

### Alex and Wee Play's Sensory Activity!

Alex is an adorable little boy who entered the world of Wee Play, Life Steps Foundation's very own inclusion program located in San Gabriel, California, just days after his second birthday. Alex is very active, loves sharks, and knows how to flash his charming smile to gain anyone's attention.

Alex did not like playing with squishy textures when he came to Wee Play and used to cry upon the sight of them. To help him get through this, his teachers had come up with a way to ease him into touching and playing with such textures by using his love of sharks to make an "aquarium" out of Jell-O!

With a little bit of coaxing and a lot of sharks to "fish" for, he was able to overcome his fear of this wet and squishy texture and had a blast! As you can see, Alex now loves sensory play! He is a great example of how we should never underestimate a child's abilities to overcome an obstacle. With some creativity and a few household items, anything is possible.



### Spring has Sprung at Life Steps Foundation Santa Maria Wisdom Center



The SMWC hosted a Spring Mad Hatter-a-Thon on Friday, April 3, 2015. Participants and staff arrived in everything from beautiful, brimmed hats to bunny ears and whiskers, as a nod to the Easter holiday. A contest for best female hat and best male hat was held. The competition was tough indeed.

However, in the end, two winners were chosen. The female winner had created a wide brimmed hat pinned with bunny ears and other Easter like decorations. Our male winner wore a wide brimmed hat decorated with huge, brightly-colored letters spelling "Happy Easter" attached. Great fun was had by all.

On Thursday, April 9th, 2015 the Center celebrated "Name Yourself Day." Participants and

staff chose a name for themselves and printed it on a badge identifying them as their "new self." Everyone was to be called by their chosen name for the entire day. Marilyn Monroe, James Bond, Jennifer Lopez, and Kim Kardashian were all in attendance for the fun. Some men chose women's names and vice versa. Make believe was the order of the day and was greatly enjoyed by all.

Events such as these sharpen our Participants' cognitive skills as well as provide a joyful entertainment. Just two of our many programmatic goals at Life Steps Foundation Santa Maria Wisdom Center!

## Frontline Q & A "In Step" Interviews CEO of LSF Children & Family Services, Susan Chang



**Q: What excites you the most about LSF CAFS work?**

**A:** LSF Children and Family Services touches the lives of many children and their families. We enter the child's life at an early age and through our services, we see the child grow exponentially. We witness the delays and then we see the milestones. Seeing the family's excitement is priceless. Not only do we see excitement, we see growth and above all, hope!

**Q: What results does your organization achieve?**

**A:** LSF CAFS prepares the child for their early steps in life. Our program helps the child reach their developmental potential by providing them with various programs such as our in-home Early Intervention, Inclusive Structured Peer Learning Group Preschool, and Family matters programs. Providing a wide range of programs helps us serve the child and their family's specific needs. These services are provided to various communities throughout California.

**Q: How would you describe the goal of the organization, and how does the organization achieve these goals?**

**A:** LSF Children & Family Services strives to be the best provider in California. We are not satisfied with the status quo. Our goal is to provide good quality of services. We are continuously looking for new opportunities and ideas to serve the community to the best of our ability. Through community collaboration, we can support the needs of the children and their families.

**Q: How do you predict the company will be different in two years, and how do you see yourself shaping that change?**

**A:** At LSF CAFS, we are continuously looking for new ideas while at the same time attempting to create innovating programs to serve the unique needs of the community. Early intervention enhances the development of infants and toddlers. So, we would be able to impact more people if we intervene early on in the child's life!

For additional information, please contact  
the Development Dept at LSF Corporate Office  
Tel: (310) 491-9010

# Autism Awareness Month

## CONVEYING STATISTICS

In the month of April, Life Steps Foundation and other organizations come together to educate the public about Autism. Autism Spectrum Disorders, which is widely known as *Autism* are considered to be developmental disabilities that cause a lack of social interaction and communication impairments, while demonstrating unusual and repetitive behavior. (CDC, 2015)

### INFORMATION

**3.5** Million  
Americans  
Live in the spectrum

### PEOPLE

Autism results  
in 1 of 68  
Births in the U.S.A

### TIME

**6-15%**  
Each year increase  
since 2002-2010

### FACTS

Autism occurs in all Racial, Ethnic, and Socioeconomic groups but it is **almost 5 times** more common in boys than girls.

### Early Diagnosis is BEST

By age **2**  
A diagnosis by professionals  
is considered dependable.

### Cause?



**There is NO**  
Single cause known  
To cause Autism

### Early Intervention



Early Intervention Services  
help children from  
months to 3 years old.

LIFE STEPS FOUNDATION

### OUR 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. The individuals we serve are impacted by cognitive, developmental or physical disabilities.

Source: Center for Disease Control and Prevention, 2014

## LSF Social Dynamics "Spring Time" Bowling

A group of our clients recently started the "Spring Time Bowling" club in Bel-Mateo, CA. Activities such as bowling, helps our clients integrate with the community. They are scheduled to go to the bowling alley three times per week with staff.



LSF Social Dynamics is a center-based day program for adults with developmental disabilities and behavioral challenges, who require assistance and supervision. For more information please contact our LSF Social Dynamics office at (650) 259-1808.

## CONGRATULATIONS, B.A.!

### OUR LSF SOCIAL DYNAMICS STAR OF THE MONTH

Let's congratulate B.A. for being the Star of the Month at the Life Steps Foundation Northern California Adult Services location. Through her 12 years at the Social Dynamics program, B.A. has become more cheerful and communicates well with her peers and educators. She stays in one area and engages in activities with her primary educator.

B.A. is able to move from one place to the other on her own but she usually needs assistance in walking when she has seizure attacks. Stephen Victoriano, Program Manager at LSF Social Dynamics states, "B.A's mother and her educator encourages her to walk with minimum assistance and without the use of her walker. Her educator ensures her safety at all times by walking close to her. Overall, she had a good year and her educator is looking forward to her continued success." We applaud you Ms. B.A!



## Bed Bugs! "YUCK"

### LSF SoCal Adult Services to the Rescue

A bed bug infestation can cause a great deal of discomfort in someone's life. This is why, LSF SoCal Adult Services has lend a helping hand to our clients. It is fairly easy to detect the little creatures. The client will have unexplained bites on their body and you will see the bugs roaming around their home. We have had many success stories in getting rid of the nasty buggers. However, sometimes it takes three to four times of consistent work to finally get rid of these terrible creatures.



Detecting their presence is easy, yet the tough part is getting rid of them. Once you detect them, you will have to brace yourself. Many clients do not want to leave their home, nor do they want to wash all their clothes, and they certainly do not want to remove pictures / mirrors or anything from the walls. All these steps must be completed to make sure the buggers are out, forever!

So, here are some steps to help overcome this big problem:

- 1) First, we must speak to the client about the issue and discuss what will be the client's responsibility and that we are here to help.
- 2) With the help of a staff member, we direct the client to notify the apartment/ house management team about the problem and discuss what their responsibilities will be.
- 3) Set the day for the first spray. The client must begin bagging up their clothes, and other essential items at least two days before the spraying begins. (SoCal Adult Services purchases complete hazmat suits for our staff and clients to prevent the bed bugs from transferring onto people.)
- 4) On the day of the spraying, the client and staff will need to wash and dry the bagged items. (If the client states they do not have the money for laundry, we have to be creative and find a source to help the client.)
- 5) Depending on the type of spraying, the client will need to be away from the home for at least 4 to 6 hours.

You must repeat the steps above if your home needs more than one spraying to get rid of the bed bugs. This not a pleasant task! If you need suggestions or more information give us a call at (562) 366-7131.





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

## Life Steps' Local Community Events 2015 Upcoming Events

<b>LSF CAFS SoCal Reach our Dreams</b>	<b>Opening of our new LSF SMWC Site</b>
<b>LSF CAFS Lancaster Fair</b>	<b>LSF CAFS Northern California Fall Auction</b>

## STEPPING UP FOR CALIFORNIANS OF ALL AGES WHO LIVE WITH DISABILITIES

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](http://www.LifeSteps.org) and click the "Donate" button today! Your name will be recognized on our Life Changers list of donors. Thank you for your support!

## LIFE STEPS FOUNDATION, INC. LSF GROUP LOCATIONS

### Life Steps Foundation (Corporate)

5839 Green Valley Circle, Suite 204  
Culver City, CA 90230  
310-410-8190

### LSF Southern California Adult Services

#### (Affiliate)

500 E. 4th Street  
Long Beach, CA 90802  
562-366-7131

### LSF Central California Adult Services

#### (Affiliate)

1431 Pomeroy Road  
Arroyo Grande, CA 93420  
805-549-0150

### LSF Santa Maria Wisdom Center

#### (Business Unit)

1414 N. Broadway, Suite A  
Santa Maria, CA 93454  
805-354-5320

### LSF Northern California Adult Services

#### (Business Unit)

828 C. Mahler Road  
Burlingame, CA 94010  
650-259-1808

### LSF Children and Family Services (Affiliate)

1930 Brea Canyon Road, Suite 265  
Diamond Bar, CA 91765  
562-699-4991

401 Santa Lucia Avenue  
Millbrae, CA 94030  
650-777-9182

632 West Avenue, H-8  
Lancaster, CA 93534  
805-242-8147

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