sophie's Gazette

O C T O B E R • 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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October

National Disabilities Employment Awareness Month: Value & Talent

Props to Bruce Davis at Nat Cat

"Cats are loving and affectionate creatures!" Bruce Davis is passionate about cats and gets a regular feline fix at his job at National Cat Protection Society where he is a valued employee. He has worked for 12 years at the no kill shelter, also known as Nat Cat. "It is a privilege to work with Bruce, he is kind and compassionate with our animals" Mike Rueb, Nat Cat Director remarked. "He is a caring person who laughs easily and helps to create a positive work culture."

Bruce is a SMSC student, but he doesn't come to SMSC's campus his day starts at Nat Cat. "Bruce hits the ground running to complete the day's work and is flexible moving from job to job with ease", Rueb remarked. "He is a hard worker who needs little direction."

According to Bruce, "People think we pet cats all day, that is not the case." There are many tasks necessary to keep the environment clean and safe for the cats, so his responsibilities include feeding and getting fresh water for the cats and other care, like changing the litter boxes. He also has cleaning chores around the facility such as mopping, sweeping, and washing dishes. "I have always had a good work ethic, so I make sure stuff gets done."

Mike noted "When the job is done and Bruce is off the clock, he enjoys time with cats and is often the first to notice the important little things like noticing when a cat is sick and needs extra care." Some of the cats have been at the shelter since Bruce started worked there. "They know my voice and come to me." Advising, "if you are having a bad day pet a cat, it is so soothing."

Props to cat fancier, Bruce Davis whose love of cats turned into a career, one that gives him a sense of purpose, connection, and a path to a fulfilling life!

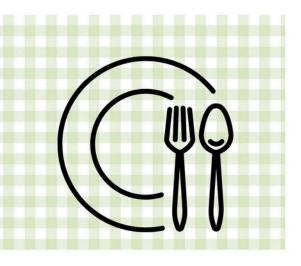
Up to 86% of people with Intellectual and developmental disabilities are unemployed in San Diego County.

data.sandiegocounty.gov / natcat.org











Emily Cunningham bagging potatoes.



Craig and Emily Cunningham with American Textile Maintenance volunteers .



with Emily Cunningham



Emily Cunningham, a student at St. Madeleine Sophie's Center recently volunteered at Feeding San Diego along with her father Craig. The company he works for, American Textile Maintenance volunteers at Feeding San Diego twice a year. This was the second time Emily joined the volunteer group.

The group made boxes of food and divided items for packaging. They separated and packaged potatoes, filling bags that would be picked up at a distribution center later. In the 2 hours that they volunteered the group helped to bag up to 16,000 lbs. of potatoes. "The staff at Feeding San Diego said that the potatoes we bagged would help 4000 kids in San Diego County! It is VERY rewarding work, and Emily was a GREAT help." her father reported.

For more information go to: www.feedingsandiego.com



Tritons Swim Team Ends the 2025 Season



Hosted on the 3rd Friday of every month at 2pm in person or on Zoom.

Build the confidence to advocate for yourself, grow as a leader, and bring positive change to the community around you. With the right tools, you can inspire others along the way.

Join Us Via Zoom:

Click HERE

Meeting ID: 937 0215 8975 Passcode: 123763



Or scan the QR code



Join Us In-Person:

State Council on Developmental Disabilities

8880 Rio San Diego Drive, Room 325 San Diego, CA 92108

Questions?

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Serving on the Self-Advocacy Board By: Cali Williams

It feels like an honor to be part of the Self-Advocacy Board at St. Madeleine Sophie's AC Center. As an Program Representative, being able to help others make a difference in their lives, means a lot to me. Knowing our rights and becoming a role model, I can speak up for myself and others. This is the best part of being a Self-Advocate. Helping others has a special place in my heart, and the best part is showing others how to do the same. It is a wonderful joy to see everyone happy here at program. To make someone smile and to make someone feel better about themselves makes my job easy. The main key is to remember to have an open mind. I look forward to next year's election. If you are interested in running for Self-Advocacy, you will need to wait until they announce the election. Until then talk to your case manager about how to prepare for the election. I listed some tips below!

Tips for running for Self-Advocacy

- Define a goal that is member-driven
- · Have a strong message and slogan
- Make an action plan with timelines
- Mobilize using social media, public speaking, and letter writing
- Let people know who you are & what you stand for

3 Cheers for the Transportation Department! By: Coleen Baucom



Josh Pizana, Coleen Baucom, and Fay Chargualaf.

Hello my fellow readers, I want everyone to know about a special person here at St. Madeleine's; her name is Fay Charqualaf. She is our Transportation Coordinator and has worked at SMSC for 25 years.

Have you ever noticed we have a lot of buses here at program? Fay told me we have 14 B Buses, 12 C Buses, 3 Trucks, 10 Dodge Vans, and 5 Transit Vans for a total of 44 vehicles. We currently have 24 drivers. Fay starts her day early by opening the gates when it's time for our buses to leave to pick up students. At the end of the day she waits for all the drivers to return and then locks up. Everyone in the Transportation Department works very hard every day to make sure we are safe on our buses.

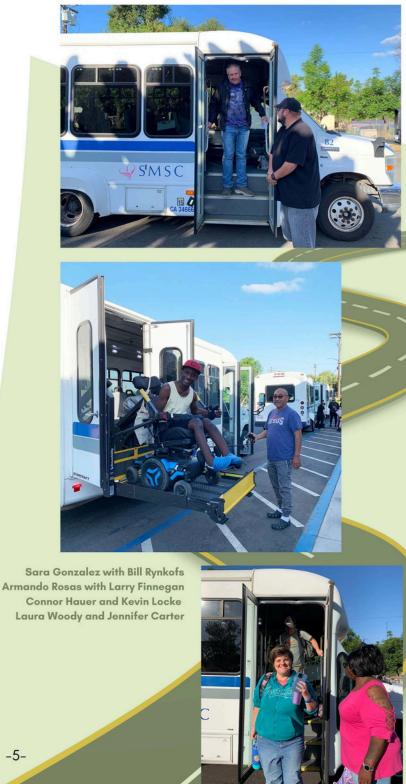
I think the drivers are great. They get to campus early so they can put gas in the buses and clean the seats. They pick us up in the morning and take us home after program. Our buses pick up students in Mission Bay, San Diego, parts of Chula Vista, and as far away as Poway.

I really enjoyed interviewing Fay. It's not every day that she is in our newsletter so thumbs up to Fay and all her drivers! Congratulations to Fatu Laga who was recently made Transportation Manager and Victor Ontideros the new Assisant Transportation Manger! Together everyone in the Transportation Department does a very good job of transporting us all week long.



It costs \$25,000 a month to put gas in all our vehicles!





September Birthdays

October Birthdays

Amber Bobbitt Christopher Bradshaw Jonathan Chavez Cameron Cromwell Faith Davies Bruce Davis Chandra Deal Caitlin DeCoro Mayra Gonzalez Mitch Gricman Rachel Guerrero Isaac Hernandez Janae Horn Nicholas Horning Larissa Ibanez Janis Jackson Kathy Kilander Heather Ksiazek Samuel Kulek Dawn Linnen Moyses Lizarraga Shannon Manning Heather Matthews Scott McLoughlin Heather Moreno Lynn Murray

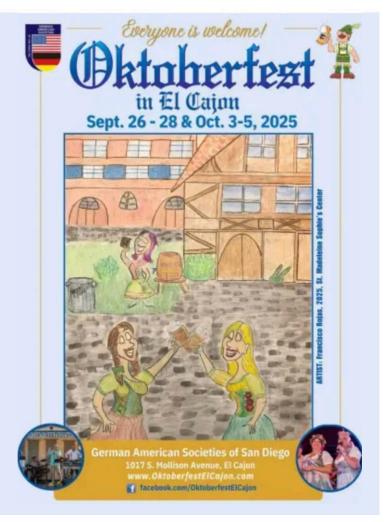
Samantha Calderon Libby Pieti Anne Colburn Shauna Davis Catherine Pestreich Peter Feghali Nick Pittman Nancy Gonzalez Sabrina Pomeroy Taylor Hitchcock Janel Shortes Grace Kennedy Rosalia Sottile Virginia Kennedy Margaret Sperry Luke Laliberte Muna Toma An Nguyen Adrienne Wright Reg Oberg Lauren Papworth Hannah Parrett Nick Perretta Matthew Phillips Aldo Quezada **Daniel Reaves** Tonja Rogers Stephen Schmidt Laura Sloan Matthew Soares Renee Sprague Sheldon Wallace Claudia Whitefield Kristen Woldt Meredith Yamada Tyler Zito

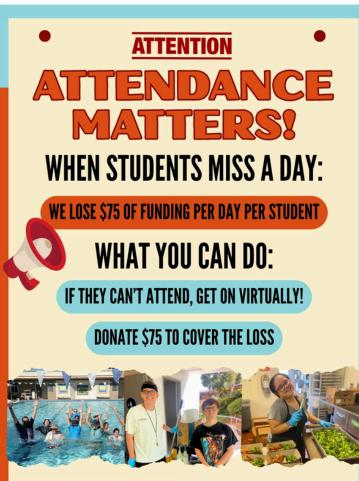


Join us for Spookeasy: Blackout Party, an outdoor Halloween celebration in SMSC's secret garden featuring eerie blacklight décor, a live DJ, costume contest, scavenger hunt, gourmet food, unlimited drinks, and an exclusive cigar bar. Dress to glow and support St. Madeleine Sophie's Center with a night of spooky fun and good vibes!

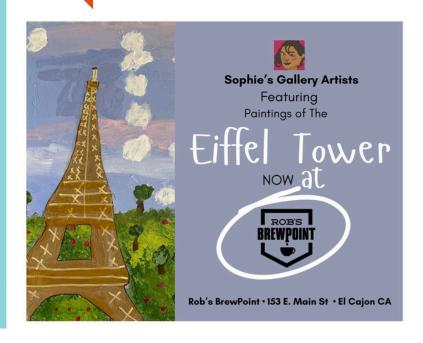




























October • Octubre / 202 **LUNCH MENU**

Oct 1st Hawaiian BBQ chicken over rice

Oct 2nd Phantom pulled pork sandwich and chips

Oct 3rd Pizza and side salad

Oct 6th Shrimp boil and cornbread *

Oct 7th Cheese lasagna, side salad, and garlic bread

Oct 8th Franken burger and french fries

Oct 9th Mary me chicken over garlic mashed potatoes

Oct 10th Pizza and side salad



Stacy McCorquodale adding



Kelsey Wammack helping with salads.



Cali Williams adding broccoli to lunches.

Oct 13th Pork adobo over rice

Oct 14th Greek chicken pita wrap and chips

Oct 15th Spookhetti & meatballs and side salad

Oct 16th Cajun shrimp over rice

Oct 17th Pizza and side salad

Oct 20th Tomato spinach and shrimp pasta

Oct 21st Buffalo chicken fries

Oct 22nd Beef enchilada casserole, black beans, and rice

Oct 23rd Hallowscream chicken parm sandwich and side salad

Oct 24th Pizza and side salad

Oct 27th Spinach & cheese tortellini, garlic bread, and side salad

Oct 28th Chicken tenders, garlic bread, fries, and coleslaw

Oct 29th Eggplant parmesan over pasta and side salad

Oct 30th Witches brew stew and cornbread

Oct 31st Pizza and side Salad

^{*} New Menu Item