

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.



LUNCH & LEARN RESUMES

As we continue to expand our community connections, we were pleased to have administrators from Manatee County Government visit for a Lunch & Learn session. The Clubhouse model of mental health recovery is something they are very interested in learning more about, so they made the drive from Bradenton for an interactive tour led by Academy member Paul Hennekes. The group listened to and asked questions of members who eagerly shared their experience. After the tour, the group enjoyed a wonderful meal prepared by the Culinary Arts team. We look forward to forging this new relationship.



(left to right) Jennifer Burgh, Lee Washington, Joan Geyer, Tammy Parrot, Paul Hennekes, Angela Wilson, Tracie Adams, Debbie Deleon, Ava Ehde, and William McKeever.

TEAMWORK ON THE JOB

by Ian Churchill and Dariel Paredes

A member and staff share their perspective of restarting our Transitional Employment program with Pines of Sarasota.

Ian Churchill: When I received the news that I was chosen to work at Pines of Sarasota, I was thrilled and incredibly relieved to say the least; I finally made it! During orientation, I learned a host of "people skills." Once on the job, I quickly learned what my job as a dietary aide would entail. I bus and set tables, prep a salad and beverage cart and roll silverware. Even though it was difficult to get used to my job, the Academy played an integral role in preparing me. I learned to become proficient by doing the similar tasks at the Academy. Having one-on-one job coach support gives me the boost that I need to segway back into employment without the mental struggles that set me back.

Dariel Paredes: When I started at the Academy, one of the aspects I was really excited about was Transitional Employment. The fact that the Academy offers support to members who want to go into the workforce is a wonderful thing. As the multimedia coordinator, I work with members on video and photography projects. So, becoming a placement manager as a dietary aid was a new experience for me. It is a very gratifying to work one-on-one with a member at our job sites.



(left to right) Ian Churchill and Dariel Paredes



Bring your non-perishable items to the Academy Monday through Friday, 8 a.m. - 4 p.m.

Thank you for your support.

SENDING MESSAGES TO SOLDIERS THIS JULY 4TH

Independence day is not just about fireworks, food, and spending time with friends and family. It is a day to honor those who are and have served our country. We are taking time today to show our comradery and appreciation by writing letters and making cards. We hope to bring joy to men and women in the armed forces - and who knows, they may send a letter back! On behalf of our community, we want to say thank you to those serving our country to protect our freedom. Today is a day to be a proud American!



Writing notes to soldiers during our Independence Day celebration. (left to right) Ben Burnside, Vanessa Alcantara, Patty Haltinner, Joanne Campbell, Nick Kelly, Tim Phillips, Jeffrey Jean, Torre-Anna Blakney and Geoffrey Gold.

Wellness

For Wellness Wednesday this week, we learned and practiced grounding techniques for stress and anxiety. Stephen Anderson was one of the members who joined and he said that is was a very positive and calming experience. We did some deep breathing, became aware of our present environment by paying attention to our senses, and then practiced a guided progressive muscle relation video. Stephen said that he appreciated the techniques because he felt calm after and they were good for becoming grounded in awareness of the present. He had a great point, that making wellness a habit to practice at work is important because our energies need refreshing at work. This was a great time practicing tools for wellness and it was appropriate in observance of PTSD awareness month.



Learning muscle relaxation techniques are (left to right) Autumn Peterson, Christian Pisani, Ben Burnside, Stephen Anderson and Nicole Pendleton.



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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, July 5

Academy closed in observance of Independence Day.



Tuesday, July 6

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
Art & Literary Publication - 11 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.

Wednesday, July 7

Morning Meeting - 9 a.m.
Individual Team Meetings - 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, July 8

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
Multimedia Projects Planning - 11 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Friday, July 9

Breakfast Buffet and Morning Meeting - 9 a.m.
Individual Team Meetings - 10 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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