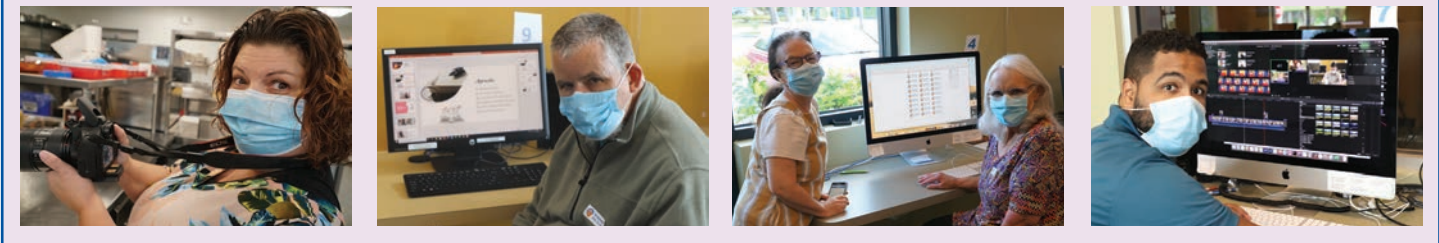


**COVID-19 UPDATE:** Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org). These guidelines have been established based on consensus 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.



## SPANISH WORKSHOP: A WORK(SHOP) IN PROGRESS

by Ian Churchill

Spanish workshop, what is that? Like other Academy workshops, such as typing, writing and wellness, Spanish workshop encompasses the values of encouragement, friendship, building self-confidence and humility. It's special to have this sense of unity between members and staff. So, where did the idea to facilitate this workshop come from? After spending three months learning Spanish in Colombia, I felt passionate, and I wanted to share the joy of learning a foreign language with other people at the Academy. After talking with Idanes, we created a plan to create this new, exciting workshop. What's more, within just a few weeks, more and more members were hooked. The topics we have covered thus far are: greetings, the alphabet, verbs, parts of the body and so much more. As the founder of the Spanish workshop, I couldn't be happier to see members succeeding at difficult things, and opening their minds to a new perspective of the world, just as I did.

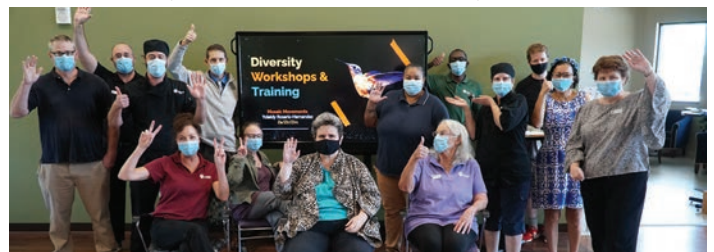


(left to right) Idanes Paredes, Lisa Hillje, Ian Churchill, Rima Ghalieh, Candy El-Azzaoui, Aaron Collmer and Eric Broderick.

## INCLUSIVITY TRAINING

by Naomi Treece

Thursday was the introduction to Inclusivity Training presented by Yoleidy Rosario-Hernandez from Ringling College of Art & Design. This ten-week training begins next week. This workshop gave us an overview of what successive workshops will entail. Yoleidy said that discrimination begins when people exclude people from their groups and that this leads to treating some people differently. This seminar began with zir encouraging us to think about marginalized groups such as indigenous populations, pointing out that we were on Seminole Holy Land. We then were encouraged to take part in a Community Agreement so we can be respectful to one another and co-exist in a respectful way. Zir's example was that ze preferred to be addressed in non-gender-specific pronouns i.e. ze, zir and zirs. To purposely use the *she* or *her* when referring to zir would be disrespectful. We talked about defining identity, social identity and group membership. We also shared the story of our names. In the upcoming weeks we will discuss different identities being treated differently and negative or toxic ways to define others. I am excited about attending these seminars. I feel that the Academy is successfully inclusive and nonjudgmental but also feel that we have a lot yet to learn about inclusivity.



(left to right) Paul Mathisen, Rich Pardo, Ben Burnside, Patty Haltinner, William McKeever, Jodi-lee Weiss, Yoleidy Rosario-Hernandez, Naomi Treece, Jeff Jean, Lisa Hillje, Stephen Anderson, Rima Ghalieh and Joanne Campbell.

# TIME SAVER

by Lori Wiest

The Arts Team is excited to have received a paper folder! This piece of equipment will quickly and efficiently fold our weekly newsletter, quarterly newsletter, annual report and any other item that needs to be folded. Previously, members folded these items by hand. Nobody ever complained, but there were a lot of smiles when the machine arrived!



Lori Wiest demonstrates our new paper folder.

# Wellness

by Ian Churchill

For Wellness Wednesdays this month, we observed the National Month of Nutrition. Naturally, on Wednesday, we went over the different types of nutrients in fruits and vegetables based on their color. We learned interesting and useful information, such as how we are instinctively attracted to brighter fruits in the supermarket. Furthermore, we learned which fruits have which nutrients and how they affect our bodies in a way that is crucial not only to our survival, but to our physical well-being. Did you know that red fruits and vegetables help to prevent diseases, green food groups boost our immune system and keep our organs healthy and also help block cancer-causing properties? Blue foods have probiotics that give us healthy bacteria, and help to protect against cancer as well and as helping our bones, skin and heart to be healthy.



Rob Armstrong with a beautiful fruit rainbow.

# 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 22

- 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.
- Inclusivity Training - 2:30 p.m.

## Tuesday, March 23

- 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 24

- 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 25

- 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 26

- Staff Development Day
- Closed for vocational training for members.

# TO MAKE A DONATION

visit our website [AcademySRQ.org](http://AcademySRQ.org) and click on the  button

*Thank you for transforming lives!*

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