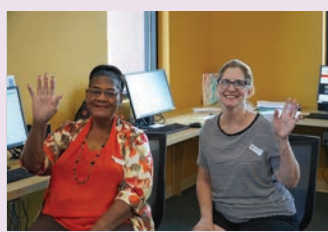
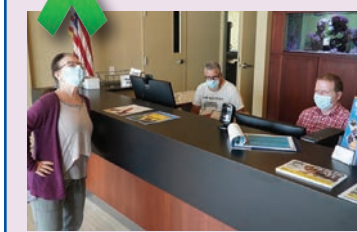




MAY IS MENTAL HEALTH AWARENESS MONTH

It's a great time to schedule a Lunch and Learn for your organization. Contact William McKeever at 941-921-9936.



MAY THE SAUCE BE WITH YOU

by Sandra Teperman

I took part in making a video this week. It's a commercial for Ben's hot sauce that will be part of our Friday news show, *This Just In*. Idanes Paredes helped me figure out my costume (I played Princess Leia) and did my makeup and hair, and she helped practice my lines. Dariel Paredes and Neil Blake filmed the video. We had a really good time making the video. I took acting classes when I was younger, and I've always wanted to be on film. Another dream fulfilled at the Academy!



THANKS FOR VISITING



Members and staff were excited to have former (and founding) staff member Phil Boyer (centered in red shirt) visit the Academy while in town.

SAILING OUT INTO THE COMMUNITY

Academy staff Jeff Jean and Vanessa Alcantara got a unique opportunity to participate in the Ship Shape Showcase event hosted by the Manatee Chamber of Commerce. It was a great opportunity to share information about the Academy. There were other non-profits and local businesses at the event that did not know there was a place like the Academy available in our community. Connections were made with other community agencies such as Centerstone, Manatee Memorial Hospital and Healthy Teens. These organizations were also intrigued and excited about our mission and the members we serve. It's great to finally be getting back out into the community and advocating for our members!



(left to right) Jeff Jean and Vanessa Alcantara.

FROM NOVICE TO EXPERT

by Autumn Peterson

As a new placement manager for our Transitional Employment dietary aide positions, I visited the Pines of Sarasota to learn the job. It was such a wonderful experience to have Academy member Ian Churchill train me. When Ian first began this position, I remember him expressing feelings that he wasn't getting the hang of it yet. Fast forward and he is now very confident in his job and is such an expert that he was able to train me there without his co-worker with whom he usually splits job duties. Not only did he overcome working without his usual partner that day, but there were a few hiccups that he navigated with ease. He has even created systems to make his duties more efficient. Ian's training was so thorough that I feel ready to train a new member for this available position.



(left to right) Staff Autumn Peterson learns the job from member Ian Churchill.

Wellness

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

BREATHING ROOM

by Ian Churchill

Wellness Wednesdays' primary function is to implement an aspect of wellness, be it physical, mental, emotional or spiritual. This week, the topic selected was meditation. Autumn Peterson explained the many benefits of meditating such as reducing stress, heightening self-awareness, boosting creativity and so much more. When I have attended meditation in the past, I didn't enjoy it because I kept responding to noises and other distractions. However, Autumn convinced me to have an open mind and try it out again. She walked us through some breathing exercises to help us relax into a state of meditation. We concentrated for twenty minutes straight, and it was incredible how short it seemed. I thoroughly enjoyed meditation for Wellness Wednesday as it helped me to relax, clear my mind, sleep soundly that night and most importantly, release negative thoughts.



Ian Churchill



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, May 9

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, May 10

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, May 11

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, May 12

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, May 13

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

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AcademySRQ.org

and click on the **Donate Now** button

Thank you for transforming lives!

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