

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.



VISIT TO THE VAN GOGH EXHIBIT

by Stephen Anderson

There was much to learn at the Van Gogh exhibit in the Starry Night Pavilion at University Town Center. First, there were beautiful messages of hope expressed in letters to Vincent Van Gogh's brother, Theo – letters which informed our visit in intangible ways but opened our hearts to the power of his art.




Stephen Anderson

Visitors were spellbound whilst the movement and sound pulled us into Van Gogh's world – bursting in bright earth tones, encompassing as many shades of humanity as found in the natural world. This had the effect of engaging the viewers attention without the sanitizing effects of long museum lines, where families embraced the wonder of the moment together.

I've always admired Van Gogh, but this weekend provided insight into his feelings, thoughts and desires. His disease doesn't define him, and his darkest moments may have been his most brilliant. Whomever categorized modern men as those who 'thought too much and felt too little' may well have been thinking of Van Gogh – whose heart was larger than paintbrush and canvas can say.



Photo by Stephen Anderson



FOLLOW US!

We have exciting news! We have just launched our new Instagram page. We are eager to start this new endeavor in this social media outlet. The Instagram page will allow us to reach a brand-new audience. Instagram is a photo-sharing app that a lot of younger people frequent. Our hope is that we can bring awareness to mental health by just sharing what we do here at the Academy. This new app comes with a lot of new features that will bring new and exciting work into the teams. We will post "Around the Academy" photos, keep you updated with events and visitors, and share member stories along with posting live reel from the Academy. If you want to stay in the know on what we do, follow us [@AcademyatGlengary](https://www.instagram.com/AcademyatGlengary) on Instagram!

SARASOTA POLICE CIT TRAINING

On Tuesday, we hosted 15 members of the Sarasota Police Department for tour and lunch as part of their Crisis Intervention Training (CIT). The Academy is one of several mental health providers who help train local law enforcement on strategies designed to redirect individuals experiencing a mental health crisis into treatment services. Special thanks to CIT trainer, ret. Lieutenant Charles Kenniff.



Paul Hennekes (with back to camera) leads the Academy tour for CIT officers.

WATERING MORE EFFICIENTLY

by Kevin Geyer

Steve Weinberger, our wonderful garden volunteer, came out last week to install our new irrigation system. The system has a timer and 20 sprayers that work with the timer. Now we no longer have to drag out the hose and sprinkler, spending our time manually watering the garden. This change will help the Academy focus on more important tasks to save time, money and other resources. Thanks to Steve for being such a good friend and Academy supporter!



Kevin Geyer



Wellness

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

GROUNDING

by Rima Ghalieh

In Wellness this week, we learned that walking barefoot on the earth, or “grounding,” can be a therapeutic tool. We first watched a short video that explained how grounding helps to remove pain in the body, reducing inflammation and improving blood circulation. Some ways of practicing grounding are walking on the earth, the grass, or on the white sand beaches. Walking in nature does wonders for one’s mind and body. I found the subject mesmerizing and inspirational, and it’s something I’m interested in continuing to do in the future. Hopefully, we will work on grounding again at future Wellness Wednesdays. I enjoyed walking on the grass with Autumn and the other members of the Academy. While we were walking on the ground, sometimes we were quiet and sometimes we were socializing.



Rima Ghalieh



(left to right) Stephen Anderson, Jason Sulimay, Greg Agnacion, Christian Pisani, Autumn Peterson, and Rima Ghalieh



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.

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 14

- 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 15

- 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 16

- 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 17

- 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 18

- Morning Meeting - 9 a.m.
- Individual Team Meetings - 9:30 a.m.
- Writer’s Workshop - 11:30 a.m.
- Graphic Des/Multimedia Team Meeting - 1:15 p.m.
- Bus & Tech/Culinary Team Meetings - 1:30 p.m.
- Spanish Workshop - 3:30 p.m.

HYBRID WORK-ORDERED DAY

Gardening available daily through Culinary Arts



TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the button

Thank you for transforming lives!

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