

## LSF Children & Family Services: Lobster Feed 2018 was a Success!

Music, auctions and lobsters! The evening was an amazing success and it was especially exciting to see the high number of attendees raising their paddles to pledge and support Fund-A-Need this year. We are proud to announce that we exceeded our fundraising goal! None of this would have been possible without the generous individual donors and corporate sponsors who supported the auction in the form of cash and in-kind donations. Our heartfelt appreciation goes out to all of you. We would especially like to recognize the Millbrae Lions Club, New England Lobster Company, and our special speakers: the Bulatao and Abaya families. On behalf of the children who directly benefit from your generosity, we THANK YOU!



## Outreach in Bay Area Community with National Charity League

NorCal CAFS joined the National Charity League (NCL) Philanthropy Expo for community outreach. A non-profit, philanthropic organization founded over 90 years ago, NCL consists of mother-daughter members who participate in community service and social development activities. More than 30 non-profit organizations participated in the expo and about 400 members attended this event. Life Steps had the honor in providing a speaker to describe our mission, activities, and answer questions. NCL members were very interested in the many ways they could help LSF CAFS. During the Expo, several mother and daughter pairs made lovely art materials for our program participants to use.



## An Amazing Volunteer

Many volunteer organizations and individuals came to assist us with the Lobster Feed event set-up. One of the individuals who assisted us from the morning all the way until clean-up was Mr. Wong. From setting up tables and chairs, serving the lobster, to loading everything back into the vehicles, he had a hand in everything. In the process of all his work, Mr. Wong broke his own personal record of walking more than 7 miles and 20,000 steps – all without leaving the building! Mr. Wong is almost 70 years old and said volunteering is good for people's minds and health. He is ready for next year's event. The success of any of our event would not be possible without the backing of community volunteers.

## Anniversary Celebration of Inclusion Program Partnership with Community Art Preschool

As the new school year begins, Life Steps Foundation Northern California Children and Family Services is celebrating the start of our second year at Community Arts Preschool (CAP) in Walnut Creek. Entering the classroom, one sees active two-year-olds happily engaged in play and learning, and a sense of community is clear. The response to this program from families, teachers, Regional Center service coordinators, and other professionals in the community has been extremely positive. The team at CAP has a genuine respect for each child's unique strengths and challenges, and they warmly welcome children who qualify for early intervention services, their families and our staff.



One parent talked about almost immediately seeing gains her child made, including walking, going up and down stairs, beginning to feed herself, trying to talk, and interacting with other young children. This mother appreciates our comprehensive approach that combines support at CAP with home visits. The following is from a letter of appreciation written by her:

*"After seeing and interacting with her typical peers for a few weeks, it was as if a light bulb went on in her brain and she said, "Oh, that's what I'm supposed to do?" and she started walking."*

We appreciate the City of Walnut Creek's Arts + Rec Department support which makes it possible for toddlers with developmental delays to receive early intervention services in a high-quality preschool. We look forward to continuing this much needed service, strengthening our collaboration with CAP and seeing where this next year takes us. Barriers to preschool inclusion have been identified as a problem nationally. Life Steps is proud that we have stepped up to meet the need for high quality inclusion programs in our community, including Walnut Creek, Millbrae and Pacifica.

## LSF Northern California Adult Services: Social Dynamics Team Building 2018



The Social Dynamics Team and some family members left Burlingame on Friday October 26th for a teambuilding weekend at Truckee, California. It was a fun and productive weekend for all 17 Lifesteps partners who participated. Saturday morning started with groups cooking breakfast and lunch for everybody. Kristine Laurente led the first indoor activity designed to help the group improve their teamwork and camaraderie among peers. On Saturday afternoon, the group led by Maria Escario, went to Donner Lake Marina for some outdoor activities intended to develop trust among peers. It

was a blast for the team taking part in outdoor activities and enjoying the beautiful weather. The team then feasted on a sumptuous dinner at a local buffet restaurant and headed back to the house for the last scheduled activity.

The final activity conducted by Margarita Recto and Calvin Evaimalo was all about improving communication skills among the group. It was fun and exciting for everyone to learn from these activities. Stephen Victoriano and Alain Gregorio ended the day by asking staff about the things they learned on the trip and entertained suggestions and comments from everyone. The entire group appeared positive and happy the whole time. The teambuilding event was such a great success that the team cannot wait for next year's camping adventure in Pismo Beach in California.





## LSF Central Coast Adult Services: Client Spotlight

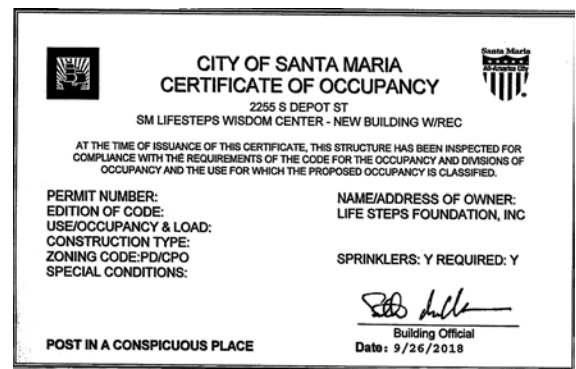


**R**ay is determined to remain as independent as possible. Ray lives in his own apartment which is close to downtown where all the action is and uses his power wheelchair to get around. He enjoys taking public transportation to and from his work program, to community activities, and to attend

church on Sunday's. Life Steps assists Ray with tracking deadlines, personal hygiene needs, toileting and transferring in and out of bed to his wheelchair. He loves to search for recipes and get assistance from his staff to prepare meals for himself. One of Ray's main goals is to be able to learn to cook with minimal assistance from Life Steps staff.

## LSF Santa Maria Wisdom Center: Final Requirements

**T**he Santa Maria Wisdom Center's new facility is in its final stages of completing inspections as required by the city, county, state, and VA. We have received our certificates and are now waiting to finish a few touches before adding furniture in the Center. After this is completed, we will be setting a date for our Blue Ribbon Cutting ceremony to officially announce the opening of the new building at 2255 South Depot Street, Santa Maria, CA. We again thank the community and our supporters for their patience and look forward to servicing many more individuals at our new location.



## LSF Southern California Adult Services: Marathon



**O**n October 6-7, 2018 Life Steps clients, family, and staff participated in the 8th Annual Long Beach marathon. We had runners, walkers, bicyclists and actual marathon runners attending. The last three years clients and staff rode their bicycles in the race. Also, one of our staff member's daughter participated in the children's race held Saturday. This is one of many ways Life Steps SoCal Adult Services motivates clients and staff to be active in the community and live a healthy lifestyle. The Friday before the races, clients and staff went to the Long Beach arena to pick up their numbers and feel the excitement for the weekend activities. Clients became very motivated to compete in the marathon and had fun with their friends and staff. It was a joyous day as everyone finished their race. YEAH!!



## Accepting a New Client

**L**SF SoCal Adult Services (SCAS) in February 2018 received a referral from Harbor Regional Center (HRC) for a gentleman coming from Fairview Developmental Center. We worked with Bobby D. gradually until he moved into his own apartment in August and are with him now 24/7. Pat Del Monico mentioned at a service provider meeting that Bobby was the last client from HRC living at Fairview and LSF received an ovation for this at the meeting. After three months in his own apartment, Bobby is doing well and HRC is appreciative for LSF taking the case.

### 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](http://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

Life Steps Foundation (Main Office)  
5757 West Century Blvd., Suite 880  
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(562) 366-7131

LSF Central Coast Adult Services  
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Arroyo Grande, CA 93420  
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LSF Santa Maria Wisdom Center  
(Business Unit)  
1414 N. Broadway, Suite A  
Santa Maria, CA 93454  
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LSF Northern California Adult  
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828 C. Mahler Road  
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