

Sophie's • Gazette

NOVEMBER / 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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St. Madeleine's is closed
Thursday, November 27 & Friday, November 28
for the
Thanksgiving Holiday



Chapter Meeting Report

By: Cali Williams



At our recent Self-Advocacy chapter meeting we talked about what is going on here at our center. The chapter meeting was started by our very own awesome President Beth Blair. After Beth spoke our Vice President John Blalock gave an update about the Carlee McGrath Senior Center. He also gave an update about the Tritons last swim meet of the season, and a reminder about the pool being closed due to the weather change and holidays coming up.

Next AC Representative Dulce Moreno reported on recent and upcoming events like Alley Cat Art Walk held in September on Main Street in El Cajon, Spookeasy held in St. Madeleine's garden, and Hauntfest. Dulce also congratulated both Samantha Calderon and Francisco Rojas for being recognized in the Gazette for the beautiful artwork that they created.

As Secretary for Self-Advocacy, I reported on the USD Nurses and a couple of field trips that they support. I talked about going to the USD campus as well as the annual tour of the El Cajon Fire Department. Then Richard Neves highlighted the importance of drinking water and after that Cody Alves made a report about sun safety.

Finally, our Senior Rep, Colleen Baucom reported on a new focus for the campus called getting to know you that encourages students to learn more about each other. We all sang the song "Getting to Know You." The president ended the meeting after Colleen was finished with her wonderful presentation.



Dia de los Muertos



Day of the Dead

November 1 & 2, 2025

A Mexican holiday welcoming the spirits of the departed back to the world of the living. Celebrated with home altars, candy skulls, parades, and traditional dishes.



NOVEMBER 11, 2025

don't forget



**Daylight Savings Ends
Sunday, November 2**

Set your clocks
back one-hour
on Saturday night, Nov 1

Book'em Cahill



Senior Reporter Coleen Baucom Introduces Eddie Cahill

Hello my fellow readers, I have a great story for you. I interviewed a retired deputy sheriff! I had a lot of questions to ask him. His name is Eddie Cahill and he works as a bus driver for St. Madeleine's. My first question I asked was how did he like being a deputy sheriff. Eddie told me he worked in Santee and Lakeside for 28 years as a deputy sheriff. He also told me he worked with a K-9 dog. They worked together for 7 years. It took Eddie 6 months of training to become a deputy sheriff. Now that he is retired, Eddie can spend more time with his grandsons and enjoy life. I think that being a law enforcement officer is a great job to have. You get to help people when they need it. My hats off to the San Diego County Sheriff's Office, they do a great job. When you see a sheriff's car wave to the officers and tell them thank you for all your hard work!

Did You Know?

The main differences between police and sheriffs are their jurisdiction and the scope of their duties. Police officers are municipal employees who operate within a city or town's limits, while sheriffs and their deputies serve an entire county, including unincorporated areas and towns without their own police forces. Sheriffs patrol highways and county roads and act as the primary law enforcement for unincorporated areas. Duties include managing county jails, providing courthouse security, serving legal papers (like warrants and subpoenas), and transporting prisoners.

November Birthdays



Debbie Alvarez

Antoinette Annunziata

Karen Bates

Francesca Bear

William Burbank

Shannon Buxton

Katia Calia

Samantha Cassell

Robert Chastain

Bianca Clements

Andrew Crawford

Edward Dalfio

Scott DeGruchy

Sharon Dempsey

Aidan Grant

Barbara Griffin

Christina Hanna

Catherine Heft

Deylon Kaul

Roger Lara

Thomas Mladovich

Erwin Robles

Marc Sailors

Alexia Setzer

Christina Shihata

Justin Stromberg

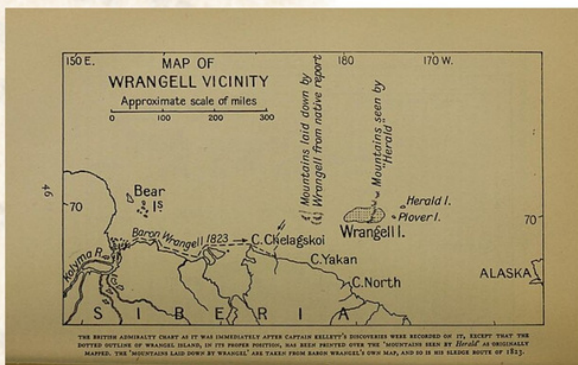
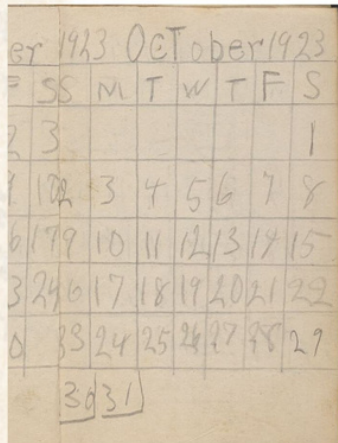
Wilma Sutton

Alise Yamamoto

Cultural Corner

EXPLORING DIVERSITY

**November
Native
American
Heritage
Month**



**Top to Bottom: Ada Blackjack with son Bennett
Original expedition Team
Ada and Vic aboard the rescue ship, Donaldson
Ada Blackjack's calendar from her diary
Map of Wrangell Island area.**

Ada Blackjack

Sole Survivor of the 1921 Wrangell Island Arctic Expedition

Ada Blackjack was an Iñupiaq (Eskimo) woman who was the sole survivor of a doomed Arctic expedition to Wrangell Island in the early 1920s. Left stranded after her four male companions perished, she survived alone for two years on the island, learning to hunt, trap, and build shelters to sustain herself until her rescue.

Although they bought rations for a year a hard winter set in, with hardship and tragedy. When rations ran low and they were starving, three of the men made a desperate attempt to seek help and Ada was left to care for the fourth, who was too sick to travel. When the teammate passed away Ada was alone except for the company of Vic, the expedition cat, 700 miles from civilization. Ada trapped animals, picked roots, hauled wood, made her own clothing, while maintaining and repairing the campsite. "I put fancy trimming on my new parky and trimming around the hood, it look like a parky alright! and my new parky is all finished today".

Ada's dairies provide a first-hand account of the harrowing ordeal, her incredible survival skills, and the profound loneliness she faced. Her diary pages track day-to-day life, her emotional state, her sorrow in being separated from her son Bennett, and her pride in learning to hunt and kill game. She recorded how she passed time sewing, knitting, and making clothing to bring home to her family. In the dairy she recounts having several polar bear sightings, some just outside her tent. "...when I got up I found lard can was empty that was full seal blubber the Polar bear has been eating last night. I thank the lord Jesus keep me from danger." Most of all, they recount her fear, loneliness, a steadfast perseverance, and a reverence for God and nature.

Ada Blackjack and Vic were rescued on August 20, 1923 by the ship Donaldson after nearly two years of isolation. Upon her return home, Ada received a flurry of press attention for her resilience and will to survive. Most importantly, Ada was reunited with her son.

library.dartmouth.edu
anchagemuseum.org
commons.wikimedia.org



HOLIDAY LIGHTS IN DOWNTOWN EL CAJON

Saturday, November 29, 2025
4:00pm to 8:00PM
Prescott Promenade

Kick off the holiday season at Holiday Lights in Downtown El Cajon on Saturday, November 29th, from 4 to 8PM, featuring festive fun for the whole family including trackless train rides, live music, holiday vendors, a business walkabout with prizes, free photos with Santa, and more!

Mark your calendars for a day of fun, festivities, and shopping local.

Sophie's



GALLERY



Sophie's Gallery
 open 4-8PM

Saturday, November 29, 2025
 during Lights in Downtown El Cajon featuring a pre-holiday sale with up to 50% off select artwork, 25% off jewelry, and up to 75% off holiday merchandise and decor.
 Light refreshments served.



Snowman © Auden Jamil 2025

Making Memories

25th Wings & Snow

December 12, 2025 - January 31, 2026

Public Reception
 Friday, December 12, 4 - 7:30PM

Join us as we celebrate the Holiday Season with a flurry of handmade art and unique gifts! Winter treasures include sewn and felted snowmen and angels, linocut and woodblock prints, seasonal hand-crafted home goods, charming ornaments, original cards, and more.

Wrap-up Sophie's Gallery's 25th anniversary year: Shop a curated collection of prints of past Wings & Snow favorite art pieces!

BENEFITS
SOPHIE'S
GALLERY
AND ART
PROGRAM

Tea by the Sea



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

January 17
11 AM - 2 PM



The Marine Room

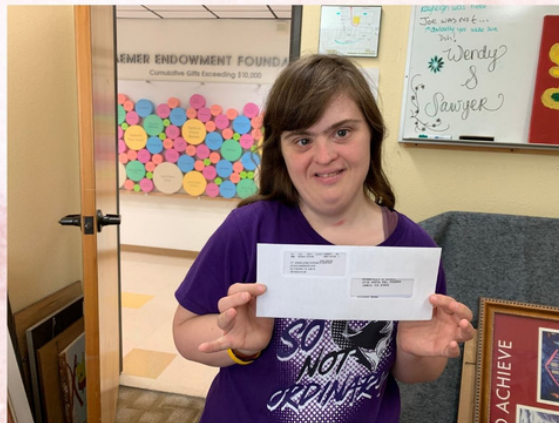
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St. Madeleine
Sophie's Center
Serving Adults With Intellectual and
Developmental Disabilities for Over 50 Years

Student Spotlight



John Blalock working in the kitchen.
 Lukas Lemke making an applique wall hanging.
 Sabrina Pomeroy wearing a fascinator.
 Chantilly Jones holds her check with pride.
 Trinka Schwedes enjoying herself at Alley Cat Art Walk.
 Lashaun Bynes dressed as cow prior to Halloween.
 Cali Williams adding onions to salads.



November / Noviembre 2025 Menu

Nov 3rd Italian sub sandwich and chips

Nov 4th Chicken curry over rice

Nov 5th Italian sausage lasagna and side salad

Nov 6th Pork hominy stew and cornbread

Nov 7th Pizza and side salad

Nov 10th Pasta Alfredo, garlic bread, and side salad

Nov 11th Chicken tortillas soup

Nov 12th Autumn apple candied walnut salad and roll

Nov 13th Eggplant parmesan over pasta and side salad

Nov 14th Pizza and side salad

Nov 17th Fried chicken, mashed potatoes, and corn

Nov 18th Shrimp stir fry over steamed rice

Nov 19th Swiss cheeseburger and fries

Nov 20th Turkey with gravy, stuffing, green beans, and apple pie

Nov 21st Pizza and side salad

Nov 24th Minestrone soup and garlic bread

Nov 25th Swedish Meatballs over buttered noodles

Nov 26th Turkey Swiss sub sandwich and chips

Nov 27th Closed Holiday

Nov 28th Closed Holiday

* New Menu Item

