

Seaside Learning Center Visits Getty

“Sometimes I think ‘nothing surprises me anymore’ until something does,” remarked Kristine Engels, CEO of the **LSF Southern California Adult Services** Affiliate. She watched recently as clients from her Seaside Learning Center program readied for a visit to the Getty Museum in the Sepulveda Pass.

Men and women from this day program have developmental delays, a few live at home but most live independently. Even a few are homeless. She described them as a streetwise group of clients served by her diverse

“ I’m not going back to the Getty...the ride up that mountain was too scary. ”

program. She wondered why the interest in the Getty. Was it just to get out of town, to be able to travel a long distance? After all, Long Beach to the Getty takes a couple of freeways.

Seaside Learning Center, located in Long Beach, CA, is open daily and clients drop in all day long. Each day some of the clients are scheduled to visit a site around Southern California. These outings provide an opportunity for clients to learn more about the world around them, a chance to explore other neighborhoods, and expand their knowledge.



Getty Museum Tram

When the group returned later in the day, Kristine noticed that they were so happy and excited. She thought, “This must have been some trip - maybe I will go on the next one!”



LSF SoCal program members
take Getty Museum trip

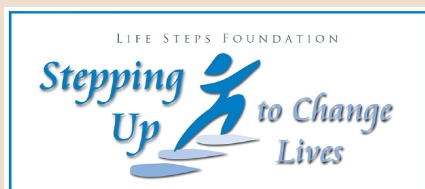
She asked one client about the day. He answered that he had never before ridden on a tram or up a big mountain. Asked Kristine, “Did you like the museum itself?” The client remarked, “I’m not going back to the Getty...the ride up that mountain was too scary.”

Kristine was not concerned that it was the tram ride that stood out. The clients visited a place they would not have thought of and had a remarkable experience on two accounts, the ride up the “mountain” and the beauty of the Getty. She was just happy they went, because sometimes the unexpected can give us pause to think.

LSF’s Stepping Up Campaign

Help us celebrate Life Step Foundation’s birthday during October 2013. Called the “Stepping Up to Change Lives Campaign,” join the fun with our Affiliates and Business Units statewide. Look for more information about our Open Houses, fundraising events, restaurant nights and other activities.

Plan to use our special boxed set of holiday inspired greeting cards featuring designs created by our clients



for your holiday mailing this year.

And, bid on doodles specially created for us by your favorite celebrities during our on-line Doodle for Disabilities auction to be held October 14 – 20, 2013. Check out our website, www.lifestepsfoundation.org for all the latest information about these and all the “Stepping Up to Change Lives Campaign” activities.

Follow us online at:

www.lifestepsfoundation.org
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From the Desk of...



Virginia Franco
Founder/CEO



Sue Horowitz
LSF President

Welcome to our revamped newsletter, "In Step." We hope that you will enjoy the stories and join with us in celebrating the accomplishments of our clients.

Life Steps Foundation is fiscally self-sufficient, operationally effective and socially impactful, giving us great hope for the future and our continued commitment to serving the unmet needs of the most challenged members of our community – those with physical, mental and developmental disabilities.

The next time you hear a toddler overcome a speech impediment, see a young man with developmental challenges take a bus to work, or experience the joy of an older adult who recognizes his son for the first time in years because his nutrition and medication are properly administered - that's when you fully understand the impact of our services.

Find out more in our Fiscal Year 2012 Annual Report:
tinyurl.com/LSF-Annual-Report

We deeply value your support as we continue our efforts.

Sincerely,

Virginia Franco
Founder/CEO
Life Steps
Foundation, Inc.

Sue Horowitz
President
Board of Directors

Maggie's Story

Thank you Maggie L. for this wonderful tribute! Her son Nathaniel will transition from the "*Wee Play*" program of our **LSF Children and Family Services** affiliate, into a regular school setting. Here's an excerpt from Maggie's letter.

"It is really with a heavy heart that we are leaving Wee Play Preschool because we - Nathan and his parents - sincerely loved your school. I am appreciative of the kind of service you provide. As an attorney representing foster children I work with children, their therapists, teachers, social workers, and providers on a daily basis and have a bit of an informed perspective on what is quality care."

"I know how hard your job is and I believe that it is especially important to acknowledge a good job (here, an amazing job), especially in your field where oftentimes teachers are the unsung heroes."

"Nathan loved Ceri, his teacher, so much, he would even hold her hand and, on another occasion, put her arms around him. These behaviors would have been unheard of, and certainly not expected by us or his therapists. I was amazed at how you got him to wash his hands and to eat in a group without his parents, and ultimately, to even ask for more food."

"This was unheard of prior to Wee Play because of his extreme social anxiety. This progress would only have come about with the right teachers, who truly took the time to work with Nathan. We are thankful. It is amazing how far our son has come in so short of a time."

To read Maggie's entire letter about her son's life changing experience at Wee Play, visit:

www.lifestepsfoundation.org



Life Steps Mission

Life Steps Foundation, Inc., is a fiscally responsible, culturally competent organization dedicated to meeting the health, psychological, and socioeconomic challenges of people throughout their life span.

Social Dynamics News

Located in Burlingame, CA, **LSF Social Dynamics** is a center-based program for adults who have developmental disabilities and severe behavioral challenges. Through community integration and reproducing a daily routine that strives to duplicate the daily routines of typical individuals, clients at Social Dynamics learn active and appropriate communication.



Clients from Social Dynamics enjoyed their Memorial Day BBQ at Coyote Point Park. Everyone played games, danced and enjoyed the beautiful day!

Social Dynamics is collaborating with Bay Area Nutrition Physical Activity Collaborative (BANPAC) and was chosen as one out of 25 organizations in California to promote health and wellness. Social Dynamics will integrate healthy beverage and wellness policies into its program. BANPAC will provide technical assistance and support as well as training as Social Dynamics proudly promotes healthy lifestyles, both to the benefit of our clients and staff.

Fourteen clients participate in a specially designed aquatic class twice weekly through a special

(continued on page 3, see Aqua)

Cinco de Mayo Celebrated!

Recognizing the importance of cultural holidays, this past May participants and staff of the **LSF Santa Maria Wisdom Center** celebrated Cinco De Mayo. Medical Social Worker Diana Steinhauer said, "We are largely influenced by the Hispanic culture that surrounds us in this vast agricultural area. Our participants enjoyed activities that celebrated Mexican heritage and pride." Many participants of Mexican descent brought in a piece of



Two senior participants brought in their instruments and played Mariachi music.

their Mexican heritage to share. Viva Mexico! The Center provides services for adults and seniors with brain injuries, mental health diagnoses, developmental disabilities, and those with Alzheimer's and other dementias.



Participants made sombrero crafts and played along with the music.

Serving Santa Barbara and San Luis Obispo counties, the Center provides individuals and families with an alternative to institutional care.

How You Can Help!

To volunteer or learn more, email:

lsfsupport@lifestepsfoundation.org

To donate, please go to:

<http://tinyurl.com/lsfdonate>

or call (800) 530-5433

Thank You!



(Aqua) (...continued from page 2)

collaboration between Social Dynamics and the Redwood City YMCA. The swimming teacher is trained to work with people with developmental disabilities.



Social Dynamics group enjoy pool time at Redwood City YMCA.

Clients enjoy the muscle strengthening exercises and social interaction in the pool resulting in fewer anti-social behaviors.

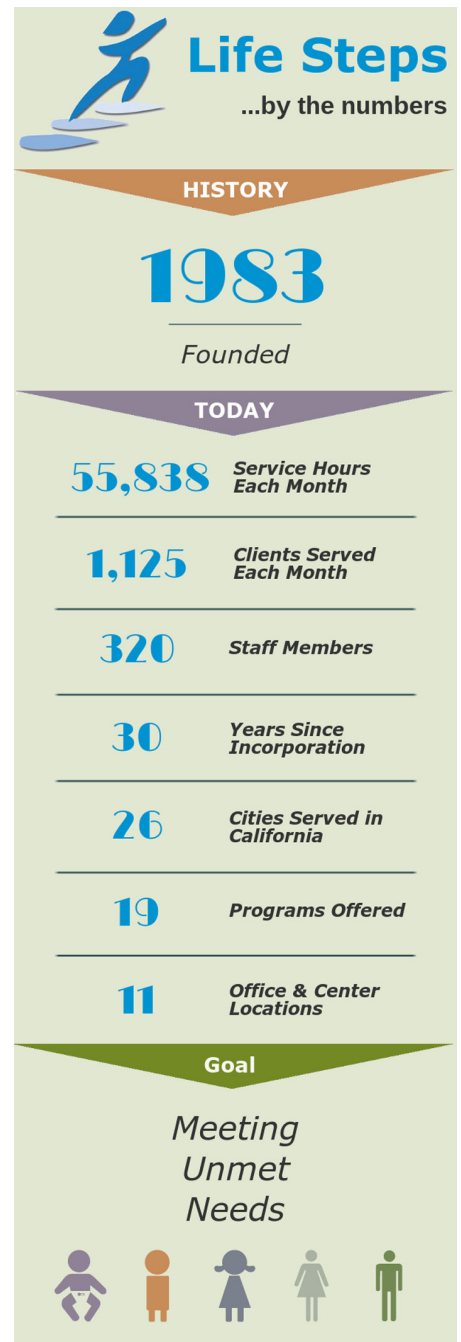
New Admin Team Making Strides

LSF Central California Adult Services has a new administrative team - Administrative Assistant: Brandy De L Cruz; Program Supervisors: Michelle Bjorkland (with more than 16 years at LSF), Katherine Trefts, and Cynthia Collins; and Operations Program Manager: Lisa Tapia.

Together, they provide services for adults with disabilities in the Central Coast of California including San Luis Obispo and Santa Barbara counties.

Their clients are adults living with severe disabilities and through this program clients avoid premature institutionalization by learning life skills, receiving in-home assistance, and learning to live independently in their own communities.

The team is working together to build lasting relationships with community members and with the Tri Counties Regional Center.



Come Visit Us!

Many of our locations will be hosting an **Open House** on **October 2, 2013**. Mark your calendar now and join us for an inspiring and informative afternoon.

LSF Southern California Adult Services
500 E. 4th Street,
Long Beach, CA 90802

LSF Children and Family Services,
(Southern California)
700 Rose Avenue
San Gabriel, CA 91775

LSF Children and Family Services,
(Northern California)
803 Rosita Road
Pacifica, CA 94044

LSF Central Coast Adult Services
71 Zaca Lane, Suite 100
San Luis Obispo, CA 93401

LSF Social Dynamics
828 C. Mahler Road,
Burlingame, CA 94010
Note: Social Dynamics Open House will be held on October 4th in conjunction with their Carnival.

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LSF Santa Maria Wisdom Center (Business Unit)

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LSF Northern California Adult Services (Business Unit)

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