



## HEART FOR SERVICE AND HEART FOR THE ACADEMY

As we linger in the afterglow of our recent telethon, we are filled with gratitude for everyone who made it such a joyful success, not the least of which are our dedicated volunteers. Volunteer coordinator Elena Vizvary attended weekly planning meetings and stayed in the loop of our ever-changing needs. She recruited a group of community volunteers to help. They answered phones throughout the event, taking payments, answering questions, and keeping us running smoothly. Colleague friends from our past travelled from St. Petersburg to help out. There were family members, board members, ambassadors, educators and clinical partners.

We don't take their efforts for granted. Our volunteers are busy folk, with family and careers and other commitments. That they chose to make time for us is indicative of their hearts for service and their selflessness in supporting us. From the bottom of our hearts, we thank them. Our success relies in part on this kind of unity, and our community did not disappoint. They went above and beyond.

### Our Dedicated Volunteers

Regina Bonyng	Luan Hedley	Dr. Matthew Thomas
Cecile Collmer	Micki Lindberg	Elena Vizvary
Warren Collmer	Pam Selph	
Ligia Gomez	Deb Studabaker	



Just a few of the volunteers with members and staff after the telethon ended.

## CONTINUING TO FLOURISH

by Cayman Seiffert

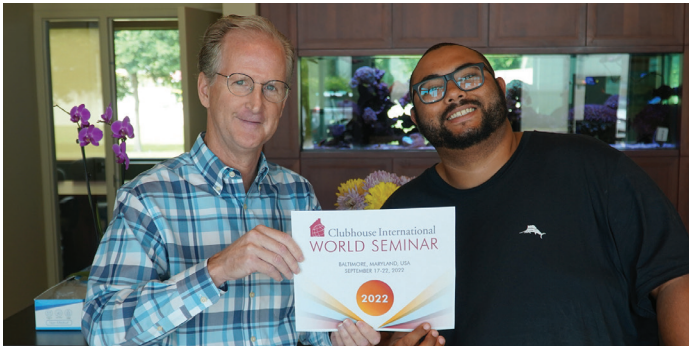
The last few months of preparation and planning all led up to the big finale last week: the Fourth Annual "LIVE from the Academy" Telethon which I had the honor to co-host with the talented Jodi-lee Weiss. It was an honor, and I was humbled to even be in that position being that it was the first time that the Academy had a member host the telethon. From the very beginning I was excited and looked forward to being part of something greater than myself, to grow as an individual, and to allow myself to give back to the place and community that has done so much for me. I was prepared to be in front of the camera based on my last starring role in the telethon last year as Flourishman, where I was able to find my voice and also discover in myself skills that I didn't know I had. I gained so much experience and skills through co-hosting this year that I feel like I can take on anything. It was awesome to be part of every facet of planning, from scheduling to ideas for videos, to social media strategies and more. It was a great experience and I couldn't have done it with a finer group of people or a better co-host.



(left to right) Cayman Seiffert and Jodi-lee Weiss during the 2022 telethon.

# BALTIMORE BOUND FOR 2022 WORLD SEMINAR

The Clubhouse International World Seminar will be held in Baltimore, Maryland, Sept 17 through Sept. 22. The Academy is sending two members and three staff to participate. And, we will be presenting in seven workshops and plenary sessions. Hot on the heels of hosting the telethon, member Cayman Seiffert will join member Paul Hennekes to speak about their journeys to mental health recovery and present in several workshops about multimedia, communication and sustainability. Watch for a follow-up story in a future issue of *Glengary Times*. Good luck and safe travels everyone!



(left to right) Paul Hennekes and Cayman Seiffert

## Wellness

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

## ACCENTUATE THE POSITIVE

Today we learned about how our positive thoughts and beliefs can shape our realities. Studies using visualization to improve a given outcome had two groups; both were asked to dunk a basketball. After an initial baseline assessment, one group had two weeks of basketball practice while the other group spent 20 minutes a day just visualizing themselves dunking the ball. The group that physically played ball improved 24%. But guess what? The other group, the ones that just visualized themselves succeeding, also improved, by a whopping 23%!

Another example is the story of the 4-minutes mile. Experts said it was physically impossible until Roger Bannister proved them wrong and ran a mile in 3:59. A year after Bannister broke the record, many others followed. Once the world saw that it was possible, it was. When we remove fear and doubt, we literally rearrange the neurons in our brain and redefine our possibilities. Pretty cool, huh?



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.

### Monday, September 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.

### Tuesday, September 13

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, September 14

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.  
Ambassador Luncheon Planning - 2 p.m.  
Wellness Wednesday Workshop - 3 p.m.

### Thursday, September 15

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, September 16

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 - 2 p.m.

Gardening available daily through Culinary Arts



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[AcademySRQ.org](https://AcademySRQ.org)

and click on the  button

*Thank you for transforming lives!*

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