

Gazette

NOVEMBER • 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 STUDENTS THOUGHTS ON THANKFULNESS
- 3 5 & DIME STUDENT COLLECTIVE CONTINUED: ROCK THRIFT STORE / BARNEY & BARNEY FOUNDATION GRANT
- 4 5 & DIME STUDENT COLLECTIVE CONTINUED: SMSC STUDENTS ON THE GO
- 5 5 & DIME STUDENT COLLECTIVE CONTINUED: SMSC STUDENTS ON THE GO
- 6 TIPS & INFO: DAY OF THE DEAD / FALL SAFETY / NATIONAL DIABETES AWARENESS MONTH DAYLIGHT SAVINGS ENDING SOON
- 7 CULTURAL CORNER: NATIVE AMERICAN HERITAGE MONTH: BLACKFEET NATION BUFFALO PROGRAM
- 8 NOVEMBER BIRTHDAYS
- 9 NOVEMBER LUNCH MENU
- 10 UPCOMING EVENTS: SWING WITH SANTA / SMALL BUSINESS SATURDAY / EL CAJON CHRISTMAS TREE LIGHTING / WINGS & SNOW
- 11 MONTHLY GIVING / WE'RE HIRING

HAPPY
Thanksgiving

St. Madeleine Sophie's Center is
CLOSED

November 23-24, 2023
for the
Thanksgiving Holiday





A Place to Call Home
Amanda Freeman

The Thanksgiving holiday is a time to be grateful for all that we have, and this is especially true for Amanda Freeman, who became homeless after her grandmother passed away. With no place to go, she started sleeping in her car. Amanda is a SMSC Supported Employment client who works as a groundskeeper and maintenance worker at a property management company. She applied for the job after a friend told her about the position, and luckily, they were waiting for right person. "I am proud they could see that I was a capable person from my interview and gave me the one chance that I needed", Amanda noted with pride. "I work hard to keep the place clean, and the quality of my work shows that am living up to the challenge of my job. I work outside and love being in the fresh air. I am glad I'm not stuck inside. I am grateful for never giving up on myself. I got the job, and my parents are proud of me." Best of all - Amanda's job comes with an apartment on top of her salary. With Amanda's help St. Madeleine's SE program developed a new placement opportunity through her employer. She hopes that other SMSC students will follow in her footsteps. "I am in a good place now and my team from St. Madeleine's is awesome" Amanda added. "I am motivated by my emotional support dog Erica, a white husky. She knows when I am down and helps me." In her free time Amanda enjoys taking Erica to dog beach on Fiesta Island. "She likes to swim, run around, and be a dog!"

I am thankful for my church, good care-providers, and my house. Also, swimming at program!
Susie Pfingsten

5 & Dime

STUDENT COLLECTIVE THOUGHTS ON THANKFULNESS

**I AM THANKFUL FOR MY FAMILY, FRIENDS, AND ALL THE STAFF AT ST. MADS.
I AM HAPPY WHEN I DO ART SO I AM THANKFUL FOR THE ART STAFF!**

MATTHEW PHILLIPS

**I am thankful for my family, friends, my house,
food, and that's it!**
Sara Elias

**I AM THANKFUL FOR ALL THE GOOD THINGS YOU GET TO DO - LIKE GOING TO
LIONS TIGERS AND BEARS WHERE I VOLUNTEER!**
JEAN POUTOUS

**I am thankful for my family and helping my mom
carry grocery bags!**
Shauna Davis

I am thankful for my parents and my Thanksgiving meal!
Susan Kendrick

I have a good heart and love to make others happy!
Aaron Kevane

I AM THANKFUL FOR CHRISTMAS!
LUCAS LEMKE

**I AM THANKFUL FOR HAVING FUN AT SOPHIE'S GALLERY.
I LIKE SEEING EVERYONE AND THEIR ART.**
BESTY COREY

I am thankful that I am an artist. I like to draw!
Lashaun Bynes

**I am thankful for my boyfriend. He inspires me. His family knows me
and I know them well!**
Monica Burns

I am thankful for my boyfriend, my parents, and my sister Anna!
Chantilly Jones

I am thankful for my Case Manager, Tina!
Bianca Gomez

**I am thankful for the gals at the gallery. I want to
serve them anyway I can to give back for all they
have given me. I made a promise to always keep
my heart thankful!**
Reg Oberg

I am thankful for good food - rice and tea!
Mary Grettenberger

I am thankful for having EJ in my life, Jackie, and my family!
Coleen Baucom

**I am thankful for my mom, my dad, my bus driver,
friends, and family. Everybody!**
Mitch Gricman

I am thankful for my mom and dad, my sisters and my brothers in-law!
Dawn Linnen

**I am thankful for my friends, family, my dog,
and my cat!**
Laura Heim



SMSC Volunteer Opportunities

By: Coleen Baucom

HELLO, my fellow readers. I want to tell you that volunteering is fun. I volunteered at the Rock Thrift Store, a consignment and thrift store run by the Rock Church, and really enjoyed the experience. It felt so good to help other people. The staff that work there are friendly and helpful, and we also relied on staff from SMSC to answer our questions. I oversaw the clothing racks making sure the clothes were hanging correctly on the hanger, picking up clothing that had fallen on the floor, tagging clothes for sale, and removing empty hangers. I also straightened up the shoes. St. Madeleine's has a lot more volunteer sites like XO Ranch, Meals on Wheels, Ocean Beach clean-up, Lions Tigers & Bears, and the Alpine Community Center. I hope you all will consider volunteering this year. It feels great to help out there in the community. Try it out and you will enjoy it like I did!

Jennifer Smith straightens shoes at the Rock Thrift Store.

5 & Dime

**STUDENT COLLECTIVE
SMSC STUDENTS ON THE GO
ROCK THRIFT STORE
BARNEY & BARNEY FOUNDATION GRANT**

Thank you!



Chantilly Jones, Kristen McClure, Leslie Wable and all of SMSC students and staff would like to thank Marsh McLennan Agency West for selecting our program as a recipient of the 2023 Barney & Barney Foundation grant!



El Cajon Fire Department



On a warm and sunny Friday a group of SMSC students from different programs visited the El Cajon Fire Department with our USD nurse volunteers. Everyone was focused and engaged as they listened to the firefighters explain their day-to-day routine and watched a demonstration of the tools and equipment that firefighters use. Students even got to see the EMTs respond to an emergency!



5 & Dime

STUDENT COLLECTIVE
SMSC STUDENTS ON THE GO
EL CAJON FIRE DEPARTMENT
MELAS ON WHEELS / SNACK BAR UPDATE

Meals on Wheels

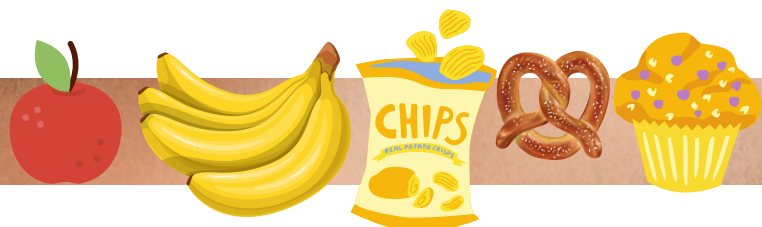


SMSC's volunteer students deliver some spooky meals to senior citizens for Meals on Wheels San Diego County. The spooky event was recorded by Fox 5, ABC 10/News, and the East County Community Times with photo-ops and interviews with our CEO, Debra Emerson!

Getting Ready for the Snack Bar

By: Cali Williams

Your new Self-Advocacy Board Members are looking into the reopening of the snack bar. Members went around asking everyone what kind of snacks they would like to have in the snack bar, and have made a list to be approved. When the snack bar opens it is not going to have a microwave so there won't be any foods that need to be heated. The date for the reopening is not yet scheduled but the Self-Advocacy Board will update everyone as soon as it is announced. Watch for future updates!



USD Hahn School of Nursing

By: Alyssa Lee

Assistant BMOD Manager

St. Madeleine Sophie's students were invited to visit the USD Hahn School of Nursing for a fun filled hands-on event lead by the USD nursing students. Our consumers participated in 4 different lab activities with each station teaching them about proper first aid, how to wear personal protective gear, how to care for a baby when sick and how to properly wash hands. As they arrived, each consumer was given a USD fanny pack filled with all their health care needs such as Chapstick and personal hand sanitizer. As the students moved through each activity, their smiling and curious faces filled the building. The labs are designed for the nursing students to be able to work on simulator humans. The consumers were able to hear a heartbeat on one of the simulator humans with stethoscopes they got in their fanny packs. When asking a student what her favorite activity was she stated, "I liked how to learn to swaddle a baby." Not only did they learn how to swaddle, but they were able to listen to the lungs of a simulator baby, to hear what it sounds like if the baby had an infection. A lot of the consumers enjoyed the hand washing station. The nurse would hand the students a special gel that would show germs on their hands under a black light. Then the students practiced proper handwashing. Once complete, the nurse would check, under the black light, for the germs. Most of the students practiced skills learned during the pandemic with their hand washing and showed the nurses how clean and germ free their hands could be! It became a fun competition for everyone to see who washes their hands the best. After moving through the various stations, the students were treated to Subway for lunch. At the end of the day, after they all boarded the bus, staff asked the students to raise their hands if they had a great day and every single student raised their hand with enthusiasm, expressing to staff what a fun experience they had! It was a great day for all!

5 & Dime

**STUDENT COLLECTIVE
SMSC STUDENTS ON THE GO
USD HAHN SCHOOL OF NURSING**



Peter Feghali monitors the patient's heartbeat at the nurses training clinic.



SMSC students attend a hands-on tour of USD Hahn School of Nursing, courtesy of nursing students on Friday, October 27, 2023.



Heather Moreno learns how to treat and bandage a wound during nurses training at USD.

Dia De Los Muertos

November 1 & 2, 2023



Day of the Dead

A traditional Mexican Celebration

Stay Safe & Healthy this Winter

- Dress warmly in cold weather
- Wear rubber boots in the rain
- Have an umbrella handy
- Wash your hands to avoid illness
- Get your flu shot
- Stay home if you feel sick
- Use a flashlight if it's dark outside



Diabetes Awareness Month

November is National Diabetes Awareness Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Helpful Healthy Habits

- Be more active
- Eat healthy plant-based foods
- Eat healthy fats



Fall Back



Daylight savings is ending soon. Don't forget to turn your clocks back an hour on Sunday, November 5, when standard time resumes!

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RETURN OF THE BLACKFEET BISON

The Blackfeet Nation began a conservation effort when they released a herd of bison onto their tribal lands. The Nation was given genetic descendants of a herd of bison that were moved from their land in 1873 to Canada, to save them from being slaughtered. The reintroduction of wild free-roaming bison onto indigenous land was an expression of sovereignty for the Blackfeet Nation. The strategy to kill off the buffalo was devised to starve indigenous people and to force them into submission to the government and to make land available for settlers. Re-establishing buffalo to Native land is an act of healing for indigenous people whose culture and lifestyle revolved around bison. It was also an act of ecological recovery, as bison enrich the soil and restore native plants and other wildlife. According to Ervin Carlson Sr. Director of Blackfeet Nation Buffalo Program, "They took care of us for thousands of years. The best way that we can take care of them is by releasing them to their homeland where they originated from."

Photo Credit: Bison Release Hunter D'Antuono
Flathead Beacon Newspaper
flatheadbeacon.com




Cultural Corner Celebrating Diversity National Native American Heritage Month *Blackfeet Nation Buffalo Program*



Bison, more commonly called buffalo, once roamed across the breadth of the United States and into Canada and Mexico. Bison are the largest land animal in North America and can weigh up to a ton. Despite their size they are agile and quick on their feet. At their peak it is estimated that there were thirty to forty million bison that roamed in what was called the bison belt. Many Native American tribes used buffalo for food, clothing, and lodging. The buffalo was their economy however, their relationship with the buffalo was more, it was a kinship. The buffalo played an important role in their culture and ceremonies. In the 1870's commercial hunters decimated herds by hunting the buffalo to near extinction. Over hunting, over grazing of natural grasses by cattle, and the wide-scale destruction of grasslands for growing wheat further diminished their numbers. The bison have recovered to a degree in Yellowstone National Park, where their numbers are growing, and the United States Department of the Interior has invested \$5 million to restore bison to Native communities.

Photo Credit: Pelican Valley Jacob W. Frank
nps.gov
library.si.edu
wikipedia.org



Happy Birthday

November 2023 

Alyssa Adams

John Agostini

Deborah Alvarez

Antoinette Annunziata

Karen Bates

Francesca Bear

Mary Blanchard

William Burbank

Shannon Buxton

Katia Calia

Samantha Cassell

Robert Chastain

Bianca Clements

Andrew Crawford

Edward Dalfio

Scott DeGruachy

Maria Eaves

Andre Gerard

Aidan Grant

Barbara Griffin

Christina Hanna

Catherine Heft

Deylon Kaul

Roger Lara

Joseph Malsbary

Kayla Martin

Thomas Mladosich

Erwin Robles

Marc Sailers

Savannah Sanhueza

Christina Shihata

Justin Stromberg

Sierra Tipple

Alise Yamamoto





November Lunch Menu



Nov 1st BBQ cheeseburger and tater tots

Nov 2nd Chicken taco rice bowls *

Nov 3rd Pizza and side salad

Nov 6th Beef tamales, rice, and beans

Nov 7th Italian shrimp pasta and Caesar salad

Nov 8th Chicken lo mein

Nov 9th Sweet potato black bean bowls * (VEG)

Nov 10th Pizza and side salad

Nov 13th Pasta alla Norma and side salad (VEG)

Nov 14th Shrimp fajitas, rice, and black beans

Nov 15th Chicken chili and cornbread

Nov 16th Roasted turkey, stuffing, green beans, and mashed potatoes

Nov 17th Pizza and side salad

Nov 20th Grilled cheese sandwich and tomato soup

Nov 21st Pesto pasta, side salad, and garlic bread (VEG)

Nov 22nd Rolled tacos, rice, and beans

Nov 23rd Holiday Closed Thanksgiving

Nov 24th Holiday Closed

Nov 27th Shrimp and grits

Nov 28th Native frybread tacos

Nov 29th Eggplant parmesan over pasta and side salad

Nov 30th Mongolian pork rice bowl

* New Menu Item



Swing with Santa



THURSDAY NOVEMBER 9

Singing Hills Golf Resort at Sycuan

In honor of Don Parent

10:30 AM Check-in — 12 PM Shotgun Start



REGISTRATION
SINGLE \$150
FOURSOME \$600



STEAK LUNCH & SILENT AUCTION



BALL DROP & PUTTING CONTEST



Sponsored by SwingWithSanta.org



SMALL BUSINESS SATURDAY • NOVEMBER 25, 2023

SOPHIE'S GALLERY

OPEN 12-4PM

Shop Sophie's Pre-Christmas sale

select original art, holiday & giftware decor, and cards

up to 75% off



140 E. MAIN STREET
EL CAJON, CA 92020
619-593-2205
STMSC.ORG

20% OFF

REGULAR PRICED ITEMS WHEN
YOU PRESENT THIS COUPON
SOPHIE'S GALLERY ONLY



SUPPORT ARTISTS WITH INTELLECTUAL & DEVELOPMENTAL DISABILITIES

SOPHIE'S GALLERY IS AN ART PROGRAM OF ST. MADELEINE SOPHIE'S CENTER



SATURDAY, NOVEMBER 25, 2023

2:00 pm TO 8:00 pm

Holiday Lights on Main Street is an annual tradition in Downtown El Cajon. Join us for family fun, live entertainment, ice skating on the Promenade, and so much more!

Christmas Tree Lighting 6:00 pm

at Main street and Magnolia Avenue.

Sophie's



Gallery

SOPHIE'S GALLERY PRESENTS
Wings & Snow / 2023

Warm Wishes

A selection of quilted wall hangings & cozy collaborative quilts, mosaic angels made from re-imaged jewelry & found objects, and handmade prints featuring wintertime homes!

December 8, 2023 - January 8, 2024

PUBLIC RECEPTION DECEMBER 8, 5-8PM

Wine • Hors d'oeuvres • Desserts

Winter Wonderland Quilt © Lance Rountree 2023





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.

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