

**COVID-19 UPDATE:** The Academy is open regular hours of Monday through Friday, 9 a.m. - 5 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org).



## RESULTS 1<sup>ST</sup>

by Paul Hennekes

We were thrilled to be selected as one of fifteen local non-profit organizations to participate in a Results 1st training, thanks to a grant from the Manatee Community Foundation. Results 1st helps organizations shift perspectives from services and activities to outcomes and results. Jeff Jean, Vanessa Alcantara, Patty Haltinner and Paul Hennekes are representing the Academy in this training. The team chose to focus on our goal planning process and, in particular, effectively measuring members' goal achievement. Goal attainment is a critical part of members' success and wellness.

The team presented our project at a recent Academy Meeting. We propose to improve the goal planning process by effectively incorporating goal planning into the work-ordered day and enhancing the tracking of goal achievement. Our target is, within the next three months, to increase the number of members who achieve at least one goal by 33%. In late April, we will be presenting our project along with 14 other non-profits to community leaders and charitable foundations from Sarasota and Manatee counties. Our team is excited about this project and how it will enhance the lives of members and the Academy community as a whole.

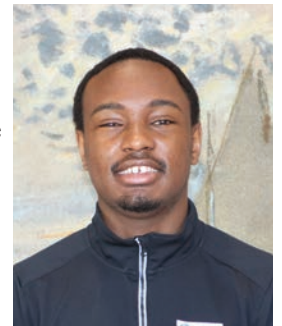


(left to right) Jeff Jean, Vanessa Alcantara, Paul Hennekes and Patty Haltinner

## DECISION BY CONSENSUS

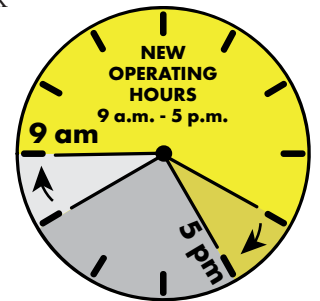
by Neil Blake

At the Academy, we have meetings each week to discuss topics that affect the whole Academy community. Everyone here is dedicated to making our members' time meaningful, productive, and worthwhile. Our recent meetings have been devoted to discussing the Academy's hours of operation. Everyone has an opportunity to provide their input.



Neil Blake

As a community, we decided to change our hours from 8 a.m. - 4 p.m. to 9 a.m. - 5 p.m. We all agreed that changing our hours would be more beneficial to members allowing more time in the afternoon to work on projects, attend workshops and other activities. Whether it's a small change or a very large change, it affects our whole Academy community, so we share our opinions and come to a consensus.



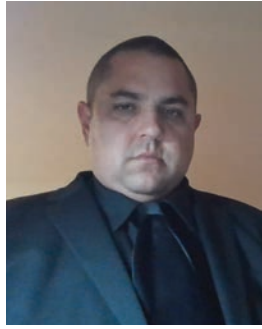
## > HOURS CHANGE <

Please note that beginning Monday, February 28, 2022, the Academy's operating hours will be 9 a.m. to 5 p.m. each weekday.

# MAKING PROGRESS

by Lee Baker

I have been making a lot of progress in my life since becoming a member of the Academy. My time here has helped me focus, grow, and concentrate. I can work anywhere that I want to at the Academy, but I only work in the Business & Technology team. I am honing my business skills, and I am also working on going back to business school. My business skills have improved since I came to the Academy, and it is kind of exciting. I even want to get my DBA degree someday. I also really enjoy the Spanish Workshop on Friday afternoons. Finally, my life is on track and I am going somewhere.



Lee Baker

## Wellness

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

# WRITING FOR WELLNESS

by Gregory Agnagian

Wellness this week centered on therapeutic writing as a therapeutic outlet for self expression. Writing as a daily practice also helps increase your self-image. It also utilizes the brain to focus on the task at hand. Lastly, writing is an activity in mindfulness, remaining in the moment and ignoring everything else.



Gregory Agnagian

# SERVICE FIRST

It was our pleasure to host our amazing clinical partners, Centerstone of Florida, on February 24, for their "Dare to Lead" workshop. Our Multimedia Team managed their IT needs while and our Culinary Arts Team offered a delicious lunch buffet.



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 9 a.m.**

### Monday, February 28

- Morning Meeting - 9 a.m.
- Individual Team Meetings - 9:30 a.m.
- Graphic Des/Multimedia Team Meeting - 1:15 p.m.
- Bus & Tech/Culinary Team Meetings - 1:30 p.m.
- Typing with Rima Workshop - 4 p.m.

### Tuesday, March 1

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

### Wednesday, March 2

- Morning Meeting - 9 a.m.
- Individual Team Meetings - 9:30 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, March 3

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

### Friday, March 4 - DIGITAL DISCONNECT DAY

- Morning Meeting - 9 a.m.
- Brunch will be served mid-morning, followed by workshops and other activities.
- Closing at 1 p.m. to allow for IT upgrades and installations.



Gardening available daily through Culinary Arts

# TO MAKE A DONATION

visit our website

[AcademySRQ.org](http://AcademySRQ.org)

and click on the button

*Thank you for transforming lives!*

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