

Sophie's • Gazette

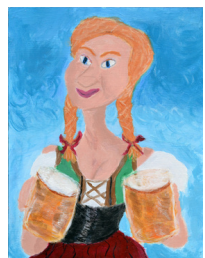
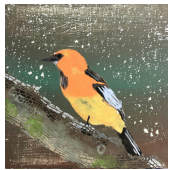
M A R C H • 2025

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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- Oriole © Kristin McKenney 2019
- Sunflower © Philip Conlon 2003
- Statue of Liberty © Deborah Gile 1999
- Mosaic Shovel © Stephen Lesh 2012
- Raccoon © Felicia Laverdiere 2024
- Barmaid © Francisco Rojas 2015
- Fairy © Helaine Stangel 2014
- Sun Kissed Angel © Terry Esche 2001
- Chicago © Heather Brewer 2003
- Bee Pizza Peel © Hope Hodson 2011
- Fawn © Claudia Whitefield 2024
- Peace Portal Banners Figure of Speech
- San Diego International Airport 2017
- Kentucky © Tim Conaway 2017



Celebrating!



ADC

Rockstars



Restaurant Skills

with Amy Mansour

Amy Mansour enjoyed a community skills outing to Surf Rider Pizza, a local restaurant in La Mesa. Amy and her friends from our ADC Department practiced their restaurant skills together while enjoying lunch. Amy ordered a slice of pizza, a diet Coke, and a cookie for dessert. When Amy ordered and paid for her lunch she thanked the cashier for helping her!



Anna Jones



Chelsea Chase

Everyone in ADC had a **LOVELY** Valentine's Day and have been celebrating all month making heart decorations. The weather been cold, but we have warm hearts! ❤️



Anthony Davenport

Flashback!



Amy Mansour looked so sweet dressed in a pretty red dress with a frilly lace collar in the photograph that her dad, Najib shared with us! Amy has been a model many times at *Haute with Heart*, SMSC's annual fashion show. Her *passion-for-fashion* shines through in her brightly colored outfits on the runway, it's a passion that started as a youngster!

Thank you!

The Mansour Group

and

The Guild Hotel

Presenting Sponsor

for

Haute with Heart, London Calling
Fashion Show, August 2, 2025

&

Donor Appreciation Party 2024

The Guild Hotel



Jerry Cotton



Debra Tarr



Leona Melton

Senior artists Jerry Cotton, Debra Tarr, and Leona Melton are excited to have their artwork hanging in the hallway of the Education Building lobby. Each posed for portraits next to their dog prints in the show titled *Doggos!*

SENIOR

Explorers on the GO!

SMSC Seniors were treated to a day of people and animal watching at the San Diego Zoo Safari Park during the park's *seniors free day*. The group had a great time walking around the park together. A special treat was watching a cheetah that shares an enclosure with a domestic dog. The two are friends and do everything together! Pam May said, "I liked going to the Safari Park and looking at all the people that were there", adding "the gorillas were my favorite animal!" Mary Grettenberger was excited to share her favorite animals she liked to watch, "giraffes and elephants, but not the bears!" Wilma Sutton enjoyed being outside in the fresh air and seeing so many visitors to the park. "I liked seeing the gorillas", she shared. "I'd like to go back again soon!"



Women's History Month

March 1 -31, 2025



This year the theme for Women's History Month is *Moving Forward Together - Women Educating & Inspiring Generations*. Women's History Month highlights the contributions of women throughout history and within contemporary society. Such as the women who won the right to vote in the United States in 1920, 51 years after the start of the women's suffrage movement. There have been many notable women throughout the years from diverse professions, races, geographical locations, and class backgrounds who have broken barriers in previously male-dominated fields such as science, business, exploration, and the arts. Women's History Month celebrates them all and aims to educate and inspire contemporary and future generations of women. To learn more about Women's History Month, visit the Library of Congress at www.loc.gov.

International Women's Day

March 8, 2025



On International Women's Day we celebrate Saara Kuugongelwa-Amadhila, the 4th Prime Minister of Namibia and the first woman to hold the position. She is a supporter of women's rights and has spoken about gender equality on numerous occasions while in office. While progress has been made by women socially, economically, culturally, and politically she believes there is still work that needs to be done.

Time Change

Spring-ahead

Sunday, March 9, 2025



Set your clocks ahead by one hour before you go to bed on Saturday, March 8 to prepare for daylight savings time that starts on Sunday, March 9, 2025. Daylight savings makes more daylight hours so everyone can enjoy being outside and attending activities!

Spring Equinox

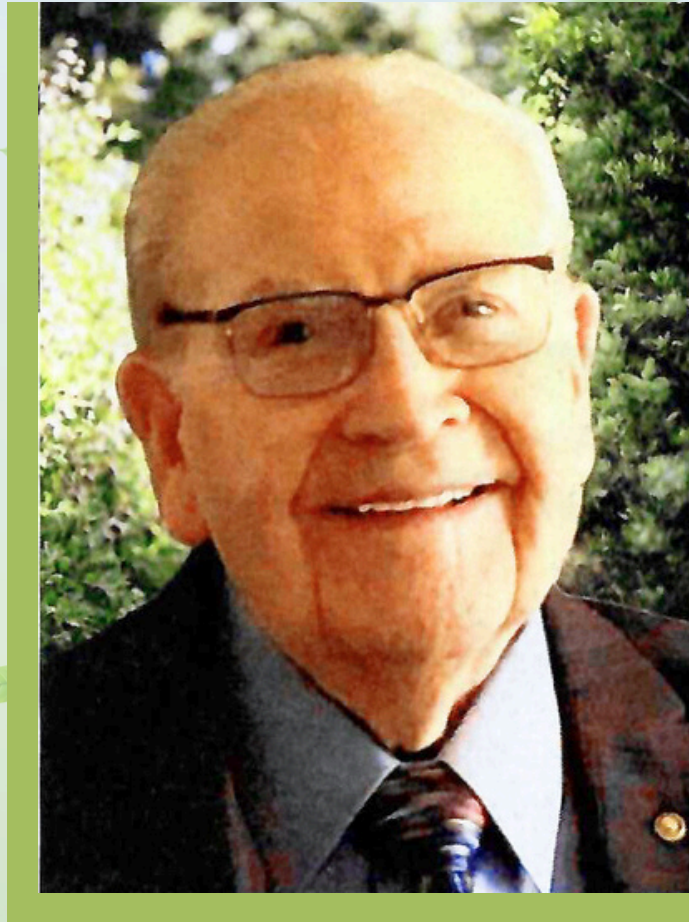
Thursday, March 20, 2025



The spring equinox begins the return of spring. It is also called the *vernal equinox*, which is from Latin for spring. The spring equinox marks a day and night of equal length, and is considered to be a return of balance.



TERRY ESCHE
Sophie's Artist
1955 - 2025



KNOX WILLIAMS
SMSC Board President
1928 - 2025

in loving memory...

JENNIFER CATREN
AC Representative
SMSC Self-Advocacy Board
1987 - 2025



SMSC Development & Fundraising



Thank
you!

Ways to Give

Donate online at www.stmsc.org

Monthly Giving

Donate to a specific Program

Attend a SMSC Event

Donate an IRA
Qualified Charitable Distribution

Looking to the Future

McGrath Family Senior Center



SMSC is proud to announce the official naming of our new senior building as the **McGrath Family Senior Center**. Through their generous support, the McGrath Family Foundation is helping to create lasting change for our seniors while making a meaningful legacy in our community. We are looking forward to the future as construction of the building continues.

Monthly Giving

Sean Mercadante and his son Michael



"We want this amazing place to not only survive, but to thrive. That is where monthly giving comes in. We are not able to give as much as we would like to, but we can give smaller gifts on a consistent basis. If everyone pitched in together and did what they could it would make a tremendous difference in so many lives."



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

Looking to the Future

Page Family Pavilion



Construction on the interior and exterior of the building formally known as the Ghio Room is still being renovated thanks to a donation from the Page Family Trust. SMSC is proud to recognize and honor this significant financial gift by officially renaming the building as the **Page Family Pavilion**.

Support SMSC's quality programs and services for persons with intellectual & developmental disabilities.

No gift is too small! Visit www.stmsc.org to donate or contact: Joe Perucca / jperucca@stmsc.org

to explore other ways to support and donate.

Sophie's



Gallery

25th Anniversary 2000 - 2025



stmisc.org / 619.593.2205

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



Saturday, June 7, 2025
10 AM - 6 PM
In Downtown El Cajon

Stroll Main Street with a vibrant showcase of creativity, featuring stunning works from talented artists across the region.

Indulge in a delicious array of gourmet food trucks serving up flavors to satisfy every craving.

Experience live performances from incredible musicians, filling the streets with energy and rhythm.

Sip and savor craft brews and fine wines in a lively music garden setting perfect for relaxation and celebration.

Sophie's Gallery
PRESENTS

Best Of

Saturday, June 7, 2025
10 AM - 6 PM
In Downtown El Cajon

During Artival, Sophie's Gallery presents **Best Of**, a retrospective show celebrating 25 years in Downtown El Cajon. Shop the gallery archives and peruse the history of previous shows through our collection of postcards and posters. New works from a variety of art media are offered for sale including mosaics, painting, sewing, jewelry, printmaking, weaving, and more!



St. Madeleine Sophie's Center
PRESENTS

Toast for the Roses

Bonnets - Bowties - Bourbon

An afternoon Derby celebration

*watch the Derby live while sipping
our signature cocktails*

The Guild Hotel

Saturday, May 3, 2025

3 - 6 PM

Cocktails • Heavy Hors d'oeuvres • Live Music
Live Derby Streaming • Derby Games • Hat Contest
Best Dressed Contest • Boutique Shopping

NEW EVENT • NEW EVENT • NEW EVENT • NEW EVENT



Toast for the Roses

Bonnets - Bowties - Bourbon

A fundraiser for SMSC's
Sophie's Organic Garden and our
Aquatics Program



The Guild Hotel
500 W. Broadway, San Diego, CA 92101
Valet Parking Included
Horseshoe © Ethan Coss 2025

Register Here

Call: 619.442.5129 Ext. 115 or 121

stmsc.org/event/toast-for-the-roses/



St. Patrick's Day

March 17, 2025



Shannon Manning

HAPPY ST



PATRICK'S DAY

May your day be touched by a bit of Irish luck brightened by a song in your heart, and warmed by the smiles of the people you love

St. Patrick's Day © Heather Matthews 2025

2025 / March Birthdays



Tricia Anderson

Janine Barth

Adriana Diaz

Tom Dutcher

Carol Etheridge

Thomas Fisk

Gabe Harmon

Valerie Haste

Jennifer Hietala

Auden Jamil

Stephan Koon

Carl Lingvall

John Lingvall

Jessica Moland

CJ Moon

Mark Rimland

Mike Rose

Adam Spurzem

Joseph Terhaar

Leslie Wable

Robert White

Sheree Wright

Cody Yeargain

Recipe

Strawberry Spring Salad with Maple Vinaigrette



INGREDIENTS

Maple Vinaigrette:

- 1/2 tsp dried basil
- 1 tsp dry mustard
- 1/4 cup balsamic vinegar
- 3 tbsp maple syrup
- 1 tbsp lemon juice
- 1 clove garlic, minced.
- 1 cup extra-virgin olive oil
- 1/4 tsp black pepper, or to taste.
- 1/2 tsp salt, or to taste

Salad:

- 5-6 fresh strawberries, tops removed and sliced.
- 1/2 cup of walnuts, pecans, or almonds chopped.
- 1/2 cup Feta or blue cheese crumbles
- 12 ounces of spring greens salad mix

Instructions:

To make the vinaigrette: In a medium-sized bowl, combine the basil and mustard. Whisk in the vinegar, maple syrup, lemon juice, and garlic. Slowly pour the oil into the mixture while whisking. Whisk for about 15-20 seconds until mixture has emulsified and thickened slightly. Whisk in salt and pepper, adjusting to suit your tastes. Store in an airtight container in the refrigerator. (Makes about 1 1/2 cups of dressing.)

To make the salad: Toss about 1/3 cup of dressing with the salad greens and divide among plates. Add strawberry slices, nuts, and cheese over top.

March • Marzo / 2025

LUNCH MENU

- Mar 3rd Cheese ravioli with sun dried tomato sauce, and salad (VEG) *
- Mar 4th Braised pork and dinner roll
- Mar 5th Fiesta shrimp rice bowl
- Mar 6th Creamy Dijon chicken over mashed potatoes and roasted vegetables
- Mar 7th Pizza and side salad

- Mar 10th Eggplant parmesan over pasta and salad (VEG)
- Mar 11th Turkey spinach wrap sandwich and chips
- Mar 12th Honey garlic shrimp over rice and roasted broccoli
- Mar 13th Chicken fajitas, rice, and beans
- Mar 14th Pizza and side salad

- Mar 17th Corned beef and cabbage and carrots
- Mar 18th Egg salad sandwich and chips
- Mar 19th Rolled tacos, beans, and rice
- Mar 20th White chicken chili and cornbread
- Mar 21st Pizza and side salad

- Mar 24th Mandarin chicken rice bowl and stir fry vegetables
- Mar 25th Meatball sub sandwich and chips
- Mar 26th Cajun shrimp rice bowl
- Mar 27th Creamy garlic pork over potatoes and vegetables
- Mar 28th Pizza and side salad

March 31st Strawberry spinach salad (VEG)

* New Menu Item



Grace Kennedy

