

COVID-19 UPDATE: The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org.



May is Mental Health Awareness Month

RECOVERY IS NOT ONE-SIZE-FITS-ALL

May is mental health awareness month, and we thought it fitting to pause and reflect what that actually means in the individual lives of our members. It might seem like an easy question to answer, but the responses from our community are as diverse as they are nuanced.

Member Rima Ghalieh tragically lost her mom last year. They were extraordinarily close. When asked what recovery means to her, she responded "learning to be independent and take care of my health because my mom would do everything for me." For Rima, good mental health means self-reliance.

Young adult Ian Churchill said that mental wellness means "having deeper friendships, getting a job and living by myself." These rites of passage often elude those with mental health issues. Simply put, he wants a life of productivity and community and the rewards that come with these accomplishments.

When the question was posed to member Candy El-Azzaoui, she said "in the word 'recovery' is the smaller word 'cover.'" She added with a wry smile, "that's what it means-I've got this covered." Indeed, we all seek to feel that sense of assuredness in our lives. It's elusive at best for many of us, but for someone with anxiety or persistent depression, it might seem unattainable.

We believe that these goals are attainable with the right tools. Well beyond just offering skills training, the Academy seeks to create the conditions for our members to thrive in an unpressured environment that wholeheartedly believes in their ability to succeed. And then we listen carefully so that we may know how each member defines success for themselves.

And remember: a gift to the Academy during Mental Health Awareness month will be matched 1:1 up to \$1000.

PORTRAITS OF RECOVERY

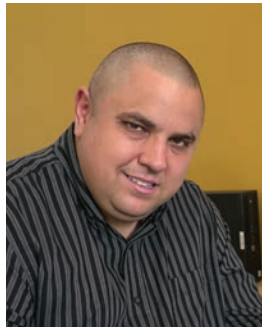


JUNE 1, 2021
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BACK AT THE ACADEMY

by Lee Baker

It has been over a year since I have been at the Academy, because of the pandemic. It took a long time until I felt safe returning but now that I am back, it feels great to be here; almost like I never left. The Academy gives me a reason to wake up earlier in the morning, and it helps me get up and going. And I have even been walking here for exercise. It is nice to have structure again. Covid is not going to stop us. The Academy is better than ever.



Lee Baker

WHERE ART THOU?

Calling all poets and storytellers, painters, sketchers and sculptors, photographers, and artisans of all genres: we need your art and your ideas! On Tuesday, May 25th we will hold a planning meeting for our first-ever Art & Literary Magazine. This is an opportunity to be a founder of a new and innovative publication, showcasing the creative talents of our community.

If art isn't your thing, there is still so much to do! We need editors and designers, layout artists and more! Please join us at 11:00 am on Tuesday, May 25th and get in on this exciting new endeavor! So many exclamation points! We are excited!!

Wellness

SMOKING CESSATION

This Wellness Wednesday featured Nathan Horner from the Sarasota Health Department who presented on smoking cessation. The 90-minute program is called Quit Your Way and offers a variety of strategies to kick the habit. Recognizing your triggers is key. If you always smoke after a meal, change your routine by taking a walk or brushing your teeth after you eat. By making small changes, you can slowly replace the bad habit with good ones. Diane Kreisman said, "I attended a smoking cessation group at the Academy. It was great! When I do stop, I will yell it through the rooftops!"



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

Monday, May 24

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
PowerPoint Workshop - 1:30 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Graphic Design/Multimedia Workshop - 3 p.m.

Tuesday, May 25

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.
Bus & Tech/Graphic Des & Multimedia/Culinary

Wednesday, May 26

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Newsroom Meeting - 11 a.m.
Menu Planning Meeting - 11:45 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Wellness Wednesday Workshop - 3 p.m.

Thursday, May 27

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Friday, May 28

Breakfast Buffet and Morning Meeting - 9 a.m.
Individual Team Meetings - 10 a.m.
Bus & Tech/Graphic Des/Multimedia - 9:30 a.m.
Super Chill Free-write Writer's Workshop - 11 a.m.
Graphic Des/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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