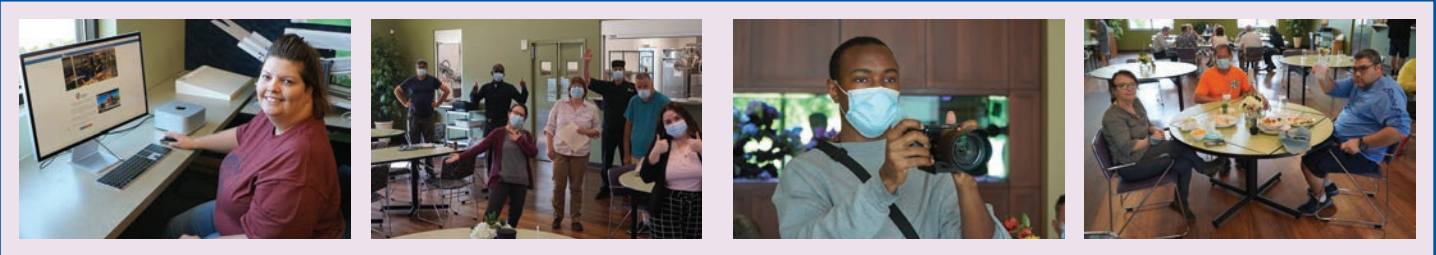


**COVID-19 UPDATE:** The Academy is open regular hours of Monday through Friday, 9 a.m. - 5 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org).



## AS THE SPIRIT OF MANATEE MOVES US

by Mike Messmer

The Spirit of Manatee event was a great success. The event is about recognizing and honoring philanthropists and volunteer leaders who have made a significant difference in Manatee County. The contributions of the honorees were recognized by the entire assembly. It was a great honor to celebrate their efforts. The honorees gave of their time, hard work, and money. I enjoyed the event and plan on attending next year.



(left to right) Vanessa Alcantara, Tandi Maxwell, Jeff Jean and Jason Sulimay

## ALAN DAVIDSON VISITS

With the retirement of our dear friend Larry Allen, Central Florida Behavioral Health Network (CFBHN) has a new Chief Operating Officer, Alan Davidson. Mr. Davidson visited us this week, his first experience of a mental health Clubhouse. We were excited to meet him, introduce him to our members, and let him see the unique nature of the Clubhouse model.

When he arrived, he was given a tour by members Aaron Collmer and Chantel Gingerich. Starting in the Business & Tech Team, he saw members creating a PowerPoint slide show for a presentation, conducting data entry to capture vital statistics, making digital flashcards for workshops and more. In the Graphic Design & Multimedia Team, members worked on our deadline-driven weekly newsletter and created outreach cards while the multimedia studio was occupied with the filming our weekly news broadcast. And, of course, our Culinary Team was humming with the preparation of one of our healthy and delicious lunches.

Mr. Davidson met with our Director William and Board President Joan Geyer to discuss the Academy's history, growth, and future goals. At the end of his visit, he was happy to sit for an interview in our studio. Members Neil Blake, Kevin Luckner, and Tim Philips ran the show, filming and interviewing him like the pros they are becoming. For us, it was just another day at the Academy, but we hope that, for Mr. Davidson, it was a day to remember.



(left to right) Alan Davidson, COO of CFBHN, and Kevin Luckner



2022  
**GIVING CHALLENGE**  
Be The One

Presented by the  
Community Foundation of Sarasota County

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

**GivingChallenge.org**

# CATCHING UP WITH TIM PHILLIPS

by Tim Phillips



Tim Phillips

I have learned a lot from staff and members at the Academy. I work both in the Culinary team and in Business & Technology. Throughout the three years that I've been a member of the Academy, I have grown more competent with everyday things. I usually like to write about the garden (I'm always fascinated watching the tomatoes grow!), but I realize that just as the garden continues to grow, so do I!

I have mainly increased my self-esteem and I've learned a lot of "ins and outs" with business. I do plenty of errands at home, like taking care of my cat. I also enjoy Writer's Workshop which I attend on Fridays. The quality of my life has much improved since I started going to the Academy. My next goal is to work a Transitional Employment job just for experience.

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

# PILATES PI-LEASE

by Jason Sulimay



Jason Sulimay

This week, I participated in Wellness Wednesday, and we did a pilates workout. I am not new to doing exercises regimens, but this was my first time doing the Pilates exercises. In the past I have done powerlifting, yoga, stretching, and shoulder exercises. I also like to do exercises in the pool to relieve the tension mainly in my hips and calves. This week's pilates exercise routine was by far more intense than doing my stretching and exercise routine in the pool. The exercises I do at the pool are only half as challenging as pilates was. The exercises released tension in my hips and, also my lower back. In conclusion, I felt physically and mentally relaxed and didn't feel the need to also go to the gym.



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

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 18

- 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 19

- 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 20

- 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 21

- 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  button

*Thank you for transforming lives!*

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