

# Gazette

FEBRUARY • 2024

A PERSON CENTERED NEWSLETTER PRODUCED BY ST. MADELEINE SOPHIE'S CENTER STUDENTS  
 Edited in the Theresa & Edward O'Toole Foundation Adaptive Computer Learning Center

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**SMSC is CLOSED**

**February 19, 2024**

**President's Day**



## Happy Valentine's Day!



Gregory Hitchcock



Sara Elias



Lauren Papworth



Stevenson Sapper

# 5 & Dime

STUDENT COLLECTIVE  
SELF-ADVOCACY TIPS  
CALI WILLIAMS



I am a down-to-earth person who is close to my family. I can be a geek that loves technology and using computers. I have a heart of gold and always have love for others. Self-advocacy is close to my heart!

Umbrella © Cali Williams 2024



## Self-Advocating Tips To Keep Us Strong

By Cali Williams

1. Always believe in yourself and know you can do it.
  2. Being a role model will make us stronger and in the end will make us leaders.
  3. Always make sure to take care of yourself because self-care leads to self-advocacy and helping others to do the same.
  4. Helping others shows we care for them and want them to feel good about themselves.
  5. Decide what you want, when you want it and you will attain your goal.
  6. Knowing your rights will help you face what's coming next. Others will follow your lead.
  7. Creating a plan, setting your goals, and helping others with their life-goals will keep you organized and ready for the future.
  8. Express yourself clearly. Speaking up will get your point across and everyone will understand you better.
  9. Being firm and persistent will help when it comes to getting what you really want in life.
  10. Speaking up for yourself and others will pay-off in so many ways.
1. Never ever give up even when life gets hard. Just keep your head up high like a super hero!



## Working in the Kitchen

By: Coleen Baucom

I've worked in the kitchen for three years and love working with Mike Bacon and Fermin Vasquez! I watch them make food, bake cakes, and use the big frying pan to mix and heat ingredients for lunches. It's a wonderful feeling to work and keep busy. Working keeps me healthy. My favorite activity is setting up for lunches. I especially like serving others. While working at the service window you get to meet a lot of different people!

*"Coleen works in the kitchen every Tuesday morning. She always has a bright smile on her face and is ready to get to work. She helps make sandwiches, wash pots and pans, serve customers, she plates up desserts, and helps assist on the register. She is a wonderful worker." - Mike Bacon*

# 5 & Dime

KITCHEN TIME  
COLEEN BAUCOM

## Kitchen Time Recipe of the Month



## Chicken Salad Pita Sandwich

PREP TIME 15 minutes

TOTAL TIME 15 minutes

SERVINGS 4 servings

### Ingredients

- 2 cups cooked seasoned chicken, chopped
- ½ cup mayonnaise
- 1 stalk celery, chopped
- 1 green onion diced (or chives or red onion)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon seasoned salt (Italian seasoning, pepper, salt, garlic powder, onion powder)
- 1 teaspoon fresh dill (optional)
- 1 package Pita Bread or Pocket

### Instructions

1. Combine all ingredients in a small bowl and mix well.
2. Add seasoned salt.
3. Serve on a grilled pita bread with lettuce & tomato.

# 5 & Dime

PRESIDENT'S DAY  
ANTHONY WARDLOW



**President Lincoln**  
By: Anthony Wardlow



Abraham Lincoln

Hello again, I am Anthony Wardlow, and I would like to talk to you about one of the greatest presidents of the USA. Who is Abraham Lincoln? He was our 16th President of the United States and served as president from 1861 to 1865. He was born in a log cabin in Shinking Spring Farm near Hodgenville, Kentucky. He moved to Indiana and then to Illinois where he worked at a general store before going into politics. In 1832 he served with the Illinois Military and fought in The Black Hawk War. Afterwards, he ran for a seat in the Illinois House of Representatives, but lost the election. He then worked as New Salem's post master and then a county surveyor, before becoming a lawyer! In 1834 he ran again for the Illinois House of Representative and won, serving until 1842 when he ran for a seat in the U.S. House of Representatives but lost. He tried again in 1846 and won! He served in the U.S. House of Representatives from 1847 to 1849. Pledging to serve only one term he went back to Illinois to be lawyer. While practicing law he was a major player and creator of today's Republican Party. In 1860 he ran for president and won. The next year the Civil War began after the south succeeded from the United States to form the Confederate States of America. Some of his greatest moments as president happen to during the nation's darkest days, from the Gettysburg Address to the Emancipation Proclamation! In 1864, He ran for a second term as president and won. In 1865, under his leadership, the United States won the Civil War and reunited the country! He died shortly afterward when he was assassinated in a theater in Washington D.C. Abraham Lincoln was truly one of the greatest presidents of the United States and will not be forgotten for his services and sacrifice to everyone everywhere. Till next time, see you all later and let's have a great President Day!



## ATTENDANCE COUNTS!

By: Coleen Baucom

Hello my fellow readers! I want to tell you about the new Attendance Awards for students. If you have had no absences in a 3-month period you will win \$100, \$75 for 1 absence, \$50 for 2 absences, and \$25 for 3 absences. Awards were given out for last quarter of 2023, 80 students had perfect attendance and competed in a drawing for a pass to SeaWorld, good for a year. Congratulations to Sara Elias who won the drawing. During January, February, and March watch your attendance and come to program every day to earn rewards. It is fun to receive a cash reward for attendance! There will be more drawings for Disneyland and SeaWorld tickets.

Just to let everyone know, we have a new senior in our department, her name is Margaret Sperry, so come by the Senior Department and introduce yourself.

I enjoy writing articles for the newsletter, and I hope you enjoy reading them. If you have any ideas about what I should write about, please let me know.

## 5 & Dime

ATTENDANCE AWARDS  
COLEEN BAUCOM  
PHOTO GALLERY SOPHIE'S JEWELERS

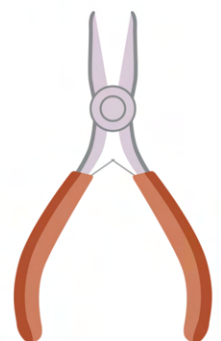


**Anthony Davenport**

**Sara Elias**

**Elmer Buck**

**Sara Maupin**



# Happy Presidents Day

February 19, 2024

# Happy Groundhog Day

February 2, 2024



# National Embroidery Month

February 2024



# National Umbrella Day

February 10, 2024

Purchase yours from Sophie's Gallery collection of umbrellas embellished with original designs!

Umbrella © Kelsey Wammack 2024

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## Shirley Chisholm

Shirley Chisholm was an American politician and the first African-American woman to run for Congress. In 1968, she was elected to the U.S. Congress, representing a newly reconfigured majority-black district in Brooklyn, New York. In 1972, she was also the first African American to run for a major party's nomination for President of the United States, making her also the first woman ever to run for the Democratic Party's presidential nomination. In her presidential announcement, Chisholm described herself as representative of the people and offered a new expression of American identity: "I am not the candidate of Black America, although I am Black and proud. I am not the candidate of the women's movement of this country, although I am a woman and equally proud of that. I am the candidate of the people and my presence before you symbolizes a new era in American political history."



## Cultural Corner

Celebrating Diversity  
Black History Month  
Celebrating Shirley Chisholm



Poster for Shirley Chisholm's run for the Democratic Party's presidential nomination candidate announcing she is unbought and unbosessed, which was the title of her autobiography written in 1970. It is also the title of a documentary on her life that was produced in 2004.

[wikipedia.org](https://www.wikipedia.org)

Photo credit: [siarchives.si.edu](https://www.siarchives.si.edu)



## Sophie's Gallery Celebrates Valentine's Day

February 9 - March 31, 2024  
**Public Reception**  
Friday, February 9  
5-8PM

Sophie's artists present a weather-inspired collection of umbrellas embellished with original designs, paper mache' sculptures, contemporary jewelry, heart prints, mosaics, and a *Weaving Rainbow* just in time for Valentine's Day shopping!

# Love in the Forecast

2024 Gotta' Have Heart



## Love in the Forecast

2024 Gotta' Have Heart

February 9 - March 31, 2024

Sophie's Gallery  
140 E. Main Street  
El Cajon, CA  
619.593.2205

sophiesgallery@stmisc.org  
stmisc.org

Open Monday - Friday: 9AM - 4PM

### Artwork sales directly support Sophie's artists & our program

40% is paid to the artist & 60% supports  
materials, instruction and facilities...



Umbrella © Madeleine Westermeyer 2024

Sun © Rachel Guerrero 2023

Heart Print © Lauren Papworth 2023

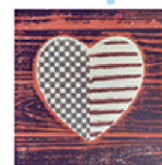
Heart Print © Anne Colburn 2023

Heart Print © Marilyn Guidi 2023

Heart Print © Sara Elias 2023

Heart Print © Mitch Gricman 2023

Rainbow Weaving © Karen Holley 2023



Sophie's Gallery is a program of St. Madeleine Sophie's Center





Tea by the Sea

January 20th, 2024



# Happy Birthday!

FEBRUARY 2024

Dee Austel

Ilham Bazzi

Erin Bones

Julie Crakes

Anthony East

Evonne Harvey

Michael Jacobs

Lucas Lemke

James Long

Jen Lord

Fernando Magaña

Amy Mansour

Adam Maxwell

Kristin MaCalla

Leona Melton

Whitney Oliver

Brian Raber

Joey Raymer

Francisco Rojas

Lance Roundtree

Ryan Sage

Tiffani Schlender

Jennifer Smith

Michele Soto

Theresa Spellman

Gregory Stancheck

Kathleen Taylor

Edgar Villanueva

Alyssa Virissimo

Kelsey Wammack

James Wellman

Bryan Wokmunskie

**Feb 1st Garlic shrimp and broccoli over orzo**

**Feb 2nd Pizza and side salad**

**Feb 5th Beef lasagna and side garden salad**

**Feb 6th Sweet & sour pork stir fry**

**Feb 7th Fried chicken sandwich and chips**

**Feb 8th Pozole and fried tortilla chips**

**Feb 9th Pizza and side salad**

**Feb 12th Shrimp, pasta alfredo, side salad, and garlic bread**

**Feb 13th Bacon cheeseburger and French fries**

**Feb 14th Chicken piccata over mashed potatoes, vegetables, and a Valentine Dessert**

**Feb 15th Grilled chicken taco, salad bowl with cilantro lime dressing**

**Feb 16th Pizza and side salad**

**Feb 19th Holiday SMSC Closed for Presidents Day**

**Feb 20th Vegetarian lemon artichoke pasta and side garden salad\* (VEG)**

**Feb 21st Shrimp fajitas, rice, and beans**

**Feb 22nd Mongolian pork stir fry over steamed rice**

**Feb 23rd Pizza and side salad**

**Feb 26th Chicken cacciatore over pasta and garden salad**

**Feb 27th Carnitas tacos with rice and beans**

**Feb 28th Beef bourguignon over mashed potatoes\***

**Feb 29th Curry chicken over steamed rice**

**\* New Menu Item**





## THANK YOU TO OUR MONTHLY GIVING PARTNERS OUR CHAMPIONS OF THE FUTURE!

### NEW MONTHLY GIVERS AND MONTHLY GIVERS

#### WHO INCREASED THEIR DONATION

JUNE 2023 - JANUARY 2024

Barbie Bates  
Virginia & Robert Bayer  
Casey Cable  
Sandy Campbell  
Tom Carr  
Diane Davies  
Steve & Vicki Deal  
Michael Dutcher  
Jean Ann & John L. Earl  
Chandra & James Griffin  
Julie Karlo  
Regina Lauridsen  
Rebecca & Carl McKenney  
Karen & Sean Mercadante  
Lynn Mullins  
James F. Mulvaney Jr.  
Elizabeth Pieti  
Andrew Pomeroy  
Ginger Poutous  
Deborah & Clay Setzer  
Lorraine & Edward Wammack



**MOSAIC ANGEL © JULIE CRAKES 2023**

*Julie's angel was made using recycled jewelry, found objects, and glass tiles for Wings & Snow: Warm Wishes, our annual holiday show!*

*We are reaching out to all our families with personal success stories about our students. We want to encourage everyone to join our Monthly Giving Program as a way to support SMSC's programs and services.*

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



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

# Big Kudos

Congratulations to AC student, Elizabeth "Libby" Pieti for her Perfect Attendance at SMSC! She was one of 80 students that had perfect attendance for November & December 2023! Attendance is the main funding for our program budget every year and if you are not here, it impacts our ability to have quality programs and staffing.



ST. MADELEINE SOPHIE'S CENTER

# WE'RE HIRING

St. Madeleine Sophie's Center is a day program for adults with intellectual and developmental disabilities situated in El Cajon, CA on a beautiful campus like environment. We offer excellent working conditions, as well as competitive pay and generous benefits. Come join our team of compassionate, dedicated professionals!

## HOW TO APPLY

Please go to [www.Indeed.com](http://www.Indeed.com) or [www.recruiting.com](http://www.recruiting.com) Applicants may also go to our website at [www.stmsc.org](http://www.stmsc.org), select the contact tab and then employment. These steps will give you access to an application for employment.

## SEND YOUR RESUME TO

[crickey@stmsc.org](mailto:crickey@stmsc.org)

## TELEPHONE

619.442.5129 Ext. 107

## WEBSITE

[stmsc.org](http://stmsc.org)