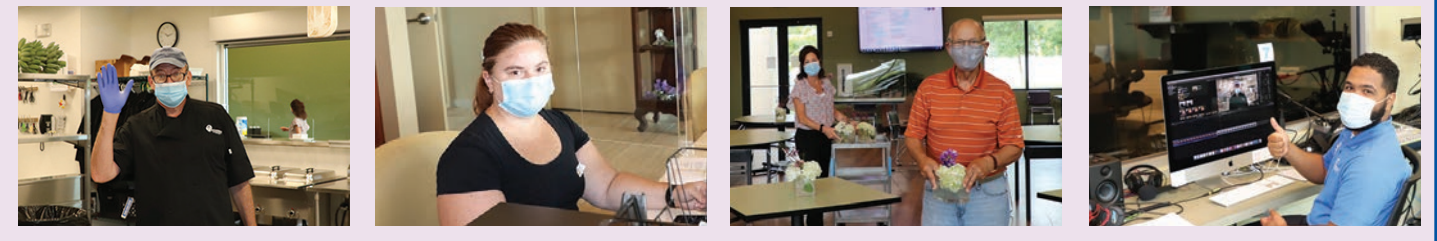


**COVID-19 UPDATE:** Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org). These guidelines have been established based on consensus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



## WHERE WORKING IS A PLEASURE!

My new adventure in life is my new job at Publix! When I interviewed, the manager was very nice and seemed so happy to see me. She said that she liked my bubbly personality. She told me that I got the job right there on the spot. My heart became hopeful and happy. I couldn't wait to tell everyone.



Chantel Gingerich

First, I did tests on the computer for two days. On the second day, I finished the trainings early so I got to start learning how to bag groceries. Cold food in one bag, meat in one bag, produce in one bag. It's like puzzle to pack all the food in the right bags. I love talking to people and the most important part of my job is to make customers feel pleased about shopping at Publix.

I like taking out the carts full of groceries and putting them in their trunk. It makes my heart happy to do things for people. I wipe carts, say "good morning," "have a nice day," and "come again." I am very thankful for my job. See me on the job in the picture below.



## WELCOME Cayman Seiffert



Cayman Seiffert

The Academy has been a blessing to me. It allows me to get out of the house, make new friendships, learn new skills, and build up stamina to hopefully work one day soon. I have felt very comfortable, from the time that I took the tour, to attending once a week and now twice a week. I've spent the majority of my time in Arts and Multimedia where I enjoy learning how to use the latest graphic design software for the newsletter, and the latest film editing tools, cameras, green screens and more. The Academy to me is a judgment-free zone where people can come together and better themselves while also being themselves. Before coming to the Academy, I couldn't imagine that such a place could exist. I am glad that my mom's old boss recommended the Academy.

**SAVE THE DATE 1 JUNE 1**



# FROM TRAINEE TO TRAINER

by Aaron Collmer

I've been attending the Academy since 2017. Within the first year, I participated in tour guide training led by staff Jeff Jean and Philip Boyer. Over the years, I have led dozens of tours on my own, some with one person and others with a group. When Jeff asked if I would lead tour guide training to other members, I was a bit hesitant. Jeff explained that I would be giving our members tours and show them how I give a tour. I began by leading the member on a tour, covering each area thoroughly. Afterward, they would lead me on a tour to fine-tune their knowledge. When Jason Sulimay, one of the members who I trained, gave a tour today, I knew the training had paid off. He did an excellent job and he will be greatly relied upon in the future.



(left to right) Aaron Collmer provides tour guide training to member Naomi Treece.

## Wellness

### EARTH DAY EVERY DAY

by Candy El-Azzaoui

We celebrated Earth Day this week and also learned about Earthing. Earthing or grounding, we learned, can have an instant calming effect and may help you feel connected to the earth. Earthing can also help blood flow, clearing your mind, recharge your energy, and strengthen your instincts. Scientific studies have shown that earthing can help with inflammation, poor sleep, chronic pain, fatigue and poor circulation. All you have to do is take off your shoes and socks and walk barefoot in the dirt, grass or sand. It seems too good to be true if you think about it!!! But getting back closer to nature may bring about exhilarating wellness. Trust your Mother Earth.



Members and staff learn about earthing. (left to right) Stephen Anderson, Nicole Pendleton, Patty Haltinner, Candy El-Azzaoui, Zach Pastor, Louis Mazzie, Jules Meyers, Ben Burnside and Kevin Luckner.

▲▲▲ 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 26

- 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 27

- 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 28

- 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 29

- 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 30

- 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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