

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.



HAPPY THANKSGIVING 2021

by Carolyn Robinson

I am so grateful to be alive in 2021 and back at the Academy after a difficult year in 2020. I feel so fortunate that I found the Academy because it gave me room to grow and has opened many doors for me. Wellness Wednesday has been so positive for me because we cover different aspects of wellness which help me with my everyday life and stress reduction. I have also been invited to some events here that have meant so much to me. I am so grateful that I had the opportunity to attend a fundraising dinner for mental health because it was one of the most amazing nights of my life. It opened my eyes to the need for mental health services and how many lives the Academy had changed, including mine.



In front of our Gratitude Tree are (left to right) Irene Lunt, Jeffrey Jean, Cathy Dexter, Stephen Anderson, Joanne Campbell, Sandra Tepperman, Rima Ghalieh, Jason Sulimay, Aaron Collmer and Neil Blake.

WHAT WE'RE GRATEFUL FOR

Stephen Anderson is grateful for the energy of commitment and change. **Ian Churchill** is grateful for the sweet air that he breathes, going for a walk, the gift of life in everyday situations. **Sandra Tepperman** is grateful for Thanksgiving (all that goes into it.) **Joanne Campbell** is grateful for family friends. **Rima Ghalieh** is grateful for a roof over her head and for family. **Chris Parrish** is grateful for his house (home), his cat and polite neighbors. **Ben Burnside** is grateful for friends, his house, the clean air that he breathes. **Christian Pisani** is grateful for travel, friends and food. **Daniel Paredes** is grateful for his job, the quality of life that allows him to enjoy his passion at work, photography and videography. **Lisa Hillje** is grateful for her pets Raffi and Ziggi. **Jodi-lee Weiss** is grateful for friends, family and furmily (her pets). **Michael Cutillo** is grateful for health. **Stephen May** is very grateful for his family. **Jason Sulimay** is grateful for good physical health. **Mike Messmer** is grateful for the learning experience here at the Academy, and the people,

discovering his strengths and weaknesses and the opportunity to practice what he learns. **Candy El-Azzaoui** grateful for this questionnaire! We have been focusing on gratitude and being more grateful in Wellness Wednesday. **Chantel Gingerich** is grateful for her job at Publix, her friends and her mom. **Naomi Treece** is grateful for the first birthday of her granddaughter, Elliot. **Tandi Maxwell** is grateful for her and her loved one's health and her new part-time job. **Jeffrey Jean** is grateful for his family, the Academy and his job. **Stella Shedrinsky** is grateful for people who give their time and emotional energy to help others who are struggling. **Kevin Luckner** is grateful for the Academy. **Aaron Collmer** is grateful for good friends and his job. **Raheem Vassell** is grateful for his family. **Irene Lunt** is grateful for her friends at the Academy. **Idanes Paredes** is grateful for her family, values and puppy. **Loriann Smith** is grateful for her presence at the Academy. **Autumn Peterson** is grateful for her job at the Academy. **Neil Blake** is grateful for his family and how they take care of him and keep him involved with their daily lives.

Happy Thanksgiving!



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