

Caring Comes Home:

Sofy Cares Celebrates Non-Profit Milestone In San Miguel

By CJ Meridian

When the morning light spills into the San Miguel Condominiums, it's greeted by the quiet rhythm of life at **Sofy Cares**—a warm chorus of caregivers, music, and laughter echoing down the hallways. Coffee pours, conversations rise, and someone always finds their way outside to enjoy the beautiful San Miguel sunshine. For **Sofy Cares**, this is what love in action looks like.

This moment marks a remarkable new chapter in the organization's journey: **Sofy Cares** has officially established its A.C. division, creating a dedicated arm focused on expanding access to care. Through this new A.C., we are now able to support elders who face financial hardship, ensuring that compassionate, respectful care is available to those who need it most.

It's a meaningful milestone for founder **Sofia Toledo Soto**, who began **Sofy Cares** in 2013 with the belief that care should feel personal, dignified, and deeply human.

"This isn't just a workplace—it's a family," Toledo says. "Every resi-

dent deserves to feel seen, loved, and valued. Becoming a non-profit lets us continue that mission on a larger scale, with the community walking alongside us."

A Vision Rooted in Compassion

Sofy Cares was born out of experience and empathy. Toledo spent nearly four decades in the United States working in healthcare and elder care. Her background as a licensed nurse assistant in hospitals and home-care agencies, and later as the owner of a licensed residential care facility in California, gave her both a depth of knowledge and a clear understanding of what true quality care requires: **consistency, respect, and heart**.

That heart is at the center of **Sofy Cares** today. The move to the San Miguel Condominiums allows residents and caregivers to live and work in harmony—a community intentionally designed to feel less like a facility and more like a home. Within these walls, residents receive physical therapy, companionship, palliative support, and end-of-life care in a warm and familiar environment.

"The goal is simple," Toledo explains. "To create a space where

our elders can thrive—where care isn't clinical, but connective. Where every day still feels meaningful."

Beyond the Walls: A Life Still in Motion

Even with everything under one roof, **Sofy Cares** believes in the importance of keeping life vibrant and active. The team regularly organizes field trips around San Miguel and nearby pueblitos, giving residents chances to explore gardens, visit galleries, and enjoy local performances/events. These outings, Toledo says, keep minds engaged and spirits lifted.

"Care isn't about limiting life," she adds. "It's about expanding it—making sure every person we care for continues to feel part of the world."

A Community Effort

Now that it has achieved an A.C. branch, it is expanding opportunities for community participation. Donations, partnerships, and volunteer contributions will directly support resident activities, art and music programs, and ongoing caregiver training—ensuring that excellence remains at the heart of the organization. By inviting the local community to

get involved, **Sofy Cares** hopes to strengthen the bridge between caregivers, residents, and the city it proudly serves.

"This new chapter isn't just ours," Toledo says. "It belongs to everyone who believes that aging with dignity is a right, not a privilege."

A Promise of Integrity and Excellence

At its core, **Sofy Cares** stands on three guiding values: Compassion, Integrity, and Excellence. Compassion is the foundation of every interaction. Integrity is the backbone of what makes **Sofy Cares** stand out from the rest. Excellence drives the constant pursuit of improvement and training that ensures every elder receives the highest quality care possible.

In a city like San Miguel—where art, tradition, and heart intertwine—**Sofy Cares** has become more than a caregiving service. It's a sanctuary of kindness and a model for community-centered elder care.

By caring for and respecting our elders, we honor our own humanity. It is a pleasure to serve the San Miguel community. Support the **Sofy Cares** Vision. Join the **Sofy Cares** Community.

Schedule a visit, volunteer, or donate. Contact: 415 117 764
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San Miguel Condominiums

