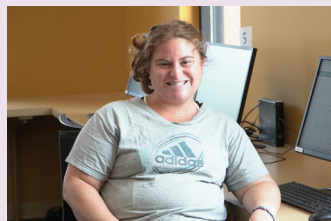


April 21 2023



ORIENTING CHOBEE CLUBHOUSE

This past week we were eager to welcome our newest Florida Clubhouse Program, Chobee Clubhouse from Okeechobee, FL. Our emotional investment in their success is heightened by the fact that they just joined us for a two-day orientation to the Clubhouse model.

Clubhouse Manager Stephanie Bustin and Mental Health America (MHA) of Indian River County Manager Carol Martin are expected to open Chobee Clubhouse this fall. Carol currently runs three drop-in centers for MHA, and now the two of them are launching the first Clubhouse under the MHA umbrella. Both colleagues expressed that they were taken by the sense of collaboration between members and staff, and how the teams support each other. Carol said, "I've never seen this type of teamwork in any workplace setting...members are so involved and staff pitches in wherever they're needed...it made a big impression on me."



(left to right) Maureen Flaig, Stephanie Bustin and Carol Martin

Stephanie shared Carol's sentiments and added that she loved how "each member has personal responsibility and choice." She noted how kind everyone here is to one another and described us as "a safe environment for strengths and abilities to naturally flow out of members." We couldn't agree more. We wish Chobee Clubhouse the all the best, and we can't wait for our invitation to visit.



Academy members and staff with Chobee Clubhouse staff Stephanie Bustin and Carol Martin

WARM WELCOME

Sirron Cunningham

Hi there, my name is Sirron David Cunningham. I'm very smart, but not so social. I've often thought "why am I so different than everyone?" I've concluded that my personality traits are just different. On the first day of orientation at the Academy, I knew it was going to be a great day! It's been only 3 weeks and I've met a lot of new people. I might be a whiz at Photoshop, but remembering names? Forget about it!



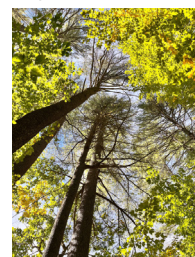
Sirron Cunningham

I'm glad to be on the Slack app where we can communicate with one another. As the days pass, I'm getting more comfortable, and even remembering colleagues' names starts becoming easy. By attending the Academy, I'm making allies. I'm learning how to prioritize, and how to ask questions. Oh! And I'm chewing down some good healthy food too!

THROUGH YOUR EYES

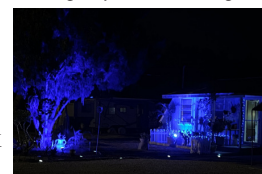
By Benjamin Foreman

Through Your Eyes is a new project created by our Design Team. Each week we post a prompt, and then invite the Academy community to post photos and short videos on Slack that are inspired by the prompt. It's a fun and creative weekly activity that engages the whole community, encouraging visual creativity and positive interaction.



Up! By Joanne Campbell

It's one more way we're getting FIT, as it strengthens our social, intellectual, and even emotional wellness. Our third week since the project's launch, the word of the week is: Reflection.



Glow. By Maureen Flaig

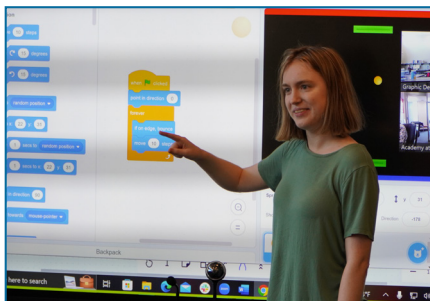
OPENING DOORS

By Erika Schlunk

When I first joined the Academy, it was just about staying busy. Soon after, it became about building community and confidence. It was amazing for my mental health, but felt like a detour, a holding place for me to recover until I was ready to go back to school and work.

For that purpose, the graphic design team was a fine fit. I loved the work, but I was dying to teach again. Whenever I could, I jumped in to help other members.

I was quiet about it because I was scared of overstepping, but there was no need—once staff saw my skill-set, they encouraged me to take the lead on projects and cheered me on as I taught coding to a fellow member. I couldn't stop smiling! I had the chance to do what I loved again!



Erika Schlunk teaching her coding workshop.

From there, doors opened up, and in mid April I designed and facilitated a coding workshop. I'm honing skills that I want to develop while challenging others to think in new ways. I'm teaching!

The Academy was never a holding place or a detour. It's helped me find the road I was meant to be on. I knew my path, but, until now, I couldn't see it. Now there are two dates popping up on my calendar: I go back to school in August, and back to work at my old part-time teaching job in May.



TRUIST FINANCIAL LITERACY

We really hit the jackpot when we partnered with Truist Bank! In their second monthly Financial Literacy workshop, Pedro Ocasio and Tracy MacLean delivered a fun and interactive workshop to a standing-room-only crowd.

Budgeting can be a sobering topic, but they managed to inspire us with the sense of wellness that comes from taking control of one's finances. Thanks to our friends at Truist for their ongoing sage advice and guidance.



Academy members and staff with Truist Bank Community Financial Wellness Leader Pedro Ocasio



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, April 24

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
Newsroom Meeting - 11 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.
Gym - 3:30 p.m.

Tuesday, April 25

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, April 26

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 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, April 27

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.
Mission Meeting - 4 p.m.

Friday, April 28

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.
Spanish Workshop - 2 p.m.

Gardening available daily
through Culinary Arts



TO MAKE A DONATION

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AcademySRQ.org

and click on the **Donate Now** button

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