

Sophie's • Gazette

J U N E • 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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HAPPY
FATHER'S
DAY

SUNDAY, JUNE 15, 2025

SMSC Students Join Rally at Rep. Darrell Issa's Office in Santee

CONTRIBUTED BY: FREDRICK DEBERG
SELF-ADVOCACY FACILITATOR

Self-Advocacy
Board for St. Mads
WE HEAR YOU



SMSC students voiced their concerns over proposed federal budget cuts affecting their healthcare. Together, with other Medicaid supporters, they protested outside the Santee office of California Representative Darrell Issa on April 23, 2025.

"The rally in support of maintaining Medicaid funding was a powerful experience", Frederick Deberg remarked. "SMSC was represented by several students including members of our Self Advocacy Board. We joined a crowd of people who were very passionate about fighting for our rights that included Cali Williams, who spoke on behalf of recipients of these very important and much needed funds. She was one of many advocates whose passionate words and heartfelt pleas led the crowd to tears."

The federally funded program provides health insurance to people with disabilities and others who meet certain income requirements. "It was very important to be diligent and to continue fighting for Medicaid and In-Home Supportive Services. I believe participants in the rally left with the feeling of accomplishment and a renewed sense of motivation to fight for what is right.", Deberg added.

While cuts to Medicaid are not certain, protesters want to make sure their elected representative hear their concerns. Issa was not present and attempts to reach him by the press were not answered by him or his office.



The Sugar Rush



ICE CREAM PALOR

By: Joel Clark

Once upon a time, in the small town of Utopia nestled in the Smoky Mountains of Tennessee, two sixteen-year-olds named Kenny Whitt and Betty Ann embarked on an exciting journey. They both landed jobs at The Sugar Rush Ice Cream Parlor with Betty working as an ice cream scooper, and Kenny fulfilling his dream of becoming a soda jerk.

Betty took pride in her role as an ice cream scooper, although it posed a challenge for her. Memorizing all the flavors and ingredients required dedication on top of the special deals and discounts! However, Betty rose to the occasion and became exceptionally skilled at her job, making it easier and more enjoyable over time. She donned a white buttoned-up shirt, a red and white striped apron, a black skirt, and a white cap, along with white gloves for sanitary purposes. When Kenny first saw Betty in her uniform, he couldn't help but compliment her, saying, "Great look, Betty! That uniform really brings out your smile and energy. You're going to be a hit with the customers, for sure!" Grateful for Kenny's kind words, Betty responded with gratitude, "Thank you, Kenny! You're too kind!"

As fate would have it, when Betty saw Kenny in his soda jerk uniform for the first time, she was taken aback and exclaimed, "Oh my goodness, Kenny! You look so handsome in your soda jerk uniform! It really brings out your eyes and makes them pop! You're going to be such a dashing sight behind the soda fountain! I'm sure the customers will be lining up for a soda from you! In fact, I can't wait to see you serving the customers!" Kenny blushed and smiled warmly, responding, "Well, thank you, Betty! You're always so sweet with your compliments!"



Kenny's dream of being a soda jerk had been harbored since he was a child, and now it had finally come true. In Utopia, being a soda jerk was a coveted role among young men, but not everyone could secure the position due to the requirement of having a loud personality and excellent people skills. Fortunately, Kenny fit the bill perfectly. As a soda jerk, Kenny's responsibilities included preparing and serving a variety of drinks, such as sodas, lemonade, milk, and water, at the soda fountain. He skillfully operated the machine, pouring the drinks into glasses or cups, and then added flavorings and ingredients like syrup or ice cream based on the customer's preference. To give each drink its desired flavor and appearance, Kenny expertly garnished them with cherries and whipped cream.

The term "soda jerk" originated from the energetic and active nature of the job. The person operating the soda fountain was constantly on the move, mixing and serving the various drinks. The job was hectic and fast-paced, which contributed to the playful term "soda jerk." Kenny embraced his role with enthusiasm, wearing his white buttoned-up shirt, a red bow tie, a red and white striped apron, black pants, and a white cap. The moment he put on his uniform, he felt an overwhelming sense of joy and accomplishment.

Both Kenny and Betty cherished the opportunity to bring happiness to others and spread joy through their service at The Sugar Rush Ice Cream Parlor. Their hard work and dedication didn't go unnoticed, as they quickly became popular among the customers and their colleagues. The parlor buzzed with laughter and delight whenever Kenny and Betty were on duty. They enjoyed their time together, supporting each other and making each day a memorable experience for everyone involved.

Juneteenth

June 19, 2025

Juneteenth, Freedom Day is a federal holiday commemorating the end of slavery in the United States and marks the day Union troops arrived in Galveston, Texas, on June 19, 1865, to announce that all enslaved people were free, despite the Emancipation Proclamation being issued in 1863.

Ann Lowe

**Honoring America's
Premier Fashion Designer**



Ann Lowe was a leading American dress designer who learned to sew at age 5, made a dress for herself at age 8, and learned to create patterns at age 10. Lowe, born in 1898, grew up in a home with generations of seamstresses who made opulent gowns for wealthy southern socialites including her great-grandmother, grandmother and mother. "I never knew anything else" Ann remarked when interviewed on the Mike Douglas show in 1964. At age 19 she was accepted into S.T. Taylor Design School in New York City that taught the high standards associated with French couture. While segregated from the white students, Lowe noted that she made the best of the situation by creating anything she wanted to make!

commons.wikimedia.org
<https://nmaahc.si.edu/explore/stories/ann-lowe>

Lowe continued her family tradition of making ballgowns for socialites who came to her by word of mouth. In 1953 she made Jacqueline Kennedy's wedding dress and bridesmaids gowns. In a horrible turn of events the night before the wedding attire was to be shipped her studio was flooded, staining everything with rusty water. After the initial shock wore off, Lowe and her team of seamstresses worked day and night to remake everything. Lowe delivered the dresses the day of the wedding and every garment fit perfectly! Lowe went on to sell her fashions at Neiman Marcus, I Magnin, and Saks Fifth Avenue and her gowns were featured in *Vogue* and *Vanity Fair* magazines.



1953

All photographs courtesy of the National Museum of African American History with exception of the photograph of the Kennedy's courtesy of Wikimedia Commons.



Thunder Lineage to the Big Ben Bell Tower

This year's theme for the Haute with Heart: London Calling fashion show was inspired by a drawing of the Big Ben bell tower by artist Anthony Wardlow. The bell tower has a surprising social connection through the Thunder family. Barbara Thunder Barnes, sister of Anne Thunder who was one of SMSC's original students, shared that her Great-Great Grandfather designed London's Elizabeth Tower that is topped by Big Ben. Augustus Welby Pugin (1812-1852) designed the world-famous tower and the interiors of Westminster Palace. He was known for his role in the Gothic Revival movement and designed over 100 churches and cathedrals throughout England, Ireland, and Australia.

Barbara and her husband Greg recently visited London and the town of Royal Harbor of Ramsgate where her Great-Great Grandfather lived. Following a walking-map of Ramsgate they visited 32 sites that included many of Pugin's works and designs. During their visit they attended mass at St. Augustine's, a Catholic church designed by him and where he lies encrypted in a tomb designed by his son.

Aside from Barbara and Greg, several siblings and cousins along with their families have made the family pilgrimage to London to visit Pugin's architectural works, including nieces and nephews currently living in London.

www.thepuginsociety.co.uk



Patriotic Lady © Karen Yobi 2024



Flag Day June 14, 2025

*Flag Day, an annual event
celebrating the adoption of the
U.S. Flag on June 14, 1777!*

Flag Mosaic © Anthony Wardlow 2018



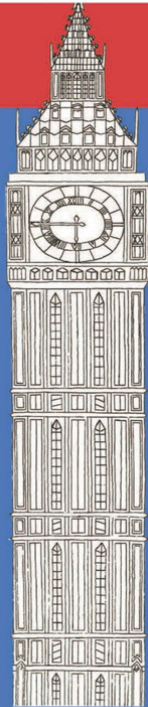
Wicked Poster © Chantilly Jones 2025

47TH Haute
with Heart
FASHION SHOW & LUNCHEON

LONDON CALLING

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

SATURDAY, AUGUST 2ND, 2025
10AM-2PM • HILTON SAN DIEGO BAYFRONT



HONORING
BEV IRELAND

PRESENTED BY

The
Mansour
Group



ENJOY A DAY OF

- FREE FLOWING CHAMPAGNE
- LIVE MUSIC
- SILENT AUCTION
- FASHION SHOW
- LUNCHEON

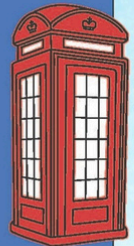
General Admission: \$225 per seat
Includes complimentary champagne during the pre-luncheon reception, a full-course luncheon, complimentary parking, and multiple live entertainment acts.

VIP: \$325 per seat
Includes all ticket benefits plus premium runway seating, valet parking, and complimentary wine during the full-course luncheon.

Proceeds benefit St. Madeleine Sophie's Center



HAUTEWITHHEART.ORG



2025

Haute with Heart Artist



Anthony Wardlow

My name is Anthony Wardlow, and I am an artist. I make art to express myself using pen, markers, mosaics, paint, and scratchboard. I started making art when I was a little kid and mostly drew airplanes. I love airplanes and still enjoy drawing them! Most of my art looks like designs out of a blueprint with perfect straight lines that I draw without a ruler. I am inspired by history, architecture, popular culture, and from the world I see around me. St. Madeleine Sophie's Center chose my drawing of Big Ben to reproduce on the invitation and marketing materials for the Haute with Heart: London Calling Fashion Show. You never know, in 1000 years from now my art might be placed next to the greatest artists of history and my name known and renowned!

Sophie's Gallery Events





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

During Artival, Sophie's Gallery presents 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 in a variety of art media are offered for sale including mosaics, painting, sewing, jewelry, printmaking, weaving, and more!



Sophie's Gallery Celebrates Artival
A community art festival in Downtown El Cajon
Saturday, June 7, 2025
10 AM - 6 PM



Lupita Shahbazi
Collage



Carol Minear
Clay Sculpture

Sophie's Gallery welcomes back guest artists Lupita Shahbazi and Carol Minear who will showcase their whimsical art during the Artival event. Lupita creates fanciful collages using paper, paint, and found objects while Carol is known for her playful sculpted clay lamps, caricatures, and animal sculptures. Both artists were featured in solo shows at Sophie's Kensington Gallery. The two of them will have art featured inside the gallery and table displays in front of Sophie's. A portion of their sales will benefit Sophie's Gallery.

Sophie's



Gallery

25th
Anniversary
2000 - 2025



Sophie's Gallery
140 E. Main Street / El Cajon, CA 92020
619.593.2205 / stmasc.org

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



Thank you to All Our Donors!

Looking to the Future



McGrath Family Senior Center

Much progress has been made over the spring months as everyone at SMSC excitedly waits for the new McGrath Family Senior Center to open. The newly applied stucco exterior on the building gives us a real indication of how contemporary the building will look when it's finished. While the design choices of flooring patterns and colors are made, we get a feel for the interior spaces and can easily envision our seniors, enjoying activities in their new center. The McGrath Family Foundation and everyone who has donated to its construction are helping to create lasting change for our seniors while making a meaningful legacy in our community.

Other Ways to Give

Charitable Gift Annuity *Did You Know?*

A charitable gift annuity is an easy way to transfer financial assets or real estate to St. Madeleine Sophie's Center that pays you a fixed income for the rest of your life. Upon your death the remaining principle is paid to SMSC to support a cause that's dear to your heart.



6.3% rate based on two lives ages 75 and 76

Income amount from your charitable gift annuity is dependent on your age, you can receive a fixed rate between 6.3% and 10.1% return on your gift. To learn more about charitable gift annuities contact Joe Perucca for a personalized profile, his information is provided below.

McGrath Family Senior Center Photo by CJ Moon



Hello, My Fellow Readers

By: Coleen Baucom

Rally to Save Medicaid

Hello, my fellow readers, I have a great story for you this month. St. Madeleine's students went to a rally to save our programs here in San Diego. The federal government is trying to cut our Medicaid health insurance, called Medi-Cal in California. Kara Gonzales and Frederick Deberg took a lot of students from St. Madeleine's to the rally in Santee. Noah Homes was also there. Everyone made posters for the event. There were a lot of people with different disabilities, and we got to make new friends. People made speeches in support of keeping Medicaid. I am so glad we went to the rally because I don't want government to cut funding for Medicaid, we need our Medicaid.

Music Therapy

Hello everyone, I have another great story for you about SMSC's music therapy program that is two days a week on campus. Musicians Mia Falcon and Seth Morton play in the garden pavilion, ADC classroom, and in the Senior classroom. They have us dancing in our chairs. It's really cool that Mia plays her guitar and keyboard. Her gusto gets us moving around and everyone is so happy when she plays on Thursdays. I love to see how excited the students get when she enters the classroom!

2025 / JUNE Birthdays



Marisol Alcantara

Cody Alves

Beth Blair

Chelsea Chase

Jane Dutcher

Larry Finnegan

Suzanne Hazelebach

Karen Holley

Chantilly Jones

Susan Kendrick

Victor McGill

Kristin McKenney

Kip Rakowski

Rebekah Ring

Tori Ryan

Brant Simpson

Victoria Strayve

Brennan Sullivan

Tracey Taylor

Oscar Vizcarra

Anthony Wardlow





June • Junio / 2025

LUNCH MENU

June 2nd Pasta primavera, garden salad, and garlic Bread

June 3rd Shrimp Creole over rice

June 4th BBQ pulled pork sandwich, coleslaw, and baked beans

June 5th Creamy southwest chicken over cilantro lime rice

June 6th Pizza and side salad

June 9th Grilled chicken watermelon salad with feta & basil *

June 10th Fish taco bowl

June 11th Meatball sub sandwich and chips

June 12th Pork stew with hominy and collard greens *

June 13th Pizza and Cesar salad

June 16th Spam, eggs and rice *

June 17th Creamy garlic shrimp pasta and side salad

June 18th Smokey chipotle turkey ciabatta and chips *

June 19th Vegetarian lasagna and side salad

June 20th Pizza and side salad

June 23rd Chicken tortilla soup with fried tortilla chips

June 24th Mushroom Swiss burger and fries

June 25th Eggplant parmesan over pasta and side salad (VEG)

June 26th Strawberry poppy seed salad and roll *

June 27th Pizza and Caesar salad

June 30th Rosemary pork chop, mashed sweet potatoes, and vegetables

* New Menu Item