

Gazette

SEPTEMBER • 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



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Work Hard - Play Harder!

Stephen Schmidt shows off earrings and Lisa Rowing her embroidered patch both made at Sophie's Gallery



St. Madeleine Sophie's Center will be closed

September 4th, 2023 for Labor Day



SMSC

Self-Advocacy Board Installation

On August 10, 2023, the newly elected members of St. Madeleine's Self Advocacy Board were installed to much fanfare. The inaugural event was well attended by family members, staff, and the student body who welcomed a change of leadership after a three-year delay in voting caused by the pandemic. Former Board President Coleen Baucom gave a brief speech outlining her successful run as president, while handing the baton to incoming president, Beth Blair. Beth took the podium and thanked all those who voted for her as well as those who didn't vote for her! The new board was sworn in with the Self-Advocacy oath and members pledged to follow the mission and purpose of the Self-Advocacy Board. Alyssa Lee was named as the new facilitator for Self-Advocacy. She will serve as a community liaison, who will seek out opportunities in the community for board activities and education. At the end of the installation everyone was invited for a celebration and refreshments in the garden pavilion.

5 & Dime

STUDENT COLLECTIVE SELF-ADVOCACY BOARD INSTALLATION



Pictured L to R:
Self-Advocacy Board
Catherine Iraci
Pam Mayi
Beth Blair & Jennifer Catrane
Cody Alves

USD Nursing Students Health Fair

SMSC is lucky to have an ongoing partnership with the USD's Hahn School of Nursing and Health Science. As part of their training in the humanities, USD student nurses spend six months working with our students once a week. Student nurses spend part of their time with home visits, a project that they present to the school of nursing as a report of their assessments and suggestions. Each year SMSC students are treated to an on campus tour of the USD nursing program. Nursing students also plan a health fair based on the interests of our student body. This year the health fair included bone health, dental health, hand washing hygiene, the benefits of exercise, and nutrition & healthy food. All departments were invited to the health fair that was held in the garden gazebo. Chelse Voisard attended saying, "They were very knowledgeable and I

5 & Dime

STUDENT COLLECTIVE CONTINUED
USD NURSING STUDENTS HEALTH FAIR



found it to be very educational. I feel like I learned a lot from them." This year's USD Hahn School of Nursing tour is coming up in October. Chelse added quickly, "I've never been on the tour but I would really like to do so in the future!"

5 & Dime

STUDENT COLLECTIVE CONTINUED
THE ART OF MARK RIMLAND &
SUMMER MAGIC BY: JOHN AGOSTINI



The Art of Mark Rimland

Congratulations to Mark Rimland, whose artwork was also chosen for the poster of the 2023 Oktoberfest by the El Cajon German American Societies Inc. His Grand Colonial was chosen by the Kraemer Endowment Foundation for the invitations to their annual dinner honoring their donors!



Akkordeon © Mark Rimland 2023
Grand Colonial © Mark Rimland 2023

My first journey to the Magic Kingdom with my siblings was when I was a child. I still enjoy going to Disneyland to see my favorite character of all time, the one and only, Mickey Mouse! I loved watching the Mickey Mouse Club on television. If Annette Funicello is good enough for Mickey Mouse, Mickey Mouse is surely good for me. I still go to Disneyland at age 72. One year we went for the Mickey Mouse Halloween Treat at California Adventure. My niece was Tinkerbell, my nephew was Peter Pan, and I was the evil Captain Hook. We all stayed at the Disneyland Hotel; what a night to remember. I was sad to find out that I had to return the Captain Hook costume. I really had a good time wearing it and thought I fit the part. I will always have fond memories of dressing up as characters from Never-Never Land. Those memories are why I suggest, you go to Disneyland for an ideal summer vacation.



Rosh Hashanah

September 15-17, 2023

Rosh Hashanah, the Jewish New Year, is marked by the blowing of the shofar, (a traditional horn made from a ram's horn) that lasts for two days. Rosh Hashanah is a solemn time, a time for introspection. There is great happiness on this day, but this happiness is honored in quiet ways, as it is a time to reflect and to ask forgiveness for any disagreeable words or actions. According to the Jewish tradition the pomegranate symbolizes abundance and is a remembrance of the commandments of the Torah.

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National Blue Bird of Happiness Day

SEPTEMBER 24, 2023

The symbolism of the blue bird is joy and happiness, reminding us to never lose hope and hold on to our joy no matter what!

Things that can increase your happiness...

- Show Gratitude
- Do regular acts of kindness
- Spend more time with family & friends
- Smile more
- Exercise

Blue Jay © Charlie Lizarraga 2022

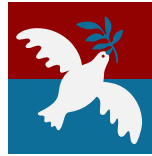
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Cultural Corner

Celebrating Diversity

National Guide Dog Month

National Guide Dog Month

National Guide Dog Month is observed during the month of September in celebration of the important work of guide dogs in the United States. It helps to raise awareness, appreciation, and support for guide dog schools across the United States. Guide dogs are usually Labrador Retrievers, Golden Retrievers, or a cross between the two and are bred for temperament, gentleness, and physical soundness. The training of guide dogs takes at least 160 hours over 6 months. Guide dogs are allowed to go everywhere the public is allowed to go. You might see them in a restaurant, on an airplane, or in a hotel lobby. People who have a service dog have rights protected by the Americans with Disability Act, a federal law. Currently there are about 10,000 working guide dogs in service in the United States. It usually takes 3 to 5 months to train a guide dog and it is estimated to cost \$50,000 to purchase one. Only 2% of persons who are visually impaired, or blind have a guide dog. Using proper behavior around guide dogs is important; remember they are working animals not pets.



I know I'm Cute
but
REMEMBER

- *Never pet a guide dog*
- *Do not talk to a guide dog*
- *Do not feed a guide dog*
- *Do not stare at a guide dog*
- *Do not try to get the guide dog's attention*



12th Annual Alley Cat Art Walk

Celebrating the Arts in Downtown El Cajon

Friday, September 15, 2023

4-8PM



Special Guest Artists

ARTBRUT KOREA



**PUBLIC RECEPTION - FRIDAY, SEPTEMBER 15
4-8PM DURING ALLEY CAT ART WALK**

19TH ANNUAL PASSAGEWAYS S.



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!





SMSC Models L to R

Cali & Becky Williams

Nick Peretta & Melissa Heinerich

Mark Rimland

Sara Elias & Tom Carr

Sabrina, Aaron, & Andrew Pomeroy

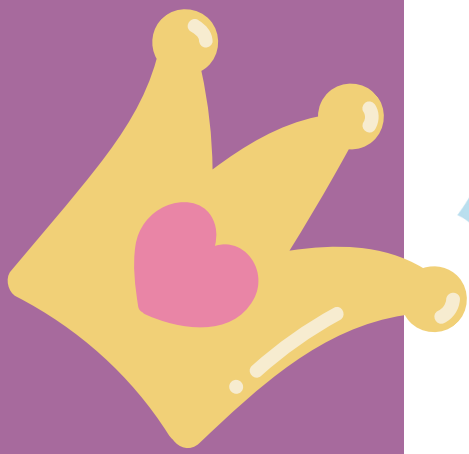
Maureen, Ryan, & Gary Sage

Mike Bacon & Shauna Davis

Mark Fisher & Virginia Lippold

John & Carl Lingvall





Happy Birthday

Amber Bobbitt
Chris Bradshaw
Trevor Cagle
Cameron Cromwell
Faith Davies
Bruce Davis
Chandra Deal
Caitlin DeCoro
Geoffrey Gallagher
Mayra Gonzalez
Mitch Gricman
Rachel Guerrero
Isaac Hernandez
Janae Horn
Nicholas Horning
Larissa Ibanez
Janis Jackson
Kathy Kilander

Heather Ksiazek
Samuel Kulek
Dawn Linnen
Shannon Manning
Heather Matthews
Scott McLoughlin
Heather Moreno
Lynn Murray
Greg Nelson
Catherine Pestreich
Libby Pieti
Steven Pittman
Sabrina Pomeroy
Alicia Pursell
Janel Shortes
Rosalia Sottile
Muna Toma
Adrienne Wright

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September Lunch Menu

Sept 1st Pizza and side salad

Sept 4th Holiday Labor Day Closed

Sept 5th Beef tamale rice and beans

Sept 6th Breakfast sandwich with fruit and home fries *

Sept 7th BBQ chicken, corn, baked beans, and roll

Sept 8th Pizza and side salad

Sept 11th Pasta alfredo, side salad, and garlic bread

Sept 12th Garlic honey baked pork bites over steamed rice

Sept 13th Louisiana jambalaya with bread *

Sept 14th Fried chicken tenders, cole slaw, and garlic toast

Sept 15th Pizza and side salad

Sept 18th Eggplant parmesan over pasta with side salad (VEG)

Sept 19th Creamy garlic chicken over mashed potatoes and vegetables

Sept 20th Vegetarian burrito with tortilla chips (VEG) *

Sept 21st Grilled pork chops over mashed sweet potatoes and roasted broccoli

Sept 22nd Pizza and side salad

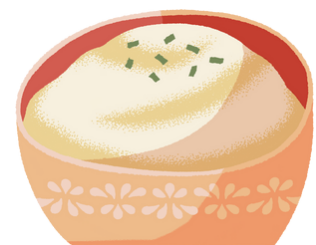
Sept 25th Mediterranean shrimp over lemon rice

Sept 26th Pasta primavera with side garden salad (VEG)

Sept 27th Chicken curry over steamed rice

Sept 28th Swiss cheese turkey burger and tater Tots

Sept 29th Pizza and side salad



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.

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