calls it "SUPER CHILL" and that's exactly how it is. No pressure, with this erudite freedom, the student of writing feels open to surrender to his or her flow.

First we are shown a quote. Jodi explains that it's not important that we understand the quote, we are just supposed to take it in and notice if any word or phrase resonates with us. Then she sets a timer for three minutes. The only rule is that we shouldn't let our hand stop writing. No crossing things out, no overthinking: just write.

Those who choose can read what they wrote. We're not supposed to give any feedback, good or bad. There is no expectation of writing something "good," only that we trust ourselves to let go and loosen up creatively.



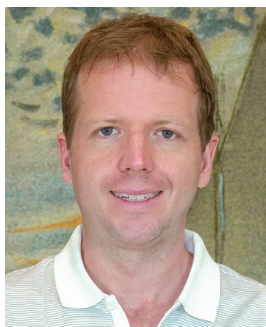
Candy El-Azzaoui

Wellness

by Stephen Anderson

At the wellness workshop this week, we learned about the dangers of eating too much sugar. I was relieved that I wasn't heading straight to overeaters' anonymous without being fully informed. We learned that sugar consumption began in prehistory and today, there are forty-two ingredients answering to the name sugar. Patty Haltinner and Lisa Hillje provided a demonstration of how mountains of sugar are hidden in common food items – finally squeezing a teaspoon of sugar out of one tablespoon of ketchup! We were all glued to our seats.

Sugar, we learned, converts into fat because it's a junk by-product with no nutritional value. So when it comes to added sugar, read the labels! You'll be surprised where sugar lurks.



Stephen Anderson



Patty Haltinner presents about sugars and where they are hidden in foods.

All events take place on-site at the Academy and through the Zoom app. Watch Slack for Meeting ID and Password.

Monday, March 15

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 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, March 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.
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 18

Morning Meeting - 9 a.m.
Inclusivity Workshop Kick-off - 9:30 a.m. - noon
Arts/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Friday, March 19

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.

TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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