

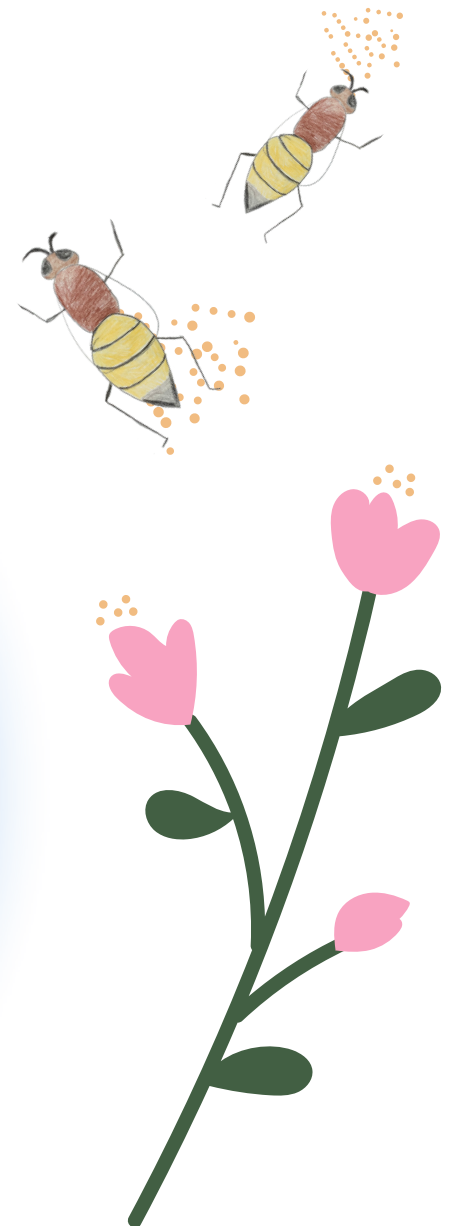
# B a z e t t e

MARCH • 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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Triva Fan

Helpful Team Player



Loyal Funny

Thoughtful Foodie

Class Clown

Hard Worker

Joyful



Brave



Sweet & Sour

Organized

## Self • Love

BY: CALI WILLIAMS



Cali Williams shared a list of what she loves about herself. Her list of positive traits shows that she is self-aware and has confidence. Cali asks, "How would you like people to describe you? Make a list of your positive traits and share the things you love about yourself!"

## Words of Wisdom

BY: JOHN AGOSTINI



1. You must like yourself and therefore it will materialize to the next person.
2. You must love yourself and therefore it will all materialize to the next person.
3. You must respect yourself and therefore it will all materialize to the next person.
4. You must be devoted to yourself and therefore it will all materialize to the next person.
5. You must devote yourself completely and therefore it will materialize to the next person.
6. Remember smiles mean a thousand words in how you feel inside your heart. Wisdom, knowledge and experience, they all come from the heart.



Sunday, March 20

**What does the Spring Equinox mean? It means the hours of daylight and night are equal. After the Equinox the hours of daylight will grow slightly longer each day until the summer solstice on June 21, 2022. This day has the longest hours of daylight of the whole year.**



### Daylight Savings Time

Starts Sunday,  
March 13, 2022 at 2AM

**Spring Forward**

Set your clock 1 hour ahead!





**Congratulations!**  
*Big Hearted / Artists*  
**2022 Gotta' Have Heart**



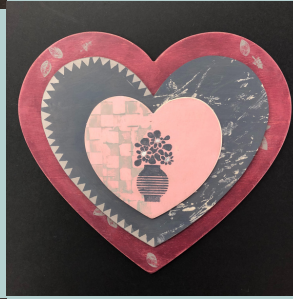
Heart © Tiffany Simpson



Heart © Mark Rimland



Heart © Chandra Deal



Heart © Mitch Gricman



Heart © John Agostini



Heart © Kristina Van Gelder



Heart © Ethan Coss

**John Agostini**  
**Debbie Alvarez**  
**Coleen Baucom**  
**Amber Bobbitt**  
**Francesca Boccia**  
**Cheryl Bogar**  
**Elmer Buck**  
**Aaron Butler**  
**Katia Calia**

**Gretchen Cameron**  
**Joel Clark**  
**Ethan Coss**  
**Madie Davis**  
**Chandra Deal**  
**Caitlin DeCoro**  
**Adriana Diaz**  
**Anthony East**  
**Katie Ellison**  
**Terry Esche**  
**Owen Godfrey**  
**Mitch Gricman**  
**Gabe Harmon**  
**Valerie Haste**  
**Clayton Hauer**  
**Conner Hauer**  
**Catherine Iraci**  
**Gabriel Johnson**  
**Jake Kellogg**  
**Susan Kendricks**  
**Kathy Kilander**  
**Charlie Lizarraga**  
**Kristin McKenney**  
**Michael Mercadante**  
**Mark Miller**  
**Tonya Mitchell**  
**Lynn Murray**  
**Lauren Papworth**  
**Susie Pflingsten**  
**Matthew Phillips**  
**Libby Pieti**  
**Sabrina Pomeroy**  
**Jonathan Reynolds**  
**Mark Rimland**  
**Tiffany Simpson**  
**Stevenson Sapper**  
**Yolanda Tkacik**  
**Angela Thomas**  
**Davie Tolley**  
**Kristina Van Gelder**  
**David Walton**  
**Monica Waters**  
**Cali Williams**



Sunflower © Michael Mercadante 2022

## Sunflowers in Spring

BY: MICHAEL MERCADANTE

You can count on the artists at Sophie's Gallery to produce timely, beautiful works of art. This month is no exception. SMSC is holding its Morning Glory Brunch soon, so we are working on sketches for metal garden chairs with a spring theme to raise awareness of this important event.

•

I chose sunflowers as my subject. They bring me a lot of happiness because they are bright and colorful.

I chose to use colored pencils because they spread the cheer that I am trying to express. I think the world could use more cheer right now.

•

I hope you'll enjoy viewing the finished artworks as much as we had creating them. If you buy one, you'll be beautifying your home and making it possible for us to produce more artworks in the future.





# Happy St. Patrick's Day



**From St. Madeleine Sophie's Center**

Fairy © Maevis Hutson 2017





Morning Glory Brunch Frog

**SALE**

**Two Frogs for \$75**

A SAVINGS OF \$25 - OFFER ENDS - MARCH 18, 2022

Supporting our Aquatics & Garden Programs

**CONTACT**

Events Team

events@stmisc.org

For more information visit

<https://stmisc.org/2022-morning-glory-brunch/>



St. Madeleine  
Sophie's Center  
Bringing Adults with Developmental Disabilities to Over 20 Years

21st Annual  
**MORNING  
GLORY  
BRUNCH**

Save the Date  
**APRIL 30<sup>th</sup>  
2022**

# Cultural Corner

## EXPLORING DIVERSITY

### International Nowruz Day

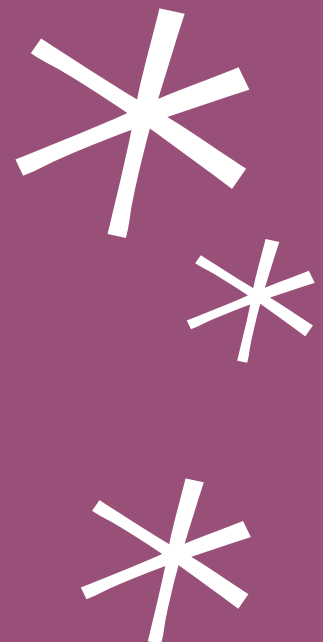


Monday, March 21

International Nowruz Day was proclaimed by the United Nations General Assembly in February 2010.

The word Nowruz means new day, although its spelling and pronunciation may vary by the different countries that share this holiday including Afghanistan, Azerbaijan, Albania, the Former Yugoslav Republic of Macedonia, Iran (Islamic Republic of), India, Kazakhstan, Kyrgyzstan, Tajikistan, Turkey and Turkmenistan.

Nowruz marks the first day of spring and is celebrated as the beginning of the new year by more than 300 million people all around the world. Nowruz promotes peace and friendship between people and contributes to cultural diversity and friendship among peoples and different communities.





# Happy Birthday!

MARCH 2022

Tricia Anderson  
Janine Barth  
German Carranza  
Adriana Diaz  
Tom Dutcher  
Carol Etheridge  
Thomas Fisk  
Gabriiel Harmon  
Valerie Haste  
Jennifer Hietala  
Auden Jamil  
Carl Lingvall  
John Lingvall  
Earle Miller  
Jessica Moland  
Christopher Moon  
Mark Rimland  
Michael Rose  
Adam Spurzem  
Joseph Terhaar  
Leslie Wable  
Robert White  
Sheree Wright  
Cody Yeargain





# Lunch Menu

MARCH 2022

Mar 1st Carnitas tacos, rice, and beans

Mar 2nd Grilled chicken over garlic roasted mashed potatoes w/ green beans

Mar 3rd Fish and chips w/ coleslaw

Mar 4th Pepperoni pita pizza, w/ side Caesar salad

Mar 7th Garlic glazed sticky pork over steamed rice and broccoli

Mar 8th Panna pasta with parmesan cream sauce, garlic bread, and side garden salad (veg meal)

Mar 9th Green chili enchiladas, black beans, and rice

Mar 10th Italian sub sandwich, macaroni salad w/ pickle

Mar 11th Fried chicken, baked beans, w/mac and cheese

Mar 14th Lemon pepper chicken over rice pilaf and roasted vegetables

Mar 15th Garlic roasted pork in a mushroom sauce over mashed potatoes w/ vegetables

Mar 16th Pasta primavera, side salad, and garlic bread (veg meal)

Mar 17th Corned beef and cabbage

Mar 18th Ground beef tostada salad w/ cilantro lime dressing

Mar 21st Orange chicken rice bowl w/ carrots and broccoli fried noodles

Mar 22nd Stuffed pasta shells, garden salad, and garlic bread (veg meal)

Mar 23rd Classic cheeseburger, French fries, and pickle

Mar 24th Asian pork tenderloin over wild rice and roasted carrots

Mar 25th Pollo asada tacos, refried beans, and cilantro lime rice

Mar 28th Rolled tacos, refried beans, and Spanish rice

Mar 29th B.L.T sandwich, potato salad and pickle

Mar 30th Chicken parmesan over pasta, side Caesar salad, and garlic bread

Mar 31st Shepard's pie and side garden salad