

## MAY IS MENTAL HEALTH AWARENESS MONTH

Sometimes the most important step is listening. Taking time to listen to the concerns of a person in your life can help them feel safe sharing what they're experiencing.

Learn more: <https://www.samhsa.gov/mental-health>



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## COOKING WITH CONFIDENCE

by Patrick Callahan

I recently reached an exciting milestone—eight months of working as a pizza maker at Evie's Tavern & Grill! I felt a little nervous when I first started, but I quickly began to feel comfortable in my new role and have grown much more confident.



(L to R) Patrick Callahan, Erica Siegel, and Hunter Lanoue in Culinary

At the Academy, I'm active in the Culinary Team, where I enjoy cooking and learning

new skills that I use both at my job and at home. I often volunteer for the kitchen manager role, helping ensure the kitchen runs smoothly and everyone stays on track. Although I enjoy most culinary tasks, washing dishes is still my least favorite part of the job!



(L to R) Ben Burnside, Patrick Callahan, and Diego Peguero in Culinary

Outside of the kitchen, I enjoy tending to the Academy's garden and incorporating fresh herbs and spices into meals. I also enjoy working in the Multimedia Team and helping with the videos we create. One of the best parts of coming to the Academy has been the friendships and relationships I've built along the way. When I'm not cooking or gardening, I enjoy spending time creating origami.

Culinary Instructor Ben Burnside shared, "Patrick is creative, hardworking, and always brings a lighthearted spark to the Culinary Team."

## WARM WELCOME TO JAMES DERZYPOLSKI

by James Derzypolski

Hello everyone! I am the new Multimedia Instructor at the Academy at Bradenton. So, a little about me. I LOVE floating. If it can be done in saltwater - my family does it. Surfing, sailing, fishing, swimming, you name it. I am a third generation native of Florida, so the salt life is in my blood. Faith, family and strong community is where my heart is.



At age 16, I found meaningful work. Little did I know this new after school job would be so formative. While my friends were working at the local movie theater or fast food restaurant; I worked the dinner service shift for senior citizens in assisted living. It was a master class, so to speak, in treating others with respect and the dignity they deserve.



(L to R) James Derzypolski and Moses Cardin in Multimedia

My most memorable experiences in media production have been working with organizations to better the community and world. Working with Second Harvest, Goodwill, Feeding America, Boy Scouts of America and Catholic Charities have brought me great satisfaction. Using my time and talent to support life changing work is more rewarding, to me than seeing my name in the credits on the big screen.

It is an honor for me to use my time and talent in multimedia to capture and share member stories here at the Academy. At the end of the day, I hope that I am known for focusing my lens on things that truly lift the spirit. Here at the Academy, I am grateful to be a part of a team that is par exemplar of that task!

## SEA-ING MENTAL HEALTH DIFFERENTLY

by Sally Reed

I had the opportunity to attend and represent the Academy at Glengary at the "Step Into the Light: A Mental Health Summit," presented by Lee & Bob Peterson Foundation/Sunshine from Darkness. The event was held at the new Mote Science Education Aquarium (SEA) meeting space.



(L to R) Kim Timmerman, Sally Reed, and Yvonne Miller at the Academy's information table

I learned a lot about mental health, local providers of care, and the numerous resources we have in our community. Many people stopped by our table with great interest to find out more about the Academy. I was joined by fellow colleagues of the Academy: Kim Timmerman, Yvonne Miller and Academy Program Coordinator Billy Elkins.

Guest speakers touched on topics from mindfulness exercises, responding skillfully during a mental health crisis to the art of supportive conversations, and healing with sound.



Summit guest speakers with the aquarium as their backdrop

We heard from an inspiring keynote speaker, Johnny Crowder, who talked about his personal experiences with multiple diagnoses, in a fun engaging presentation.

## THE FINE ART OF HITTING "SEND"

Recently we had the opportunity to present a workshop with the topic of "Email Etiquette" to our members at the Academy at Bradenton. The members learned how to create professional emails and important vocabulary to use in a professional setting. They also learned the difference between "replying" and "forwarding," how to spot email phishing and scams. In addition, we also learned about the structure of an email including the recipient, subject line, greetings, body, and lastly adding a signature to complete the email.

"I thought it was very informative and it taught me to be more professional." —Ray Reilly

"That was a great presentation. I thought it was very useful. We should do more presentations like this in the future." —Bill Hunter

"Now I know how to write professional-looking emails thanks to the Academy." —Ryan Krajewski

In the future we will be implementing more workshops to help the members gain professional skills that can be useful to their vocational growth.



Members and staff attending the email etiquette workshop

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