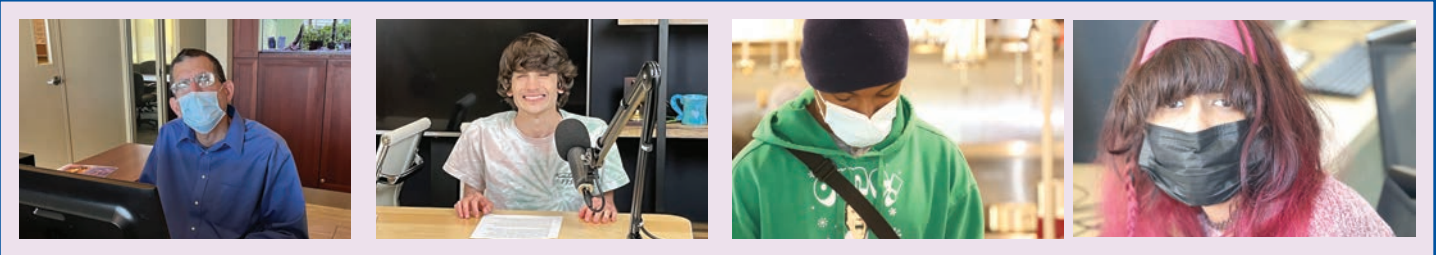


COVID-19 UPDATE: The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org.



BARNES & NOBLE IS OK IN OUR BOOK!

by Autumn Peterson

A couple of weeks ago I spoke to Becky Boldivar, a manager at Barnes & Noble, to inquire about magazine donations for our vision board project. I told her that we were neighbors and explained what we do here at the Academy. She could not donate magazines because distributors take back outdated magazines, but she offered us books that they were clearing out for donation. I welcomed her generosity! We received five boxes of donated books from them this week. There are some great additions for our library shelves for menu planning and for loan, such as “The Food Processor Cookbook” and “How to Supercharge Your Confidence.” The other books that won’t go on the shelves are being offered to members to take home for their own shelves!

Reading improves intellectual wellness and many other dimensions of wellness as it helps us to de-stress and learn, so we are very grateful to Becky Boldivar and Barnes & Noble!



(left to right) Autumn Peterson, Joanne Campbell, Sandra Teperman, Ian Churchill and Ben Burnside

A CULTURAL TREAT

by Carolyn Robinson and Greg Agnacian

We were fortunate enough to be invited to the “Love our Libraries” Luncheon featuring keynote speaker Dr. Henry Louis Gates. Dr. Gates is responsible for inspiring the creation of PBS’ Finding Your Roots. His great grandfather was John Lawrence Gates, who was not granted the right to vote until 1890.

Dr. Gates’ lecture was centered around the belief that all Americans should have the right and privilege to vote. Dr. Gates believes present and future generations should be welcome in our country and enjoy this sacred right.

It was an honor and privilege to hear Dr. Gates speak today. We cordially thank the Academy for this enlightening experience.



(left to right) Carolyn Robinson, Joan Geyer and Greg Agnacian pose with their autographed copies of Dr. Gates’ book.

CANVA QUEEN

by Naomi Treece

I was recently voted into the position of Secretary to the Resident’s Council at Jefferson Center. I am working as well at the Transitional Employment (TE) position at Sunset Cadillac. I think that one fed into the other. What I mean is that without the challenges and successes of one, I would not even have been in the position of accepting the other. I have been a member of the Academy at Glengary since November of 2019. When Covid hit, I went virtual for over a year. Luckily, I was able to remain active in Business and Technology during those virtual months by using the app Canva to create flyers and greeting cards. Finally, after having all my vaccinations, I returned on site to the Academy. One thing I can report is although Canva was a real challenge to me, I am able to use it now to make flyers for the Resident’s Council. Now I can enjoy something that I struggled with for many months! There is much talk of “going outside one’s comfort zone” in what we do at the Academy. Facing these challenges there makes us more willing to do other difficult tasks outside of the Academy. My TE position is about to end, and I will be applying for other part time work. Although my physical disability (needing to use a walker) will continue to challenge me, I am eager to continue to move forward in my life. I hope to remain active at the Academy and in my personal life within the community of Jefferson Center.



Naomi Treece

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

FINDING PEACE WITH TAI CHI

by Candy El-Azzaoui

I was so excited to share my knowledge of Tai Chi with the Academy! Prior to Covid -19, I had practiced for a year, learning the graceful art of the moves. I cannot say enough about it! In a year of isolation and anxiety, Tai Chi helped to calm both my mind and body. For Wellness Wednesday this week, we first did 15 minutes of stretching to warm up the muscles, and then 15 minutes of Tai Chi for beginners. I wish we could do it every day. Master Pei suggests it is not so important to learn all the moves perfectly but rather to be consistent with one’s practice. It’s better to make a lifestyle change by adding a daily practice than to try to be an expert.



(left to right) Stephen Anderson, Ian Churchill, Greg Agnacian, Ben Burnside, Candy El-Azzaoui, Carolyn Robinson, Christian Pisani and Lori Wiest



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.

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

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, February 7

- Typing with Rima Workshop - 8 a.m.
- 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.

Tuesday, February 8

- 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, February 9

- 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, February 10

- 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, February 11

- 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 **Donate Now** button

Thank you for transforming lives!

The Academy at Glengary, Inc., is a 501(c)3 charitable organization. All donations are tax-deductible to the extent allowed by law. The Academy at Glengary is registered with the state of Florida (CH56160). A copy of the official registration and financial information may be obtained from the Division of Consumer Services at www.fdacs.gov/ConsumerServices or by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.

