



OUR 2023 INTENTIONS

A yearly intention, unlike a New Year's resolution, isn't a strict goal but is more of an idea or phrase that you want to take into the new year. This allows for flexibility as it isn't something you can fail at but simply gets you to consider how you can grow in this way. Some examples might be "health" for people thinking of going to the gym, or "kindness" or "hope."

Erika Schlunk - Self-compassion

Jason Sulimay - Empathy

Eric Broderick - Peace

Aaron Collmer - Kindness

Michael Silverman - Self-reliance

Loriann Smith - Confidence

Irene Lunt - Happiness

Joanne Campbell - Music

Patty Haltinner - Peace

Idanes Paredes - Happiness and no stress

Stephen Anderson - Self-control

Rima Ghalieh - Worry-free, stress-free, bliss

Ben Burnside - Calmness

Mike Messmer - Determination

Dalya Aponte-Sotomayor - Strength

Kevin Geyer - Respect

Billy Elkins - Health of body, mind & soul

Jodi-lee Weiss - Creative discipline



SHARING THE LOVE CAMPAIGN ENDS TUESDAY

We are very grateful to our local Subaru retailer, Sarasota Subaru, for choosing the Academy at Glengary as their hometown charity for the 15th annual Subaru "Share the Love Event." If you're considering a new car purchase or lease, please take a look at Sarasota Subaru. For every new car sold or leased through January 3, 2023, Subaru of America, Inc. and Sarasota Subaru will donate a total of \$300 to your choice of five charities (of course, we suggest that you select the Academy for a local impact!) The offer continues through January 3, 2023. Hurry in, it's your last chance to Share the Love. Thank you Sarasota Subaru for making us your hometown charity!



We hope you enjoyed our 10 Days of Gratitude videos. Be sure to visit AcademySRQ.org/Gratitude to watch the compilation and hear what our members are grateful for this year.



Wellness

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

FOCUSING ON OUR INTENTIONS FOR THE NEW YEAR



by Greg Cook

At Wellness Wednesday, we played fun games to help us draw out our intentions for the new year. Interactively, we learned more about each other and what our cares are for the future. Although our actions may speak louder than our words, it is the intention that reveals our source being. We will use positive intentions to improve our mental health and make progress on our goals for the next year.



DAY SEVEN

by Lori Wiest

Around the middle of December, we began working on this year's holiday gratitude campaign. I suggested modifying the song "The 12 Days of Christmas" to become "The 10 Days of Gratitude." This is a song that expresses our gratitude for the various areas in life for which the Academy prepares us – friendship, self-esteem, and employment. In each video, each member sings a line telling of their special area of gratitude.

I was asked to do the video for day seven, Fortitude and Courage. I thought of the long, tiring journeys from Manatee County that I made by bus, five hours round-trip a day, to reach the Academy the first year and a half that I attended. It was such a valuable program to me that I was willing to undergo the trip, despite it taking up so much of my waking hours. I moved to Sarasota for a few years, but now live in Nokomis, so I have an hour-and-a-half round trip, but it is still well worth it.

I hope you had an opportunity to watch each day's video. If not, the full compilation is available on our website at AcademySRQ.org/Gratitude.

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, January 2
Academy Closed

Tuesday, January 3
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, January 4
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.
Wellness Wednesday Workshop - 3 p.m.

Thursday, January 5
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, January 6
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.

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

Gardening available daily
through Culinary Arts



TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  **Donate Now** button

Thank you for transforming lives!

The Academy at Glengary, Inc., is a 501(c)3 charitable organization. All donations are tax-deductible to the extent allowed by law. The Academy at Glengary is registered with the state of Florida (CH56160). A copy of the official registration and financial information may be obtained from the Division of Consumer Services at www.fidacs.gov/ConsumerServices or by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.



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.

