Let's make this the best year ever!

SMSC Closed
January 3, 2022
Alyssa Adams - Continue to lose weight by eating good food!
Ilham Bazzi - Continue to work on learning to crochet!
Fran Bear - Finish my artwork!
Gretchen Cameron - Exercise more!
Christian Carle - I want to make a bracelet!
Jennifer Catren - Lose weight!
Maddie Davis - Finish my paintings in art!
Linda Hansen - Work on my spelling!
Gabriel Harmon - Get married in a church!
Chantilly Jones - Visit my boyfriend, Adam more often!
Kristen McClure - Eat healthy!
Paul Prutzman - Eat healthy!
Mark Rimland - I want to take private art lessons again!
Erika Sheedlo - Be kind to friends and my family!
Christina Shihata - Not talking to strangers - be safe!
Monica Waters - Be kind to others!
Kristen Woldt - Write more stories in the computer lab!
"We went to a big meeting this year called Leading The Charge. It was really nice to go because we did not have it last year. We learned about making decisions and personal goals. I gave a speech where I told everyone how much I enjoyed it and that I hope to go next year too."

Coleen Baucom

The 7th Annual Leading the Charge workshop was hosted by Developmental Disability Provider Network (DDPN) and the San Diego Regional Center. Session topics included Supported Decision Making and Person Centered Planning. Supported Decision Making talked about what supported decision making is, how to help advocates make informed decisions, and how to develop decision making skills. Person Centered Planning talked about how to evaluate goals, how to make action plans for individuals’ goals, using person centered plans to educate others, making SMART goals (specific, measurable, achievable, relevant, and time limited) as well as making HARD goals (heartfelt, animated, required, difficult).
Raising funds for St. Madeleine's premeir art program

Tea by the Sea

SATURDAY, JANUARY 22, 2022
11:00AM-2:30PM
The Marine Room

Sophie's Gallery
Big Hearted

Sophie’s Gallery Presents
chalk-painted wooden heart plaques,
cork heart sculptures and live orchid
plants for Valentine’s Day!

Public Reception
Friday, February 11, 2022
5-8PM

2022 Gotta Have Heart™

Big Hearted

Sophie’s Gallery

Floral Heart © Francesca Boccia 2021

Big Hearted

Our heart plaques and
cork heart sculptures make
perfect Valentine gifts!
They were created with love
at Sophie’s Gallery, an art program of
St. Madeleine Sophie’s Center, by
artists with intellectual and developmental
disabilities. Your purchases
support our artists and our art program.

Make it & Take it

Create personalized floral
bouquets for loved ones for Valentine’s Day!
Choose from a variety of fresh-cut flowers and
SMSC garden staff will arrange your bouquet
while you wait.

Sophie’s Gallery
140 E. Main Street
El Cajon, CA 92020
sophiesgallery@stmsc.org
stmsc.org
Ph: 619.593.2205

Shop for original art, crafts, giftware,
home décor, plants and unique planters.

Open Monday - Friday, 9AM - 4PM
Did you know?

- King was inspired by Mahatma Ghandi’s peaceful and non-violent protests.
- He is well known for his speech "I Have A Dream" where he emphasized the importance of peace, equality, and freedom.
- He received a Nobel Peace Prize when he was thirty-five years old and was then the youngest recipient of the award.

Sources:
https://www.biography.com/activist/martin-luther-king-jr
https://www.nobelprize.org/prizes/peace/1964/king/biographical
https://www.history.com/topics/black-history/martin-luther-king-jr
Happy Birthday

JANUARY 2022

Jarrett Akers  Ian Harrison
Kalaya Barker  Clayton Hauer
Coleen Baucom  Muhammad Hilali
Jasmen Bean  Matthew Howard
Jonathan Brock  Leslie Landy
Christina Cali  Pamela May
James Clarke  Christopher Morey
George Cline  Stephen Pelletiaire
Hector Escalante  Jonathan Reynolds
Tina Frantz  Jenna Sacco
Wendy Fredericksen  Nathan Schultz
Kenny Gerardo  Louellia Vigil
Deborah Gile  Karen Yobi
Lunch Menu
January 2022

Jan 3rd Off Holiday
Jan 4th Shrimp fajitas, Spanish rice Black Beans
Jan 5th Chicken chili, corn bread
Jan 6th Sundried tomato alfredo pasta, garlic bread, side garden salad *Veg meal*
Jan 7th Glazed pork loin, green beans w/ roasted potatoes

Jan 10th Beef tostadas, cilantro lime rice, black beans
Jan 11th Chicken stir fry w/ fried won ton noodles
Jan 12th Stuffed pasta shells w/ side garden salad, garlic bread
Jan 13th Roasted chicken, stuffing, green beans,
Jan 14th Philly cheesesteak sandwich, cucumber salad

Jan 17th Fried chicken, mac and cheese, Cole slaw
Jan 18th Rolled tacos, Spanish rice, refried beans,
Jan 19th Pork Schnitzel, over mashed potatoes, roasted broccoli
Jan 20th Greek chicken over rice w/ side feta salad
Jan 21st Eggplant parmesan, garlic bread, side Caesar salad *Veg Meal*

Jan 22nd, Machaca plate, Refried beans, Spanish rice
Jan 23rd Grilled chicken club sandwich, French fries
Jan 24th Parmesan garlic roasted shrimp over pasta, side Caesar salad
Jan 27th Mushroom Swiss Burger, tater tots
Jan 28th Beef stroganoff over buttered noodles, vegetables

Jan 31st Mandarin chicken over steamed rice stir fry vegetables