

**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](https://AcademySRQ.org).



## KICK YOUR COMFORT ZONE TO THE CURB

by Lisa Hillje

Your hands get clammy, you feel faint, sweaty, heart racing, your mouth gets dry, your voice gets shaky, anxiety sets in. These are some of the symptoms of fear that can manifest when speaking in front of a crowd. This happens to the best of us. It's normal to be nervous before public speaking.



Lisa Hillje

I had this experience recently when I was asked to do a filmed testimonial for the Academy. Even though I knew what I wanted to say, the moment the director said "Action," I felt all the above feelings, and it became harder than I thought to get the words out. The first take did not go so well.

But then I remembered a few tips to reduce the fear of public speaking. I took a few deep breaths, and I told myself that I could do it. I said to myself, "You can do hard things! It takes guts to come out of your comfort zone, but you are gutsy!" During the filming, I spoke from the heart, trying not to take myself too seriously, and before I knew it, the director said "Cut! That's a wrap!" and it was over. I think the video came out well, and I am proud of myself for pushing past my fear.



## WELCOME Michael Cutillo

I moved to Sarasota from Massachusetts about a year ago to live closer to my sister. She found me a place to live, but I found that I was isolating. I was looking for something that I could do during the day to be productive and have structure to my day. When I took the tour of the Academy, the thing that struck me the most was how nice everybody was. That made me want to become a member.



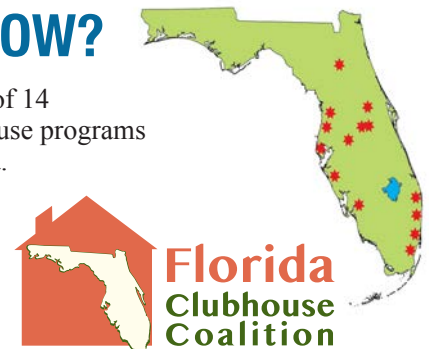
Michael Cutillo

So far, I've been working in Business & Technology and in Culinary. In the Business & Technology team, I am learning to type by writing newsletter articles. In the Culinary team, I am learning how to do prep work. I like the teamwork and learning new things.

When I'm not at the Academy, I like to go bike riding and shoot hoops. I look forward to meeting more members, and maybe finding friends who share my interests. Joining the Academy was a great decision.

## DID YOU KNOW?

- The Academy is one of 14 mental health Clubhouse programs in the State of Florida.
- Academy Director William McKeever is president of the Florida Clubhouse Coalition



# I'VE COME ALONG WAY

by Lazaro Rodriguez

It takes me at least an hour to get to the Academy. That's two hours a day in the car. It means I have to get up at 5 am to get ready. Coming to the Academy is an important part of my routine. When I attend, I know that I will have a productive day, working with great staff and members. There is something new to learn every day at the Academy, from Multimedia, Business & Technology, and learning how to prepare nutritious meals in the Culinary Arts team.

I used to live a lot closer to the Academy, and I could attend more frequently. When I moved, I thought that I wasn't going to be able to attend again. But when I stopped coming, I really missed it, and I realized what an important part of my life the Academy is. I was able to arrange transportation so that I can come twice a week. I'm grateful for everything that the Academy has to offer. Even though it's a far drive, it's always worth the trip. If you see me around the Academy, know that I have come a long way to get here.



Lazaro Rodriguez arrives at the Academy

## OUR FALL ACT OF SERVICE

We are excited to participate in a service project this fall, helping low-income families in the Manatee-Sarasota communities. We will be collecting coats for children and adults from October 25 through November 23 through the national non-profit, One Warm Coat. One Warm Coat provides free coats to those in need while promoting volunteerism and environmental sustainability. Please bring in gently used or new coats to the Business and Technology team, Monday through Friday from 8 a.m. - 4 p.m. Let's be good neighbors and take care of those in our communities! We hope this idea warms everybody's hearts as much as it does ours.



**One Warm Coat®**



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.**

**NOTE: Effective Monday, Nov. 1, morning meeting will begin at 8:45 a.m. on Mondays - Thursdays.**

### Monday, November 1

Morning Meeting - 8:45 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, November 2

Morning Meeting - 8:45 a.m.  
Individual Team Meetings - 9:45 a.m.  
Academy Meeting - 1:30 p.m.  
Individual Team Meetings - 2 p.m.

### Wednesday, November 3

Morning Meeting - 8:45 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, November 4

Morning Meeting - 8:45 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, November 5

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.

>>>> HYBRID WORK-ORDERED DAY <<<<

## 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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