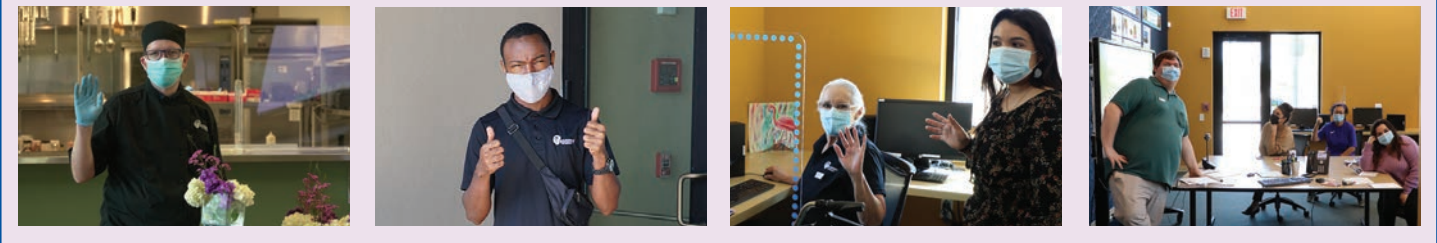


**COVID-19 UPDATE:** Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org). These guidelines have been established based on consensus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



## RESUMING REACH OUT

by Aaron Collmer

I visited the Church of the Palms with Patty Haltinner and William McKeever, to learn more about what they do for the community. It was a great visit! We took a tour and met their health and wellbeing director, Susan Neisler, and learned that, like the Academy, they offer many healthy activities to promote wellness. They are open to the public, offering activities like yoga and basketball to anyone for a nominal fee, even to those who are not affiliated with the church.

I enjoyed speaking with Pastor Steve about the counseling program that they have. Just like their wellness program, you don't have to go to their church to see one of their therapists. They call it faith-based counseling, but said that it's for anyone, no matter what faith they practice (or don't practice).

We have a lot in common with the Church of the Palms. We are both communities that put wellness on the top of the list of priorities. And both the Church of the Palms and the Academy make ourselves accessible to whomever will benefit from our services.



(left to right) Aaron Collmer, Patty Haltinner, Susan Neisler (Church of the Palms Health & Well-Being Director) and William McKeever

## CASL CONNECTION

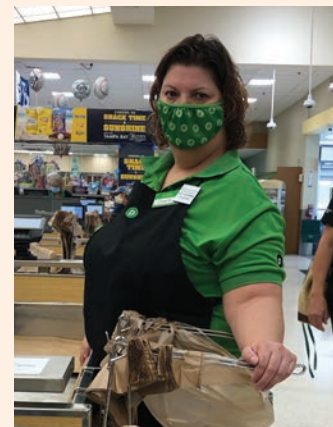
It was wonderful to have Scott Eller, an original Academy ambassador and CEO of Community Assisted & Supported Living (CASL), join us for lunch last week. CASL provides safe, affordable housing to adults with mental health disabilities, including many Academy members. We are fortunate for this vital partnership.



(left to right) William McKeever, Kevin Geyer and Scott Eller

## CONGRATS CHANTEL

Chantel Gingerich is the newest Academy member to be back in the workforce. Chantel was recently hired by Publix to work as a front end clerk. Watch for her story in an upcoming issue of *Glengary Times*.



# PAWS WITH A CAUSE

by Lisa Hillje

I recently began a weekly pet therapy group on Saturdays with my Academy friends. Planning this event has given me the opportunity to improve my self-confidence and self-esteem.

Pet therapy is great for mental health benefiting members by reducing stress. This amazing cause also lifts spirits and can lessen depression. It also increases socialization and a sense of community. Lori Wiest, an Academy member, said, "Pet therapy has benefited me by making me feel happy." Mary, a non-member friend, said, "One can't help but smile when you come here (to the paw park)."



(left to right) Lori Wiest holding Ziggy, Lisa Hillje holding Rafi and Michael Silverman with his dog Lelu.

## Wellness

### STRESS-FREE APRIL

by Candy El-Azzaoui

We followed a guided meditation for reducing stress, fear and worry at the Wellness Wednesday Workshop this week. We are working on reducing stress this month and meditation proves to be one of the most powerful ways to relax that body and mind! I think meditation is useful in mental health because study after study shows that it helps concentration, that it can benefit anyone at any age. The beauty of meditation is there is no heavy lifting – you just show up as yourself and sit there!



The Academy at Glengary is accredited by Clubhouse International and is made possible by a Public-Private Partnership. This newsletter is designed and printed on-site by the Arts and Communication team.

## 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, April 12

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, April 13

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, April 14

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, April 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.

### Friday, April 16

Breakfast Buffet and Morning Meeting - 9 a.m.  
Individual Team Meetings - 10 a.m.  
Bus & Tech/Arts & Multimedia/Culinary  
Super Chill Free Write Writer's 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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