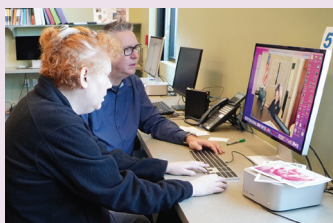


February 10, 2023



AN OLYMPIC OPPORTUNITY

by Lisa Hillje and Candy El-Azzaoui

You never know what opportunities might come your way when you're a member of the Academy! Last week, we had the amazing experience of meeting Olympic great Michael Phelps as part of Ringling College's Town Hall lecture series. He was humble and so kind! His talk was direct and simple. He explained the sacrifice one must make to accomplish being the very best at your sport. His life during his swimming career consisted of only swimming, eating, and sleeping. And he did so while living with ADHD, depression and anxiety. His dedication to the sport led him to win 28 Olympic medals, 23 of which were gold. Thanks so much to the Academy for yet another rewarding experience.



(left to right) Lisa Hilje, Michael Phelps and Candy El-Azzaoui



(left to right) U.S. Olympic Hall of Fame Swimmer Rowdy Gaines and Michael Phelps

WELCOME Pamela Weston



Pamela Weston

Hi, my name is Pamela Weston. I learned about the Academy from Kontrena Mcheter of Peer Empowerment and Advocacy. When my daughter died on September 4, 2022 in California, I had lost hope, and every day was hard to make it through. What I've learned is that everyone matters and even though it's not always easy, what matters most is that we show up.

Some of my favorite things to do at Academy of Bradenton is to help prepare lunch and to work in the graphic design team. Staff's consistency in calling and texting, and their genuine concern for me, has given me the strength to move forward. I look forward to attending the Academy and continuing to grow stronger in this supportive community.

MAKING AN IMPACT

by Joanne Makar, FSU medical student

The Academy had a greater impact on me than I could have imagined. Despite only being here for two weeks, the conversations and experiences I have had here have greatly reinforced my love for mental health rehabilitation. Through first-hand experience here, the Academy has clearly demonstrated the positive effects that community and fellowship can have on a person's quality of life. I am grateful for the kindness that the members and staff have shown me. I'm excited to see the Academy flourish as the years go on.



(left to right) Lori Wiest and Joanne Makar

ACADEMY TO THE RESCUE

We had the Red Cross out to the Academy last week to conduct a comprehensive First Aid/CPR/AED training. The training covered cardiac resuscitation with chest compressions, mouth-to-mouth breath, and use of the AED machine, and first aid.

Our instructors Manny and Robin led the group through hands-on exercises, answering questions and correcting our form until we each could confidently perform these life-saving measures. It was four hours well-spent (although we hope never to have to use what we learned). Those who attended the training received a two-year certification, so fear not, in an emergency, Academy members and staff to the rescue!

Rima Ghalieh, on left, learns CPR



Wellness

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

A BREATH OF FRESH AIR

by Maureen Flaig

This week, Brock Cannon, owner of Kensho Studio, was a guest speaker, explaining the benefits of the Wim Hof method of breath-work plus cold therapy to both body and mind. Brock led us through a short breath-work session consisting of powerful inhalations, relaxed exhalations and prolonged breath holds. The point, Brock explained, is to increase oxygen levels and blow out carbon dioxide which helps rid the body of toxins and increase “feel good” chemicals throughout the body and brain.

Cold therapy, the second component of this method, follows the breath-work. This can be practiced in an ice bath or cold shower at home for one to five minutes (though it has to be under 50 degrees. Good luck with that, Floridians).

As we ramp up our wellness initiative, this is one of many new wellness modalities that we are learning about. A cold plunge might not be for everyone, but I’m sure excited to “embrace the shiver!”



(left to right) Stephen Anderson, Ben Burnside, Idanes Paredes, Joanne Makar, Patricia Haltinner, Ian Churchill, Dayla Aponte-Sotomayor, Jason Sulimay, Greg Agnacion, Rima Ghalieh, Leo Ramirez, Nicole Pendleton, and Brock Cannon



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 13

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 14

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 15

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 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.
Mission Meeting - 4 p.m.

Friday, February 17

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

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Thank you for transforming lives!

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