



## A NEW CHAPTER BEGINS

by Preston Zorn

In December of 2025 I was offered the Transitional Employment position at the State Attorney's Office. I was honored and grateful to be considered for this job.

I was a bit worried that I would get bored sitting at a desk all day but that is quite the opposite. My job is very fun, and I enjoy working with my coworkers. They are all very welcoming and kind and I look forward to going into work each day.

Thank you to the Academy for choosing me for this Transitional Employment position and thank you to Academy staff Ben Burnside, Lynn Rupe, and Jen Page for supporting me through this new experience. Huge thanks to Ed Brodsky, State Attorney of the 12th Judicial Circuit, for this transformative opportunity.



Preston Zorn with his first paycheck from the State Attorney's Office

## WARM WELCOME TO BROOKE DEPUY

by Brooke DePuy

Hello everyone! I am the new Wellness Coordinator at the Academy at Glengary and the Academy at Bradenton.



I am from a small town in central Maine. I attended Endicott College in Beverly, Massachusetts and earned a Bachelor of Science degree in Athletic Training. My education involved the human body and its response to physical activity/injuries, as well as nutrition, general medicine, and strength training. I previously worked at a high school in Massachusetts and provided medical coverage for their sport activities.

I moved to Florida 4 years ago. I have experience in customer service roles and have worked to discover my optimal career path. My true passion is helping others and I am ecstatic to have found the Academy, where I can transform my passion for health and wellness into something with purpose and meaning. The strength of our members and the positive energy of this community is genuinely inspiring. I'm looking forward to supporting members as they pursue their passions and reach their wellness goals!

More about me – I have two fur-babies, a dog and cat; I enjoy practicing yoga, exercising, and reading mystery novels.



Brooke DePuy (back right) facilitates a Wellness Workshop



(L to R) Ryan Krajewski, Nathalie Estiverne, Omar Tlemsani, Joyce Berk, Joseph Lewis, Brooke DePuy and Bill Hunter in the Wellness Journaling workshop

## A DEEP WELL OF GRATITUDE

by Omar Tlemsani

At the Academy, we focus on the 8-Dimensions of wellness as a holistic approach to mental health recovery. Today at the Academy at Bradenton, we practiced gratitude as an expression of our emotional wellness.

Before the workshop, we all designed our own gratitude journals, choosing art that expressed a part of ourselves. When we came together, we found that we had a lot to be grateful for, and much of what everyone else said resonated with me. One person said that he is grateful for his parents' health and happiness. Some mentioned their spirituality while others were grateful for work or their friends, and nearly everyone expressed gratitude for the Academy. I am grateful for all of these things as well. It really opened my eyes to our shared gratitude; the commonality of humanity among us all. Rather than focus on selfish desires, we shared the joy of what we have with others.

When we have workshops like this, it increases our appreciation of things, lowers our stress, and helps us sustain happier minds and healthier bodies. After just one hour of gratitude journaling, I feel more hope, resilience and inner strength. Thanks to our awesome volunteer Joyce Berk for leading this inspiring workshop that improved our emotional and social wellness!

## FINDING CALM

by Michael Silverman

Last Thursday, I had the pleasure of participating in Academy member Elizabeth Hervig's Emotional Regulation workshop. It was apparent that Elizabeth did her homework beforehand. Each slide in the presentation was well thought out, and every concept lead into the next concept.



Elizabeth Hervig leading her Emotional Regulation Workshop

My favorite part of the class was when we learned the box-breathing technique. This is a way of breathing wherein the inhalation and the exhalation are paired with a "pause and hold." This practice can help to bring about a sense of calm.

## A VISIT WORTH SAVORING

It was a pleasure to host Ora Clubhouse's Executive Director Jeannese Castro at our Bradenton campus. She spent the day with us, sharing Ora's best practices while learning about our own. Jeannese joined us for lunch, noting that our culinary team "has the feel of a real restaurant (and the food was delicious), and the business and technology team is very professional and well organized." She also mentioned how much she loved getting to meet our members. Of course, that's our favorite part too. We look forward to reciprocating the visit!



Members and staff of the Academy at Bradenton welcoming Ora Clubhouse's Executive Director Jeannese Castro

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