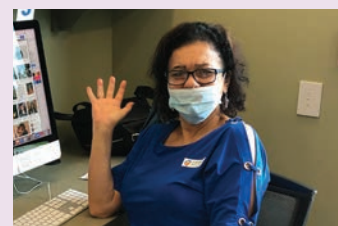
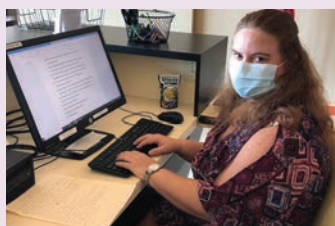
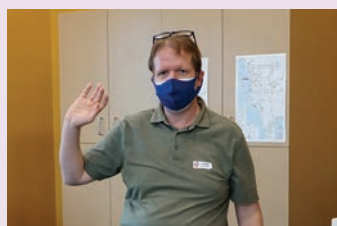


Glengary TIMES

NEWS OF THE ACADEMY AT GLENGARY

September 3, 2021

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.



GOOD TO BE BACK

by Terrell Henry

Hello, I'm Terrell Henry and I've been out of the Academy for quite some time, mainly going through personal issues. Even though I was having many troubles, the Academy never stopped reaching out and letting me know that they were always going to be there to support me no matter what. I showed up on a Thursday morning mainly to see old faces and catch up over a nice meal. I just want to say that the Academy has always stood behind their members. This is a great environment to be in if you are trying to put your skills to the test, or even trying to climb back up the mountain of recovering your mental mind. I know the time I have spent here has helped me in many ways in my everyday life activities. I was ecstatic to see all the faces I haven't seen in person for about half a year. I want to thank all of the staff and members who've shown me genuine compassion and empathy. I've had fun moments here, and if it weren't for the fantastic people and excellent food I would have not tried my best to show up even after a ton of calamities. Thank you Academy.



Terrell Henry

WELCOME Sandra Teperman

Hi, my name is Sandra. I joined the Academy to meet new friends and to learn new skills. I like working here at the Academy. The breakfast and lunches are excellent. I enjoy working in the different units such as Business & Tech, Graphic Design & Multimedia, and Culinary Arts. The staff is friendly, and they are very helpful. I want to attend University of South Florida. Thank you for this amazing opportunity.



Sandra Teperman

>>> SAVE THE DATE! <<<



LIVE STREAM

**3rd Annual Telethon
Sept. 29, 7-8 p.m.
AcademySRQ.org/Live**



The Academy is proud to again sponsor the Centerstone Life;Story 5K/10K event on September 25 at Nathan Benderson Park. This annual event shares the message that suicide is preventable. Hope to see you there! Learn more and register at <https://centerstone.org/about/lifestory/>

CAPTAINS, OUR CAPTAINS

by William McKeever

As we find ourselves in the middle of our fifth year together, it's sometimes easy to forget what it took to get here. Creating community doesn't happen by accident and developing a new mental health Clubhouse culture requires time. In our first year, I was reluctant to take time off that would hinder our development. Even on vacation, I was on-call at all times, just in case.

As the years progressed, I have witnessed the emergence of a thriving community. Both members and staff have stepped up into leadership roles. I recently took two weeks off and noticed that my phone wasn't ringing. Staff and members were well-prepared to handle it all. We might encounter choppy seas from time to time, but the Academy has encouraged each and every individual to be a Captain, and this makes for a fun and steady ride.



William McKeever



(left to right) William McKeever is welcomed back from vacation by members Paul Hennekes and Jason Sulimay.

Wellness

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



Rima Ghalieh

by Rima Ghalieh

I learned a lot from Wellness Wednesday last week. We talked about how to make friends and keep them. We also learned how to socialize better, and we talked about being positive in life. I enjoyed the 'finding connection' game we played the second half of the hour, where we sat with different members and talked about our favorite things to do. I found

out there was a comparable match with some other members. I enjoyed playing the game, it got me out of the house and my comfort zone. I enjoyed working on making connections and it was a fun time.



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 Graphic Design & Multimedia team.

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



Monday, September 6

Closed for the Labor Day holiday.

Tuesday, September 7

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, September 8

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, September 9

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.
Telethon Planning - 3:30 p.m.

Friday, September 10

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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