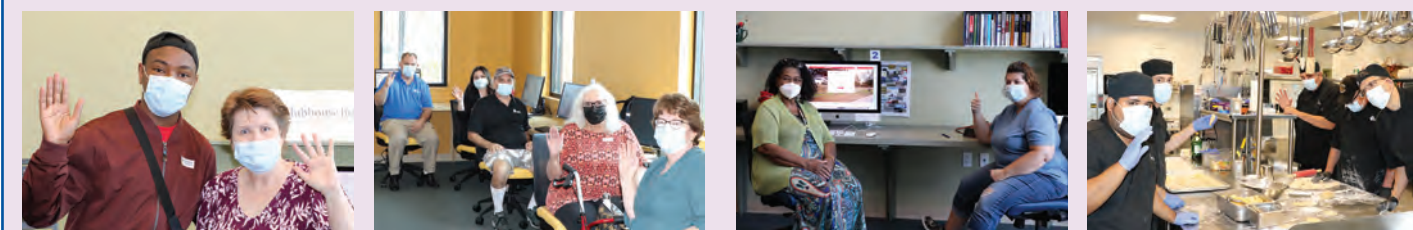


COVID-19 UPDATE: The Academy is open regular hours of Monday through Friday, 9 a.m. - 5 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org.



PUTTING MY NEW SKILLS TO USE

by Neil Blake

During the Ambassador Luncheon, I was taking pictures of our guests. At first my nerves were taking a toll on me; I was just so panicky that our guests might get upset that a stranger was taking their picture. But everyone was nice about it.



Neil Blake

One of our guests then reached out to me asking about the programs we have here at the Academy. I was nervous because I didn't think I would know that much, but I surprised myself by how much I was able to share about the Academy. The experience made me feel a lot more confident.

At the after-party, members and staff enjoyed all of the great food while passing a microphone for those who wanted to talk about the experience. I spoke about how thankful I was to everyone who worked so hard to create such a successful event. The event was a lot of work, but I look forward to doing it again next time.



THERE'S ALWAYS A PLACE FOR ME HERE

by Jason Fried

I was happy to return to the Academy after spending some time in Michigan (in the Detroit area).

I utilize many of the Academy's programs for everything from a social outlet to skills training to a place where I can get support. I know there is always a place for me here, and that I fit in, despite how long I've been away.



Jason Fried

This is the second winter that I have been employed by Walmart near my Florida home. Although this employment is independent of the Academy's employment program, knowing I'm part of the Academy community gives me a feeling of security and helps me not get too anxious on the job (a feeling that if I fail at the job I will never be successful). I most recently got help troubleshooting some issues at work with the Academy's volunteer social worker Rich Segall. I encourage anyone living with a mental health issue to check out the great resources available at the Academy.



2022
GIVING CHALLENGE
Be The One

» **HAPPENING**
APRIL 26-27
NOON TO NOON

GivingChallenge.org

Presented by the
Community Foundation of Sarasota County

HENRY WINKLER SPEAKS OF HIS OWN DISABILITY

by Loriann Smith

Last week was the Tidewell Hospice Foundation Luncheon. Six members headed out to the Ritz Carlton Hotel with our Board President Joan Geyer and Academy Ambassador Stewie Bitterman.

The Tidewell Foundation exists to provide perpetual support to Tidewell Hospice and other not-for-profit divisions of Empath Health in our service area. There were several speakers, but the big guest star was actor Henry Winkler. He was awesome! He talked about how his childhood was difficult due to dyslexia, and how he struggled through school and eventually found his calling through acting. He told jokes but at the same time he was inspiring with his determination to succeed in life.

The food was delicious, the ambience beautiful, and over 800 people were in attendance. Many sponsors were thanked on the big screen for their financial support. It was an honor to be a part of this gathering and I look forward to more events such as this!



(left to right) Jason Sulimay, Loriann Smith, Rebecca Wolfson, Sandra Teperman, Lisa Hillje, Stewie Bitterman, and Irene Lunt
Henry Winkler

Wellness

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

SUGAR SUGAR

by Rima Ghalieh

This week the topic for Wellness Wednesday was *sugar*. First, we learned how sugar is harmful to the body. Then, we played a sugar game where we played among two teams.

Staff, Autumn Peterson, presented pictures of a variety of foods and drinks, and we guessed which had more sugar. I enjoyed playing the game and I learned a lot. For example, I learned that some drinks that I previously thought were healthy actually have a lot of sugar in them. I liked the demonstration where we scooped sugar into cups, and I was surprised to see how much sugar was really in those foods. Comparing how much sugar was in those items versus how much is recommended per day was a great learning experience.



Rima Ghalieh

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, April 11

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, April 12

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, April 13

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, April 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.

Friday, April 22

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.

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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