

# August 2017 Sophie's Gazette

## A Word from Our Self-Advocacy President

## Inside this Issue:



**Shannon Buxton**

I like being your president it is fun. I like to help out so we can make good choices. You have to be a good role model

and have to help out when you can. The board and I have a lot to do. I like to work a lot so we need to get to work. We will have fun. We can start planning our events. I am so happy to be your new Self-Advocacy President Shannon Buxton.

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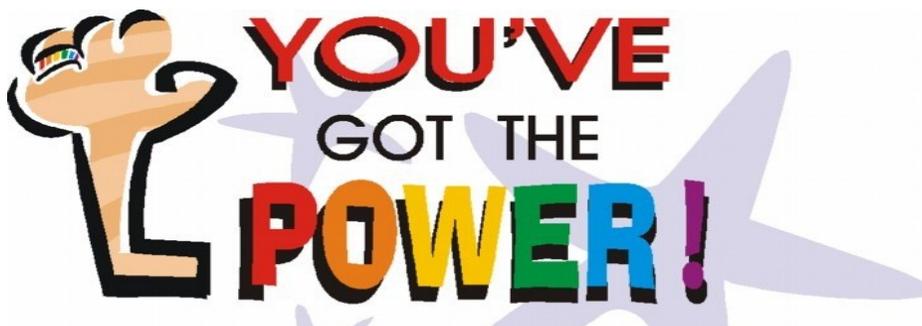


### Upcoming Holiday

#### Reminder:

SMSC will be closed

September 4th-  
In Observance of  
Labor Day



**ARTISTS:**

Ayako Daikoku

Kodomo Art

Yuki Sugimoto

Makoto Tanaka

Otona Art

Mineaki Ueda

Vansanku-no-sato Center

Yasuteru Imakita

Shinya Miyaji

Kenichi Nishikawa

Keiko Okada

Shizuyo Omisya

Hiroshi Shimoki

Kenjiro Suzuki

Tomoyo Uemura

Tsutomu Yamamoto

Tohmoto Private Art School

Kazuko Fujikawa

Ayami Karatsu

Kenyu Kohyama



Sophie's Kensington Gallery  
**PRESENTS**  
August 5 - 26, 2017



**IKI**

*Japanese Exchange Show / Iki - a sense of beauty & spirit*

*Public Reception*

**August 5, 2017**

**5-8 pm**

**Wine & Hors d'oeuvre**

**Sophie's Kensington Gallery**

*Supported in part by:*

California Institute of Contemporary Arts

The Heller Foundation of San Diego

Seasonal Clothes © Kazuko Fujikawa

## SAINTS & SEASONS By: Anthony Wardlow



Hello Again, I am Anthony Wardlow. On July 8, 2017 the Sophie's Kensington Gallery had an art show. The name of the show was Saints & Seasons. The show displayed paintings on live-edge wood slabs made by the consumers. Also on display was art made by guest artist Annemarie Sullivan and Melissa Walters. Those who attended were Anthony Wardlow, Mark Rimland and many others. Wendy Morris hosted the show and I was the official photographer.



Anthony Wardlow

Refreshments, wine and hors d'oeuvres were offered for those who attended. The three hour event was a fun filled time and a great way to meet people. It allowed the artists to show and talk to their audience about their art. We're all artist in a way, art has been with us throughout history and is in our bones and heart. Art shows us what is best about mankind. Till, next time, lets welcome our new St. Madeleine Sophie's Center Self-Advocacy Board Members with open arms.



Mark Rimland proudly standing next to his art piece.



It has been almost 9 months since I started working as a janitor for Wesleyan Preschool here in El Cajon. I like being independent and responsible for all of the duties assigned to me. I like everything: sweeping, mopping, vacuuming, trash, scrubbing the walls and getting milk stains out of the carpet. One time the power went out and I just kept on working and used my security flashlight to see, and the power eventually came back on. My boss Les is very good, he is the greatest!! I am making friends at work too, which is very nice. I like filling up the spray bottles and rinsing out the mop. I have 10 rooms that I clean every day. I work for 3.5 hours daily and I get a lot of cleaning done.



St. Madeleine Sophie's Center is extremely proud of Helen. She is very serious about her job. She is focused and works hard on completing her tasks in a timely manner.

Helen Patino

## BIRTHDAY'S IN AUGUST

Constance Demos                      Daniel King  
Leslie Lambert                      Randy Morgan                      Cheryl Bogar  
Susan Warin                      Devon Jenson  
Linda Hanson                      Denise Stine                      Angela Neal  
Jon Semenchuk                      Patricia Basse  
Joseph Cabral                      Dorothy Bicknell                      Mary Grettenberger  
Phillip Cansicio                      Jordan Inboden  
Susan Pfingsten                      Chris Beringhause                      Justin Kased  
Jessika Reisor                      Zachary Adler

St. Madeleine  
Sophie's Center  
Serving Adults with Developmental Disabilities for Over 30 Years

# VOGUE



## 40<sup>TH</sup> Haute with Heart FASHION SHOW & LUNCHEON

**SATURDAY, AUGUST 19, 2017**

10AM-2PM

**HILTON SAN DIEGO BAYFRONT**

Tickets: \$125/Preferred; \$225/Premier  
Tables: \$1,100/Preferred; \$2,100/Premier

Value per Ticket: \$65/Preferred; \$110/Premier

RSVP ONLINE OR BY PHONE [HauteWithHeart.org](http://HauteWithHeart.org) (619) 442-5129 ext. 115

## **ELECTIONS:**

Hello everyone its Coleen your senior writer, I want to say congratulations to Shannon Buxton for becoming the new president for St. Madeleine Sophie's Center Self-Advocacy board, she will do a great job. Our outgoing President, Anthony Wardlow did a great job for the two years he served. Farewell to you, you're a good guy we all had good times with you. I did run for president, and there is always next time, everyone did a great job with their campaigning and posters. We'll see who's running again in two years.

## **FRIENDS:**

I have a good friend and his name is Bernie, he lives at Lion Hearts. He is from San Diego and he has lived at Lion Hearts for many years. I have another great friend her name is Olive she a sweet lady and I visit her every other Friday. Lisa takes me and three others, it's nice to visit with them because sometimes they don't have people to come see them. I really enjoy seeing their faces light up with joy.

## **SACRED HEART STUDENTS:**

I really enjoyed the young girls that were here from back east. They helped out in the classroom and some went in the community with the seniors. I hope they come back next year. I am glad they got to go places besides getting to know all of us. Good luck with High School and College.

## **ADAPTIVE FITNESS PROGRAM:**

I am recently attending an adaptive fitness at San Diego State College. It's a big college and I enjoy going two days a week for a great workout. It was hard at first but, the more I go the easier it gets. There are four seniors that attend. Melissa is our exercise coach.

## **HAVE A GREAT SUMMER AND STAY COOL!!!!!!**



Coleen  
Baucomm

# Dinner with Friends

On July 3, 2017, Consumers and staff from St. Madeleine Sophie's Center had the special treat of joining James Wellman and his family for lunch at the La Costa Resort in Oceanside. The group got a short tour of the grounds and enjoyed a wonderful lunch at Bistro 64. Everyone had a great time visiting with their friend James. We hope to see James back at SMSC very soon!



**Top Photo:** Sharon and Teri Esche, Adam Alvarez, HoDon (SMSC Staff), Kari Knudsen, Marc Sailors, Tom Wellman, James Francis Wellman, Jim Wellman, and Kathy Wellman.



**Bottom Photo:** Marc Sailors, James Wellman, Adam Alvarez, Kari Knudsen, and Teri Esche.



## No Pain, No Gain By: Karen Milan-Garcia



Hello! My name is Karen Milan-Garcia and I want to say, "Thank you St. Madeleine's for giving me the opportunity to go to the San Diego State University Adaptive Fitness Class."



Karen Milan-Garcia



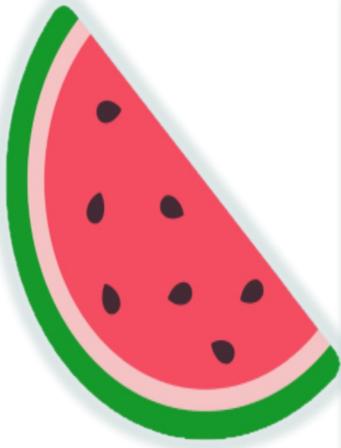
When I get to work out I feel great because I know my body feels stronger every day. My body feels sore and it is good that I have pain because, "No pain, No gain!" I will never give up, until someday you guys see me get out of my wheelchair by myself and not need it anymore. I know this class will help me reach this goal. Thanks again to everyone who has made this possible!



Hello, I am Louellia (Wright) Vigil. On the afternoon of Saturday, May 20, 2017, I married my best friend, Tim Vigil. We have known each other since high school and started dating three years ago. He asked me to marry him two years ago after he surprised me by making dinner, I knew something was up because he was chilling sparkling apple cider. It was very sweet. Almost a year ago, I went shopping for my dress. My favorite was the

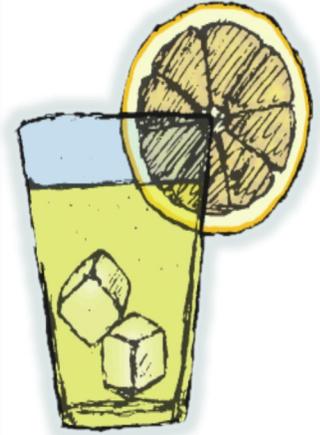
very first dress I tried on. It was strapless with a bit of flower, lacy bling under the bodice and down the back onto the train. My veil had similar sparkles along the edges. I decided my feet should be comfortable, so I found lacy looking flats to wear. In fact, all my bridesmaids wore flats with their long aqua blue dresses. The groomsmen wore gray dress pants, white shirts and aqua vests and ties. Tim's vest was gray and all the guys wore black chucks. Our wedding ceremony and reception were held at Morena Village. The ceremony was held on a small lawn overlooking the bay. We had a lovely arch and alter set before rows of white chairs for about eighty guest. My parents, two sisters, nieces and nephew all came from Washington State for the wedding. My dad walked me down the aisle and gave me away. After we said our vows, we had a sand ceremony where we combined three bottles of sand. One bottle of sand represented me, one represented Tim and the third represented the

higher power that binds us together. The reception followed, but we had to take pictures before we could eat and dance. We decided to not have a traditional wedding cake, and instead had cupcakes decorated to look like a shoreline with candy seashells. Scattered among them were tiny cupcakes, frosted like water with bubbles, and more candy shells and starfish. We had a Hawaiian, ocean-themed reception with a tiki refreshment bar, Hawaiian bar-b-que and a candy bar. To keep everyone entertained, we had a DJ so everyone could dance and a photo booth with a variety of costume accessories. We partied until we were too tired to party anymore. The next day, Tim and I headed off to Disneyland to celebrate our honeymoon. We will leave those details for another time.



# today's menu

August 2017



Tues 08/01	Meat Loaf, Mashed Potatoes, Ice Cream
Wed 08/02	Chicken Caprese, Roll, Orange Cake
Thurs 08/03	Bacon Cheeseburger, Potato Salad, Rice Crispy Treat
Fri 08/04	Little Caesars Pizza, Salad, Brownie
Mon 08/07	Sloppy Joe, Chips, Strawberry Shortcake
Tues 08/08	Eggplant Parmesan, Garlic Bread, Ice Cream
Wed 08/09	Chicken Caesar Salad, Roll, Jell-O
Thurs 08/10	Waffles, Bacon, Eggs, Fruit
Fri 08/11	Little Caesars Pizza, Salad, Brownie
Mon 08/14	Chili Dog, Corn, Fruit
Tues 08/15	Penne With Meat Sauce, Garlic Bread, Vegetables, Sherbet
Wed 08/16	Greek Salad, Roll, Pudding
Thurs 08/17	Cheese Enchiladas, Churro
Fri 08/18	Little Caesars Pizza, Salad, Brownie
Mon 08/21	Lasagna, Garlic Bread, Vegetables, Sherbet
Tues 08/22	Fish Tacos, Black Beans, Fruit
Wed 08/23	Sweet & Savory Salad, Roll
Thurs 08/24	Philly Steak Sandwich, Fries, Watermelon
Fri 08/25	Little Caesars Pizza, Salad, Brownie
Mon 08/28	Stuffed Peppers, Rice Pilaf, Fruit
Tues 08/29	Teriyaki Chicken Bowl with Broccoli, Pudding
Wed 08/30	Chicken Tender Salad with Chipotle Ranch, Roll, Jell-O
Thurs 08/31	BBQ Chicken, Coleslaw, Baked Beans, Watermelon

Lunches Purchased On-Campus are \$6.00 ~ Including Drink & Dessert  
 Salads are also offered each day as an alternative to the regular lunch entrée  
 \*Menu subject to change