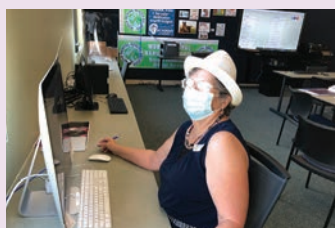
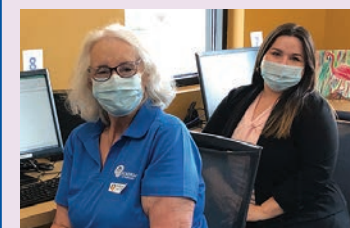


COVID-19 UPDATE: The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org.



NAOMI'S NEW TECH SKILLS LEAD TO JOB

Exciting news! Naomi Treece has been selected as the next member to fill the Transitional Employment (TE) position at Sunset Cadillac. In this position, she will be scanning hard copy service repair orders into their computer system. Naomi has been a member for about a year and a half, and is ready for this next step in her journey to recovery. "I'm looking forward to starting work at Sunset Cadillac. I'm happy for this opportunity to be working with staff members Joanne Campbell and Idanes Paredes and being immersed in the TE experience!" says Naomi. Watch for an update from Naomi in a future issue of *Glengary Times*.



Naomi Treece

WELCOME Jennifer Baril

My case manager from Centerstone encouraged me to take a tour of the Academy at Glengary. I enjoy coming to the Academy and I learn a lot here. I am learning how to type on the computer, arrange bouquets of flowers for the dining room and how to take orders for lunch. I hope to improve my typing skills, meet new friends and develop my cooking skills. I look forward to attending the Academy on Tuesdays and Thursdays. In my free time, I enjoy taking walks, getting ice cream cones from Checkers, listening to 70's and 80's music and talking to my family and friends. My hidden talent is knitting.



Jennifer Baril

GOING GREEN

This not-so-little iguana was green with envy at everything going on at the Academy as he peeked in our windows!



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

Thank you for your support.



**THIRD ANNUAL TELETHON
SEPTEMBER 29**

THE SPICE IS RIGHT

by Rick Pardo

What can you make that includes salt, pepper, ginger, garlic, cumin, chili powder, turmeric, cardamom, coriander, cinnamon, clove and nutmeg? Come on down... you guessed it, it's Chicken Tikka Masala, an Indian dish made with marinated chicken, stewed in a tomato and cream sauce with curry spices, often served with rice. The smell of spices wafting through the building made everyone hungry. At the Academy we like to encourage members and staff to try new foods from differing cultures. This dish was a hit, we sold out. So, the spice was right!



Rick Pardo with the Chicken Tikka Masala dish

Wellness

Wellness activities are held every Wednesday from 3-4 p.m.

by Candy El-Azzaoui

Did you know there are eight dimensions of wellness? They are physical, financial, emotional, social, spiritual, occupational, intellectual, and environmental. This past Wednesday we learned, fundamentally, that everyone is different and has different strengths. The wellness assessment activity helped us focus on what and how to balance our different areas of wellness. Coloring in the different dimensions of the wheel helped us visualize, in a concrete manner, which areas of wellness we are doing well in and which we could improve. Autumn helped me with the activity reflections and goal setting by encouraging me to set a realistic goal and write it down. Writing it down made it more specific and finding an accountability partner made it more likely that I will reach the goal.



(left to right) Autumn Peterson and Rima Ghalieh work together on a wellness assessment activity.



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.

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

Monday, July 26

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 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, July 27

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.

Wednesday, July 28

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 29

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 30

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.

Wednesday, September 29

Academy Telethon - 7 p.m.

TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  **Donate Now** button

Thank you for transforming lives!

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