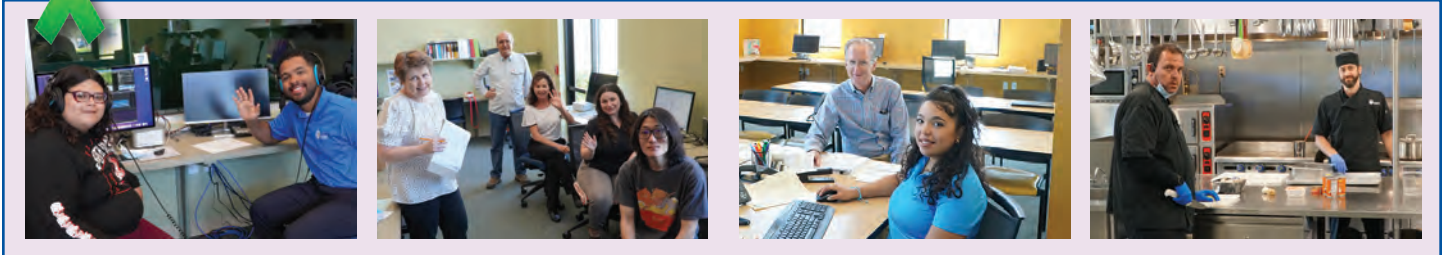




MAY IS MENTAL HEALTH AWARENESS MONTH

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



FOCUS ON TRANSITIONAL EMPLOYMENT

by Stephen Anderson

There are things that one must bring along on a job such as determination and attention to detail. These things are important, but I found Joanne and Idanes' help invaluable as I learn simply to focus. A clerical job such as this scanning position at Sunset Cadillac carries with it a responsibility to a manager and the need to do just what is asked of you, becoming adept at the task at hand. There's no time to deviate from protocol because others depend on you to get your part done.

My fellow employees at Cadillac are also trying to make the best of a busy week and still, they take time for a little hello and how are you. I am friendly towards everyone but try to remain focused. Academy staff Idanes Paredes has helped me to see the workload as a small hill to climb, rather than a mountain. She reminds me not to lose myself in the piped-in music overhead. This is quite helpful for my focus. Academy staff Joanne Campbell has kept me motivated and on track when at times I must have looked very blue, such as when I have to miss Spanish Workshop or Wellness Wednesday or if I have skipped lunch. But that's the life of a working man.



Stephen Anderson

A TOUR DE FORCE

by Jason Sulimay

The Academy is pleased to partner with First Step of Sarasota, one of our quality clinical treatment providers. We share values of Hope, Transformation and Recovery with our colleagues at First Step. We recently hosted Erica Barker, Director of Case Management Services, and her team.

My name is Jason Sulimay. I have been a member of the Academy at Glengary since February of 2020. I was referred to the Academy from the outpatient program at Doctor's Hospital. I attend the Academy four days a week, Tuesday through Friday.

I do many different things at the Academy. Most recently I have been giving tours to prospective members and guests. I gave a tour this week to case managers from our community partners at First Step. I also go to First Step for my psychiatry appointments.

I gave them a thorough tour of all three teams here at the Academy, including the garden. I began the tour by showing them the Business and Technology team. They commented

(continued on second page)



(left to right) William McKeever, Carli Ruffule, Deborah Morris, Patty Haltimer, Denise Goldman, Amanda Keene and Erica Barker.

WILD THINGS

by Tim Phillips

Tim Phillips here with your garden update. Spring has officially sprung and the tomatoes are growing in abundance; red, green and even purple! We love tomato season! We use them in salads, entrees and even just as a delicious and healthy snack.



Tim Phillips

There are also berries growing in the garden, though we are still waiting patiently for them to come into season. They're firm, and have a tart taste to them now, but they will sweeten up and soften as they ripen. We also have kale, cilantro, thyme, basil, hibiscus, parsley, pineapple, mint, green chives, red and green cabbage. Growing season in Florida is long and plentiful, and we are just at the beginning of this very "fruitful" time. Yet another reason to be grateful for the Academy. We really can say that we are farm to table.

A TOUR DE FORCE (CONT.)

on our new Smartboards, and how they prepare us for our daily tasks.

I provided detailed information about Transitional Employment and I also spoke about members who have gotten jobs through our Supported Employment program, or on their own.

The second part of the tour consisted of showing them around the Graphic Design and Multimedia team. Academy member Ian Churchill showed them a brief video of several member testimonials, detailing why they attend, and what they attain from being a member.

The tour concluded with me showing our guests around the dining room and kitchen. I told them about our legendary breakfast buffet every Friday and our continental breakfast from Monday to Thursday as well as our daily three-course lunch options, all prepared and served by members. They enjoyed the tour so much that they stayed for lunch!



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 16

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 17

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 18

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 19

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 20

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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