

LSF Southern California Adult Services: Stars of the Show



“The role of Life Steps Foundation in Carla’s life cannot be overstated. We interviewed other agencies before connecting with Life Steps Foundation...Kristine Engels from Life Steps was the only one who understood our vision and Carla’s desire to live independently with support...that was 15 years ago and going strong! Thank you, Kristine Engels, Antonio Medrano, and staff for your faithfulness to Carla!”

— Mrs. Srameks

On March 02, 2018, LSF SoCal Adult Services’ Community Support Facilitators, Sandra Martinez and Jessica Morales, received the Spotlight Award from the Regional Center of Orange County (RCOC). Since 1997, RCOC has hosted the annual Spotlight Awards where it recognizes individuals and organizations who stand out as role models of selfless service and dedicated advocacy in working with people with developmental disabilities, such as intellectual disability, autism, cerebral palsy, and epilepsy. Sandra and Jessica were both recognized during this event for their outstanding performance in providing quality of service to their participants, Carla Sramek. Carla’s mother, Hilda Sramek,

nominated them and detailed in her nomination the staffs’ selfless dedication to her daughter.

Mrs. Sramek is particularly appreciative of Sandra and Jessica’s cheerful demeanor. She writes, “With their smiles, chatter and laughter, Jessica and Sandra lift us all up so that we too can laugh in this most difficult period in our lives. They follow St. Francis’s example, preaching at all times by their actions, and if necessary –their words.” Jessica and Sandra would often change their schedules to accommodate for important appointments, surprise happenings, and impromptu staff meetings at Life Steps Foundation. Sandra and Jessica are a kind-hearted example to follow.

LSF Senior Homemaker Program: Our Services Have Expanded

The Senior Homemaker Program was expanded into the Santa Maria Valley starting July 2017. We received wonderful news of additional funding to provide services to more seniors in this location thus opening up our wait list and accepting referrals. The Senior Homemaker Program provides older adults over the age of 60 with Homemaker services and/or Personal Care services. Homemaker consists of Life Steps personal attendants assisting with light housekeeping, laundry, and meal preparation. Personal Care includes assistance with hygiene such as bathing and dressing. The program supports seniors to remain independent in their own homes for as long as possible. These seniors fall within the gap of service as many of them are low income but do not qualify for Medi-Cal or Medicare.

LSF Children and Family Services: Compliments

C AFS early interventionists touch and improve the lives of children and their families daily. Seeing every child grow and develop is gratifying, but when a family takes the time to write us, it makes it so much more rewarding.

Comments and a Letter from Parents...

Dear Neeti,

How can I capture these past 12 months we have been together? There are no words I can express to show our family's gratitude for all you have done for us.

We came to you when Ann could hardly walk for very long before falling, and she hardly spoke at all. You gave her your love, patience and guidance. Most of all, you gave her wings to help her fly.

Now that she is ready to leave your therapy nest, we hope it makes you happy to know that you made another positive difference in this world. Thank you from the bottom of our hearts!

Sincerely,

Ann's mom and dad



"Dear Ms. Edith,

It was our blessing to have you as Andrew's therapist! Thank you so much! The time was too short, but your care really helped Andrew grow and develop. He improved so much, thanks to you! There are no words that can truly express my deep appreciation for your help and care. I hope that Andrew will be lucky enough to find teachers like you in the future. Andrew improved so much since meeting you, which demonstrates how effective and good you are as a therapist and teacher. I truly thank you."

— Andrew's mother

"Dear Ms. Edith,

Thank you so much for all the time you spent with our Ryan. We can't believe he is turning 3 already! He has really enjoyed your sessions and will miss you deeply!"

— Love, Ryan's parents

A Magic Day at We Play We Learn!

Last month, the children at We Play We Learn had a special visitor "Magic Dan." He is a long-time local magician invited to the school to perform a magic show. He amazed the children by making jars of peanut butter and jelly disappear. Magic Dan had the children wave their invisible magic wands while saying the magic words "I Am Special" throughout the show. Their magic words made a \$5 bill float in the air, set a wallet on fire, conjured a bunny in a book, and made "ABC" blocks magically appear in a hat. Magic Dan had a few of the children assist him and they had a wonderful time. At the end, he gave some of the kids his card to take home as a keepsake. The kids are still talking about his show!



LSF Northern California Adult Services: Guest Speaker

On February 27, 2018, NorCal Adult Services welcomed Benjamin McMullan, a System Change Advocate for the Center for Independence of Individuals with Disabilities (CIID), who spoke to our staff and participants. He talked about the mission of their organization. CIID advocates for the full integration of different abled people in their communities. They promote equality in education and employment. Mr. McMullan, who has a disability, shared the feelings of being treated indifferently by some sectors of the society. CIID offers a range of services that make the lives of people with disabilities easier and meaningful. Their current programs consists of housing accessibility modification, assistive technology and work incentive planning assistance, transition to the community, independent living skills, and counselling. Mr. McMullan has committed himself to the missions and goals of Life Steps Foundation.



LSF Central Coast Adult Services: Participant Spotlight

Doug is a very mellow person who loves to watch sports such as football, baseball, and basketball. He is also the most polite often asking if he could get his visitors a drink while he talks with you about the American Old West with “Billy the Kid” and “Wild Bill”. Doug is more of a homebody because of his disability. His main goals are to get out of his house, be a part of the community, and to have optimal health. Staff have been able to combine these goals into one and assist Doug in creative ways to get exercise in relation to interests he pursues within his home. A prime example of this is when staff assisted him with an opportunity to see the Harlem Globetrotters in person. He had the most wonderful night eating out and witnessing the Harlem Globtrotters show off their great basketball skills. This is just one of the ways LSF Central Coast Adult Services provides individuals with a person-centered approach.



LSF Santa Maria Wisdom Center: Capital Campaign Update

The new building for Santa Maria Wisdom Center (SMWC) is now 90% completed! The exterior of the building is finished and a majority of the interior is done. We are expecting to open sometime in the Summer of 2018. The new facility will enable us to serve more families, expand our programs, and continue to provide high-quality health care and supportive services to ensure the well-being of medically frail seniors, their caregivers, and the community. The new Center affords us the ability to respond to the changing needs of the community through education and outreach programs. The Center’s vision fills a growing and vital need in our community.

If you want to assist us, the Wisdom Center is currently in need of kitchen and furniture equipment in order to provide service for the increasing number of participants. To donate to SMWC please call Linda Gadbois, the SMWC Program Director, at (805) 354-5322 directly. We look forward to announcing our Blue Ribbon cutting ceremony and offering tours to those members of the Santa Maria community interested in placement for loved ones.

STEPPING UP FOR CALIFORNIANS 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 potential. 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.

LIFE STEPS LOCATIONS

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