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AUGUST • 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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What is recycling?

It is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products.

Remember this slogan!

Reduce / Reuse / Recycle!

What are the benefits of recycling?

There are 5 benefits of recycling. It reduces waste sent to dumpsites and incinerators, it prevents pollution, it conserves natural resources, it conserves energy, and it creates new jobs that enhance our economy.

What happens if we don't recycle?

More waste would be burned or get sent to dumpsites causing an increase in air and water pollution world-wide. Plastics can get into lakes, rivers, and the oceans creating unsafe environments that can seriously injure or kill marine life.

My powerful message about recycling!

Let's protect the natural world, prioritize sustainability, and make conscious choices for a greener future. May our love for earth inspire us to take better care of it each day.

My Conclusion!

Let's keep our Earth, our oceans, our lakes, and our rivers clean and healthy and safe. Recycling is something everyone can do for our planet!

Recycling





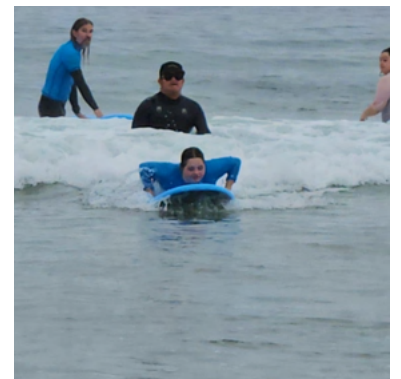
WINDANSEA SURF CLUB

23rd Annual Special Surfers Event

It was *surf's up* for SMSC Tritons swim team at the 23rd Annual Special Surfers Event hosted by the Windansea Surf Club. On Saturday, July 13 the Tritons and SMSC students from Noah Homes converged on the beach in La Jolla for a fun-filled day of surfing, music, catered meals, and friendship! Members of the surf club were on hand to get our athletes out in the water and teach them to surf. As a act of community service, it's important to the club that special surfers enjoy a day at the beach whether surfing, playing in the sand, or just relaxing. Surf Club members know from experience that being in the water is calming, relaxing, and makes you happy, and everyone involved in the day-long event was smiling ear to ear! Special surf boards that include extra foam to help surfers catch waves more easily were donated by a local surfboard designer. Local TV networks were on hand to film the action, including Adonis Albright from NBC News San Diego who summed up the vibe perfectly, "It was a beautiful day to hang ten!"



Aloha





An art project inspired by summertime was created ADC students in June. Students talked about summertime activities and summertime safety. Topics included beach activities such as surfing, beach volleyball, swimming, building sandcastles, and animals that live at the beach. They also discussed safety precautions including staying in the shade, wearing sunscreen, and appropriate clothing to wear when it's hot. During discussions students created fish, sand shovels, beach balls, umbrellas, the sun, waves, surf boards, sunscreen bottles, and flip flops. They used construction paper, glue, stamps, stickers, paint, scissors, and colored pencils to complete their artworks and hung everything up in the ADC classroom.

ADC Department

By: Kara Gonzales



- Erin Teays
- Ben Perez
- Lonnie Rodriguez
- Caitlin DeCoro
- Stephen Pelletiaire
- Anthony Davenport
- Shannon Manning
- Matthew Howard

Donations for art supplies would be greatly appreciated!
kgonzales@stmssc.org

Summertime! @ XO Ranch



Ian Harrison



Alexia Setzer



Austin Hiscock

There have been some hot days at XO Ranch, so we are getting to the ranch earlier in the day to avoid the heat. Luckily there are some big trees that shade the areas where we clean and muck the corrals. We have indoor activities such as potting plants and tie-dying socks & shirts that help us to stay out of the sun. The horses and ponies are therapy animal and sense your anxiety and fear. Their gentle nature is reassuring. Everyone enjoys learning how to care for horses, ponies, rabbits, pigs, and goats, and with that knowledge and training comes self-confidence. Sometimes we collect grass for the horses and ponies. Did you know that too much grass is not good for them? There is too much sugar in the grass, it's like a dessert for them!



SMSC QUARTERLY ATTENDANCE AWARD WINNERS

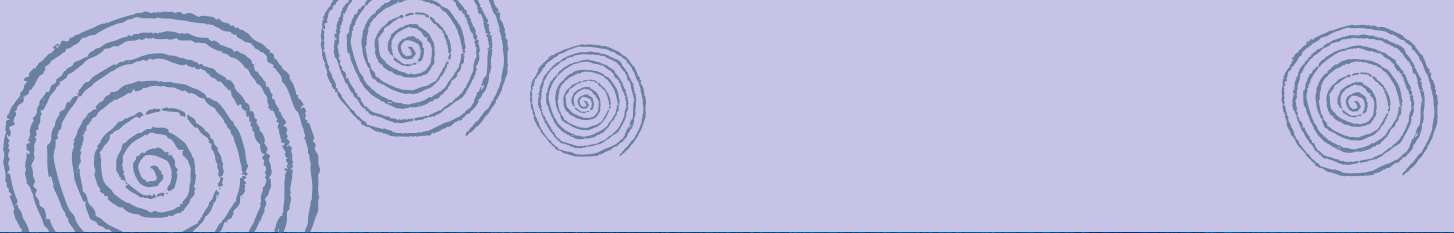


Congratulations to the students listed below who had perfect attendance for the second quarter of 2024 (April 1 through June 30, 2024). Each student has been awarded two weeks of free lunch from the SMSC kitchen. This is equivalent to the number of days you are scheduled to attend program. For example, if you only attend program 3 days per week, you will be awarded 6 days of free lunches. These lunch credits will automatically be added to your *SchoolBucks* account.

Jeffrey Alton	Rachel Guerrero	Tonya Mitchell
Deborah Alvarez	Marilyn Guidi	Richard Neves
Antoinette Annunziata	Christina Hanna	Reginald Oberg
Daryl Austel	Linda Hanson	Lauren Papworth
Cheryl Bogar	Clayton Hauer	Stephen Pelletiaire
Jerry Burch	Catherine Henry	Catherine Pestreich
Monica Burns	Jennifer Hietala	Jean Poutous
Joseph Cabral	Muhammad Hilali	Paul Prutzman
Phillip Cansicio	Shannon Hoffarth	Jessika Reisor
Jennifer Catren	Nicholas Horning	Lance Rountree
Jonthan Chavez	Matthew Howard	Lisa Rowin
Helen Chay	Jordan Inboden	Alexia Setzer
Ethan Coss	Michael Jacobs	Erika Sheedlo
Julie Crakes	Grace Kennedy	Janel Shortes
Madeline Davis	Virginia Kennedy	Justin Stromberg
Carlo DeLaTorre	Kathy Kilander	Erin Teays
Thomas Dutcher	Luke Laliberte	Joseph Terhaar
Robert Eaton	Leslie Landy	Muna Toma
Emil Elias	Roger Lara	Oscar Vizcarra
Thomas Fisk	Yvonne Leal	Susan Warin
Andre Gerard	Lucas Lemke	Madeline Westermeyer
Robert Gibson	Dawn Linnen	Cali Williams
Nancy Gonzalez	Charlie Lizarraga	Meredith Yamada
Mayra Gonzalez	Nicole Lumpkin	Alise Yamamoto
Mark Graff	Benjamin Mason	Daniel Ybarra
Aidan Grant	Sara Maupin	Tyler Zito
	Francisco Mendoza	

Please be advised that the quarterly attendance award program will be discontinued for the remainder of the 2024 year and will be reassessed in 2025. However, attendance remains an especially important matter for St. Madeleine Sophie's Center, as it is the main funding for our program budget every year. If students aren't here, it impacts our ability to have quality programs and staffing. Funds are affected further due to the fact that our daily rates don't even cover program costs and we shortfall \$4,500 per student each year. Therefore, we encourage all students to continue to come to program every day because **Attendance Counts!**

Thank you!



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



Coming soon SMSC's Monthly Giving Pin
We need Heroes...and Giving is your Superpower

Thank You!



New Monthly Giving Member Theresa McKenna

I joined Monthly Giving because I felt the need to give back to St. Madeleine's in some small way. It's such a great program and a safe environment for my daughter. Heather loves going to program and everyday she comes home happy. She enjoys her day and loves spending time with new and old friends who also attend St. Madeleine's!

I like to go to the computer lab and type about the San Diego Padres!

Heather Cates



**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**

46TH Haute
with Heart
FASHION SHOW & LUNCHEON

Couture

SATURDAY
AUGUST 17
SAN DIEGO HILTON
BAYFRONT HOTEL

HONORING
JOHN SEIBER

HONORARY CHAIRS
CHARLES &
MAUREEN KING

HOST CHAIRS
SEAN & KAREN
MERCADANTE

SPONSORED BY

The
Mansour
Group



THE GUILD
HOTEL



FOR INFORMATION ON
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CONTACT EVENTS@STMSC.ORG

HAUTEWITHHEART.ORG

Eiffel Tower © Mark Rimland



13th Annual Alley Cat Art Walk

Celebrating the Arts in Downtown El Cajon

Friday, September 13, 2024

4-8PM

Presented
by the Galleries &
Small Businesses
of Downtown
El Cajon

Thank You
FOR YOUR SUPPORT



Free Family-Friendly Event

Fine Art Exhibits

Paint & Pallet Juried Community Art Show

Crafts / Vendors

Giftware

Gardenware / Plants

Art Demonstrations

Beer on Tap / Refreshments

Live Music



Sophie's Gallery Presents

Table Manners

20th Annual Passageways

September 13 - November 31, 2024

Public Reception

Friday, September 13, 4-8PM

During Alley Cat Art Walk

Join Sophie's Gallery for a visual feast inspired by the culinary arts: favorite foods, meaningful meals, ingredients, and recipes. Artists were inspired by the joy of cooking and eating to create mosaics, sculptures, prints, and mixed-media collages. Also on the menu are recycled wine cork art and hand-made tablewares.



Happy Birthday!

Cheryl Bogar

Sara Maupin

Joseph Cabral

Kristen McClure

Dakota Clark

Richard Neves

Kathleen Crane

Theresa Odenthal

Mary Grettenberger

Susan Pfingsten

Linda Hanson

Brian Pierce

Catherine Henry

Jessika Reisor

Jordan Inboden

Jon Semenchuk

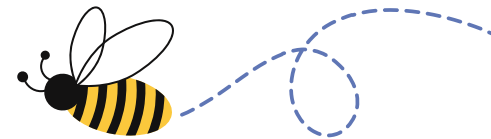
Devon Jenson

Susan Warin

David Larsen

Daniel Ybarra

Melina Lerma





Aug 1st Black bean burger and tater tots

Aug 2nd Pizza and side salad

Aug 5th Breakfast sandwich and roasted potatoes

Aug 6th Carne asada fries *

Aug 7th Eggplant parmesan over pasta and garden salad

Aug 8th Shrimp stir fry over rice and broccoli

Aug 9th Pizza and side salad

Aug 12th Alfredo pasta, garlic bread, and garden salad (VEG)

Aug 13th Rolled taquitos, rice, and beans

Aug 14th Grilled cheese sandwich and roasted tomato bisque (VEG)

Aug 15th Mandarin chicken stir fried rice bowl

Aug 16th Pizza and side salad

Aug 19th Pasta bolognese, garlic bread, and salad

Aug 20th BBQ chicken sandwich and chips

Aug 21st Shrimp pad thai *

Aug 22nd Mexican pork stew over rice and fried tortillas *

Aug 23rd Pizza and side salad

Aug 26th Fried chicken, mashed potatoes, and vegetables

Aug 27th Cheeseburger, baked beans, and kale salad

Aug 28th Grilled shrimp panzanella

Aug 29th Italian sausage lasagna and garden salad

Aug 30th Pizza and side salad

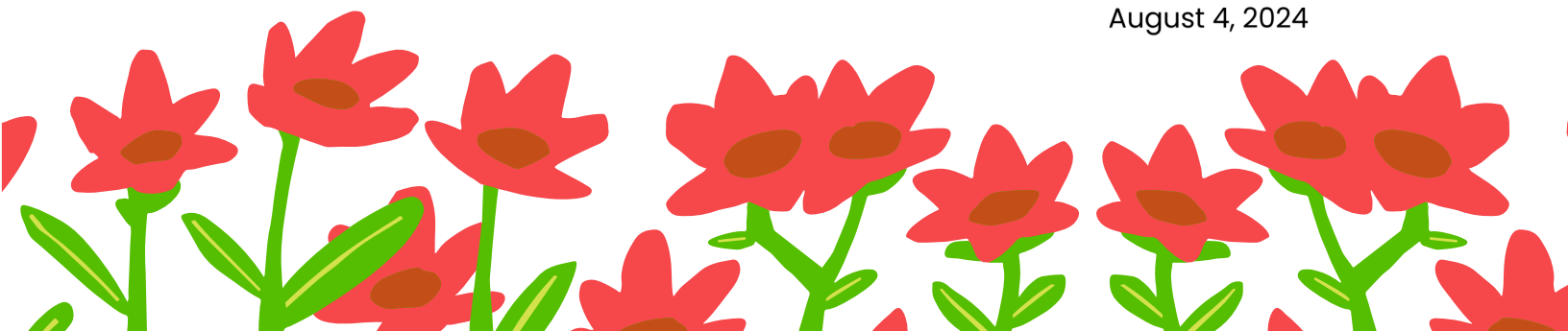
***New Menu Item**

National



CHOCOLATE CHIP COOKIE DAY

August 4, 2024





Raksha Bandhan is the Hindu festival honoring the special bond between brothers and sisters. The festival follows the tradition of the brother's life-long role as an advocate of his sister, and is celebrated this year on August 19, 2024. Traditionally the sister ties a rakhi (a colorful bracelet made of thread and beads) on her brother's wrist. As the festival moves from a religious holiday to a more secular and symbolic day, rakhi bracelets are now often given to other members of the family and friends!

The tradition of Raksha Bandhan dates back for millennia, or thousands of years and has inspired other cultures around the world. The tradition of giving knotted bracelets as a symbol of long-lasting friendship continues today. As in a recent trend fans of Taylor Swift started exchanging friendship bracelets at her concerts. Born of Swift's lyrics, the bracelets symbolize the felt connection of fans who love her music and the shared experience of seeing her live on stage.

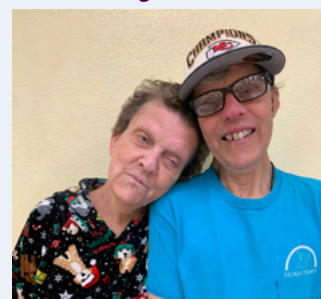
If you receive a friendship bracelet make a wish, and wear it until it falls off from natural wear & tear. It is believed that when the bracelet falls the wish will come true!

Make a friendship bracelet for a friend or yourself by cutting of the bottom of the page, have someone size it to your wrist, and tape it closed to secure it!



Cultural Corner Celebrating Diversity Raksha Bandhan

Sibling Bonds



Jane Dutcher had one goal, to move into the Senior Program so she could be with her brother, Tom. Now they regularly sit together for talks and get to eat lunch together!

Best of Friends



Alyssa Adams and Chantilly Jones bonded over the TV show *Once Upon a Time* and wore matching shirts in solidarity!

Cut Here

DREAM BIG

Tips & Info

ORAL HEALTH TIPS



Good oral care reduces bacteria, germs, and plaque that can lead to tooth decay and gum disease. The following tips can be a guide to improving your oral hygiene routine.

Brush your teeth twice a day for 2 minutes

Floss your teeth daily

Replace your toothbrush every 2 to 4 months

Brush along the gum line at a 45-degree angle

Use a toothbrush with soft bristles

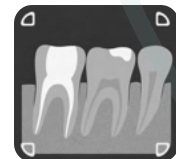
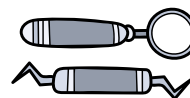
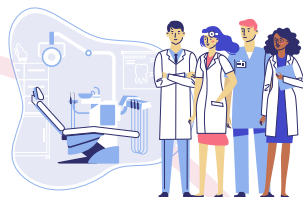
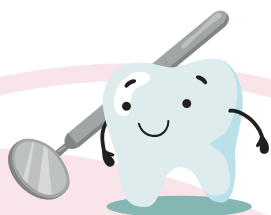
Visit your dentist every 6 months for teeth cleaning and check-ups

Eat less sugary food

Clean dentures every morning and night

When dentures are out of your mouth brush the gums and roof of your mouth

If you are uncomfortable with going to the dentist talk to your parents or care-provider about your concerns. Learn the names of your dentist and office staff. Ask about the equipment that the dentist uses to help you feel more comfortable about the process. Bring a favorite object, stuffed animal, or headphones along with you to help you feel more comfortable. Making appointments during less busy times of the day can help you feel less anxious.



Big Kudos



COLEEN BAUCOM
PRESENTS-SHANNON DIXON

Hello, my fellow readers let's all welcome our new staff, Shannon Dixon! She has returned to our campus to be the Senior Program Manager. Some staff have known her since she worked here 20 years ago, that's a long time to know somebody. It is very special that she came back and gets to see all the new and old faces here on campus. I think she she will do a great job with the seniors, and I'm sure she has great plans for the Senior Department. She's a great person to talk to, so stop by and welcome her back to St. Madeleine Sophie Center!



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.

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