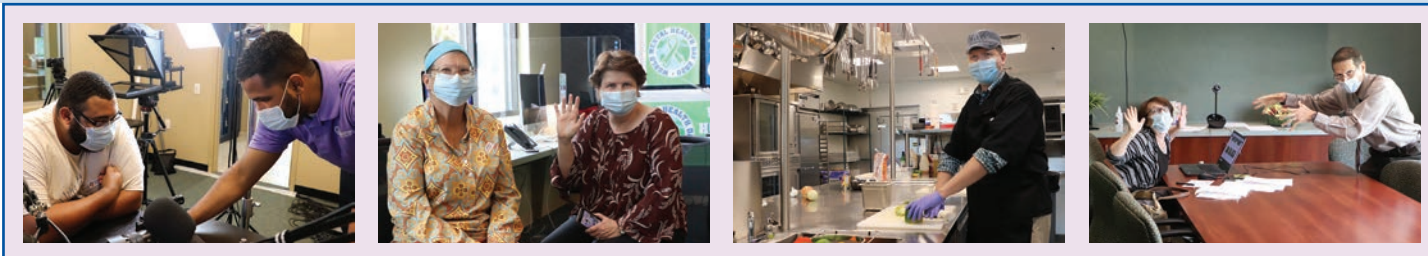


COVID-19 UPDATE: The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org.



TAMPA BAY IN THE HOUSE

We were thrilled to host new Clubhouse colleagues from Hillsborough County, who visited the Academy for an orientation session on the Clubhouse Model and an opportunity to see our work-ordered day in action. Our guests included Janice Zengotita, Chris Riviere, Ashley Juno and Cindy Grant, all from www.ACTSFL.org. ACTS is currently remodeling an existing property for use as their new Clubhouse program, which is slated to open during the summer of 2022.

It was a fun day! We enjoyed sharing our community and the operations of our Culinary, Arts & Multimedia, and Business & Technology teams. The experience was topped off by a Zoom call with Jack Yatsko, COO of Clubhouse International who provided them with an overview of new Clubhouse development strategies, the worldwide Clubhouse movement, training opportunities and the accreditation process.

We are looking forward to the day when members and staff from the Academy can visit the newly opened Clubhouse in Tampa.

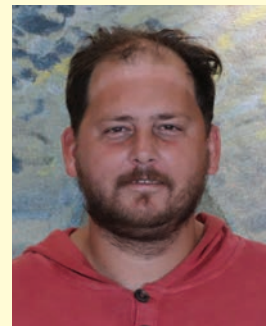


Jack Yatsko, upper left, with the ACTS visitors, right, and Asha Terminello, CEO of ACTS (bottom).

WELCOME Holden Seguso

My name is Holden Seguso. My first impression of the Academy was that it is a first step toward entering the workforce, but without the pressure of a boss's expectations looming over you. So far, I've participated in the Business & Technology team.

I'm learning how to maneuver comfortably on Microsoft Excel and Microsoft PowerPoint, as well as some other programs. The practical knowledge that comes from working on these programs is something that is integral to my goals. I am very grateful to the staff and members of the Academy for welcoming me and being so enthusiastic. It is a great educational and work environment, and it is always here for me, offering opportunities to be productive. I recommend anyone who suffers from mental illness to look into the excellently organized Academy at Glengary.



Holden Seguso



**LIVE
STREAM**

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

A STRONG CULTURE OF KINDNESS

Lori Wiest

Since having been diagnosed with mental illness, I have experienced some stigma, not just by people I come across in my daily life, but even by mental health professionals.

It can be crushing to be defined by any illness, but the stigma of mental health can be particularly demoralizing.

You don't experience this attitude and these hurtful words at the Academy. There is an imaginary sign at the front door that reads, "Welcome to the Academy. Leave Stigma at the Door." The staff treats the members with dignity and an expectation that we can do great things. The culture is inclusive, and we do not talk in a disparaging way about others, but rather, we encourage each other and remind each other of our strengths. For this reason and many, the Academy is a great place to be.



Lori Wiest



Wellness

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

by Rima Ghalieh

This week, we enjoyed a nice Wellness Wednesday session on self-love, self-esteem and meditation. I was really inspired to practice these at home in my spare time. This session taught me to be positive and true, not to compare, and just be myself. Staff member Autumn Peterson taught us to breathe in through our nose and out through our stomach. She also suggested how long we should meditate. Autumn played a video for us and we listened to a great speaker who talked more in-depth about these topics. This session really helped me to learn to love myself, improving my self-esteem and just to be true to myself.



(left to right) Rima Ghalieh, Autumn Peterson and Stephen May.



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 13

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
Ambassador Luncheon Planning - 11 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, September 14

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

Wednesday, September 15

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 16

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 17

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  button

Thank you for transforming lives!

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