

## B a z e t t e

JULY • 2022

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

Edited in the Theresa &amp; Edward O'Toole Foundation Adaptive Computer Learning Center

Nameplate Art © Tina Hendricks 2017



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Statue of Liberty Self-portrait © Deborah Gile 1999



Deborah Gile's, Statue of Liberty Self-portrait was featured at the Museum of Modern Art of Ukraine in Kyiv, in a show titled Art Neurodiversity. The exhibition, held in 2011, included artists from around the world. Debbie's self-portrait was sold to an art patron while it was in Ukraine.

Happy  
4TH OF JULY



From

*St. Madeleine Sophie's  
Center*SMSC CLOSED  
Monday, July 4, 2022

# 5 & Dime

STUDENT COLLECTIVE

## THINGS TO TRY FOR SUMMER FUN

BY JOEL CLARK

Camping  
Stargazing  
Paddle-Boarding  
Outdoor Concerts  
Stay in a Cabin



Bear Roasting a Marshmallow © Joel Clark 2022

Wondering what to do for fun this summer? Here are some ideas for summer activities. Try camping when the weather is nice. Pack a tent, some sleeping bags, snacks, and just take off. Camping is a perfect way to take in nature and enjoy some fresh air. I went camping twice and if I remember correctly, I went to sleep in my own sleeping bag but I woke up in a different one! I don't know how that happened, but I was just a kid and can't remember all the details!

Summer is the perfect time for gazing at the night sky. Or try paddle-boarding, a popular water sport where you stand up on a board (similar to a surfboard) and use a paddle to steer it through the water. If you are a beginner paddler, check out Redondo Beach or Catalina Island. Both offer gentle flat-water paddling. Gentle water paddling in small lakes, ponds, and swamps offers water that's sheltered from waves, excessive winds, and currents.

You could go to an outdoor concert - if you love music this is the perfect season to enjoy live music and amazing weather.

My last idea is to stay in a cabin. If you live in the city, the perfect weekend getaway may be just taking off to a cabin, don't forget a pack of cards!

Out of all these activities, paddle-boarding sounds interesting to me. For more ideas take a look the website I found, it's listed below.

<https://www.bestofthislife.com/2019/07/31-things-to-do-in-july.html>

# I Speak

## GETTING INVOLVED

BY CALI WILLIAMS



I Speak is a newsletter supported by the State Council on Developmental Disabilities. It is an outlet where self-advocates can write articles along with our team and make new friends along the way. Our team is reaching out for some newcomers that might be interested in being a part of this wonderful group of people. If you are interested and want to know more about the I Speak newsletter, all you need is the Zoom link & passcode. Meetings are held on Zoom @ 11:00 am - on the 4th Thursday of each month. It's an awesome extra fun way for all of us to share. Become a creative individual and show your talents in a big way! We would be very happy to have you on board with all of us on Zoom. Best of all, it's a good thing for all of us to share our love for journalism!

To Access I Speak Zoom Meeting:

Meeting ID: 93702158975

Passcode:123763

# 5 & Dime

STUDENT COLLECTIVE  
CONTINUED

## DEAR EVERYONE

BY KATE BRODERICK

I like coming to SMSC's programs on Mondays, Wednesdays, and Fridays. I like acting and singing at Arms Wide Open on Monday afternoons, where I do puppetry, theater, and hip-hop dancing. We perform a lot of plays and I got a part in Godspell. I made new friends at Arms Wide Open. I like swimming, basketball, and karate. I started karate at the age of 7 years old, and stopped taking karate when I turned 31. I participated for 24 years! In my free time I like to hang out with my friends. I have a boyfriend, we are in a serious committed relationship!



Join this exclusive  
club, become a  
Monthly Giving Partner.  
*No gift is too small!*

## THANK YOU TO OUR MONTHLY GIVING PARTNERS!

Your Monthly Donation Supports SMSC Quality Programs and Services for  
Persons with Intellectual & Developmental Disabilities.

Contact: Joe Perucca, [jperucca@stmsc.org](mailto:jperucca@stmsc.org)

————— Thank you for being the reason we smile! —————

**Your monthly gift makes a lasting impact on the lives of our students...**





Diamonds  
ARE A GIRL'S  
Best Friend

44<sup>TH</sup> Haute  
with Heart  
FASHION SHOW & LUNCHEON

St. Madeleine  
Sophie's Center  
Serving Adults with Intellectual and  
Developmental Disabilities for Over 50 Years

SATURDAY  
AUGUST 13<sup>th</sup> 2022  
10AM-2PM

HILTON SAN DIEGO BAYFRONT

## *Dream Big*

John Agostini, an artist at Sophie's Gallery was excited that his painting of Marilyn Monroe was chosen for this year's Haute with Heart Fashion Show. John is waiting for the big day as he loves dressing the part, but he's not all about glitz & glam. Offering some sage wisdom he noted, "If you respect and love yourself, it will materialize with other people. If you are friends with yourself, everything comes to you. Dream big and believe anything is possible!"





Sophie's Gallery  
PRESENTS

## When Life Gives You Lemons...

A Collection of Oil Paintings  
by Ro Tarantino

July 15 - August 15, 2022

*Public Reception*

Friday, July 15

5-8PM

Wine & Hors d'oeuvre  
Live Music

Ro Tarantino's preferred medium is oil on canvas or linen using the painting technique alla prima in which the artist applies paint to the canvas in one sitting. She also uses the indirect method of painting that involves underpainting areas of dark and light. Ro considers herself a late bloomer as a serious artist. She had picked up a sketch pad or paintbrush occasionally over the years, but after the loss of a family member, she began to paint to help cope with the loss. As she feverously poured her energy into painting - many nights until the wee hours, her artistic surge began to produce 4 to 5 paintings a week. Ro is inspired by the techniques of the old masters such as Bouguereau, Sargent, along with impressionists like Monet. She will paint just about any subject that inspires her or helps her grow and improve, but mostly enjoys still life, fruit, and sunflowers. Ro has opened a gallery along with her working studio called Majestic Art Gallery, which sits in a beautiful 100-year-old building that stands alone in the middle of Mission Hills in San Diego!



# Awaken Your Inner Butterfly...



Stop by Sophie's Gallery and take a selfie at our new mural, the Butterfly Selfie Mural. It was a collaboration between SMSC, Por Favor Restaurant and the El Cajon Downtown Business Partners and is located behind Sophie's Gallery in Arts Alley, the alley between Rea Avenue and Main Street. The next time your in the area stop by and awaken your inner butterfly!



In May a bland white wall was transformed into a beautiful mural by artist, Beata Wojick.

**Butterflies:**  
Jacob Kellog  
Chandra Deal  
Lauren Papworth



# Cultural Corner

## EXPLORING DIVERSITY

### PARK AND RECREATION MONTH

July 2022



Health benefits  
Physical activity  
Health equity



Anza-Borrego Desert State Park  
Cabrillo National Monument  
Sunset Cliff State Park



Visit the national and state parks around San Diego County during National Park and Recreation Month. Our parks help restore people from the stress of day-to-day challenges, as being in nature helps to center the mind and increase your sense of well-being. Visiting our national and state parks can foster a sense of community and shared identity that helps build community and sustain our identity as Americans.

<https://www.nps.gov/aboutus/index.htm>

# HAPPY BIRTHDAY!

**JULY 2022**

ADAM ALVAREZ

THOMAS BLUE

MONICA BURNS

LASHAUN BYNES

CODY CABLE

MORGAN MULYANEY

GRETCHEN CAMERON

LEE NAPIER

BETSY CORY

SCOTT NIELSON

MADELINE DAVIS

NORINE O'BOYLE

JOHN DONOVAN

ANTHONY OLIVE

KATELYN FLOYD

JEAN POUTOUS

DANIEL GIBSON

TYLER RODRIGUEZ

ROBERT GIBSON

ERIKA SHEEDLO

SAMIR HALLAC

ROBERT SHUGERT

KELLY HAMILTON

BRIAN SHROYER

MEGAN HINMAN

JACOB SORENSON

MAEVIS HUTSON

YOLANDA TKACIK

MELVIN ISAACS

BLAKE THOMPSON

CAMARAN JOHNSON

DEBBIE LOPEZ

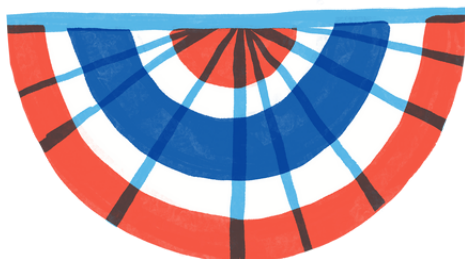
TREVOR MILLS

ROBERT MILAN



# Lunch Menu

JULY 2022



July 1st Pizza, Caesar salad, 4th of July dessert

July 4th Holiday SMSC CLOSED

July 5th Shrimp alfredo pasta, garlic bread, salad

July 6th Grilled chicken teriyaki rice bowl, stir fry vegetables

July 7th Ground beef tostada, refried Beans, Spanish rice

July 8th Pizza, garden salad

July 11th BBQ pulled pork, mac & cheese, coleslaw, roll

July 12th Beef Mongolian stir fry

July 13th Chicken fajitas, refried beans, Spanish rice

July 14th Greek gyro pita sandwich, fried zucchini

July 15th Pizza, cucumber tomato salad

July 18th Ground beef tostada, refried beans, Spanish rice

July 19th Roasted pork loin with apple glaze over mashed potatoes, green beans

July 20th BBQ chicken, coleslaw, baked beans

July 21st Shrimp fajitas, black beans, Spanish rice

July 22nd Pizza, garden salad

July 25th Pineapple chicken stir fry, steamed rice

July 26th Spaghetti and meatballs, Caesar salad

July 27th BBQ Swiss mushroom cheeseburger, tater tots

July 28th Enchiladas, black beans, Spanish rice

July 29th Pizza, garden salad