



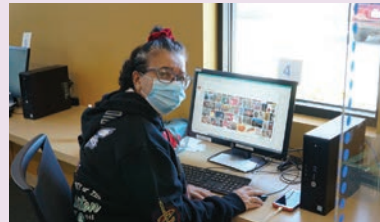
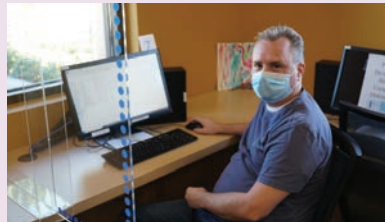
Glengary TIMES

NEWS OF THE ACADEMY AT GLENGARY

DECEMBER 11, 2020

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



A WELL FOR MALI, AFRICA

by Rima Ghalieh

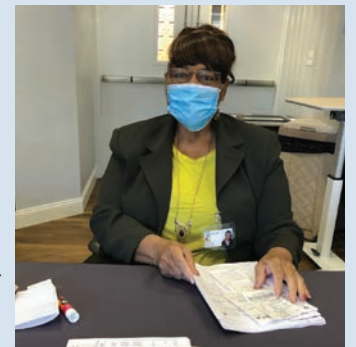
My sister, Linda, and I sponsored the building of a well in a village in Mali, Africa. We did this because my mom just passed away, and we wanted to do this project in honor of her. We want to help the people and children there, because they don't have enough water to drink. The well took about three months to be built. My sister and I were inspired to do this project. After the well was completed, the people of the village were enjoying it, and they were very happy this happened in their village. The pastor of the church at the village was very happy, and thanked us, and gave a speech saying that the well was a great thing that was done for their village.



Linda Ghalieh and Rima Ghalieh

EXCITED TO BE BACK ON THE JOB

Carolyn Robinson just completed her first week on her new job at Children First. Read more about Carolyn and her job in an upcoming issue of *Glengary Times*.



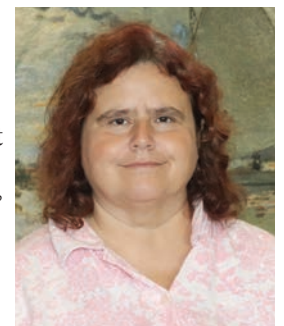
Carolyn Robinson

Congratulations!

MAKING FRIENDS AT THE ACADEMY

by Lori Wiest

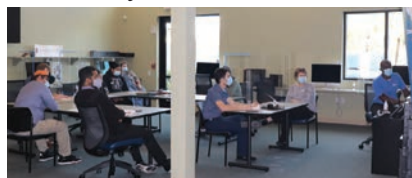
When you first come to the Academy, you can be sure that you are among friends. All of us have a mental health challenge that severely impacts our lives. If you haven't lived with a mental health challenge, you just don't know how hard it can be. Having friends is one way that helps me maintain my mental health. I have made many new friends and was reacquainted with a previous co-worker and friend, Candy El-Azzaoui, at the Academy. I also encouraged a friend, Lisa Hillje, to become a member at the Academy. No matter how bad I feel, my Academy friends make me feel better.



Lori Wiest

END OF YEAR PLANNING

As the year comes to a close and 2021 begins, each Academy team holds their annual team planning day. They dedicate time to review and share the year's accomplishments. Even with a pandemic, the members were amazed by how much they achieved during 2020. The Arts & Communication, Business & Technology and Culinary Arts teams also looked ahead to plan, dream and set goals for 2021. Watch for the complete story soon.



CLEANLINESS VS COVID-19

Our food service operations have been dealing with sanitation since we opened in 2017. So when it came to the safety and quality of our food and our operation at the Academy, we were ahead of the curve for an event like the COVID-19 outbreak.

We utilize sanitizer and a multitude of cleaning chemicals to ensure sterility. We practice proper food handling and storage. We have color-coded cutting boards to prevent cross-contamination, and we are very fortunate to have a high-quality dish machine that ensures clean dishes that sanitizes everything that goes through it. Also, the staff and many members are ServSafe certified food handlers. In addition to our normal precautions, we are doing a few things, in an abundance of caution, including:

- Always wearing gloves and changing them between tasks
- Washing silverware and glasses twice, requiring 20-second handwashing before applying gloves
- Using disposable napkins in the dining room
- Changing our sanitizer solution throughout the day
- Sanitizing all surfaces including tables, doors wall switches and anything else people may touch multiple times a day

We continue to get 100% scores from the health department which is quite an achievement.

With the continued hard work and cooperation of the members and staff, we continue to serve safe, healthy and delicious food.

Wellness

by Rima Ghalieh and Grace Pomfred

From managing the holiday gift list and executing our perfect cooking dish to preparing for family gatherings and for the New Year, stress is a big part of holiday excitement. There are many different and healthy ways to handle holiday stressors. First and foremost, keep organized. Some organization tools include making to-do lists and keeping up with an agenda or planner. These help with organization and time management which, in return, leaves you in a more relaxed state. This relaxed state will help prevent both physical and emotional symptoms of stress such as low energy, headaches, anxiety and depression. Include time on your schedule for some stress relieving activities such as exercise, practicing mindfulness and meditation or simply going outside for some fresh air. Another element of staying stress free is focusing on gratitude. Take time to sit down and reflect on things you are grateful for, such as what you had for breakfast, to your friends and family. Lastly, treat yourself! A huge part of stress relief happens in the kitchen. Set aside time to bake and cook delicious meals and treats not only for loved ones, but for yourself too! As long as you balance out your diet with exercise and activity there is nothing wrong with using this Holiday season to totally indulge!

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

Monday, December 14

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

Tuesday, December 15

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, December 16

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, December 17

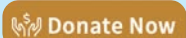
Morning Meeting - 9 a.m.
Individual Team Meetings
Bus & Tech/Arts & Multimedia - 9:30 a.m.
Culinary - 9:45 a.m.
Individual Team Meetings - 1:30 p.m.
Bus & Tech/Arts & Multimedia/Culinary

Friday, December 18

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

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

TO MAKE A DONATION

visit our website
AcademySRQ.org
and click on the  button

Thank you for transforming lives!

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