

**COVID-19 UPDATE:** The Academy is open regular hours of Monday through Friday, 8 a.m. - 4 p.m. using screening and safety protocols. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org).



## FANCY LIKE... ACADEMY

by Ian Churchill

October 7th, was an iconic day that will be forever remembered in the annals of Academy history. But what event could merit such a hallmark? Fine Dining Day. Along with avid member input, the menu was prepared by members and staff respectively. The culinary team planned an experience that had the customers' mouths begging for more while raving about how the food sent waves of pleasure tingling down their spines. An entourage of exquisite cuisine, fancy napkins, gleaming silverware, and soft relaxing jazz reflected a true fine dining ambiance. In addition to the rich, top of the line, tasty meal courses, there was a suave atmosphere conducive to rich social engagement. Looking back, my favorite course was the scallops, the chicken, and the tart with ice cream 'for sure'!



## TAKING CENTER(STONE) STAGE

by Lori Wiest

Recently I was asked if I would do a speech for the Centerstone Life;Story event at Nathan Benderson Park. I spoke to a crowd of approximately 150 people about my remarkable recovery from years of suicidal thoughts and deep depression. Despite my terrible fear of public speaking in the past, I have learned to stay calm when I give speeches. It started with the Facing Mental Illness project a few years ago, where I spoke about having a mental illness and its effect on my life. I was not as nervous at that one because it was in front of a video camera. The next time I spoke publicly, I was one of two emcees at the Academy's Ambassador Luncheon in 2019. I was a little more nervous at that one because it was in front of a live audience. By the Centerstone speech, however, the anxiety was gone. I could not get up on the stage because of a broken ankle, but I think that standing with everyone else made me feel on their level. Also, upon looking at my audience, I saw a sea of friendly faces. I am so



glad that the Academy has helped me hone my ability to present to an audience. It is a tool that I can use to spread information, and hopefully inspiration, about mental health recovery.

(left to right) William McKeever listens as Lori Wiest shares her story.

# WORLD SEMINAR INCLUDES THE ACADEMY

by Candy El-Azzaoui

With the help of the Multimedia team's fine videos, the Academy presented twice at Clubhouse International's Virtual World



Candy El-Azzaoui

Seminar. A video about how to develop Transitional Employment (TE) sites featured members, staff, and the General Manager of one of our employment partners, Sunset Cadillac. This video illustrates how to introduce a TE program to local businesses, to partner with them to bring employment opportunities to our members while providing these businesses with exemplary employees.

The second presentation by the Academy was a video explaining how we plan and host our Ambassador Luncheons, with suggestions to start with a small "family and friends" event to get the kinks out, to have testimonials from members, to have an "Ask," and finally, to keep the event at one hour. We have had many Ambassador Luncheons since opening, with about 60 guests each time. We still

Other Clubhouses presenting included Mosaic Clubhouse from England, Fontenhaus Clubhouse from Norway and Progress Place from Canada. They all shared their expertise on an aspect of Clubhouse. It was great to hear their great ideas as we shared our own.

This was a great opportunity for me to hone my public speaking skills without the nervousness that comes with facing a live audience.



## CLUBHOUSE WORKS

The theme of this year's Mental Health Awareness Day, held October 10 each year, is "mental health in an unequal world." The Academy stands with Clubhouse International and the World Federation for Mental Health in celebrating the transformative power of *work* as a recovery tool. "Work" should be an intrinsic right, recognized by everyone, to create a more equitable playing field for people with mental health challenges. The Academy is deeply grateful to all of our Transitional and Supported Employment partners for recognizing the under-tapped trove of exceptional employees found within those impacted by their mental health. Happy World Mental Health Awareness Day to us all!

# #WorkWORKS



The Academy at Glengary is accredited by Clubhouse International and is made possible by a Public-Private Partnership. This newsletter is designed and printed on-site by the Graphic Design & Multimedia team.

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

### Monday, October 11

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:45 a.m.  
Ambassador Luncheon Planning - 11 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Graphic Design/Multimedia Workshop - 3 p.m.

### Tuesday, October 12

Morning Meeting - 9 .m.  
Individual Team Meetings - 9:45 a.m.  
Academy Meeting - 1:30 p.m.  
Individual Team Meetings - 2 p.m.

### Wednesday, October 13

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:45 a.m.  
Newsroom Meeting - 11 a.m.  
Menu Planning Meeting - 11:45 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Wellness Wednesday Workshop - 3 p.m.

### Thursday, October 14

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:45 a.m.  
Multimedia Projects Planning - 11 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

### Friday, October 15

Breakfast Buffet and Morning Meeting - 9 a.m.  
Individual Team Meetings - 10 a.m.  
Super Chill Free-write Writer's Workshop - 11 a.m.  
Graphic Des/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Spanish Workshop - 3 p.m.

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

## TO MAKE A DONATION

visit our website

[AcademySRQ.org](https://AcademySRQ.org)

and click on the  **Donate Now** button

*Thank you for transforming lives!*

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