In Step

Life Steps Foundation

Fall 2026 Newsletter

LSF Central Coast Adult Services

Life Steps Foundation in the News!
Fun Run for Inclusion Receives Local Media Coverage



Sun

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Life Steps Foundation hosts its annual inclusive 5K

BY MADISON WHITE SEPTEMBER 17, 2026

HUMAN KINDNESS: Staff at Life Steps Foundation assist their clients with everyday tasks to help them live independently. The group's latest fundraiser is an inclusive 5K that folks participate in virtually on their own time. Credit: Photo courtesy of Life Steps Foundation

Our mission of inclusion is making headlines! Life Steps Foundation was recently featured in the Santa Maria Sun, highlighting our Central Coast programs and our annual Fun Run for Inclusion.

The coverage provided an opportunity to share the work Life Steps Foundation does to support children and adults with developmental disabilities and seniors while also shining a spotlight on our statewide celebration of inclusion.

This year's Fun Run invited participants throughout California to walk, run, hike, bike, roll, or move in their own way, reinforcing an important message at the heart of our mission: everyone deserves to feel included and connected to their community.

LSF Northern California Adult Services

A Birthday Wish That Gives Back

Angela's birthday fundraiser in September raised more than $14,000. This year, Angela celebrated her birthday by turning the occasion into an opportunity to support Life Steps Foundation. Instead of traditional birthday gifts, friends, family, and supporters were invited to make a donation in honor of her special day.

Thanks to the generosity of everyone who participated, Angela's birthday celebration became more than a personal milestone, it was a meaningful way to support the programs and services that help individuals with developmental disabilities and families throughout our communities.

Thank you to Angela and everyone who helped make her birthday fundraiser a success!



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LSF Northern California Children and Family Services

Jeremy's Story: Finding His Confidence One Step at a Time

When Jeremy first connected with Life Steps Foundation, he was 19 months old, with an adjusted age of 18 months. He was experiencing developmental delays in several areas. Jeremy was very introspective and often preferred spending time on his own rather than engaging with the adults and children around him.

His parents were eager to support his development, especially his communication, motor skills and social interaction. Working alongside Jeremy's family, his Infant Development Specialist (IDS) began identifying ways to help him build these skills through everyday activities and meaningful interactions.

One important goal was helping Jeremy become more comfortable engaging with other children. His family enrolled him in a Montessori classroom, giving him opportunities to learn alongside his peers and practice social skills in a supportive environment.

At first, Jeremy often observed from a distance. His IDS spent time watching him in the classroom and looking for opportunities to encourage him without pushing him beyond his comfort level.

Then, little moments of progress began to appear, and Jeremy started walking more confidently.



He also began moving around the classroom while holding an adult's hand and taking steps toward greater independence. Through encouragement from his teachers and family, he started spending more time near other children, building his confidence and becoming increasingly comfortable in his surroundings.

Today, Jeremy continues to make progress at his own pace. With the support of his family, teachers and Life Steps Foundation, he is developing new skills, exploring his environment and becoming more engaged with the world around him.

For Jeremy, every new step is worth celebrating.

LSF Southern California Adult Services

ICAN Resource Fair Brings Community Together



Life Steps Foundation's Southern California Adult Services team participated in an ICAN Resource Fair in Long Beach at the start of fall, connecting with community members and sharing information about the programs and services available through Life Steps Foundation.

LSF Southern California Children and Family Services

Ready for Kindergarten!
A Special Thank You to SupplySpark





Life Steps Foundation is grateful to SupplySpark for helping our children start an exciting new chapter prepared for success! SupplySpark generously provided supply kits to Life Steps Foundation in early fall, including backpacks and essential school supplies for children preparing to enter kindergarten. This thoughtful donation helped ensure our young learners could take their next big step with the supplies they need and the confidence to start their school journey ready to learn.

Thank you, SupplySpark, for supporting our children and helping them shine as they head to kindergarten.

LSF Southern California Adult Services

Making Wellness a Priority

Jamie Ferguson, a participant at Seaside Learning Center, decided it was time to make her well-being a priority by joining Fitness Club, a program that focuses on exercise for healthy living.



After being away from regular exercise for some time, Jamie saw Fitness Club as an opportunity to become active again and try something she had been interested in for years. With consistent participation, she began noticing positive changes in both her physical and mental well-being.

For Jamie, Fitness Club has become about more than exercise. Staying active has helped her manage stress, create greater balance, and make time for herself. She believes that prioritizing self-care is important, even on the days when she may be the only person participating.

Jamie keeps herself motivated with a simple “Just do it” attitude. Her commitment is a great example of how taking one small step toward wellness can make a meaningful difference.

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LIFE STEPS PROGRAM LOCATIONS

5757 West Century Boulevard, Suite 880, Los Angeles, CA 90045

LSF Children and Family Services Southern California
Main Program Office
1930 Brea Canyon Road
Suite 265
Diamond Bar, CA 91765
(562) 699-4991

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

Program Office
2500 Pacific Park Drive
Whittier, CA 90601
(562) 699-4991

Happy Campers
14035 Francisquito Avenue
Baldwin Park, CA 91706
(626) 338-5090

LSF Children and Family Services Northern California
Main Program Office
828C Mahler Road
Burlingame, CA 94010
(650) 777-9182

We Play We Learn
830 Rosita Road
Pacifica, CA 94044
(650) 660-5404

LSF Central Coast Adult Services
218 West Carmen Lane
Suite 108
Santa Maria, CA 93458
(805) 549-0150

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

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

Life Steps Foundation was launched in 1983 and has successfully improved the lives of thousands of children and adults diagnosed with delays or developmental disabilities. The purpose of our programs and services is to enhance participants' lives, empower them to achieve life goals, foster self-advocacy, and ensure they can live as independently as possible as adults. We accomplish this by enhancing their abilities and providing aid in the areas of communication, money management, household upkeep, mobility, socialization, and making healthy life choices. In addition, we provide in-home assistance to frail seniors who desire to remain living in their own homes. Please consider joining our Life Steps community by providing a donation. All donations support of our work to brighten the lives of the children, adults, seniors, and families we assist. We also accept donations in the form of stocks, bequests, and vehicles. Visit www.lifesteps.org and click the 'Donate' button today!

www.lifesteps.org

DONATE TODAY!

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