

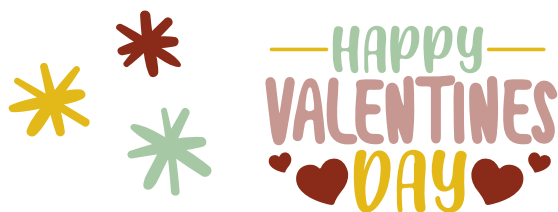
# Sophie's • Gazette

F E B R U A R Y • 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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FRIDAY, FEBRUARY 14, 2025



Mosaic Heart © Felicia Laverdiere 2025  
Mosaic Heart © Gretchen Cameron 2025  
Mosaic Heart © Rachel Guerrero 2025



## 59th Super Bowl

By: Anthony Wardlow

Hello again, I'm Anthony Wardlow and would like to talk to you about the Super Bowl that is happening on February 9, 2025 between the Philadelphia Eagles and the Kansas City Chiefs. The Super Bowl is an annual league champion game of the National Football League here in the United States. It's one of the biggest sporting events in the states and maybe the world. The main event is of course the game, but there are other events too, like the singing the National Anthem, the pregame show, and the halftime show. Then you have all the commercials on television that companies spend millions dollars on to have them shown during the game! The first Super Bowl was on January 15, 1967 at the Los Angeles Coliseum in Los Angeles won by Green Bay Packers who played against the Kansas City Chiefs. The NFL has out-competed the AFC in Super Bowl wins the AFC teams hold more multiple titles. While the Pittsburgh Steelers and New England Patriots have won the most Super Bowls, the New England Patriots has the most Super Bowl appearances at 11 times. The Denver Broncos and New England Patriots have the most Super Bowl defeats. Twelve teams have not won the Super Bowl and four teams have never had an appearance at the Super Bowl. The Super Bowl is played in the stadium of a different host city each year. So, root for your favorite team and may the best team win!

I have a question for you, are you going anywhere special this year? I don't know about you, but I'm going to Disney World! Till next time, see you all later and stay warm this month!

Wikipedia  
[https://en.wikipedia.org/wiki/Super\\_Bowl](https://en.wikipedia.org/wiki/Super_Bowl)



## Big Kudos

By: Coleen Baucom



Hello readers, for the February Gazette I interviewed staff Lisa Pechin who I consider a great role model. She started working at St. Madeleine's two years ago. She is currently in the Activity Center working with all AC students. She works at the pool, kitchen, Lions Tigers and Bears, Friends of Cats, in the classroom, garden, and leads an AC gallery pod class at Sophie's during the Ghio Building renovation. She said she likes working in all areas, especially the pool, which is now closed for the winter. I really enjoyed interviewing Lisa, she is a very sweet lady and we are lucky to have her as part of our staff at St. Madeleine Sophie's Center. It would be nice to say "thank you" to Lisa and to all our wonderful staff.

## Flashback!



Anthony Wardlow's first day of school  
September 1986!



## Happy Valentine's Day

By: Alison Portner

Hello Readers Valentine's day is coming up! I hope you have some wonderful things planned with your boyfriends and girlfriends. There are a lot of interesting ways to get together now that the pandemic is over. You can go for a walk along the beach, go out to dinner, or see a movie at the mall! You can go for a walk in the park, take a cooking class, or invite your sweetheart over to your house to watch a movie on Netflix and order some take out! You can talk on the phone using the iPhone FaceTime feature! It's a wonderful day to celebrate love with cards, boxes of chocolates and flowers. I hope you have a wonderful Valentine's Day!



## Black History Month

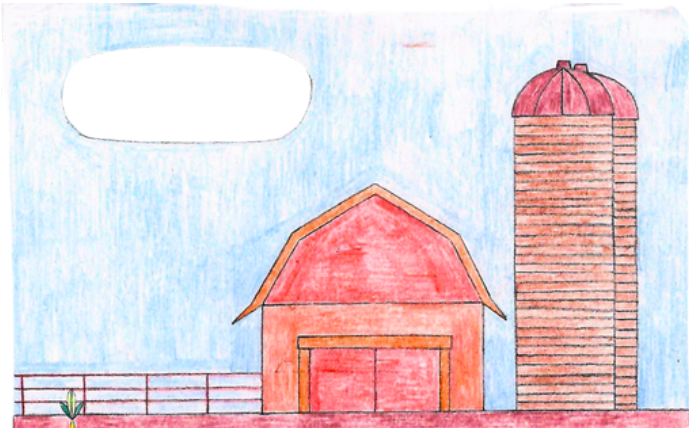
**February 1 - March 1, 2025**

SMSC celebrates Black History Month, an annually observed commemorative month originating in the United States, where it is also known as African-American History Month, remembering important people and events in the history of the displacement of people from Africa to America.

## February 2025 Birthdays



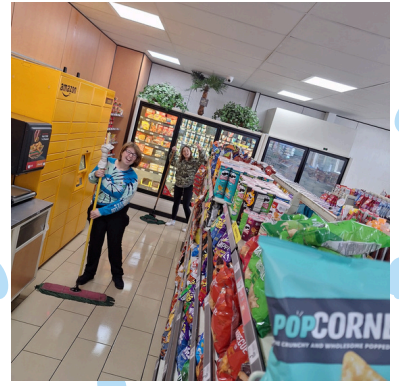
Daryl Austel  
Ilham Bazzi  
Erin Bones  
Julie Crakes  
Anthony East  
Michael Jacobs  
Evonne Harvey  
Lucas Lemke  
James Long  
Jen Lord  
Fernando Magana  
Amy Mansour  
Kristin McCalla  
Leona Melton  
Moni Mohamed  
Whitney Oliver  
Brian Raber  
Joey Raymer  
Francisco Rojas  
Lance Rountree  
Ryan Sage  
Michelle Soto  
Jennifer Smith  
Theresa Spellman  
Tiffani Schlender  
Gregory Stancheck  
Kathleen Taylor  
Alyssa Virissimo  
Kelsey Wammack  
James Wellman  
Bryan Wokmunskie



Concept drawing for Anthony Wardlow's mosaic corn farm.



Nick Pittman preparing lunches in SMSC's kitchen.



Hannah Parrett and Shannon Buxton volunteering at 7-Eleven.



Ethan Coss and Kelsey Wammack chose Hawaii as the theme for their repurposed envelopes.



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Tammie Brown, Shannon Buxton, Hannah Parrett, Laura Woody, and Victor McGill having lunch in the community after volunteering at 7-Eleven.

Butterfly Stamp © Conner Hauer 2025  
 Doggo Print © Kristin McKenney 2019  
 Doggo Print © Leona Melton 2019  
 Doggo Print © Stephen Pelletiaire 2019  
 Wolf © Anthony Wardlow 2019





Tea  
by the  
Sea  
2025



Sophie's



Gallery

# 25<sup>th</sup> Anniversary 2000 - 2025



stmisc.org / 619.593.2205

Mosaic Heart © Felicia Laverdiere  
Mosaic Heart © Rachel Guerrero  
Mosaic Heart © Gretchen Cameron



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

## Visual Diary

Follow  
Sophie's postings on  
Facebook  
looking back at past  
shows, classes,  
partnerships, and art  
projects through the  
years!

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

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

# SMSC Development & Fund Raising

## Monthly Giving



Tommy Blue was the featured artist for Tea by the Sea, the annual fundraiser for Sophie's Gallery held at the Marine Room in La Jolla. Tommy is a friendly person with a light-hearted smile who proudly remembers the names of everyone he meets. He loves attending art classes at Sophie's Gallery, where he can explore his creativity while enjoying the camaraderie of his fellow artists. Over the years he has participated in many art projects and has exhibited his artwork in numerous shows. His family is very supportive of the art program. Tommy and his parents, Beth and David, attended Tea by the Sea and spoke about Tommy's growth at St. Madeleine's and how much he enjoys going to Sophie's Gallery. They expressed the importance of giving back through Monthly Giving.

**SMSC's Monthly Giving Pin**  
Receive a your pin when you sign up for Monthly Giving!



## Ways to support SMSC

**Donate online at [www.stmsc.org](http://www.stmsc.org)**

**Monthly Giving**

**Donate to a specific Program**

**Attend a SMSC Event**

**Donate an IRA**

**Qualified Charitable Distribution**

**Stock Transfer (contact us for instructions)**

**Bequest - Add SMSC in your Estate Plans**



## Thank You

**SMSC Board and Development Committee**

**Sponsors of**

*Gotta' Have Heart: Pen Pals*

## Looking to the Future

**New Senior Center Building Progress Report**



Progress has been made in the construction of the new Senior Center Building. The foundation and concrete slab have been poured while the electrical and framing of the building are ongoing. The worksite is beginning to look and feel like a new home for our seniors!



Support SMSC's quality programs and services for persons with intellectual & developmental disabilities. **No gift is too small!** Visit [www.stmsc.org](http://www.stmsc.org) to donate or contact: Joe Perucca / [jperucca@stmsc.org](mailto:jperucca@stmsc.org) to explore other ways to support and donate.

### Shrimp Poke Recipe



#### INGREDIENTS

##### Poke Sauce:

- ¼ Cup Soy Sauce
- ½ tsp Sesame Oil
- 1 tsp Rice Vinegar
- ½ tsp Minced Garlic
- ½ tsp Ground Ginger
- 1 tsp Honey
- 1 tsp Siracha (optional)

##### Spicy Mayo:

- ½ cup Mayo
- 2 tbsp Siracha
- ½ tsp Sesame Seed Oil

##### Base & Toppings:

- Cooked Shrimp
- Cooked Steamed Rice
- Spring Salad Mix
- Edamame
- Seaweed Salad
- 1 Sliced White Onion
- Grated Carrot
- 30 Sliced Persian Cucumber

- Feb 3rd Paleo kale salad (Vegan)
- Feb 4th Pesto pasta, side salad and garlic bread (Veg)
- Feb 5th Balsamic pork tenderloin over rice pilaf, and roasted vegetables \*
- Feb 6th Orange chicken over steamed rice and broccoli
- Feb 7th Pizza and side salad
- Feb 10th Taco salad bowl
- Feb 11th Italian sausage lasagna and garden salad
- Feb 12th Coq au vin over mashed potatoes and valentine cupcake \*
- Feb 13th Meatball soup and garlic toast
- Feb 14th Pizza and side salad
- Feb 17th Holiday Presidents Day
- Feb 18th Rolled tacos, beans, and rice
- Feb 19th Shrimp and grits
- Feb 20th French dip sandwich and chips \*
- Feb 21st Pizza and side salad
- Feb 24th Pork carnitas bowl
- Feb 25th BBQ cheeseburger and onion rings
- Feb 26th Shrimp poke bowl
- Feb 27th Chicken cacciatore over pasta and garden salad
- Feb 28th Pizza and side salad

\* New Menu Item