

SOPHIE'S B a z e t t e

OCTOBER • 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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Thursday, October 31, 2024



Witch © Clayton Hauer 2018

Breast Cancer Awareness Month

OCTOBER 2024



Breast Cancer Awareness

By: Alison Portner

"I would like to talk to you today about the subject of breast cancer and how to be aware of risks and treatments."

- Breast Cancer is the most common cancer among women.
- Some of the 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 can contact your OB/GYN

Breast Cancer Awareness Month is a global effort to educate people about breast cancer, its symptoms, and ways to prevent it. Celebrated every October, this month is also known as "Pink October". People wear pink and display pink ribbons to show support for breast cancer awareness.



PAINT AND SIP

PUMPKINS IN THE MOONLIGHT

WITH ARTIST DENISE RICH

TUE OCT 8TH FROM 5-7

SOPHIE'S GALLERY 140 E MAIN ST EL CAJON

\$55 PER PERSON

OR 2 FOR \$100!

You ticket includes materials for 11x14" painting, instruction, 2 vouchers for glasses of wine, charcuterie, snacks and dessert

All experience levels welcome



JOIN US

Call Sophie's Gallery to reserve your spot

619-593-2205

Payment required to reserve spot.

Space is limited

All Attendees must be +21 years old.



Don't Mess With "The Genevive!"



Top Six Quotes Cali Williams

1. I'm going to stand outside so if anyone asks, I'm outstanding!
2. Life is too short to see yourself as anything but beautiful!
3. There are so many colors in the rainbow of people that can paint a new picture everyday!
4. Not everyone in the world is the same, that's why we are unique and wonderful in our own way!
5. The more you practice the better you get!
6. Always follow your dreams and believe in yourself and know that you are a shining star!



ADHD

AWARENESS MONTH
OCTOBER 2024

Coleen Baucom

Hello, my fellow readers I have a great article for you about ADHD.

What is ADHD or Attention Deficit Hyperactivity Disorder? A simple definition is, an inability to pay attention, hyperactivity, being disorganized, impulsive, and restless.

I have a friend who has ADHD she told me that she had trouble concentrating on school and collage, and class reading and assignments. gave her problems. When she was in school the teachers would get upset with her because she would have trouble concentrating. My friend also said that sometimes it is difficult for family members to understand what she is going through. My friend has a different way of thinking and a different lifestyle. So, if you know someone with ADHD, please be understanding and patient with them.

For more information on ADHD visit the CDC website.

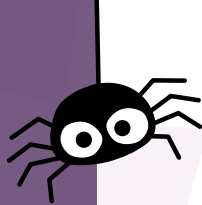
<https://www.cdc.gov/adhd/about/index.html>
The Genevive © Maddy Davis 2024



Halloween

By Jennifer Catren

Halloween is a celebration observed in many countries on October 31st as the beginning of the observation of Allhallowtide, dedicated to the remembrance of the dead including saints (hallows), martyrs, and all the faithfully departed. Halloween is less commonly known as all-Halloween, All Hallows Eve, and All Saint's Day. In popular culture the day has become a celebration of horror and is associated with the macabre and the supernatural. Popular Halloween activities include trick or treating, attending Halloween costume parties, carving pumpkins or turnips into jack-o-lanterns, lighting bonfires, apple bobbing, Halloween games, divination games, playing pranks, trunk or treats, visiting haunted attractions such as the Haunted Trails of Balboa Park, telling scary stories, watching horror or Halloween movies, or listening to Halloween music and songs.



Halloween Jokes

What position does the ghost play in soccer?
Ghoul Keeper

1What kind of underwear do mummies buy?
Fruit of the tomb

How do vampires get around on Halloween?
On blood vessels

Why didn't the skeleton go to the scary movie?
He didn't have the guts

What do you call a witch with a rash?
An itchy witchy



Five Halloween Fun Facts

1. Trick or treating originated from from souling*.
2. Jack-o-lanterns were originally made from turnips and potatoes.
3. Candy corn became a Halloween staple in the 1950's.
4. The word Halloween comes from all hallows eve.
5. Bobbing for apples is a tradition tied to love and romance.

*Souling is the Medieval practice of asking for donations of food on the eve of All Souls' Day



The Tale Of The Three Monsters

By Anthony Paul Wardlow

Bigfoot, Yeti, and Mothman were sitting in their lair talking about encounters with strange humans. Bigfoot bragged, "I am very popular with humans and have more encounters with them." Yeti answered, "Well, I've been around longer than you, Bigfoot and I have a thermos named after me!" Mothman added, "I don't know about you two - but I'm most feared." Bigfoot and Yeti look at Mothman and notice he doesn't look like them. Bigfoot and Yeti do look the same with only one difference, Bigfoot has brown fur and Yeti has white fur, while Mothman has black hair, huge wings, and glowing red eyes.

They decided to go outside to get some fresh air and view the sky! As they were looking at the sky, Mothman saw a light approaching their location before Bigfoot and Yeti. As the strange light got closer Bigfoot and Yeti feared they been found by humans, but Mothman showed no emotion since he fears no one. Then light formed into a saucer shaped object and landed near them. Bigfoot and Yeti seem confused by this odd object in front of them, but Mothman looked more concerned than confused. Without warning the spaceship opened, a ramp descended. A Little Green Man came out and approached the trio. Bigfoot and Yeti looked at each other not knowing what to do! Mothman stared at the Little Green Man in disbelief at the strange site, while giving a quick look at his two counterparts! The Little Green Man approached Bigfoot and gave him the once-over. Then little man said "Big Grizzly Teddy Bear" as he approached Bigfoot while Yeti and Mothman laughed. Yeti was next to get a look by this strange little man who then called Yeti "Big Polar Teddy Bear" and Bigfoot laughs at Yeti. Mothman started to worry wondering what name he was going to be called, as saw that Bigfoot and Yeti were still laughing at each other. The little man approached Mothman and says, "The Big Joke With Wings", and Bigfoot and Yeti laughed their heads off!

The Little Green Man went back to his spaceship and closes the ramp! The trio are in disbelief at the sight before them, as the strange spaceship takes off and the light soon disappeared. Bigfoot was the first to say something, "nobody is going to believe what I saw!" Yeti said, "they're going to think I was drinking and give me a test to see I'm sober!" The last to say anything was Mothman adding, "they are going throw me jail because while I am the most feared, I was the most fearful of the three of us." Bigfoot and Yeti teased Mothman, "well, maybe they will put you in a zoo instead!" The trio decided it's best to never say anything about their strange encounter. Then the three made a pinky-swear that the whole encounter was a dream, but Mothman saw the light in the sky again and grinned knowing it was real as Bigfoot and Yeti shrug their shoulders in disbelief!

The End!



Cultural Corner

Celebrating Diversity

OCTOBER/2024

Global Diversity Awareness Month acknowledges and celebrates the value of every human being regardless of their nationality, color, race, sex, gender, country of origin, language, or otherwise. It is a recognition that the many cultures throughout the world create a deep and magnificent human tapestry!

Aboriginal Australians are the guardians of the world's oldest continuous culture that dates back more than 60,000 years. They have a long and rich, living culture full of food, traditions, music, and art. All of which help to tell their story and preserve their culture.



Aboriginal bark painting of local animals native to Australia.

Dot paintings are the visual stories of the Aboriginal people and is the most recognized style of Aboriginal art today. Early Aboriginal peoples used dots as patterns carved into artifacts and in ancient rock galleries. Dots were also used in body painting for ceremonies. The dot painting technique

Global Diversity Awareness Month

Dot Paintings by the First People of Australia



started to be used by artists in the early 1970's. The filling in of designs with dots obscured certain information artists considered secret or sacred symbols as they found growing public audience who wanted to buy their art. Aboriginal Artists use symbols patterns, and images, and to create dot art. Painting images are first outlined with a paintbrush and then dotted patterns are added using a stick dipped into paint. Whether dot paintings are created on tree bark, canvas, or objects - they all share common elements. Dot paintings tell a story, use symbols and images that have meaning, and there is a connection between the artist and the work. Emily Kame Kngwarreye is Australia's most successful female artist. Creation - one of her large dot paintings - sold for \$2.1 million dollars.

<https://www.youtube.com/watch?v=eJQJFamNVc0>

<https://www.wfu.edu/search>

<https://japingkaaboriginalart.com/articles/aboriginal-dot-painting/>
<https://commons.wikimedia.org/>



HAUNTFEST on MAIN STREET
DOWNTOWN EL CAJON

Friday, October 18, 2024
4:00 pm to 9:00 pm

Hauntfest.org

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



SPOOKEASY

SATURDAY, OCTOBER 26TH

6:30 – 10:00 PM

2119 EAST MADISON AVENUE
EL CAJON, CA 92019

Costume Party & Contest • Haunted Trail
• Live Music • Food & Drink • Opportunity
Drawings • VIP Tasting Room

WITH MUSICAL GUEST

BETA
MAXX
The '80s never go out of style!



Proceeds will go to St. Madeleine Sophie's Center, a local nonprofit that educates and empowers individuals with intellectual and developmental disabilities.

SPOOKEASY.ORG

St. Madeleine
Sophie's Center





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



SMSC's Monthly Giving Pin

**We need Heroes...and Giving
is your Superpower**

Thank You!

Casey Cable has been a Monthly Giver since 2023 in support of his brother Cody. Join Monthly Giving now as the end of the year approaches and help empower our students to reach their dreams!

During National Disabilities Employment Awareness Month we are introducing Cody Cable, who works on SMSC's janitorial crew. Cody likes working at his janitorial jobs on campus and in the community. "I clean all the bathrooms on campus weekly. My favorite job is cleaning the bus shelters because I like to be outdoors!" He is a good natured person who gets a kick out of calling out snappy greetings to staff and his friends. "I'm a great person, I'm smart, and I still have it!"



Cody Cable



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@stmisc.org

HAPPY BIRTHDAY!

Samantha Calderon

Gabrielle Cohen

Anne Colburn

Shauna Davis

Peter Feghali

Nancy Gonzalez

Taylor Hitchcock

Grace Kennedy

Luke Laliberte

An Nguyen

Reg Oberg

Lauren Papworth

Nick Perretta

Matthew Phillips

Aldo Quezada

Christina Rodriguez

Tonja Rogers

Stephen Schmidt

Laura Sloan

Matthew Soares

Renee Sprague

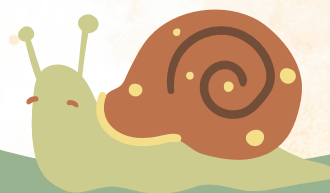
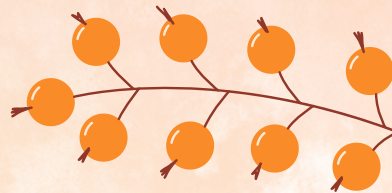
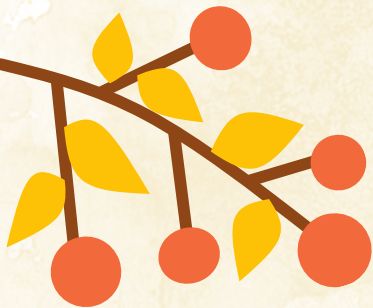
Sheldon Wallace

Claudia Whitefield

Kristen Woldt

Meredith Yamada

Tyler Zito



October Lunch Menu 2024

Oct 1st Creamy spinach pesto pasta and side salad (VEG)
Oct 2nd Pan roasted chicken stuffing and Dracula cheese
Oct 3rd Maple garlic pork tenderloin over sweet potatoes and vegetables
Oct 4th Pizza and side salad



Oct 7th Lemon herb chicken orzo soup and pita bread *
Oct 8th Grilled shrimp over cilantro lime rice and black beans
Oct 9th BBQ pork sandwich and Boo beans
Oct 10th Chicken curry over steamed rice
Oct 11th Pizza and side salad



Oct 14th Bean and cheese burrito and tortilla chips
Oct 15th Turkey teriyaki meatballs over rice and vegetables
Oct 16th Chicken with creamy Dijon sauce and Spooky spuds and vegetables
Oct 17th Beef stroganoff over butter noodles and vegetables
Oct 18th Pizza and side salad

Oct 21st Creamy roasted garlic butternut squash pasta and side salad *
Oct 22nd Chicken chili and cornbread
Oct 23rd Ghostly grilled cheese and tomato soup
Oct 24th Spicy shrimp salad and lime vinaigrette *
Oct 25th Pizza and side salad



Oct 28th Beef taco tots
Oct 29th Baked potato and broccoli with cheese
Oct 30th Chicken tortilla soup and fried tortillas
Oct 31st Spook-etti and meatballs, garlic bread and garden salad

* New Menu Item





Sophie's Too & Sophie's Gallery

**Shop our
collection of silver
& semi precious
gemstone
necklaces**



**Thanks to a
generous donation,
all jewelry is
priced at wholesale
and 100% of sales
supports our
programs and
services!**



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

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