

COVID-19 UPDATE: Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and Board of Directors. They are subject to change at the discretion of the Academy community. These guidelines will be reevaluated on an ongoing basis and are subject to future modification. We Are Stronger Together.

GLAD TO BE BACK OPEN



WRITER'S WORKSHOP

What do a Bengal tiger, a painter with the ability to literally immerse in her artwork, and a reluctant soldier with magical powers have in common? They are just some of the heroes that our members have created as part of the Hero's Journey workshop. This ongoing, self-paced workshop focuses on the process of storytelling, casting the writer as the hero of the story. Using the teachings of notable author and literary professor Joseph Campbell, the workshop delves into the stages of classic storytelling, from the time that we are first introduced to the hero, an ordinary character living in his or her ordinary world, to when something occurs that calls her into an adventure wrought with tests and challenges. The story ultimately culminates in a triumphant return home, where our once ordinary character is changed or transformed in some meaningful way.

Encouraged to be creative in how their stories unfold, members have really stepped up and out of the box! Because these stories are works of fiction, writers are employing metaphor and symbolism, thus creating a safe way to share deeper thoughts and emotions. The stories are often moving, sometimes funny, and wildly inventive, and they all impart a certain vulnerability that comes from sharing one's truth.

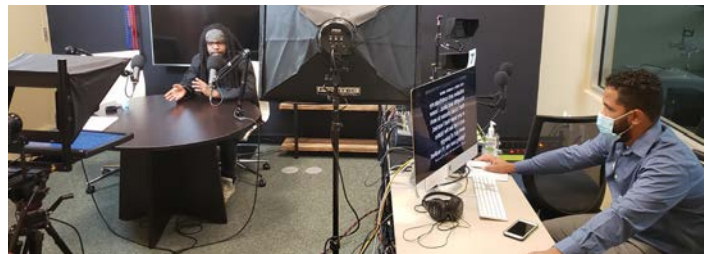


READY TO GO

In September we were honored to be a presenter as part of Clubhouse International's Webinar Series – We Are Not Alone. Based on that success, we were invited to present for Clubhouse International's USA Clubhouse Conference which will take place on October 8, 2020 and October 9, 2020. This is an exciting opportunity, and all of the teams are hard at work in preparation for our presentation.

From assembling the PowerPoint, preparing background graphics, to rehearsing our talking points, each day leading up to our presentation has created a buzz of activity and teamwork. One team that has been working hard is Multimedia as they film, edit, re-shoot, re-edit, and repeat, just to get the right audio and video for the presentation.

There has been a lot of practice and preparation, but we are feeling ready to go!



(left to right) Terrell Henry rehearses his speech with Dariel Paredes.

Saturday, October 10



Wellness

by Chantel Gingerich

Due to overwhelming request, we added Hip-Hop dance moves to our Wellness Wednesday program. Hip-Hop is a way to tell a story through lyrics and music. We learned some really cool Hip-Hop dance moves at the Academy and it was so fun to feel the beat and just move to it. It's like I couldn't keep still. My whole body felt the beat and I started dancing and didn't want to stop. I actually felt so good, when it was over I went to the YMCA and swam.



(left to right) Ben Burnside, Idanes Paredes, Ian Churchill, Patty Haltinner, Stephen Anderson and Rima Ghalieh enjoyed learning a few Hip-Hop moves.

ROOTING FOR WELLNESS

by Sherdil Abid

When I decided to bring a turmeric plant to the Academy, I thought it would be useful for our healthy culinary needs, and a fun way to harvest a root crop. Turmeric has been around for a very long time. It originates from India and from there it spread to China, Africa, and eventually to the whole world. The turmeric powder is a byproduct of the root, which is chopped into pieces, dried and then finally ground to finally become the spice we use for cooking. In addition, the root crop, leaves and flower have medicinal properties. Research has also shown that curcumin is an active ingredient in turmeric that may lower your risk of heart disease, prevent cancer, and prevent and treat Alzheimer's disease. Moreover, arthritis patients respond very well to curcumin supplements and studies show that curcumin may have benefits against depression. I can't wait to see what creative and delicious ways the culinary team uses turmeric in our menu.



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HYBRID WORK-ORDERED DAY

All events take place on-site at the Academy and through the Zoom app. Watch Slack for Meeting ID and Password.

Monday, October 5

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

Tuesday, October 6

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

Wednesday, October 7

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Newsroom Meeting - 11 a.m.
Menu Planning Meeting - 11:45 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Wellness Wednesday Workshop- 3 p.m.

Thursday, October 8

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

Friday, October 9

Breakfast Buffet - 8:45 a.m.
Morning Meeting - 9 a.m.
Individual Team Meetings - 9:45 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Employment Workshop - 11 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Writer's Workshop - 1:30 p.m.

TO MAKE A DONATION

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AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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