

ON THE ROAD TO CLUB SUCCESS

by Irene Lunt and Loriann Smith

This morning, Loriann Smith, Irene Lunt, Naomi Treece, Joanne Campbell, and Jodi-lee Weiss set out on the road for Club Success in Lakeland, Fla. Club Success is a Clubhouse International accredited program similar to the Academy at Glengary. Their director, Miranda Mills, met us at the door and introduced us to member Chris, who led our tour. It was immediately clear that they have a close-knit community, and that the members have a strong sense of pride and ownership of their Clubhouse. Everyone was so welcoming and informative.

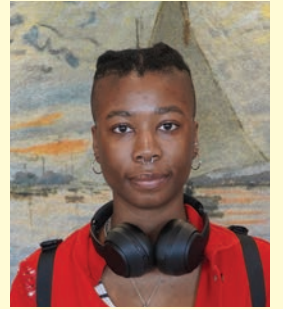
Like us, they sign up for jobs at unit meetings, and members and staff work together. Their units include kitchen, clerical and media. They do light exercises every day to stay fit and limber. Their Transitional Employment offers opportunities for nine different members.

They did inspire us with something new and different; they keep newsletters from all the Clubhouses around the world, and they feature one per week to discuss and to find inspiration and ideas for their own Clubhouse. We loved this idea! We were all grateful for the experience and we hope that the lovely people from Club Success return the visit.



Academy group with the wonderful members of Club Success

WELCOME Nyja Bundrage



Nyja Bundrage

Hello! my name is Nyja and I've recently started attending the Academy at Glengary. I've always found difficulty in communicating with others since I was a child, and those issues became even more apparent during my high school years. I realized I was different from other people my age, but it became painfully obvious as I got older and attempted to socialize with my age group. My therapist recommended the Academy when I expressed concern about these anxieties jeopardizing my plans for adulthood. The relaxed, laid back, and friendly environment here allows me to make progress at a manageable pace for me, while providing the challenge and structure I need. I'm an artist who also loves creating complex stories for my characters, and my dream is to one day publish books that allow me to share my creativity with the world!



Join us for a fun and informative hour! Hear heartfelt stories our members share about their journey to mental health recovery. Enjoy engaging videos and stay until the end for a special surprise!

AcademySRQ.org/Live

Wellness

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

by Candy El-Azzaoui

At a recent Wellness Wednesday, the topic was organic foods and how they can be misunderstood and mislabeled.

We played an inspirational trivia game about what *organic* really means and learned the difference between *organic* and *natural* on food labels. Wow!! I was surprised how much I didn't know and how much there is to learn. If the label says natural it doesn't necessarily mean it's good for you because the term *natural* on labels isn't regulated. I discovered what the USDA *organic* label actually looks like and that it ensures conservation of the land and that no pesticides are used. This is important because it considers future generations' foods and how it may affect them.

When considering what to buy organic, it's most important to buy leafy greens, berries, and coffee. Eating fruits and veggies rather than packaged food is so important to our health, whether we can afford organic or not. With a



Candy El-Azzaoui

little effort, paying attention to what you put it your mouth will help your mental health.



988 CRISIS LIFELINE

Simply calling or texting 988 or chatting 988Lifeline.org will connect you to compassionate care and support for mental health-related distress. #988Lifeline



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.

HYBRID WORK-ORDERED DAY

Monday, August 8

- 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.

Tuesday, August 9

- Morning Meeting - 9 a.m.
- Individual Team Meetings - 9:30 a.m.
- Academy Meeting - 1:30 p.m.
- Individual Team Meetings - 2 p.m.
- Accreditation Committee Meeting - 4 p.m.

Wednesday, August 10

- 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.
- Telethon Planning - 2 p.m.
- Wellness Wednesday Workshop - 3 p.m.

Thursday, August 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.
- Mission Meeting - 4 p.m.

Friday, August 12

- 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



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AcademySRQ.org

and click on the button

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