



## NOTES FROM A TEAM TRAVELER

By Maureen Flaig

With the Academy's focus on flexibility and freedom of choice, for me a day at the Academy is never the same twice!

It took me awhile to feel comfortable and confident enough to exercise this freedom. For the first several months I spent all my time in Graphics, which felt comfortable to me because of my prior career in public relations. But recently I spread my wobbly wings and fluttered over to Business and Technology for a visit. It was eye-opening to experience life on a new team! While similar in structure, each team has a different scope of work, and a style and tone all its own, but they each share the mission of moving the Academy onward and upward.

Since then, I've been fluttering back and forth between the teams – and beyond! Some might say I'm a "team hopper" – which is a good thing here at the Academy where members are encouraged to explore, discover, and decide for ourselves what feels best for each of us.



Maureen Flaig



Maureen working on a project in the Business and Technology team.

## WARM WELCOME

### Annette Crouch

I have lived in Sarasota/Bradenton for 20 years and I have always struggled with meeting people and staying motivated. I decided I needed to try something new and make a change in my life. I heard about the Academy and decided to check it out, but being a shy person, it can sometimes be a challenge to put myself out there. But I did it, and the people are very nice and helpful. I hope that the Academy can help me meet new friends and help me get the training that I need to get out in the world again and feel proud of what I can accomplish. I'm sure the Academy can help me to achieve my goals.



Annette Crouch

## LAUNCHING LITERARY MAGAZINE

The Academy is launching our first-ever literary magazine! Inspired by our Writers' Workshop, we are accepting submissions of poetry, short story, and essay. The publication is called... Oh! First order of business: name the publication! Stay tuned for exciting updates on our latest creative work, brought to you by the makers of Art of Recovery.



# GETTING BETTER ALL THE TIME

By Sirron Cunningham

Here at the Academy, we strive for excellence and are always looking for ways to improve. Case in point, the multimedia team recently switched our editing software from Final Cut Pro to Adobe Rush. You may ask, “Why? Aren’t they all the same?” They are not! Adobe Rush is the entry-level software version of Premiere Pro, the industry-standard software for video editing. Adobe Rush is also more engaging and user-friendly.



Sirron Cunningham

We are already implementing it into our work with projects such as *Through your Eyes*, a Slack-based visual journal shared within our community. Our goal is to hone versatile and relevant skills in the multimedia world while removing the intimidation-factor and keeping it fun. So far, we are knocking it out of the park!



(left to right) Benjamin Foreman and Logan Wahlsmith



# FINDING TRANQUILITY THROUGH MUSIC

By Rima Ghalieh

Our wellness coordinator Dalya came up with something completely different for our wellness activity this Wednesday from 3-4 p.m. She presented a PowerPoint presentation explaining the long history of using music as a healing tool. She brought instruments out and we each chose one and noted how the sound made us feel. We each had a few minutes to play while everyone in the group waited quietly and patiently for their turn. I played the steel tongue drum and my conclusion is that it made me feel bliss, and put me in a tranquil mood.



Rima Ghalieh



Stephen Anderson and Dalya Aponte-Sotomayor



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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, May 1

- 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, May 2

- 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, May 3

- 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, May 4

- 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, May 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.
- Spanish Workshop - 2 p.m.

HYBRID WORK-ORDERED DAY

Gardening available daily through Culinary Arts



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