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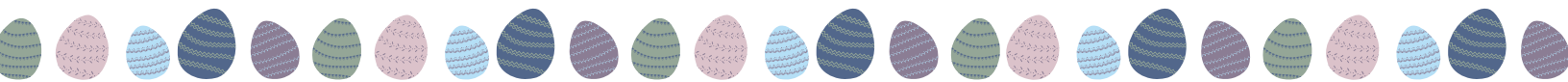
MARCH • 2024

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

Nameplate Art © Tina Hendricks 2017



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HAPPY
Easter

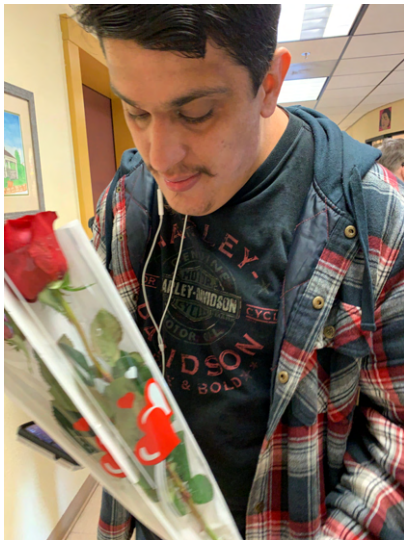
MARCH 31, 2024

5 & Dime

STUDENT COLLECTIVE
LOVE FROM THE GARDEN
ROBERT WHITE & KATE BOYCE



Robert White and Kate Boyce carrying fresh roses.



Robert Gibson and Ernesto Ledezma purchase single roses.



Chantilly Jones purchased a single red rose.

On the days leading up to Valentine's Day, SMSC's lobby was busy with students buying roses for their friends and family. The SMSC Gardening Program hosted the sale with help from gardeners Robert White, Cody Cable, and Janel Shortes. The three purchased vases and flowers from wholesalers going to two different vendors in North Park. They chose roses of different shades and sizes. "On the way back to the center, Janel saved the day when the box of flowers almost tipped over, and she held the box steady for the rest of the trip" Kate remarked. Robert added, "This is my second year to pick out the roses for Valentine's Day, and I know what I am doing!" On Monday morning gardening students brought all the flowers to the lobby and set-up the display. According to Kate, sales of Valentine flowers were brisk, especially the individual roses.



5 & Dime

HEART AND HOOVES
PERSONAL GROWTH AND WORK TRAINING
THROUGH ANIMAL CARE

HEART AND HOOVES



Heart and Hooves Therapy graduate
Cameron Cromwell with Nacho.

Melissa Sargent discovered a sense of well-being working around horses as she groomed, fed, and cleaned their stalls. This experience at a young age led her to open Heart and Hooves Therapy, known for its program of Work Readiness for persons with intellectual and developmental disabilities. “My partnership with SMSC began when I started bringing mini horses to your campus in 2018”, she remarked. “Your students have attended my Work Readiness program at my farm since 2019, where they go once a week for 17 weeks of training.” Work Readiness includes safety, relating to others, and self-advocacy as they are taught animal care. They are taught how to overcome fear, confidence building, and how to work as a team”, Sargent said. After the 17-week course, graduates are given a certificate, a pizza party, and plenty of recognition! Sargent’s program is so successful that she has added teams by training local and national affiliate programs.



Nick Pittman
petting a horse
at Heart and Hooves
Therapy.



SMSC students benefit from helping to care for animals at Heart and Hooves Therapy in Ramona. They feed, groom, and take care of mini horses and other farm animals, which helps to strengthen their resilience and fosters personal growth. The partnership with Heart and Hooves Therapy and SMSC offers our students work experience in a volunteer work program.



Heather Matthews
exercising a goat at
Heart and Hooves
Therapy.

heartandhoovestherapy.org

5 & Dime

XO RANCH
PERSONAL GROWTH AND WORK TRAINING
THROUGH ANIMAL CARE

XO RANCH



XO Ranch therapy horse, Princeton.

XO Ranch is a new program located in Descanso that is focused on building personal growth while caring for animals and learning horsemanship skills. The owner Kim Bishop was trained by Heart and Hooves Therapy. SMSC students Monica Burns and Robert Gibson completed their volunteer program at XO Ranch and received evaluations by Kim, owner of the program. Both students cleaned stalls, groomed animals, and learned how to safely exercise horses. Robert was acknowledged for learning to independently exercise horses around an obstacle course. Kim remarked, “Robert makes the workplace fun!” She added “Monica came to the program with real skills.” In her evaluation of Monica, she recommended that Monica would be successful in a paid position at a similar ranch!



**Monica Burns, recent graduate
from XO Ranch.**



**Robert Gibson, recent graduate
from XO Ranch.**

5 & Dime

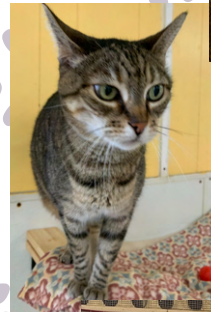
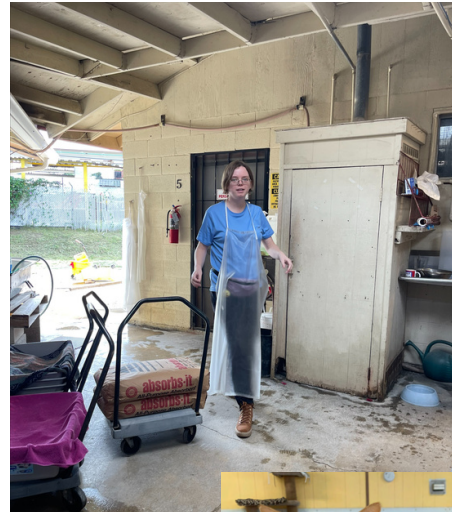
**NATIONAL CAT PROTECTION
PERSONAL GROWTH AND WORK TRAINING
THROUGH ANIMAL CARE**

NATCAT



A Maltese cat relaxes in the Cozy Cottage.

Natcat, (National Cat Protection) is an organization located near Alpine that is dedicated to the health and welfare of cats and finding them forever homes. As a shelter they have been fighting for cat protection for 50 years. SMSC sends a group two-days a week to help with caring for their cats. Students help with the mountain of cat blankets that need laundering each day. They measure detergent, rotate wet laundry to the dryer, fold dry cat blankets, sort them into into sizes, and neatly stack them. Lauren, the receptionist at Natcat said, “We count on the groups from SMSC and really appreciate their help.” During their free time students get to go into the Cozy Cottage to socialize with the kitties!



Rebekah Ring working at Natcat.

Happy



St. Patrick's Day

March 17, 2024

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!

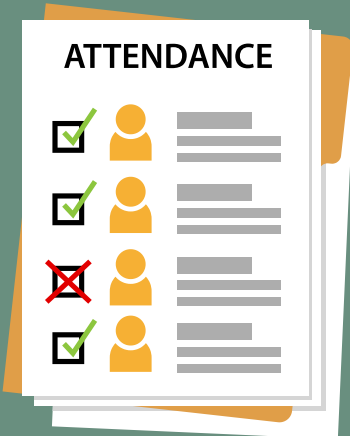
For more information please contact:

Creative Support Alternatives: creativesupportalternatives@gmail.com
Debbie Marshall: debbie.marshall@scdd.ca.gov
or Viri Salgado: viridiana.salgado@sdr.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](#)

AT
St. Madeleine's



ATTENDANCE COUNTS!
Win money and prizes, ask your Case Manager for more information.



T
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Women's History Month

Women who Advocate for Equity, Diversity, and Inclusion



Greta Thunberg Climate Activist

When Greta Thunberg first learned about climate change at the age of 8, she could not understand why so little was being done to prevent it. She became famous after organizing school walkouts protesting inaction on climate change at age 15. She is now 21, yet despite her young age she has challenged world leaders to take immediate action for climate change. Like many change-makers in history Greta has faced push back from authorities. She has been detained by police, removed from protests, and has been found guilty of disobeying police orders. Greta continues to use peaceful activism to call attention to causes she feels are important and was recently nominated for the Nobel Peace Prize. Greta is autistic and has been open about her challenges such as obsessive-compulsive disorder (OCD), and selective mutism. Greta has spoken about her diagnosis saying it makes her “different” but that she considers it a “superpower”.

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

Photo credit / wikimedia commons



Cultural Corner Celebrating Diversity

National Developmental Disabilities Awareness Month

A World of Opportunities



SMSC strives to provide opportunities for persons with intellectual and developmental disabilities by working with community partners to build an inclusive community where everyone can grow and succeed!

SMSC students visit the El Cajon Fire Station.



Sophie's Gallery

OPEN

Saturday, March 2, 2024

6-8PM

An Art on Main collaboration
with Studio C and
East County Art Association

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!

SALE ITEMS / REFRESHMENTS

Sophie's Gallery 140 E. Main Street

Join us Saturday

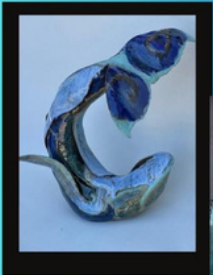
March 2

from 6-8PM

for three art
exhibitions at

three venues on

Main Street!



Kate Campbell



Bem's



Don Flores



Vern Daniels

"OCEANS
BELOW"

Art Gallery
Exhibition

Reception

March 2nd 6:00-9:00PM



At The Gallery ECAA & Studio C

124 East Main St El Cajon

128 East Main St El Cajon



St. Madeleine
Sophie's Center

FRIDAY, APRIL 19 2024

SAN DIEGO MISSION BAY RESORT



St. Madeleine
Sophie's Center

BON
Couture
JOUR



46th Haute
with Heart
FASHION SHOW & LUNCHEON

SATURDAY
AUGUST 17th
2024

SAN DIEGO HILTON
BAYFRONT HOTEL



Northern Pictures is looking for participants for a new series of the Emmy Award winning

Love on the Spectrum U.S.

We are looking for SINGLE people living in the United States, who are on the autism spectrum and are interested in dating.

You may have no history of dating, or you might be an experienced dater – either way feel free to get in touch and say hello.

We are hoping to represent the great diversity of the autism spectrum, and are keen to hear from a range of people.

As with the previous series, we aim to make an honest, sensitive and insightful documentary.

If you or someone you know might be interested in speaking with us, please send an email with a brief description of yourself (and a photo) to: production@northernpictures.com.au



Happy Birthday!

MARCH 2024

Tricia Anderson

Janine Barth

Adriana Diaz

Tom Dutcher

Carol Etheridge

Tom Fisk

Gabe Harmon

Valerie Haste

Jennifer Hietala

Auden Jamil

Stephan Koon

Carl Lingvall

John Lingvall

Jessica Moland

Christopher Moon

Mark Rimland

Michael Rose

Adam Spurzem

Joey Terhaar

Leslie Wable

Robert White

Cody Yeargain



March 4th Kalua pork with cabbage

March 5th Italian-style grilled chicken with tomatoes and mushrooms over pasta

March 6th Cheeseburger and shoestring fries

March 7th Fried chicken tenders French fries, and coleslaw

March 8th Pizza and side salad

March 11th Bacon breakfast croissant and roasted potatoes

March 12th Vegetarian chili and cornbread (VEG)

March 13th Spaghetti and meatball over pasta and garden salad

March 14th Corned beef cabbage, carrots and potatoes.

March 15th Pizza and side salad

March 18th Garlic shrimp stir fry over rice.

March 19th Pork carnitas burrito bowl

March 20th Eggplant parmesan over pasta and garden salad (VEG)

March 21st Beef tostada, rice, and beans

March 22nd Pizza and side salad

March 25th Salt & pepper pork over steamed rice

March 26th Pesto penna pasta, garden salad, and garlic bread (VEG)

March 27th Fish tacos, rice, and beans

March 28th Baked ham, sweet potatoes, green beans, and apple pie

March 29th Pizza and side salad

* New Menu Item

March Lunch Menu

2024

KITCHEN TIME

Recipe of the Month



Welcome to the kitchen!



Socceroo Dessert

Prep Time 5 minutes

Cook Time 3 minutes

Total Time 8 minutes

Servings 15 pieces

Equipment

9x13 inch baking dish

Ingredients

1 cup sugar 200g

1 cup peanut butter

1 cup corn syrup 240mL

6 cups Rice Krispies

12 oz milk chocolate chips

12 oz butterscotch chips



Cali William's first day on the job!

Instructions

1. Prepare a 9x13 inch baking dish either by lining with parchment paper or with a light coating of butter.
2. Combine the corn syrup and sugar to a large pot and place over medium heat stirring frequently until sugar is dissolved. Remove from heat once the mixture comes to a boil then stir in peanut butter, mixing until incorporated.
3. Add the rice Krispies to the mixture and fold in until thoroughly coated then transfer to your baking dish. Use a spoon or spatula to spread out and smooth.
4. Melt the chocolate chips and butterscotch chips to a heatproof bowl either over a pot of simmering water or in 40 second bursts in a microwave, stirring after each burst.
5. Spread the chocolate mixture over the base and smooth out. Allow chocolate to set before cutting.





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

Welcome!

New Monthly Giving Members

Christi Maupin
Deborah & Clay Setzer
Rick Zamora



SARA MAUPIN WITH BELL CHIME

Sara's bell chime was made using stone and glass beads for Gotta' Have Heart, our annual Valentine's 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.



BUTTERFLIES © SARA MAUPIN 2023



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



Big Kudos

Congratulations to AC student Sara Elias for her Perfect Attendance at SMSC! She was excited to win a free annual pass to SeaWorld in a drawing for all eligible students who had perfect attendance in the final quarter of 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 or www.recruiting.com Applicants may also go to our website at 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

TELEPHONE

619.442.5129 Ext. 107

WEBSITE

stmsc.org