



WALKING IN MY PURPOSE

by Vanessa Tamarro

Last Saturday I woke up late for the "Walking in my Purpose" conference at University of South Florida. Anxious and stressed, I rushed there to meet our group of Academy members and staff-eight of us in all- having no idea what was in store for me. All I knew was I felt depressed and totally unfulfilled with the life I was living.

I listened to various speakers discuss how to identify behaviors that sabotage one's progress towards goal achievement, and how to combat those barriers. They provided strategies to reset one's state of mind through small actionable steps. I felt moved for probably the first time in months. The main thing I walked away realizing was "boy, do I have a lot of work to do!"



Members and staff attending the "Walking in my Purpose" conference hosted by Robin Faucy of 1st Results

This may seem like a small feat, but it isn't. I have a lot of changes to make and I'm very aware that Rome wasn't built in a day. I've decided to at least try to make improvements in my life, and that it's ok to start small. I won't tell myself I can't do this, I will instead say, "A journey of 1,000 miles begins with a single step." I can do that.

WARM WELCOME TO IVAN ALONSO

by Ivan Alonso

I am a new member that came to the Academy because I wanted to change my life. I am hoping to network with other members and make lasting relationships.

I have been volunteering my time in the graphic design and culinary teams—it's helping me make those connections while I learn new things.

For the last year I have been in my house most of the time. I would like to thank all the members and staff who are giving me a chance to be here and work side-by-side with them.

Also, thank you for inviting me to write this article for the newsletter. I hope it gives everyone an idea of who I am, and I'd love to get to know all of the members in this awesome community.





ART OF RECOVERY

SHOW AND SALE

SAT., DEC. 13

1:30 - 4 P.M.



1910 Glengary St.
Sarasota, FL 34231



(L to R) Preston Zorn and Long Pham at the State Attorney's office

PASSING THE TORCH

by Long Pham

Many thanks to the Academy and to State Attorney Ed Brodsky for giving me this wonderful opportunity to hold a Transitional Employment position at the State Attorney's Office.

In these past seven months I've learned how to communicate better, improved my computer skills, gained more confidence in myself and my abilities and I made wonderful friends. I am certain I will use all that I learned in the future. The future seems bright and it is all thanks to this opportunity.

I wish nothing but the best to fellow Academy member Preston Zorn, who will be taking over the position at the State Attorney's office. Go Preston! I know he will be great! Thanks again to the Academy for believing in me and taking a chance on me. I am looking forward to the future.

ART OF RECOVERY SHOW & SALE TOMORROW!



(L to R) Guests speak with Academy member and artist Paul Mathisen at last year's Art of Recovery Show and Sale

We're looking forward to seeing you tomorrow, December 13, 2025, 1:30 to 4:00pm for our 2025 Art of Recovery Show & Sale. Location: 1910 Glengary St., Sarasota, FL 34231



HOMETOWN CHARITY

We are very grateful to our local Subaru retailer, Sarasota Subaru, for choosing the Academy at Glengary as their hometown charity for the 18th annual Subaru "Share the Love Event." If you're considering a new car purchase or lease, please take a look at Sarasota Subaru. Visit Sarasota Subaru at 7611 S. Tamiami Trail, Sarasota, FL 34231, before January 2, 2026. Call them at 941-888-1293 or go to their website at SarasotaSubaru.com

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