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Riding the Bus with My Sister

By Alison Portner

Rosie O’Donnell and Andie MacDowell portray sisters living in different cities whose separate paths are about to come together again under less-than-ideal circumstances. Despite being developmentally disabled, Beth (O’Donnell) faces life with humor, a fierce will, and a wardrobe that jars the senses. Her older sister Rachel (MacDowell) is driven, focused, and successful. She’s a lonely professional who disapproves of Beth’s unhealthy lifestyle and seeming lack of goals. When their father passes away suddenly, Rachel reluctantly steps in to help Beth cope with the loss.

However, something unexpected happens. Once Rachel walks a mile in her sister’s shoes or more accurately rides a mile with Beth on the bus, she begins to see life from a very different point of view. Rachel realizes that she’s the one with self-imposed limitations not her sister. What follows is a life-changing journey together, full of laughter, tears, and a new understanding.

Riding the Bus with My Sister was based on a wonderful book by Rachel Simon. You can find this wonderful movie and book (with the same name) on Amazon.com and at your local library.
My Perspective
By Coleen Baucom

I participated in an art show called Skate of Mind - State of Mind. The theme of the show was art on skateboards. On September 16, 2022 there was a reception for parents, friends of the artists, and the El Cajon community.

It took us a long time to paint the skateboards, but they all turned out beautiful. Some decorations on the skateboards were flowers, mountains with snow, and some were California beaches. There was a variety of decorations. I really enjoy going to the gallery every week, it's very relaxing and I enjoy meeting new friends.

I would also like to welcome the new staff in all departments. I hope you stay with us for a long time. I especially enjoy working with the new swim coach, Aldo Cordova. I want him to stay for a long time. I hope you all enjoy reading the Gazette as much as I enjoy writing articles!

Local Heroes

SMSC students were excited to visit Heartland Fire & Rescue Station 6 on a recent field trip. After the firemen made their introductions they led the group to waiting firetrucks where they explained all various tools and equipment stored on the vehicles. The firemen explained how emergency calls come in and how they determine which calls they need to respond to. Students were shown the station's paramedic vehicles and the specialized equipment that they hold. Firemen also demonstrated how to put on firefighting suits, air tanks, and other equipment needed when called to a fire. Lance Rountree was thrilled to participate, saying, "I enjoyed hearing how the fire department is run. Firemen have a hard job!" During a Q&A, students asked questions like how much water is needed to put out a fire, how often do they get calls, and how other various equipment works including the siren. As a finale, the siren was turned on to the delight of everyone. Lance was quick to say, "When the siren went off, that was my favorite part of the trip!"

Senior Program students Lance Rountree, Beth Blair, Richard Birdsong, and Robert Goodman were photographed with firemen. All campus programs attended the field trip that was arranged by USD nursing students who are training at SMSC.
Gardening student, Nick Pittman plants a rosemary cutting during a compound layering class.

Rosemary

The rosemary plant is a fast growing shrub with fragrant evergreen needle-like leaves. Rosemary is favorite of bees, who collect pollen from its small purple flowers. Rosemary oil is used in aromatherapy to improve mood and relieve stress. The leaves can also be used for cooking!

Compound Layering

SMSC gardening students recently learned about a type of plant propagation called compound layering. In the SMSC garden there are several mature rosemary bushes, and when their branches touch the soil, those branches grow roots. According to Garden Instructor Kate Boyce, "In compound layering propagation the plant is still attached to the mother plant and is receiving nutrient from the mother." These branches can be cut and replanted. "Once replanted, the plant needs to recover from the stress caused by cutting", Gardening Instructor Ruthe Anne Schmutz added. "It needs to be out of direct sun and get plenty of water." To foster growth all flowers or flower-buds need to be pinched off the new planting, so all the plant's energy goes directly into growing its roots.

Diagram of mother plant with rooted baby plants still attached to the mother.
https://propg.ifas.ufl.edu
FALL BACK!
DAYLIGHT SAVING ENDS
SUNDAY, NOVEMBER 5
Turn your clock BACK
one hour on Saturday night!

NOVEMBER 11, 2022
Honoring Our
Military Veterans of the
United States Armed Forces

Vote-planning tips from
Disability Rights California

Make sure you exercise
your power by voting!
There are many accessible
voting options for
individuals with disabilities.

Voting Hotline: (888) 569-7955
www.disabilityrightsca.org
9TH ANNUAL
SMSC
GOLF TOURNAMENT
2022

"Swing with Santa"
FRIDAY NOVEMBER 4th
Singing Hills Golf Resort at Sycuan

& HELICOPTER
BALL DROP
The ball closest to the pin is the
LUCKY WINNER!
1st Prize: $750
2nd Prize: $250
3rd Prize: $100 Gift Card
1 Ball: $10
3 Balls: $25 Need not be present to win.
Online sales of golf balls ends 11/22/22

St. Madeleine Sophie’s Center
Serving Adults with Intellectual and Developmental Disabilities for Over 35 Years

Swing with Santa
tickets on sale NOW!
swingwithsantata.org

Your purchase of a
$20 gift card will benefit
SMSC students
during the holidays!
Purchase a gift card at
Swing with Santa
and in the SMSC lobby!

The Joy of Giving!
Student Gift Cards $20

Thank you for making a difference in the lives of
adults with Intellectual & Developmental Disabilities!
All donations are tax deductible to the fullest extent of the law.
SMSC tax ID number is 95-2957332
MONTHLY GIVING

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

Thank you for being the reason we smile!

Your monthly gift makes a lasting impact on the lives of our students...
Cultural Corner
EXPLORING DIVERSITY
Mexico's Day of the Dead

NOVEMBER 1-2, 2022

Honoring friends and family members who have passed away with festive home altars and traditional dishes!

DIA DE LOS MUERTOS
Happy Birthday!

November 2022

Alyssa Adams
John Agostini
Deborah Alvarez
Antoinette Annunziata
Karen Bates
Francesca Bear
Mary Blanchard
William Burbank
Shannon Buxton
Kati Calia
David Cass
Samantha Cassell
Robett Chastain
Bianca Clements
Andrew Crawford
Sharon Dempsey
Marla Eaves
Andre Gerard
Aidan Grant

Barbara Griffin
Christina Hanna
Catherine Heft
Bryce Johnson
Deylon Kaul
Roger Lara
Joseph Malsbary
Kayla Martin
Thomas Mladosich
Nick Muessignmann
Vince Nolan
Erwin Robles
Marc Sailors
Savannah Sanhueza
Christina Shihata
Sierra Tipple
David Walton
Alise Yamamoto
Lunch Menu

November 2022

Nov 1st Egg salad sandwich and chips
Nov 2nd Grilled lemon herb chicken over rice pilaf, and roasted vegetables
Nov 3rd Pozole and tortilla chips
Nov 4th Pizza and side Caesar salad

Nov 7th Orange chicken over rice and vegetables
Nov 8th Fish tacos, black beans, and rice
Nov 9th Pasta carbonara, side salad, and garlic bread
Nov 10th Turkey, stuffing, sweet potatoes, green beans, and pumpkin pie
Nov 11th Pizza and side salad

Nov 14th Meatball sub sandwich, and chips
Nov 15th Cajun shrimp over cilantro lime rice
Nov 16th Loaded baked potato
Nov 17th Chicken fajita, rice, and refried beans
Nov 18th Pizza side and Caesar salad

Nov 21st Shrimp fried rice
Nov 22nd Teriyaki pork loin over rice and raised cabbage
Nov 23rd French dip sandwich and fries
Nov 24th Holiday Off
Nov 25th Holiday Off

Nov 29th BBQ chicken, corn salad, and baked beans
Nov 30th Mushroom Swiss burger and tater tots