

Sophie's • Gazette

JANUARY • 2025

A PERSON CENTERED NEWSLETTER PRODUCED BY ST. MADELEINE SOPHIE'S CENTER
Edited in the Theresa & Edward O'Toole Foundation Adaptive Computer Learning Center
Shifting Gears @ Michael Klein 2024



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2025

Happy New Year

St. Madeleine Sophie's Center
CLOSED

New Year's Day Wednesday,
January 1, 2025
and
MLK JR DAY Monday
January 10, 2025





New Year's
2025
RESOLUTIONS

Steve Barnard - Get you a siamese cat!
Pete Bello - Stay home more often!
Cheryl Bogart- Be with my family more and be friendly to everyone..
Emily Brungardt - Hang out with my mom and my sister more.
Elmer Buck - To get nice gifts for people.
Lashaun Bynes - I want some beans for the New Year.
Samantha Calderon - Lose the weight!
Gretchen Cameron - Take more art classes and go on art field trips like the cyanotype class they had at the beach.
Jonathan Chavez -Spend more time with my mom, grandparents and my uncle.
Robert Chastain - I am 77 and I make goals all the time!
Joel Clark - Go to a museum!
Betsy Cory - Be safe and healthy and wish everyone a Happy New Year!
Julie Crakes - Being nice to people!
Faith Davies - Hang out with my friends more.
Jane Dutcher - Eat slower.
Katie Floyd - I am looking forward to Christmas 2025.
Tina Frantz - See all my friends.
Gary Greco - Get a new job.
Mitch Gricman - Meet my KUSI hero!
Bianca Gomez - Ring the Christmas bells for the Salvation Army again.
Conner Hauer - Go to Hawaii!
Isaac Hernandez - Continue coming to program, having fun in classes in each area of campus, and enjoying my days!
Taylor Hitchcock - I have no idea!
Maevis Hutson - Celebrate the New Year with confetti and a blower.
Susan Kendrick - I like it here and Sophie's.

Kathy Kilander - Keep coming here to program, I like it here!
Lucas Lemke - Make more art!
Dawn Linnen - Spend more time with my mom.
Hether Matthews - Never made one and I can't think of one!
Victor McGill - Exercise more.
Kristin McKenney - Try to be nice to everybody.
Jessica Moland - Do everything like making making more stuff!
Lynn Murray - To go see my sister.
An Nguyen - Turn down the volume in the AC classroom!
Libby Pieti - To get a new necklace to wear!
Alison Portner - I want to take care of kittens and puppies!
Mark Rimland - I would like everyone to share choices when watching TV at my group home.
Rebekah Ring - Get a laptop.
Lisa Rowin - I would like to try something new.
Savannah Sanhueza - Ride a horse, I want to go horseback riding!
Stephen Schmidt - Come to program.
Alexia Setzer - Dance to Michael Jackson!
Adam Sziebold - See my uncle.
DebraTarr - Stay awake and do more stuff.
Sierra Tipple - Dance more!
Yolanda Tkacik - I promise I'll socialize and focus more!
Claudia Whitefield - Lose my gut, it's been around for too long!
Chelse Voisard - Exercise more.
Cali Williams - Be with my family and friends and wish them good health.
Laura Woody - Not to drink so much soda.
Cody Yeargain - No!
Alise Yamamoto - Make more friends!

The Rose Parade

By: Jennifer Catren

For millions of people around the world the Rose Parade is an iconic New Year's Day tradition. The Rose Parade travels for five and a half miles along Colorado Boulevard in Pasadena, California and features four types of entries: floral covered floats, equestrian units, marching bands, and tournament entries. The Rose Parade is also known as the Tournament of Roses and is an annual parade on New Year's Day that will be held this year on Wednesday, January 1, 2025.

The Rose Parade is produced by the Pasadena Tournament of Roses Association, a nonprofit organization. The parade is followed by the Rose Bowl Game that is one of the major bowl games in college football. Started in 1902, the Rose Bowl was added to help fund the cost of staging the parade.

The Rose Parade has run uninterrupted since 1890 with only a few exceptions. It was cancelled during World War II in the years 1942, 1943, and 1945. It was also cancelled in 2021 due to the Covid-19 pandemic. The Rose Parade is watched by hundreds of thousands of spectators. Since 2011, Honda has been the presenting sponsor of the Rose Parade. Accordingly, Honda has the first float in the parade!



Walton HS, Marietta, Georgia (16147668127).jpg



Rose Parade President -Sally M. Bixby (8359284865).jpg

Rose Parade Facts

There are 45 floats in the Rose Parade.

The Average float costs \$275,000 to outfit.

18 million flowers are used in the floats.

60 people work 10 hours a day for 10 days to decorate one float.

It takes 2 months to dismanantle floats.



Senior Program News

Seniors' Farewell to the Ghio Room

By: Coleen Baucom

The Senior Program moved to the Education Building on Monday, December 16, so the Ghio building can be renovated. I have very good memories of the Ghio room, like the time we had a Super Bowl party. The building's purpose has changed over the years, but we seniors had a long run and a lot of fun in the Ghio room. We had some great staff who would teach us about safety and how to stay safe on the bus. Sometime in 2025 we will be in a new classroom in our own new building: the Senior Center Building where we will make new memories!



New Senior Center Building

The new Senior Center Building is coming in 2025 and will make excellent addition to St. Madeleine Sophie's Center campus! Our Senior Program students are excited as they anticipate moving into a spacious new center built specifically for their needs. Help us raise funds to support our Senior Program by donating to our new Senior Center Building! Visit our website stsmc.org, click on donate, and designate for our Senior Center Building.



Seniors Julie Crakes and Tom Dutcher are loving their cuddly Bingo prizes at the Alpine Community Center.

Nothing brings a quicker smile than winning at Bingo! Just ask our seniors who recently won prizes while playing at the Alpine Community Center. Winners chose hand-picked prizes and everyone was pleased with their choices. Going to the Center is a weekly field-trip for the Senior Program, where playing Bingo and connecting with other community members is looked forward to and enjoyed by all.

B I N G O

11	30	45	52	66
2	18	37	54	75
5	16	FREE	46	70
13	26	39	49	61
9	25	44	60	73

Cultural Corner
Celebrating Diversity



Martin Luther King Jr Day
Monday, January 20, 2025

Martin Luther King was a social activist and a leader of the civil rights movement by organizing peaceful protests in the struggle for equality and dignity for African Americans citizens. On August 28, 1963, about 260,000 people participated in the March on Washington that advocated for the civil and economic rights for African American citizens. Dr. Martin Luther King, Jr. was the last speaker of the march when he delivered his lofty “I Have a Dream” speech, a speech that resonates with meaning, power, and hope to this day. Today MLK’s dream continues with an online course (NV365) at the King Center that teaches individuals and businesses the principals and methods of nonviolence to improve diversity, equity, and inclusion in culture and in work places.

<https://thekingcenter.org/>

Photo © David Erikson commons.wikimedia.org



January 2025
Birthdays

Jarrett Akers
Kalaya Barker
Coleen Baucom
Veronica Bojorquez
Jennifer Catren
Christina Cali
Robert Eaton
Julianne Elconin
Hector Escalante
Christina Frantz
Wendy Fredericksen
Gary Greco
Clayton Hauer
Ian Harrison
Muhammad Hilali
Matthew Howard
Leslie Landy
Pamela May
Christopher Morey
Stephen Pelletiaire
Alisia Salde-Hagen
Nathan Schultz
Madeline Westermeyer
Heather White
Dahvy Yim
Karen Yobi



Trucking wolves NSP Diane Papineau



Wolf portrait NPS Jacob W. Frank



Alpa female NPS Neal Herbert

Wolf Facts

Males weigh 70-120 lbs - Females weigh 60-80 lbs.

Wolves can run between 31-37 mph and trot at 5 mph.

Wolves can travel up to 30 miles in a day.

Wolves live in packs of 2-10 members.

Wolves live 5-7 years in the wild and 12-15 years in captivity.



Wolf portrait NPS Jacob W. Frank



Stand off NPS Neal Herbert

30 Years: Yellowstone Wolf Project

In 1995 wolves were reintroduced to Yellowstone National Park as an integral part of the park's ecosystem. Wolves were once a common sight in Yellowstone but they were hunted to near extinction by the 1920s. As the apex predator in the park their disappearance caused a population explosion of elk that damaged the landscape by over grazing. The elk damaged food chains for other animals and changed the landscape of the park. They also destroyed the eco-system of the rivers in Yellowstone by producing silt and causing erosion to river banks. Scientists concerned about erosion and plant die-off, reintroduced the wolves. That helped to reduce elk numbers through culling the herd and changed elk foraging behavior resulting in the recovery of vegetation from chronic over-browsing. The stunning result is called a trophic cascade which includes the recovery of native animals, plants, and water systems. The regenerating vegetation stabilized the riverbanks, causing rivers to meander less, channels to deepen, and the water to become cleaner making it a better source of potable for animals in the park and humans downstream that rely on the river.



<https://ca.pbslearningmedia.org/resource/a58e3ca2-52ab-45f5-87ac-26ee0d681146/wolves-of-yellowstone-earth-a-new-wild/>
<https://www.nps.gov>

Emotions

How are you Feeling?!

Emotions are how we deal with situations that we see as significant or stressful. Emotions are short-lived feelings that are expressed through body language and facial expressions. Everyone has a range of emotions that can affect how we see the world, how we see ourselves, and how we relate to others. Sometimes you can feel many different emotions in a single day. Understanding how you are feeling can help you find the words to talk about your feelings and accepting your feelings can help you to change your reaction to them. Pay attention to your feelings when you have strong emotions and before you behave in a way that may hurt or harm yourself or someone else, remember that all feelings are temporary and you can choose actions to help you cope with them.

Actions that will help you cope with strong emotions:

Take a breath

Give your self space

Talk to trusted friends



Exercise

Meditate

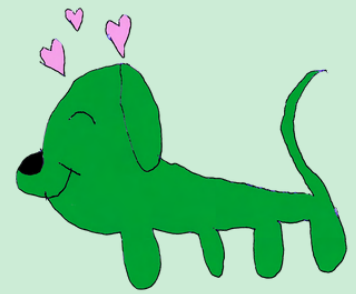
Keep a Journal



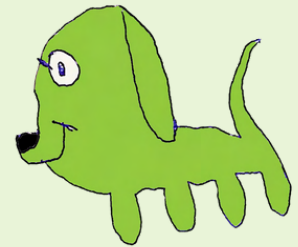
Sad - Hurt - Left Out
Lonely - Down

Genevieve Emo Dogs by Maddy Davis

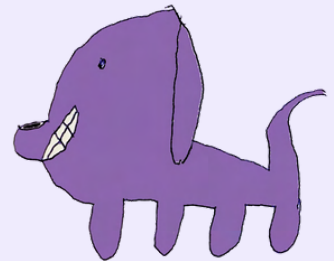
<https://hbr.org/2016/11/3-ways-to-better-understand-your-emotions>



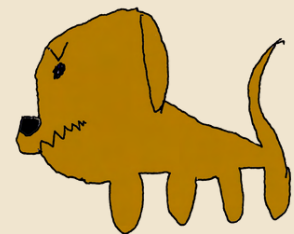
Happiness - Joy - Knowledge
Empowerment - Love - Valued



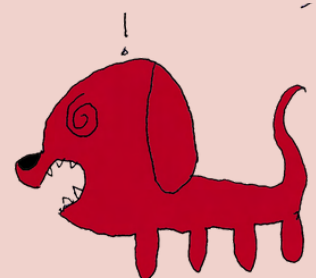
Baseline - Contentment
Mindful - Calm - Peaceful



Worried - Concerned
Shy - Scared - Anxious



Frustration
Irritated - Stressed



Hatred - Rage - Mad
Cross



2024 Student Appreciation Party



**Cookie
decorating in
the arcade.**





WINTER BIRD COLLECTION



Blue Jay By Ethan Coss



Owl By Conner Hauer



Oriole By Kristin McKenney



Woodpecker By Francisco Rojas



Owl By Adriana Diaz



Peace Dove By Michael Mercandante

Sophie's Gallery recently created a new line of greeting cards featuring winter birds made by our artists for various holiday shows and printed together as a collection set of six for \$13.50 or individual cards for \$2.50.



Sophie's Gallery • PRESENTS

Gotta' Have Heart: Pen Pals

February 7 - March 31, 2025

A collection of painted mailboxes, postcard-inspired landscape paintings, postage stamp mosaics, digital postage stamp illustrations, mixed media drawings on vintage letters & envelopes, and handmade Valentine's gifts!

Public Reception
Friday, February 7th
5-7:30 PM

Celebrating 25 Years



Sophie's Gallery
140 East Main Street • El Cajon, CA 92020
619.593.2205 • STMSC.ORG

An art program of St. Madeleine Sophie's Center
Digital Love Stamp © Erica Garcia 2024

BENEFITS
SOPHIE'S
GALLERY
AND ART
PROGRAM

Tea by the Sea



Featured Artist
Tommy Blue



Live Music • Handcrafted Menu • Sophie's Gallery
Champagne • Opportunity Drawing

January 18 |  The Marine Room
11 AM - 2 PM | 2000 Spindrift Dr, La Jolla, CA 92037

Single Seat – \$160

Table of Ten – \$1,600

Honoring
Maureen King, Angel Kleinbub
and Barbara Menard



WWW.TEABYTHESEA.ORG


St. Madeleine
Sophie's Center
Serving Adults With Intellectual and
Developmental Disabilities for Over 50 Years

SMSC's Monthly Giving Pin



Receive a your pin when you sign up for Monthly Giving!

SMSC Monthly Givers

Barbie Bates

Robert & Virginia Bayer

Wanda & Peter Benedetto

Mary Bigelow-Thom

David & Beth Blue

Susan Bobbitt-Voth

Mary Bones

Sandy Campbell

Tom & Simonetta Carr

John & Jean Ann Earl

Jolene Elconin

Debra & Robert Emerson

James & Patricia Frantz

Colette Gerard

Mary & Mark Grant

Warren & Cathy Gross

Rick & Tanja Guerrero

Tom & Julie Karlo

Steve Kevane

Dr. Stephen Kohl

Agathe Koon

John & Kay Krueger

Michele & Paul Lamantia

Robert Larsen

Erick & Jamie Lundy

Evelyn Maupin

Theresa McKenna

F. Carlton & Rebecca McKenney

Sean & Karen Mercadante

Wendy Morris

Lynne Mullins

James Mulvaney

Joe Perucca

Aaron Lloyd Pomeroy

Ginger Poutous

Robert & Andrea Raber

Karen Rado

Virginia Rodee, RSCJ

Steven & Cindy Sapper

Barbara Schmitt

Deborah & Clay Setzer

Allyson Smith

Liz Taylor

Patricia Tool & Paul Dewey

Laura Underwood

Edward & Lorraine Wammack

James & Kathleen Wellman

Tony & Becky Williams

Eldora Williams

Rick & Margaret Zamora

Monthly Givers Membership as of December 2024

Alexia Setzer befriends a turtle at Children's Retreat

Happiness - Connection - Gratitude - Kindness

Start the new year by joining Monthly Giving and watch your generosity grow through the success of our students!

BE A CHAMPION OF THE FUTURE!



Join our exclusive club, become a Monthly Giving Partner to support SMSC quality programs and services for persons with intellectual & developmental disabilities. *No gift is too small!* Visit www.stmsc.org to join or contact: Joe Perucca / jperucca@stmsc.org



January • Enero / 2025

LUNCH MENU

Jan 1st Holiday SMSC Closed: New Years

Jan 2nd Turkey ciabatta sandwich, chips, and pickle

Jan 3rd Pizza and side salad

Jan 6th Egg salad sandwich, chips, and pickle(VEG)

Jan 7th Creamy peanut-lime chicken over noodles

Jan 8th Carne asada tacos, rice, and beans

Jan 9th Shrimp poke bowl

Jan 10th Pizza and side salad

Jan 13th Sweet & sour chicken over rice

Jan 14th Greek gyro sandwich and fries

Jan 15th Eggplant parmesan over pasta and garden salad (VEG)

Jan 16th Fish tacos, beans, and chips

Jan 17th Pizza and side salad

Jan 20th Holiday SMSC Closed: Martin Luther King Jr. Day

Jan 21st Egg roll bowl *

Jan 22nd Grilled chicken Ceasar salad

Jan 23rd Cauliflower tacos, beans, and chips (VEG) *

Jan 24th Pizza and side salad

Jan 27th Shrimp Louie salad

Jan 28th Chicken Florentine over pasta, and side salad *

Jan 29th Southwest cheeseburger and fries *

Jan 30th Pork stew and cornbread

Jan 31st Pizza and side salad

*** New Menu Item**

