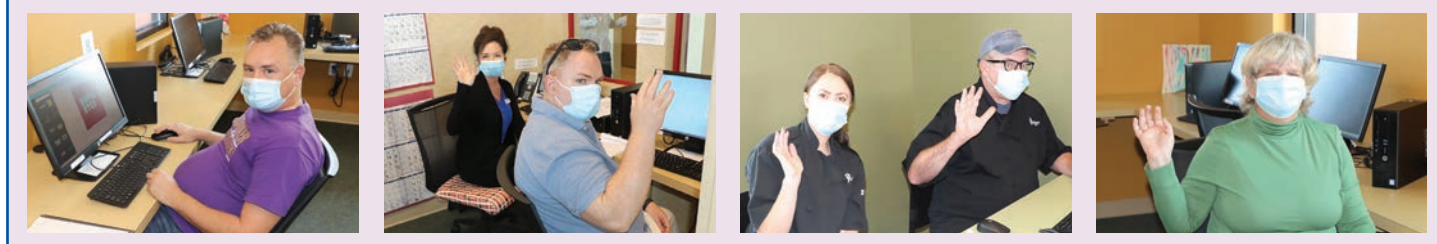


COVID-19 UPDATE: The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org.



ON THE ROAD WITH GETTEL AUTOMOTIVE

If you're a regular reader of our newsletter, you may recall that we recently hosted five managers from Gettel Automotive, to discuss our Transitional Employment and Supported Employment programs. On Wednesday, Academy staff Cathy Dexter and Jodi Weiss visited two Gettel Automotive dealerships to see if there might be appropriate jobs for our members. They began at the Acura dealership where they met with Fred Bartholomew and Wendy Hernandez for a tour of the administrative areas. They met managers and other employees, nearly all of whom had double-digit tenure with the company. That sure says a lot about a place! Everyone was so friendly, and they were generous with their time as Jodi and Cathy asked plenty of questions.

The next stop was Gettel Hyundai. Cathy and Jodi met with Lou DeLong and Charley Rahe and were shown the repair bays and the parts department as they discussed possible positions there. There too, managers were warm and welcoming, inviting questions and expressing a real desire to partner with us.

Next week they will visit one more Gettel dealership near Lakewood Ranch. Between the three dealerships, there are possible jobs in a variety of job fields; something for everyone! Stay tuned as we move ever closer to the beginning of something wonderful.



Gettel
AUTOMOTIVE GROUP

WELCOME Nilmar Gonzalez



Nilmar Gonzalez

Hey everyone! My name is Nilmar Gonzalez and I'm a third-year medical student at Florida State University's College of Medicine. Although I'm originally from Venezuela, I was raised in Florida since moving here at the age of four. I've lived in several cities including Kissimmee, Orlando, and Tampa. I also spent some time in Tallahassee as I moved there for my first two years of medical school. Most recently, I have made my way here to Sarasota to complete my clinical rotations.

I chose to do my rotation in Community Medicine right here at the Academy! The rotation allows medical students see first-hand how different organizations focus on health promotion. I am so grateful for seeing how and what we all do here from improving computer skills, to cooking, and even learning Spanish. I've spent the past two weeks working in Culinary Arts, Business & Technology, and Graphic Design & Multimedia. I've met the staff and members and have had an amazing experience here regardless of the team I'm in. Thank you so much for making my experience here a wonderful one!



(left to right) Stephen Anderson and Nilmar Gonzalez work on a PowerPoint presentation.

LUNCH FIT FOR AN AMBASSADOR

On Thursday we enjoyed the fruits of our culinary team's labor of love, our second of three "test menus" for our upcoming Ambassador Luncheon. At the Academy, we make decisions as a community. What to serve our valued friends and community partners is no small decision, so our culinary wizards present us with three separate tasting menus over the course of a month, and we all weigh in. This menu featured chicken shawarma, tilapia with capers and dill, falafel with tzatziki, quinoa tabouli, hummus salad, and rice. The Mediterranean menu was a big hit, but it has fierce competition; the previous tasting menu was Italian, and our members and staff agreed that it was a winner. But it's too soon to know which menu will be the real winner, because we still have one more test menu to taste. It's a tough job but somebody has to do it!



Wellness

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

SUN, SUN, HERE WE COME!

by Stephen Anderson

Three things I learned at the Wellness Wednesday workshop with Nilmar Gonzalez:

1. Getting out in the sun is a good thing - just 15 minutes per day in any situation in Florida can provide you with the D vitamins which helps bone strength.
2. Lack of sunshine can lead to SAD - seasonal affective disorder which can bring on depression, anxiety, apathy, etc.
3. There are a host of illnesses which can affect people in their working lives, especially adults. The habits we cultivate while young will pay off in a longer, healthier lifespan and more hours to enjoy ourselves in doing what we love. These are themes to bring up with your doctor and monitor throughout your life.
 - a. Vitamin deficiency
 - b. Signs of cancer (unusual sunspots or moles)
 - c. Discoloration
 - d. But not your tan lines!

That's all I could think of but there is a lot to learn "experientially." Thank you, Nilmar, and best wishes for the next leg of your journey towards a medical degree.



Stephen Anderson

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

NOTE: Morning meetings begin at 8:45 a.m. on Mondays - Thursdays.

Monday, January 17

Academy closed, but performing a day of service.



Tuesday, January 18

Morning Meeting - 8:45 a.m.
Individual Team Meetings - 9:15 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.

Wednesday, January 19

Morning Meeting - 8:45 a.m.
Individual Team Meetings - 9:15 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.
Multimedia Project Planning - 2 p.m.
Wellness Wednesday Workshop - 3 p.m.

Thursday, January 20

Morning Meeting - 8:45 a.m.
Individual Team Meetings - 9:15 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

Friday, January 21

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
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.

TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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