

B a z e t t e

JANUARY • 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



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*Let's make this
the best year
ever!*

**SMSC Closed
January 3, 2022**

2022 new year's resolutions!



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!

LEADING THE CHARGE

Collaborating for Effective Services

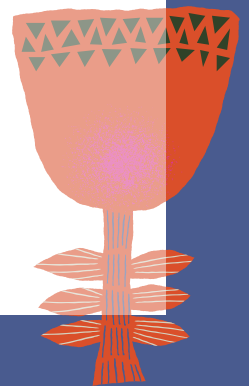
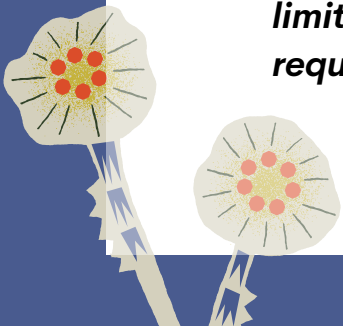
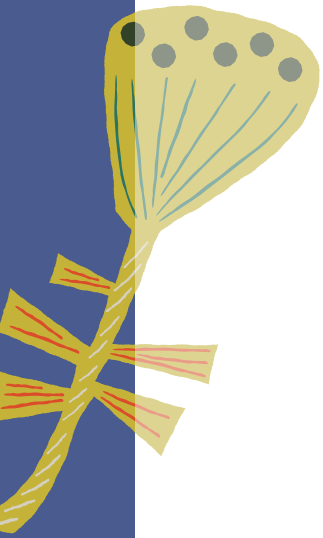
**Coleen Baucom
Luis Herrera
Earl Miller
Cali Williams**



"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).



WINGS OF FLIGHT

BY: ANTHONY WARDLOW





Tea by the Sea

SATURDAY, JANUARY 22, 2022

11:00AM-2:30PM

The Marine Room

Sophie's



Gallery



Raising funds for
St. Madeleine's
premier art program



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



CULTURAL CORNER

EXPLORING DIVERSITY

JANUARY 17, 2022

MARTIN LUTHER KING DAY



Martin Luther King, Jr.

Civil Rights Activist

January 15, 1929 to April 4, 1968

Martin Luther King Jr. was a Baptist minister and scholar. He was a social activist and led the civil rights movement against racial segregation during the 1960s.

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 27^h Mushroom Swiss Burger, tater tots

Jan 28th Beef stroganoff over buttered noodles, vegetables

Jan 31st Mandarin chicken over steamed rice stir fry vegetables

