



A DAY AT THE FAIR

by Jodi-Lee Weiss

Academy staff Cathy Dexter and Jodi-lee Weiss attended the Vocational Rehabilitation (VR) Vendor Fair on Wednesday, spending the morning chatting with Vocational Rehabilitation Counselors (VRC) about what we do. In the context of VR, we are a vendor; a provider of job coaching services. VRCs want to get to know more about the different agencies, and how each is uniquely positioned to assist in its own way.

For our part, the Academy explained the deeper relationships that we have with those whom we serve. While most job placement agencies see their “clients” once a week, we work with our members side-by-side, getting to know their strengths and challenges, and developing a more comprehensive understanding of each individual’s potential.



Jodi-lee Weiss sharing about the Academy.

Some of the VRCs are old friends by now (one such counselor sent us our first referral in 2017 before we had even opened our doors), and some were new to us. It’s always a pleasure to speak about what we do, and it is even more gratifying when it might lead to furthering our reach. We’re grateful to the Division of Vocational Rehabilitation for the opportunity to share our passion for transforming lives.

WELCOME FSU INTERN

by Joanne Makar

Hello everyone! I’m a medical student at Florida State University and an aspiring psychiatrist who is completing a two-week community rotation here at the Academy at Glengary. I heard about the Academy through my school and have loved every minute I’ve spent here. The members and staff have been nothing but warm and welcoming to me since my first day. I have loved learning about all the different benefits that the Academy has to offer, like the sense of community and opportunities for practical skill development and employment.



Joanne Makar

My favorite thing about the Academy is all the meaningful conversations I’ve had with the people I’ve met here. This environment has been the most inclusive and unique place I have ever had the privilege to attend. I’m looking forward to continuing to come to the Academy even after my rotation has concluded.

APPLAUSE TO LORI WIEST FOR HER NEW JOB

Lori has been an Academy member since September 2017. She has committed herself to her recovery at the Academy and it shows! We are all excited for this next leg of her journey!



I'M ALIVE

by Tandi Maxwell

We recently staffed a table at the Manatee Performing Arts Center's performance of the musical, *Next to Normal*. The play deals with mental illness and the toll it takes on the family. The main character of the play is under treatment by a psychiatrist to "cure" her of grief from the loss of her son.

Some Academy members attended the play and shared that the main character, and her ongoing relationship with the spirit of her deceased son, mirrored their own experiences. The play was powerful and moving as it portrayed the mother's memory of her son. The closing song, "I'm Alive," epitomizes how she retains his memories rather than be "cured" of them.

Before the play began and during intermission many theatergoers stopped by our table to ask about our program and take materials to share with family. The play was another way to bring mental illness to the forefront and reduce the stigma associated with it. Thanks to Manatee Performing Arts Center for this important opportunity to shine a light on recovery.



(left to right) Lisa Hillje, Tandi Maxwell, Michael Silverman and Jose Campos

Wellness

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

ESSENTIAL OILS WELLNESS

by Maureen Flaig

For this week's Wellness Wednesday, we learned first-hand about essential oils! Staff Dalya Aponte-Sotomayor explained how essential oils work and the many positive effects they can have on our health including aiding in digestion, promoting relaxation, boosting self-confidence, lifting mood, calming anxiety, and more. Each member sampled four oils on a tissue: clary sage, lavender, frankincense, and orange. Then we had the delightful experience of using the oils outside, in a meditation session led by Dalya. It was a fun and relaxing time under a perfect blue sky, breathing in the scents of lavender, orange and sage drifting around us, together.



Dayla Aponte-Sotomayor



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, February 6

- 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, February 7

- 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, February 8

- 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, February 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.
- Mission Meeting - 4 p.m.

Friday, February 10

- 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  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.fdacs.gov/ConsumerServices or by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.

