

B a z e t t e

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
Nameplate Art © Tina Hendricks 2017



- 2 GOTTA' HAVE HEART: BIG HEARTED STUDENT SHOW
- 3 TIPS ON WHAT LOVE IS BY CALI WILLIAMS
- 4 SMSC GARDEN PROGRAM QUEENSLAND BOTTLE TREE
- 5 WINGS OF FLIGHT BY ANTHONY WARDLOW
- 6 CULTURAL CORNER: BLACK HISTORY MONTH
- 7 PRESIDENTS' DAY
- 8 FEBRUARY BIRTHDAYS
- 9 SMSC CULINARY ARTS
- 10..... FEBRUARY MENU



Happy Valentine's Day!

FEBRUARY 14th

Big Hearted © Adriana Diaz 2022



2022 Gotta Have Heart

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

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



TIPS on what Love is

by: Cali Williams

①

Communication
is
Key

• always talking with
each other helps
when it comes
to Love

②

honesty is
everything

• being truthful can
keep it real within
the Relationships
when anything will
show that
matters the
most

③

Sharing
is
caring

• When
stuff that you or
someone else has, it's
OK to feel like you want
to share with them but
make sure they want
to do the same as
you

Growing A Queensland Bottle Tree From Seed

SMSC Garden Program



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 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 project started with gathering seed pods.



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

WINGS OF 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



Happy Birthday!

FEBRUARY 2022

Dee Austel

Ilham Bazzi

Erin 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



SMSC Culinary Arts Program

Valentine's Day

Easy Chocolate Fudge



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

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 30 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!



Kelsey Wammack shows off her pastry skills!

Lunch

MENU

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

