

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



HOLA Y BUEN DIA!

by Naomi Treece

I have always wished that I had learned Spanish. Now, the Academy at Glengary is having weekly workshops for learning Spanish! It is led by a member, Ian Churchill and staff member, Idanes Paredes. It is wonderful to see such great participation in these workshops. I think it is valuable to have Spanish as a second language. There are many bilingual persons in the community.

We have started out with the pronunciation of vowels and the alphabet. The second week we learned how to count in Spanish. The next lesson will be common greetings. There are weekly handouts of information on the topics of the workshops. Even though I attend virtually, I am loving participating each week. We even had special guest instructors from our wonderful staff members, Dariel Paredes and Jodi-lee Weiss! I am hoping that over time and with repetition, I will become fluent in the language that I am loving to learn!



(left to right) Idanes Paredes, Kevin Luckner, Stephen Anderson, Ian Churchill, Carolyn Robinson, Candy El-Azzaoui, Rima Ghalieh, along with Naomi Treece who join virtually for the latest Spanish Workshop.

OUT OF MY COMFORT ZONE

by Beth Hoff

As a returning member of the Academy, I stuck to what I knew. I cleaned the bathrooms and sanitized the tables. I do love to clean but after a while it became a bore and didn't really give me any satisfaction. I always felt like I let myself down when I would leave for the day.



Beth Hoff preparing a delicious soup in the Culinary Team.

Then, I decided to take the plunge and try my hand at cooking. I cook at home but only for one or two people; never like the grandiose meals that we prepare on a daily basis here at the Academy. I have learned so much in the short amount of time after being back from lockdown with COVID-19. I really enjoy making soup as this is one of my favorite things to eat at home. However, most canned soup has a lot of salt and, due to my dietary restrictions, I am unable to consume it on a daily basis. I also enjoy learning more about what herbs we have out in our garden, and how to use them in the kitchen. I am excited to try making soup at home from now on.

KEEPING OUR GUARD UP

While COVID-19 cases continue to rise, there is a trend that has become so common, it now has a name: Pandemic Fatigue. We are all tired of living a more restricted life than we would like. It can be a challenge to remain vigilant with precautionary measures and it is tempting to become complacent with safety measures.

At the Academy, we are not letting our guard down. In fact, we continue to research best practices and implement new ways to stay safe for the long haul. Academy member Jason Sulimay said that he feels safe here because we all wear our masks every day, and we clean every area thoroughly throughout the day. He also likes that we continue to review safety protocols at every morning meeting, as a reminder to wash our hands often, practice safe distancing, to stay home if we are not feeling well, and to practice these same safety measures when we are not at the Academy. Jason was glad to learn that we have our building “fogged” for sanitation every Sunday, so that we begin our week in a pristinely clean environment. This week, we had plexiglass installed between each computer workstation, at our front desk, and throughout our kitchen and dining room. We also restocked our inventory of masks and placed new hand sanitizer stations in each team. We are thankful to our local businesses that assisted us in this effort.

COVID-19 is probably not going away anytime soon. Here at the Academy, we believe that we can continue to thrive and learn in a fun and stimulating environment, while still staying safe. During this uncertain time, we need each other more than ever. At the Academy, we are taking every measure to do so safely.



(left to right) Jason Sulimay and Jeffrey Jean show off the new plexiglass dividers between our computer workstations.



Carolyn Robinson starting her day sanitizing her hands at one of the new hand sanitizer stations.

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

Monday, November 9

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Wellness Committee Meeting - 3 p.m.

Tuesday, November 10

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

Wednesday, November 11

Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
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, November 12

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

Friday, November 13

Breakfast Buffet - 8:45 a.m.
Morning Meeting - 9 a.m.
Individual Team Meetings - 10 a.m.
(Bus & Tech/Arts & Multimedia/Culinary)
Employment Workshop - 11 a.m.
Individual Team Meetings - 1:30 p.m.
(Bus & Tech/Arts & Multimedia/Culinary)

>>>> HYBRID WORK-ORDERED DAY <<<<

TO MAKE A DONATION

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AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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