

## SOCIAL DYNAMICS VISITS THE LEGISLATORS

On August 6th, LSF Social Dynamics' partners and clients met with the legislators in hopes to save the Lanterman Act. Many in-home and center-based programs are being forced to reduce and/or cut programs

due to the severity of the states underfunding. DDS services are in need of a 10% increase. The Lanterman Act is a promise made to the disabled community that is now being broken.



Six of our clients from Northern California Adult Services created handmade cards to give to the legislators. Alain Gregorio, LSF Social Dynamics Program Supervisor stated, "It was a great experience supporting a cause such as the

Lanterman Act which goes hand in hand with our mission statement. This will enable us to offer better services for the developmentally disabled and help them live a meaningful and independent life."

## LSF CHILDREN AND FAMILY SERVICES: Early Interventionist

Our early Interventionist, Asiya Jabbaard was one of the recipients to be given the "Preschool Teachers Make a Difference" Award. Ms. Jabbaard has a Masters of Early Childhood Education and is a licensed Child Care provider with a certification as an ASL Instructor.



Asiya Jabbaard

at-risk kids, children with special needs and children in foster care or homeless shelters.

The winners were chosen by a distinguished panel of independent judges. This recognition is special in many ways. Not only does this award appreciate Early Childhood teachers but it includes teachers specifically working with young

We are very proud of Asiya and we celebrate her dedication and enormous contribution to society. Congratulations Ms. Jabbaard!

## LSF SENIOR HOMEMAKER PROGRAM: Overview



The LSF Senior Homemaker program has begun its fifth year providing much needed support to seniors in the San Luis Obispo County community. After another successful completion in June, the Senior Homemaker program is still going strong serving older adults in their homes. Local seniors

continue to receive in-home assistance with everyday tasks such as laundry, vacuuming, mopping, dusting, meal preparation, changing bed linens and bathing. The Senior homemaker program is proud to assist so many individuals with maintaining their independence in the comfort of their own homes. For more information about the program/Title IIIB Supportive Services, please contact the Senior Homemaker program Coordinator at (805) 762-4471.

## SANTA MARIA WISDOM CENTER: New Alzheimer's Program

The development of our Alzheimer's Program occurred as a response to the need for specialized programming for participants diagnosed with Alzheimer's Disease. We have found that a generalized social and recreational activities program does not appropriately address the needs of these participants. This is why the LSF SMWC staff has been trained in two programs, Music & Memories and the Alzheimer's Association, Memories in the Making Art Program.



between a favorite song and memory of an important life event, no matter how long ago. When individuals hear a melody connected with a meaningful memory, they can re-awaken... find words, sing lyrics, converse and connect with those around them.

The Santa Maria Wisdom Center is now a Music and Memory certified facility. Grounded in extensive neuroscience research about how our brains respond to music, the program has helped thousands of residents, clients, patients, and the staff who care for them. Musical memory is profoundly linked to emotions. These memories are stored deep in the brain. While Alzheimer's damages the ability to recall facts and details, it does not destroy these lasting connections

The Alzheimer's Association, Memories in the Making Art Program allows persons with Alzheimer's disease or other dementia to express themselves through art. The part of the brain responsible for creativity is one of the last to be affected by Alzheimer's disease.

Our participants absolutely love it and have responded with lovely works of watercolor painting in which they show both pride and pleasure.

## LSF CENTRAL CALIFORNIA ADULT SERVICES: Overview

The Central California Adult Services is a Life Steps Foundation Affiliate providing both in-home supportive living services and independent living skills for adults with physical and developmental disabilities. Our programs help our participants by teaching them daily life skills, providing them with in-home assistance, and helping them to live as fully and independently as possible in their own communities. To learn more about LSF Central California Adult Services, please call (805)549-0150.



### Stay tuned for more information about the new Santa Maria Wisdom Center



Design by Vivek Harris Inc.

■ *"Thanks Life Steps Foundation for your experienced infant interventionist, whose work was the highlight of the early stages of my twin girls lives."*  
-Tiffany Li, mother of twin girls

### FOLLOW US ON SOCIAL MEDIA

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## THE HAUNTED HOUSE AT LSF SoCal ADULT SERVICES

Every year for the last eight years LSF SoCal Adult Services has built a Haunted House for their clients and staff, plus their families. The endeavor begins about a month prior to the date. All office staff meet to pick a date that the fun begins. Each office is transformed into something scary.

As our ideas start to percolate and a theme is developed, the staff goes thru all the props and chose what they can use. We usually need to purchase a few items but not many as the years go on. A week before the event the office begins to resemble a very scary place.

The lines outside our side entrance will be as long as they are every year with people who think they can go through this Haunted House. That might not be the case: Many people exit be-

fore the finishing screaming and crying. Haunted Houses are supposed to play a role to see how brave you really are. Well, many people are very brave and will do just fine. We did have someone from the Regional Center last year who screamed all the way through!

This year the theme is The Walking Dead. A fun night will be had by all. So we hope to see you there on Thursday, October 29, 2015 from 4:00pm to 7:30pm. If you are BRAVE!



*LSF SoCal Adult Services staff and supporters*

## LSF CHILDREN & FAMILY SERVICES SILENT AUCTION AND LOBSTER FEED



*The City Council for Millbrae, Wayne Lee & Program Director, Cynthia Fong-Wan*



On Saturday, September 12, 2015, LSF NorCal Children and Family Services held their 5th Annual Silent Auction & Lobster Feed. Lots of fun was had by everyone who attended. The evening's festivities began with the silent auction and dinner. Participants were also able to participate in the raffle that evening. The night ended as guests danced the night away.

With your help, we are getting closer to closing the gap with fundraising! Our projected gap for 2015 is \$67,000. Our goal was to close the gap by 50% with this year's fundraiser. We are proud to announce that we met our goal of raising \$35,000. We would like to acknowledge our corporate sponsors and the individuals who made pledges on the night of our event. Thank you from all of us at Life Steps!

### Individuals & Corporate Sponsors:

Peggy Huang, Bruce & Linell MacKenzie and....



**BAR GELATO**  
*By Naia*



**Honest**  
tea





5839 Green Valley Circle, Suite 204, Culver City, CA 90230

### STEPPING UP FOR CALIFORNIAS WHO LIVE WITH A DISABILITY

From time to time, all of us need help taking some of the more challenging steps in life. At Life Steps, we help those with the greatest challenges by giving them training, skills and confidence to achieve greater independence and realize their personal potentials. In today's economy, your support is more urgent than ever.

Please consider joining our Life Steps Community with a donation. Visit **www.LifeSteps.org** and click the "Donate" button today! Your name will be recognized on our Life Changer list of donors. Thank you for your support.

### VOLUNTEER OPPORTUNITIES

At Life Steps Foundation, we help those with the greatest challenges. You have the power to make a difference in the life of someone living with a mental, developmental or physical disability! We sincerely appreciate your interest in our non-profit organization. We would value your help.

*Fundraisers*

*Interns*

*Special Events Community Outreach*

*Social Media Marketing*

*Volunteer Guest Speakers*



Please contact, Daisy Salinas at [development@lifestepsfoundation.org](mailto:development@lifestepsfoundation.org) for more information!

At Life Steps Foundation, we value  
and appreciate our partners  
Thank you for your dedication and passion  
towards the cause

#### 15 years with Life Steps

Patricia Flores  
Gerrie G Perez  
Rosalina Tapere  
Anubia Madrigal  
Hortencia Esparza

#### 10 year with Life Steps

Cynthia Fong-Wan  
Nelly Torrejon  
Jirayu Thongnamsap

#### 5 years with Life Steps

Rosanna Lopez  
Esdras Hernandez  
Joy Alchin  
Jeicris Aldeza  
Roy Wilson  
Randi Lee  
Virginia Aguilera  
Maria Magana  
Stephanie Richmueller  
Annabelle Prado  
Daniel Macias  
Jhoan Aldeza  
Melissa Loree

### LIFE STEPS GROUP LOCATIONS

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LSF Central California Adult Services  
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LSF Santa Maria Wisdom Center  
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Life Steps Foundation, Inc. is a fiscally responsible, culturally competent CA 501 (c) (3) non-profit dedicated to meeting the health, psychological and socioeconomical challenges of people throughout their lifespan.