

Newsletter

OCTOBER • 2023

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



- 2 5 & DIME STUDENT COLLECTIVE: SMSC SELF-ADVOCACY BOARD AWARD CEREMONY
- 3 5 & DIME CONTINUED: BEE THE CHANGE / THE MUSIC IN ME / DSP RECOGNITION
- 4 5 & DIME STUDENT COLLECTIVE CONTINUED: ALLEY CAT RECAP
- 5 SAVE THE DATE: 2024 PEOPLE FIRST CONFERENCE
- 6 TIPS & INFO: BREAST CANCER AWARENESS / HEALTH TIPS / NATIONAL BOOK MONTH
- 7 CULTURAL CORNER: MAJOR MARISOL CHALAS - LATINA PILOT SOARS
- 8 SAN DIEGO COMMITTEE ON EMPLOYMENT OF PEOPLE WITH DISABILITIES: JOBTOKERFEST
- 9 UPCOMING EVENTS: EL CAJON GERMAN AMERICAN CLUB OKTOBERFEST
- 10 UPCOMING EVENTS: DOWNTOWN EL CAJON HAUNTFEST
- 11 UPCOMING EVENTS: SMSC SPOOKFEST / SWING WITH SANTA
- 12 OCTOBER BIRTHDAYS
- 13 OCTOBER LUNCH MENU
- 14 MONTHLY GIVING & WE'RE HIRING

HAPPY HALLOWEEN

October 31, 2023



SMSC Self-Advocacy Board

Special Award Ceremony

During a recent Mobility Training, eight SMSC students and two staff were on their way to Seaport Village when in the process of boarding the doors of the trolley malfunctioned. As the doors shut too quickly, four students were locked out. However, the misadventure was stopped in its tracks due to the actions of Janae Horn and Luis Herrera. Due to their extensive training, they remained calm and took charge of helping the other students to keep everyone safe. "I wasn't scared. I knew what to do. I calmed the other students while we waited for staff to come and help us", Janae said proudly. SMSC People First Board held a special ceremony to honor Janae and Luis with certificates for being trustworthy and good citizens, and for being responsible and doing the right thing.

SMSC Job Coach, Barbara Holland-Alderman has been teaching students how to ride the trolley including changing lines and using their passes. "Mobility training is vital in giving people with intellectual and developmental disabilities the skills they need to be more independent", Barbara said. Adding that all her training kicked in that day and that she was proud of the way the students handled the situation. "I remind my students every trip, that if they become separated from their group while on the trolley they should sit on the nearest bench and wait. "Stay put, stay safe, and don't panic. The group stayed safe because they followed these directions", Holland remarked.

5 & Dime

STUDENT COLLECTIVE SELF-ADVOCACY BOARD AWARD CEREMONY



Janae Horn and Luis Herrera, proudly hold up their awards.

Congrats!

A stylized illustration of a trolley car in a dark teal color, positioned below the word "Congrats!". The trolley has windows and a roof structure.

Barbara Holland-Alderman hands Luis Herrera his award.

5 & Dime

STUDENT COLLECTIVE CONTINUED
ALLEY CAT ART WALK RECEPTION



12th Annual Alley Cat Art Walk

Celebrating the Arts in Downtown El Cajon



SELF ADVOCATES



5 & Dime

STUDENT COLLECTIVE CONTINUED
SAN DIEGO PEOPLE FIRST LOGO CONTEST
THE MUSIC IN ME • DSP RECOGNITION

Congratulations!

To Michael Mercadante

Michael's illustration of a bee was picked as the winner of the San Diego People First logo contest for the 2024 Self-Advocacy Conference. He won a 1-night stay at the Marriott Hotel in Mission Valley during the conference, and his artwork will be used on T-shirts and other conference materials. The theme of the 2024 conference is: *Self-Advocates Take The Charge and Be The Change.*



Featuring Guest Artists
Artbrut Korea

Sophie's Gallery
140 E. Main Street, El Cajon, CA, 92020
619.593.2205
sophiesgallery@stmisc.org / stmisc.org
A program of St. Madeleine Sophie's Center



passageways: the music in me
September 15 - October 31, 2023

A collection of used and new musical instruments. The show "Set List" also includes unique instrument prints, up-cycled CD weavings, hand-embroidered iron-on patches, screen-printed instrument images, kumihimo braided guitar & bag straps, and more!

Golden Glow Ukulele © Cali Williams 2023
Saxophone © Betsy Cory 2023

YOU ROCK!

SMSC Staff was recognized during Direct Support Professionals Recognition Week at a party to celebrate the workforce that is the heart and soul of supports for people with disabilities at our center! Students made a banner for staff with special thoughts and acknowledgements, and refreshments were served.



SAVE THE DATE



2024 SAN DIEGO PEOPLE FIRST CONFERENCE

When: Friday, June 7th &
Saturday, June 8th

2-Day In-Person Conference

Where: San Diego Marriott
Mission Valley Hotel
8757 Rio San Diego Drive



*"Self-Advocates
Take Charge and Be
the Change"*

Registration details will be coming soon!

For more information please contact:

Creative Support Alternatives: creativesupportalternatives@gmail.com

Debbie Marshall: debbie.marshall@scdd.ca.gov

or Viri Salgado: viridiana.salgado@sdrc.org

Contact your Regional Center Service Coordinator to add a
Self-Advocacy GOAL in your IPP to pay for your conference registration fee.

For more updates on the conference follow us on Facebook:

[San Diego People First Self-Advocacy Conference](#)

READ - a - BOOK

October is NATIONAL BOOK MONTH

By Joel Clark

During National Book Month the importance of literature and the joy of reading are emphasized. It's a time when everyone including authors, booksellers, publishers, and readers can celebrate the written word and promote the power of books. So read a new book or share an old favorite with a friend. It's the perfect time to discover new authors and new books while sharing your love of reading with others. So relax and read a book and learn something new. Make National Book Month an exceptional event, let the power of reading awaken your imagination!



Breast Cancer Awareness Month

By Alison Portner

Every October there is an annual campaign to increase awareness of breast cancer. I would like to talk to you today about how to be aware.

- Breast Cancer is the most common cancer among women.
- Risk factors can be genetic, but some life style factors, such as alcohol intake, make it more likely to happen.
- A range of treatments are available, including surgery, radiation therapy, and chemotherapy.
- Many breast lumps are not cancerous, but any woman who is concerned about a lump or change should see their doctor.
- An early diagnosis of breast cancer increases the chance of recovery.
- Once a month you should do a self-breast exam in the shower.
- If you have any questions or concerns you should contact your OB/GYN.



Health and wellness tips for the fall season

**Start the fall with healthy habits
and stay well this autumn!**

- Get enough sleep
- Take a brisk walk, take in the fresh air, and exercise.
- Stay hydrated - drink plenty of fluids.
- Eat a nutritious diet
- Manage stress
- Get a flu shot & Covid vaccination

T

I

P

S

&

I

N

F

O

Latina Pilot Soars



Cultural Corner Celebrating Diversity National Hispanic Heritage Month

September 15 - October 15

When you realize that women account for 9.57% of pilots flying today, the story of Major Marisol Chalas is especially inspirational. Within that 9.57% of female pilots, only 1% are Latina. Major Marisol is the first Latina National Guard Black Hawk helicopter pilot, who also has a six sigma Black Belt Certification. Chalas was born in the Dominican Republic and moved to Massachusetts in 1982 with her family. She enlisted in the Army National Guard during high school and was commissioned as an aviation officer in 2001. Chalas became first in her class at Fort Rucker Army Aviation School where she earned more than a dozen awards, including the Senior Aviator Badge. Of the 3,000 pilots that flew Black Hawks, she was one of 120 female pilots.

<https://womenshistory.si.edu/>

Photo credit: Massachusetts Maritime Academy

Black Hawk Helicopter By: Anthony Wardlow

United States Army Security Unified Blockchain
November 2023

Anthony Wardlow
September 18, 2023



The Sikorsky UH-60 Black Hawk is a four-blade, twin-engine, medium-lift utility military helicopter manufactured by Sikorsky Aircraft. The aircraft was first flown in 1974 and is still in use today. It is the primary tactical transport helicopter for the United States Military and is used in other militaries around the world!

Black Hawk Helicopter © Anthony Wardlow
2023



Everyone Welcome to



Oktoberfest in El Cajon

Sept. 29-Oct 1 & Oct. 6-8, 2023

**Fridays
4-10pm**

**Saturdays
12-10pm**

**Sundays
12-9pm**

**Adult Admission:
\$15 Fridays
& Saturdays
\$5 Sundays**

**Active Military &
Under Age 21
admitted FREE**

Title: Akkordeon

Artist: Mark Rimland, 2023



Mark Rimland

Parking is free but limited, the use of a ride share or taxi is encouraged - take advantage of our curbside drop off/pick up zone!

**Online ticket purchase options available:
www.oktoberfestelcajon.com**

**Join us for the return of our fabulous German band, Guggenbach-Buam!
Great selection of German beers on tap, plus German foods and desserts!**

Dancing • Contests • Vendor wares for the entire family!

Raffle Drawings - Grand Prize: Round-trip flight for two to Germany!

Check out the cozy bar inside the Clubhouse!!

Alcohol-free Kid's Zone with games and crafts!



German American Societies

1017 S. Mollison Avenue, El Cajon • 619-442-6637

www.OktoberfestElCajon.com





Job & Resource Fair for People with DisABILITIES!
Free and Open to the Public

Jobtoberfest 2023

Wednesday, October 4 from 11 a.m. to 2 p.m.

Balboa Park Club & Recital Hall
2150 Pan American Road West
San Diego, CA 92101



Workshops

(Located in the Santa Fe Room)

11:30 a.m. to 12:30 p.m.

“Resume & Conflict Management”

12:45 p.m. to 1:45 p.m.

“CalABLE Tax-Advantaged Savings Accounts”

Bring your resume and dress for success!

This event is totally free! No registration required. Accommodations Available.

www.sdjobtoberfest.org

Questions? Please email chair@sdjobtoberfest.org



Hauntfest on Main

HAUNTFEST IN DOWNTOWN EL CAJON

Friday, October 20, 2023

4:00 pm to 9:00 pm

Hauntfest.org

Visit **SMSC's Pumpkin Patch & Sophie's Gallery Booth**



SPOOKEASY

SATURDAY, OCTOBER 21ST



SATURDAY OCT 21, 2023

6:30 – 10:00 pm

East County Secret Garden @ STMSC

- 1920's Theme*
- Haunted Trail
- Costume Party & Contest
- Live Music & Entertainment
- Bar & Food Included with Registration

* 1920's costumes not required; all costumes are welcome.

REGISTER FOR A
SPONSORSHIP



Happy Birthday

Samantha Calderon	O	Helen Patino
Anne Colburn	C	Nick Perretta
Ryan Crosby	T	Matthew Phillips
Shauna Davis	O	Aldo Quezada
Peter Feghali	B	Daniel Reaves
Taylor Hitchcock	E	Christina Rodriguez
Grace Kennedy	R	Tonja Rogers
Janet Leenhouts	•	Stephen Schmidt
An Nguyen	2	Laura Sloan
Reg Oberg	0	Renee Sprague
Lauren Papworth	2	Sheldon Wallace
	3	Kristen Woldt



October Lunch Menu

Oct 2nd Meatball sub sandwich with chips

Oct 3rd Greek yogurt chicken over rice pilaf with asparagus

Oct 4th Beef stroganoff over buttered noodles

Oct 5th Pork chili verde over rice

Oct 6th Pizza and side salad

Oct 9th Hot ham and cheese sandwiches with chips

Oct 10th Chicken katsu over rice with roasted vegetables

Oct 11th Italian sausage lasagna, side salad, and garlic bread

Oct 12th Beef tostada, rice, and beans

Oct 13th Pizza and side salad

Oct 16th Tandoori chicken over yellow rice with cucumber salad*

Oct 17th Chicken nachos

Oct 18th Roasted pork with sweet potatoes, and apples*

Oct 19th Buttered parmesan cheese ravioli and Caesar salad *(Veg)

Oct 20th Pizza and side salad

Oct 23rd Fish tacos, refried beans, and tortilla chips

Oct 24th Sweet & sour chicken over steamed rice with stir fried vegetables

Oct 25th Pork tenderloin with chimichurri sauce over mashed potatoes (Veg)

Oct 26th Beef stew and cornbread

Oct 27th Pizza and side salad

Oct 30th Shrimp scampi over pasta and garden salad

Oct 31st Fried chicken bowl

*** New Menu Item**



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@stmisc.org



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 or www.recruiting.com Applicants may also go to our website at www.stmisc.org, select the contact tab and then employment. These steps will give you access to an application for employment.

SEND YOUR RESUME TO

crickey@stmisc.org

TELEPHONE

619.442.5129 Ext. 107

WEBSITE

stmisc.org