

Life Steps Foundation: Fun Run for Inclusion 5K 2021 Benefit Event

Life Steps Foundation proudly presents its Fun Run for Inclusion 2021 virtual 5K benefit event. This virtual event is open to all ages. You can walk, run, bike, or hike at your own pace and in your preferred setting to complete the distance. The virtual event will be open for a week starting Monday, October 25 and ending Sunday, October 31. All proceeds from this event will benefit the work we do with children who may be diagnosed with learning delays or special needs, as well as adults with developmental disabilities and seniors.

Early Bird registration is now available. Early bird tickets for individuals are \$35 per runner and for group of 5+ people is \$30 per runner for a limited time. General registration will be available starting September 1, 2021. Each registration ticket includes a race bib and medal. You can also donate to this event through our page in Eventbrite or through our website at www.lifesteps.org/donate. Every amount makes a difference.

We may not be able to socialize and finish the race together, but by participating in the event you will be making a difference in the lives of the individuals we serve. For more information or inquiring about sponsorship, please call us at (650) 259-1808 or email ncas@lifestepsfoundation.org. Rain or shine let's do this together!



LSF Northern California Adult Services: Activities through Zoom

With society beginning to reopen, our staff and participants have endured so much over the past year and a half. LSF NCAS has stayed on top of staying connected with participants and their families via Zoom with Zumba, Bingo, table top activities and so much more. As we prepare to reopen the day program in the near future, we reflect on how much progress we have all made during such uncertain times. With the light now shining at the end of the tunnel, NCAS staff and participants are ready to jump in and take back our lives in the safest way possible. We have thrived through the pandemic, and will push to continue to do so when it is all over.



LSF Central Coast Adult Services: Individual Highlight

What better way to celebrate summer than with some tropical flavors. Take a look at Micheal's pineapple upside down cake, it looks delicious and is perfect for sharing with his family who are always there for him. This is his little way to give back for their support. Michael has a sunny personality which is always positive even through the rough times like understanding doctor appointments, reading mail or filling out important documents. During those situations Micheal is fortunate to have the extra assistance and support of Life Steps Foundation, so that he is able to live independently with his beloved dogs.



LSF SoCal Adult Services: Partner Spotlight

We want to thank all of our partners for constantly pushing the bar higher. We also want to congratulate and acknowledge the partners who received a nomination for their outstanding performance in the last quarter. Based on a point system, partners received a certificate for outstanding work or a \$50 gift card of their choice along with their certificate.

March 2021 Nominees: Brian Molina, Yasmayne Craddock, Lesley Garcia, Elizabeth Carpio, Claudia Magana, Catalina Medrano, Juan Lopez, Tracie

Snow, Ethan Rojas, Jose Garcia, and Robert Gomez.

April 2021 Nominees: Sylvia Cooper, Olga Raya, Barbara Alba, Robert Gomez, Kyla Utzinger, Tracie Snow, Roma Cash, Bridget Carpio, Ethan Rojas, Catalina Medrano, Latosha Ray, Juan Garcia, and Nancy Sanchez.

May 2021 Nominees: Bertha Garcia, Jeanette Escobedo, Bridget Carpio, Jessica King, Juan Lopez, Galinda Goncharova, Catalina Medrano, Olga Raya, and Sylvia Cooper.

Thinking of Christmas in the Summer

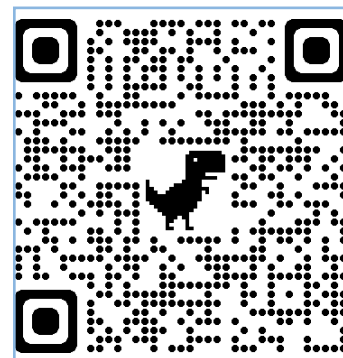
It is December 2020 and the day that Linda looks forward to all year long finally arrived. A few days before Christmas, Claudia knocked on her door to give Linda her Christmas packages. Linda, you see, has no family and few friends. Ever since Linda has been with Life Steps, the only Christmas gifts she ever receives are from Life Steps Foundation.

This brief moment requires a team of support. There was the fundraising team motivated by Long Beach Gives and LSF staff members Bob, Adriana and Armand, LSF managers like Patty and LSF field workers like Claudia who decided how much to spend and what to buy according to Linda's needs and wants. Last year, Life Steps Foundation raised over \$2,100 to be able to provide Christmas gifts to Linda and twenty other participants with few friends and no families. These gifts were tenderly wrapped by a team of office partners, including Alexis and Ana, so Linda would have something to open on Christmas Day.

By donating to our Long Beach Gives campaign, you will help ensure that our Christmas Giving Program continues to provide people like Linda a warm and joyful Christmas Day. Please donate at <https://donate.longbeachgives.org/life-steps-foundation> or you can use the QR code to be directed to our Long Beach Gives page. We hope we can count on your support!



LONG BEACH
Gives
SEPTEMBER 23, 2021



LSF Children and Family Services in Northern California: We Play We Learn Class of 2021 Graduation

We Play We Learn hosted their Pre-K graduation on Tuesday, June 8 in our outdoor space to keep it safe for everyone. This year was the biggest graduating class we had thus far with 15 graduates heading off to Transitional Kindergarten or Kindergarten in the coming fall. The ceremony began with a welcome message from our Director, Lisa Wheel, followed by the graduates performing a couple of songs for the families and guests. Before graduation day, the teachers asked each graduate,

“What is your favorite thing about preschool?” and “What do you want to be when you grow up?” After the singing portion, the teachers presented each graduate, read their answers to the questions, and then presented them with their diploma. When the presentation was done, all the families enjoyed cake and ice cream and time with their graduates. It was a wonderful day and we were so thrilled to be able to host in person and celebrate all together!



LSF Children and Family Services in Southern California: Little Participant Spotlight!

Jacob began to receive early intervention services at 24 months old. He was not talking or babbling at his age and would get easily frustrated during play. The mother had great concerns about Jacob's speech and language development. During 2021, Jacob started to imitate sound, words and phrases of songs gradually. He enjoyed the interactions with his Early Interventionist and parents during the sessions. Sometimes he would cry when the session was over. His language and attention span has improved so much that he can participate in story telling when reading a book with his parents now. His parents were also getting confident at handling his behaviors by using positive disciplines. Jacob is now a non-stop talker according to his parents. His mother has expressed her appreciation to LSF's

early intervention services by sending the following message, “I am grateful for the services Life Steps Foundation has offered Jacob and my family. He has made great progress due to the early intervention services. I will definitely recommend Life Steps Foundation to other parents!”



LIFE STEPS LOCATIONS

Life Steps Foundation (HQ)
5757 West Century Blvd., Suite 880
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LSF Central Coast Adult Services
(Office)
218 West Carmen Lane, Suite 108
Santa Maria, CA 93458
(805) 549-0150

LSF Northern California Adult Services
(Office)
828 C. Mahler Road
Burlingame, CA 94010
(650) 259-1808

LSF SoCal Adult Services
(Affiliate)
500 E. 4th Street
Long Beach, CA 90802
(562) 366-7131

LSF Children and Family Services
(Affiliate)
1930 Brea Canyon Road, Ste. 265
Diamond Bar, CA 91765
(562) 699-4991

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

632 West Avenue, H-8 (Office)
Lancaster, CA 93534
(661) 266-0756

700 Rose Avenue (Office)
San Gabriel, CA 91775
(626) 614-9345

830 Rosita Road (Office)
Pacifica, CA 94044
(650) 660-5404

In the face of the Coronavirus Disease (COVID-19) outbreak situation, many of the children and adults with developmental disabilities served by Life Steps Foundation are in need of essential items. We are working diligently to assist these individuals but need additional help. Donations of items or monetary contributions at this time is greatly appreciated. Please consider joining our Life Steps community with a donation. Visit www.lifesteps.org and click the “Donate” button today!

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