



ACADEMY
AT GLENGARY

FALL 2021

941-921-9930

www.AcademySRQ.org

1910 Glengary St., Sarasota, FL 34231

TURNING THE CORNER

Looking around the Academy these days reveals an exciting scene to behold! It feels like there are new faces almost every day, and energy levels are high as members and staff create, collaborate, and inspire each other.

While facing the challenges posed to us in the last 20 months, we have become a tighter, stronger community. Our strength comes from our intrinsic belief that we are better together. The isolation brought on by the pandemic served to reinforce our fundamental need for fellowship. Readers may recall the two-month closure during the spring of 2020, when we took our programming entirely to Zoom. We offered everything from cooking tutorials to how-tos on cleaning a bathroom, washing dishes, graphic design, writing, yoga—you name it!

Although many of our adaptations and virtual opportunities remain in place, it seems that we are beginning to turn a corner. Following a productive summer, there are times when the activity level at the Academy feels like our pre-Covid days, and those are exciting moments for us. Increases in inquiry calls, applicant tours, and visits from community providers—as well as a burgeoning membership—are all promising signs of better days ahead.

New member Claire Vauzanges said that coming to the Academy makes her feel like she is “rising from the ashes to new beginnings.” She is looking forward to making friends and getting assistance as she transitions to a new part-time job.



QuickBooks Accounting (left to right) Shelly Crofut, Paul Hennekes and Idanes Paredes



Wellness Committee (left to right) Stephen Anderson, Christian Pisani, Caydee Denney, Candy El-Azzaoui, Carolyn Robinson, Rima Ghalieh, Rick Pardo, Ian Churchill and Autumn Peterson

Rick Pardo, a member since the winter of 2017, notes that his life is so different since becoming a member of the Academy. He says, “It’s not just all of the skills I’ve learned, there’s an openness to how we relate to one another that feels really authentic. It feels really safe here.”

The successful integration of new members relies heavily on involvement from our more experienced members. They, along with our staff, create a vibe that feels palpable to Rick, who in turn will help carry it forward. Our welcoming community gives new members hope for friendship and connection, and current members’ achievements provide a blueprint of recovery for those who are joining us during this time of new beginnings.



Lunch prep in Culinary Arts (left to right) Autumn Peterson, Matthew Thomas, Rick Pardo and Ben Burnside

The Academy maintains normal hours of Monday through Friday, 8 a.m. - 4 p.m., using screening procedures and COVID-19 precautionary measures.



The Academy at Glengary

AcademySRQ.org

VALUES-BASED

Values inspire our journey and guide the pathway to recovery.

LET'S DISCUSS MENTAL HEALTH

One of the unanticipated consequences of the pandemic has been the shift in awareness regarding the importance of mental health. Prolonged social isolation—experienced by many during COVID-19—has brought mental health concerns to the forefront; frequent media discussions via TV, radio, Internet, and newspapers have propelled this topic into the mainstream and helped make it less taboo. As a society, we are more caring, understanding, and responsive toward family members, co-workers, and friends who are experiencing bouts with mental health challenges.

This dynamic has directly impacted the day-to-day experience at the Academy, as demonstrated by a two-fold increase in applications and membership enrollments over the past six months. We are pleased to welcome so many new faces to the journey of recovery and wellness.

To meet the increased need, we have doubled our efforts to get the word out and promote opportunities for mental health wellness. We were honored to co-sponsor Centerstone's Life;Story Suicide Prevention Walk on September 25, when Academy member Lori Wiest presented as guest speaker at their VIP reception. Our September "LIVE from the Academy" Telethon offered a unique view of recovery (www.AcademySRQ.org/Live in case you missed it!). In early October, we joined our colleagues at

NAMI for their annual NAMI Walks event. Lastly, we co-presented at three forums during Clubhouse International's virtual World Seminar 2021, held October 4-8.

We invite our readers, families, friends, and colleagues to continue to promote a positive dialogue around mental health. This is an opportune time to support a loved one, seek help for oneself, or advocate for effective mental health services. With the right supports, all of us can achieve increased wellness and a fulfilling life. We can all be part of the solution.

William McKeever

Director



(left to right) William McKeever listens as Lori Wiest shares her story.

OUR AMBASSADORS

The Academy Ambassadors fill a vital role by sharing our mission and helping us build strong roots in the community.

Peter Abbott, Financial Advisor, Edward Jones Investments
Steve and Barbara Armstrong, local business owners
Ed Bertha, Owner, Executive Publisher, REAL Exclusive Magazine
Stewie Bitterman, Director, Synovus Bank
Kim Bleach, Private Client Advisor, Bank of America
Veronica Brady, Director of Advancement, The Bay Park Conservancy
Kim Burns, Occupational Therapist, REAL Exclusive Magazine contributor
Linda Cournoyer, retired, Sarasota Memorial Health Care System
Phil Delaney, retired Vice Chairman, Northern Trust
Larry Eger, Public Defender, 12th Judicial Circuit
J. Scott Eller, CEO, Community Assisted and Supported Living, Inc.
Robert Geyer, President and CEO, Sunset Automotive Group
Ric Gregoria, Managing Partner, Williams Parker

Hal Hedley, Ed.D., retired CEO, Child Protection Center, Inc.
Michael Klauber, Restaurateur
Tom Knight, retired, Sarasota County Sheriff
Sharon Lerner, retired
David Maglich, Attorney, Fergeson Skipper
Brian Mariash, Senior VP, Merrill Lynch, Pierce, Fenner & Smith
Robert Meade, CEO, Doctors Hospital
John Overton, retired CEO, Pines of Sarasota, Inc.
Rev. Dr. Bruce Porter, retired Pastor, Church of the Palms
Jeff Steinwachs, Chairman, Steinwachs Family Foundation
Paul Steinwachs, Board Member, Steinwachs Family Foundation
Sharon Steinwachs, Board Member, Steinwachs Family Foundation
The Honorable Charles E. Williams, Judge, 12th Judicial Circuit

COMMUNITY • WORK • QUALITY • FRIENDSHIP • RESPECT • WELLNE





Jennifer Baril

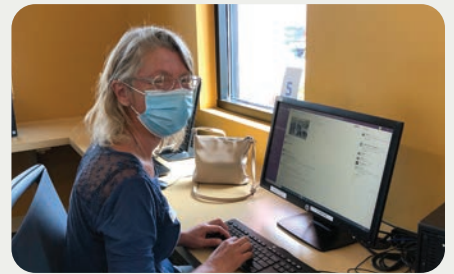
MEET JENNIFER

When my day program closed down, my case worker suggested that I check out the Academy. We took a tour and the first thing that struck me was how clean and bright everything was! I didn't know that members and staff do all of the cleaning; I assumed it was professionally cleaned! The next thing I noticed was that everyone is so nice and respectful. And not just because I was a visitor. It's more than just a first impression. I've only been coming to the Academy for a couple of months, but when I'm here, I'm treated with so much respect. Staff and members go out of their way to be friendly, and to ask me if I need help with anything.

I usually work in the Business & Technology team. I'm learning to type by signing up for jobs on the computer. I also do a lot of cleaning because I have always liked to clean. I've worked in the Culinary Arts team, cleaning, and I've made floral arrangements for the tables. It's fun to do this with other members. I do much better when I can be around people. When I don't have enough to do, the symptoms of my mental illness can get really bad. Coming to the Academy and staying busy keeps me on track.

I used to think that if it wasn't for my illness, I'd be living more independently. I'd have a job and a nicer living situation. Now that I'm at the Academy, I see other members reaching those same goals and it makes me realize that I can achieve mine, even with my illness. The Academy is teaching me job skills and life skills, and it's giving me the confidence to believe in myself.

"I do much better when I can be around people."



Stephen Anderson

MEET STEPHEN

I have come to rely on the Academy for socialization, and for structure in my day. You might say that the Academy has gotten under my skin, in a good way. When we closed during the pandemic, the world felt very small. I always thought of myself as the kind of man who could fill the hours without extrinsic rewards, but when I was left to fill the days, I found it a bit scary at times. Even things that I love, like reading books, got old. The days were too long.

When the Academy went virtual, I was all in! Morning meetings on Zoom started my day with purpose. Team meetings gave me work to do that not only kept my mind limber, but also moved the Academy mission forward. Maybe my favorite thing though, was how members and staff used the Slack app until all hours of the day and night. We were posting photos of our pets, our artwork, or the nature that we encountered on solo walks. Those connections felt meaningful. We learned more about each other in a manner that is different than how we relate during the work-ordered day. It was a sweet time in that way.

Once we reopened, I was one of the first members to return. The safety protocols took some getting used to (no one knew when I was smiling), but eventually it fell back into a routine. I attend nearly every day now, and I'm grateful for the friendships and for all of the collaboration we do to keep the Academy moving forward.

"I'm grateful for the friendships and collaboration..."



ESS • SERVICE • KINDNESS • PURPOSE • ACCEPTANCE • STRUCTURE





(left to right) Telethon co-hosts Patty Haltinner and Jeffrey Jean

LIVE FROM THE ACADEMY

Our 3rd annual "LIVE from the Academy" Telethon exemplified our highest aspirations. A true collaboration of our Academy community, we put in months of work, mostly creative, some painstakingly detailed (shout out to the video editors!) to bring to the world what we hoped would be both enlightening and entertaining. Numbers don't lie; we knocked it out of the park with hundreds of online viewers! Thanks to a generous 1:1 match from the Steinwachs Family Foundation, we exceeded our expectations and had the time of our lives doing it. The recording is available at www.AcademySRQ.org/Live.

SMALL WORLD, BIG WORLD SEMINAR

If there is an upside to the pandemic, it's how seamlessly we now "gather" with friends and colleagues across the world. The Academy participated in Clubhouse International World Seminar 2021, participating in three of the 15 forums: Developing a strong Board of Directors, Developing Transitional Employment, and Marketing. Our presentations drew from all aspects of the Academy experience. We are privileged to be part of Clubhouse International, and to learn from other Clubhouses while sharing what we know.



DONATE today and become part of the solution in mental health. Please visit:

AcademySRQ.org

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THE ACADEMY WALKS THE WALK

Our friends and colleagues at Centerstone held their annual Suicide Prevention Walk, and we were excited to support them. Members and staff awoke before dawn to walk and run alongside 1,000+ participants, to bring awareness to mental health issues. Our own Academy member Lori Wiest was invited to share her personal story at their VIP reception, putting a face to challenges posed by mental health. Lori's story illustrated the possibilities for recovery offered by treatment and support services.



Members and staff participated in the walk/run and also handed out materials at our booth.

GECKO'S HOSPITALITY GROUP PUTS THE "TE" IN TEAM

We are thrilled to have added a prestigious new employment partner to our Transitional Employment (TE) program! Gecko's Hospitality Group has partnered with us to offer Academy members a prep position at their newest enterprise, Tripletail Seafood and Spirits. Co-owners Mike Gowan and Mike Quillan graciously agreed to hire Academy members for Transitional Employment positions. They know a thing or two about building a strong community; Geckos has offered quality service to the community for over 50 years.



Jerry Clancy on the job at Tripletail.



Want to learn more?

The first step is to take a tour!

Families, applicants and community providers are welcome.

To schedule a tour, or for more information, please contact 941-921-9930 or Info@AcademySRQ.org.

Hours: Monday - Friday, 8 a.m. to 4 p.m.



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