



## A VISIT FROM BIG SISTER

National Network colleagues Micaiah King and Delaina Peek visited us as a follow-up to a 2-week training that Academy member Jerry Clancy and culinary staff Ben Burnside attended last fall at Fountain House in New York City. Back in October, Jerry and Ben created an Action Plan as part of the training, a living document meant to target desired goals and implement new strategies for success.

Micaiah and Delaina were here to check in on our progress and offer support where we might seek more coaching. They celebrated how much we have accomplished, and even took away some new ideas to bring to Fountain House. They both fit right in and quickly felt like part of our community.



(left to right) Micaiah King and Delaina Peek

They gave an interesting presentation on the role, and meaning, of social practitioner (a title and concept that Fountain House coined and developed). We had many questions, and they knew their stuff! Thanks to both, and to Fountain House, for their shared wisdom and passion in the pursuit of mental health recovery. We're proud to be an affiliate of the Fountain House National Network.



## TRAINING THAT PAYS OFF

by Jerry Clancy

As part of the Academy's Transitional Employment program, I had the opportunity to hold a food prep position at Tripletail Seafood & Spirits for nine months. That job, along with over six years in the Academy's culinary team, prepared me to work in a competitive restaurant environment. When I was ready, I worked with a job coach at the Academy, and I even landed the very first job that I applied for!



Jerry Clancy

I now work at Grillsmith. As part of my job, I weigh/portion ingredients that go into the dishes, make salad dressings from scratch, fold napkins, and polish and roll silverware. My hours are in the afternoon, before they open, so I'm not pressured by production demands. One of the other great aspects of this job is that it's an easy walk from my house, so there's no getting stuck in traffic!

Similar to the Academy, I work with patient and kind managers who are always willing to help me. Everyone I've met who works there has been very friendly and welcoming. Back when I was looking for work, I told Jodi-lee, my Academy job coach what kind of position I was looking for, and this one really ticks off all the boxes. The job is relatively new but, so far, it's the best job I've ever had.



(left to right) Benjamin Foreman and Erika Schlunk animating a special project.



# MY TIME AT THE ACADEMY

by Micaiah King

I came here to follow up after the Academy sent two people to Fountain House for colleague training. My time was well spent here, and I enjoyed every part of the Academy. I really liked being here, it was a new comfort zone for me. I can't wait to visit again, hopefully sometime soon if possible. The travel was very worthwhile and arriving here made me feel at home, like being at my own Clubhouse back in New York City. The work-ordered day is the same but also different. Delaina and I felt like we were a part of things. Most of all, I appreciate everyone welcoming us both from the time we arrived. I recommend the visit. The Academy rocks! I will miss our Florida neighbors very much.



(left to right) Micaiah King And AJ Ramirez

# FIT SHOPPING

by Stephen Anderson

This week, we learned about grocery shopping habits with the goal of making healthier choices while maintaining a budget. Wellness Coordinator, Dalya Aponte-Sotomayor, helped us learn how to choose the best ingredients, and she asked how we all were faring in terms of preparing a weekly budget for food. These details loom large, especially if we live alone like I do, and have to manage the household with little money. The size of a supermarket alone is a deterrent!

Together, we walked across the street to visit Trader Joe's. Maureen had never been there before, which I imagine like Wednesday Adams taking to a dance floor, no time for cold feet. Shopping at Trader Joe's is a fun and lively experience. It's a comparatively small store, so it's possible to find what you need fairly quickly before returning to the Academy and the rest of your day. Thank you to Dalya for helping make healthy shopping on a budget not such a tall order.



(From Back Left) Rima Ghalieh, Christina Hartsock, Micaiah King, Jason Sulimay, Nicole Pendleton, Stephen Anderson, (Front Row) Lisa Hillje, Dalya Aponte-Sotomayor, Maureen Flaig



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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, March 6

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:30 a.m.  
Rima's Typing Workshop - 12 p.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

## Tuesday, March 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, March 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.  
Ambassador Luncheon Meeting 2 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Wellness Wednesday Workshop - 3 p.m.

## Thursday, March 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, March 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.

Gardening available daily  
through Culinary Arts



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