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FEBRUARY • 2022

A PERSON CENTERED NEWSLETTER PRODUCED BY ST. MADELEINE SOPHIE'S CENTER STUDENTS

Edited in the Theresa & Edward O'Toole Foundation Adaptive Computer Learning Center
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2022 Gotta Have Heart

Big Hearted



Sophie's Gallery Presents

cork heart sculptures and live orchid

Friday, February 11, 2022 5-8PM

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 Valentines 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

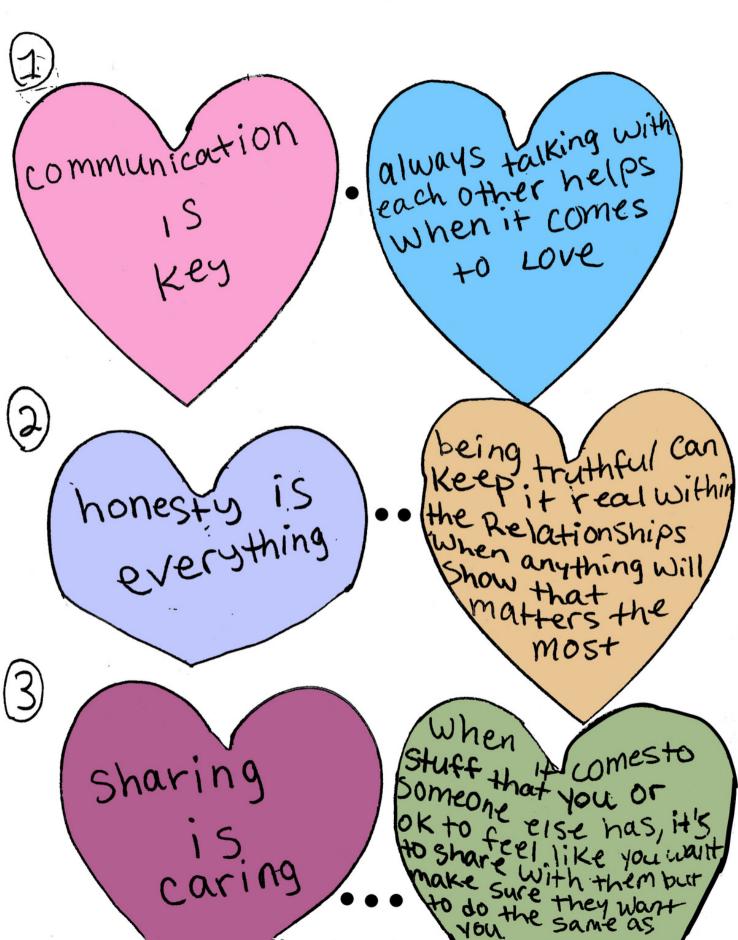




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Tips on what Love is by: cali williams



Growing A Queensland Bottle Tree From Seed

SMSC Garden Program



SMSC GARDENERS

Juan Acevedo Jeff Alton **Antoinette Annunziata Maddie Davis** Jane Dutcher **Jeremy Geist Danny Gibson** Mitch Gricman **Gabriel Harmon** Ian Harrison **Mark Miller Matthew Phillips** Sabrina Pomeroy **Tonya Rogers** Tiffani Schlender **Tiffany Simpson**

Roberto Suarez

SMSC gardening students up-potted Queensland Bottle tree seedlings grown from the Bottle tree planted in our garden over 15 years ago. The saplings are currently 3ft tall and are ready for home planting. They are a perfect Valentine gift, drought tolerant and reach maturity in 5 to 8 years!





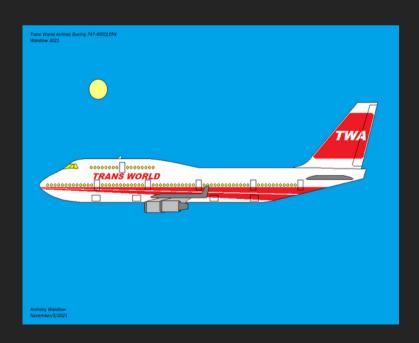
SMSC Gardening project started with gathering seed pods.



SMSC Gardening Instructor, Kate Boyce helps Tiffani Schlender, who enjoyed up-potting on a warm winter day!

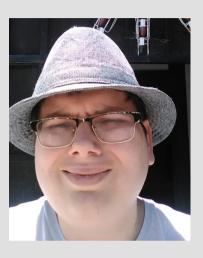
WINGS .. FLIGHT







BY: ANTHONY WARDLOW



"Let's make 2022 a better year for all of us and make it count for the better!" Anthony Wardlow



Cultural Corner EXPLORING DIVERSITY

FEBRUARY 1 - MARCH 1, 2022 BLACK HISTORY MONTH

REBECCA LEE CRUMPLER

1831 - 1895



Rebecca Lee Crumpler challenged the prejudice that prevented African Americans from pursuing careers in medicine. She studied medicine at the New England Female Medical College and in 1864 became the first African-American woman to become a doctor of medicine in the United States.

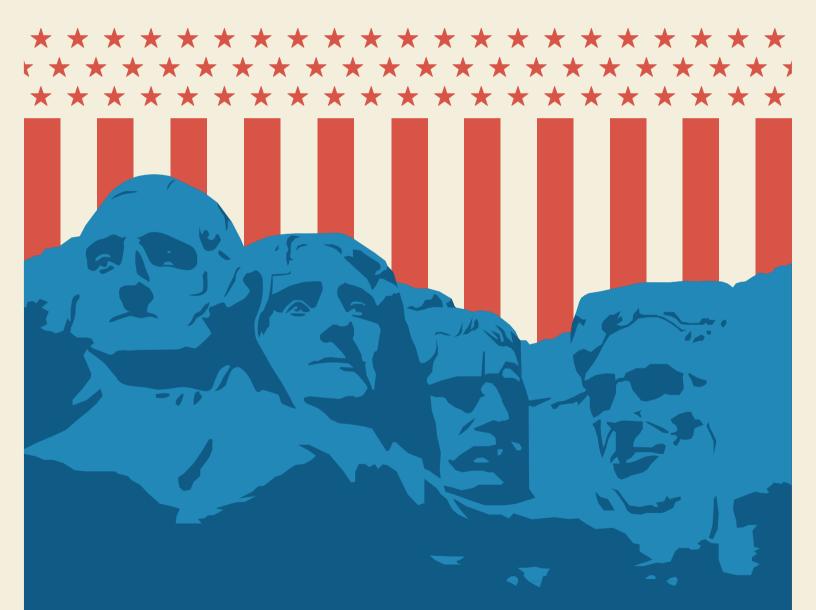




https://cfmedicine.nlm.nih.gov/physicians/biography_73.html https://en.wikipedia.org/wiki/Black_History_Month for photographs search Google



PRESIDENTS' FEB 21 DAY 2022



A CELEBRATION OF THE BIRTHDAYS AND LIVES
OF ALL US PRESIDENTS

ST. MADELEINE SOPHIE'S CENTER CLOSED ON PRESIDENTS' DAY



Dee Austel Ilham Bazzi **Frin Bones Julie Crakes Anthony East Evonne Harvey** Michael Jacobs **Eve Jefferies** Lucas Lemke James long **Fernando Magana Amy Mansour Adam Maxwell** Kristin McCalla **Whitney Oliver Gail Persky Brian Raber** Tiffani Schlender Jennifer Smith Michelle Soto Theresa Spellman **Gregory Stancheck Edgar Villanueva Alyssa Virissimo Kelsey Wammack**





RECIPE

Ingredients:

4 cups semisweet chocolate chips
2-14oz cans sweetened condensed milk
1 tsp Kosher salt
2 tsp vanilla extract
1/4 cup Valentine Sprinkles

SMSC Culinary Arts Program

Valentine's Day

Easy Chocolate Fudge



Kelsey Wammack shows off her pastry skills!

Steps:

- 1. Line a 9x9 square pan with parchment paper and spray lightly with non-stick cooking spray. Make the paper goes up the side this will make it much easier to lift from the pan once its ready to be cut.
- 2. In a microwave safe glass bowl place chocolate chips, condensed milk, and kosher salt.
- 3. Microwave the mixture for about 1-2 minutes until the chocolate is all melted. Make sure to stir and scrape down the bowl with a rubber spatula every 3o seconds tom make sure the chocolate does not burn.
- 4. Stir in Vanilla until combined and immediately pour into the parchment paper lined and greased pan. If the fudge gets too thick spread with a spatula. Sprinkle all over the top of the fudge with the Valentine's Day Sprinkles.
- 5. Place in the fridge to firm up for about 45min-1 hour. After the fudge is firm cut to in small pieces. The fudge can be placed in small cupcake liners or wrapped in small square of parchment paper. Enjoy!



FEBRUARY 2022

Feb 1st Pulled pork sandwich, Cole slaw, baked beans Feb 2nd Fish tacos, refried beans, tortilla chips

Feb 3rd Bacon cheeseburger, onion rings

Feb 4th Chicken cacciatore over penne pasta, side Caesar salad

Feb 7th Waffle, Scrambled eggs, breakfast sausage

Feb 8th Beef and Broccoli over steamed rice, fried Asian noodles

Feb 9th Chicken Vesuvio w/ garlic Bread

Feb 10th Street barbacoa tacos serve with rice & beans

Feb 11th Honey garlic pork, sweet potatoes, roasted broccoli

Feb 14th Tuscan chicken over mashed potatoes, roasted vegetables

Feb 15th Beef stew w /cornbread

Feb 16th Tomato spinach garlic shrimp pasta w/ garlic bread

Feb 17th Spam musubi w/ Hawaiian macaroni salad

Feb 18th Grilled cheese sandwich w/ roasted tomato soup

Feb 21st Presidents Day SMSC Closed

Feb 22nd Chicken fried pork w gravy over garlic mashed potatoes, & green beans

Feb 23rd Vegan chili w/ jalapeno cornbread

Feb 24th Italian sausage pasta, side garden salad, garlic bread

Feb 25th Chinese BBQ pork over rice w/ fried cabbage

Feb 28th Shrimp & grits





