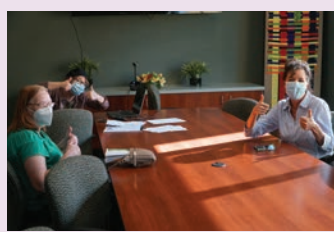


**COVID-19 UPDATE:** The Academy is open regular hours of Monday through Friday, 9 a.m. - 5 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](https://AcademySRQ.org).



## STRENGTHENING OUR GOODWILL

by Cathy Dexter

With the opening of the Academy at Glengary in 2017, we were mindful not to duplicate existing services. To achieve this, we toured our area human service organizations to see programs firsthand and meet their leadership teams. One of the first organizations we visited was Goodwill of Manasota. We discovered a shared value of "the power of work to transform lives." Margie Genter, Goodwill's Director of Mission Services, was one of the shovel honorees at our groundbreaking, and she has been a valued community partner ever since.

As a newer staff member, I recently attended a Lunch and Learn at Goodwill Manasota. I was surprised to learn of the scope of their services, including assistance with housing, education and veteran services. They also provide individuals with life coaches. And, like the Academy, they know the value of work and productivity to bring meaning to one's life. Goodwill operates donation centers, bookstores and Job Connection offices, staffing them with jobseekers with disabilities or those who are otherwise under-served. These services come from the sales of donated clothing and goods. So next time you are ready to shop for an outfit or a household item, keep Goodwill in mind and know that you will be helping numerous people in your community with your purchases.



Cathy Dexter



## WRITERS WORKSHOP

by Stephen Anderson

I was invited to facilitate this week's writer's workshop in Jodi Weiss' absence. I chose the prompt *tradition* as a topic. What people brought to the group was their memories and their truths. Writers wrote for five minutes and then, if they wanted to do so, they shared what they wrote. We discussed traditions both in the context of our daily lives, and as it relates to special holidays.

The workshop touched on where we are in the weekly trajectory of our lives, our struggles, and our concerns. I've attended most writer's workshops, but filling Jodi's shoes felt like a challenge. Everyone there wrote well, but sometimes struggled to find their voice. My job was to listen and stick to the topic as best as I could. I knew from past workshops that people sometimes open up and share deeper feelings. What happens in writer's workshop stays in writer's workshop!

We ended with a workshop staple: the "show don't tell" lightening round which everyone seemed to enjoy. I found this gratifying. Thanks everyone for attending and making the most of the forty minutes we had together.



Stephen Anderson

## CONGRATULATIONS!

The Academy is proud to announce that Stephen Anderson, the author of the article above, has been selected for a Transitional Employment position at Sunset Cadillac! Watch for a article in an upcoming issue of *Glengary Times*.

# CULINARY ARTS TEAM GOALS FOR 2022

This week at the Academy meeting, the Culinary Team presented their annual goals for 2022. We first spoke about last year's accomplishments. Most notably, we hired staff member Autumn Peterson for front-of-house and Wellness, expanded the garden, had the first-ever cleaning day, started tracking our sales, re-established our in-person socials and holidays, and created a new Transitional Employment position at Tripletail Seafood & Spirits. Also, as usual, we had zero health department write-ups.

We then spoke about some challenges including low morning attendance which we have addressed by changing Academy hours to 9 a.m. to 5 p.m. There was a lack of garden identification which we have now addressed with plant ID labels. We would like to get access to healthier, organic produce, with the possibility of having it delivered. This is currently being investigated by the Culinary Team.

The highlights of the transformational goals we have for 2022 are to purchase and install a permanent outdoor grill, new chairs for the dining room, new napkins, create a team "switch day" (think *Parent Trap*), serve healthier food with more gluten-free and anti-inflammatory options, and reduce or eliminate sugar. And our next Big Thing will be our first Ambassador Luncheon in over two years, which is on the books for March 24.

## Wellness

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

## LAUGHTER IS THE BEST MEDICINE

by Stella Shedrinsky

"Laughter is the best medicine" may be an old adage, but its wisdom is timeless. For Wellness Wednesday, we experienced a new kind of self-care. Laughter has the power to bring health to mind and body and is backed by scholarly data underlining its role in extending longevity of life. Studies corroborate data that points to the healing power of laughter. With video clips, the Academy was taken on a short, curated tour through different types of humor: from observational comedy to physical comedy, to parody. When we put humor on our horizon, don't take ourselves too seriously, and don't use it to cause harm at the expense of others, we can utilize this powerful health tool to enhance the quality and longevity of our lives.



Stella Shedrinsky

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

**NOTE: Morning meeting begins at 9 a.m.**

### Monday, March 7

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 8

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 9

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 10

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 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.

Gardening available daily through Culinary Arts



## TO MAKE A DONATION

visit our website

**AcademySRQ.org**

and click on the  **Donate Now** button

**Thank you for transforming lives!**

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