

LSF Children and Family Services: Diamond Gloves Donates 250,000 Face Masks!



Life Steps Foundation Children and Family Services received an extraordinary donation of face masks from Diamond Gloves for our staff and program participants to wear. Diamond Gloves is a disposable gloves company in Southern California who pledged to donate 250,000 masks to keep our staff and program participants safe from COVID-19. On June 6, 2020, Life Steps Foundation CEO Susan Chang met with the owner of the company and the representative who advocated for us to receive this outstanding in-kind donation. This generosity comes at a critical time as we explore alternative ways of providing in-person services for children who may be diagnosed with delays or disabilities.

LSF Children and Family Services in NorCal We Play We Learn: Virtual Graduation for Class of 2020

We Play We Learn (WPWL) was so excited to re-open its doors on Monday, June 1, 2020. We implemented many new guidelines and protocols to follow and ensure safety as we adjust to the “new” normal. Most parents were not ready to have their child return to school, so we started with a smaller group of students in the classrooms. The kids that did come back were so excited to be here that they ran into school!! We are all very excited school is back in session even if it does look different!!

On Friday, June 26th at 11:00 am, we held our first Virtual Zoom Graduation for our 14 WPWL graduates. This year we decided to do a virtual zoom graduation so that extended families could participate and at the same time, keep everyone safe! It was so nice to see all of our graduates and their families ready to celebrate with us. We started by welcoming everyone and reading a book called “Curious You On Your Way.” Each teacher then took a moment to say a few words before finally presenting each graduate. Afterwards, we showed a short slide show and ended by all popping our poppers together for the grand finale. Since we were not able to have a graduation ceremony in person, we wanted to make sure that graduation was still extra special for our little ones. We made them graduation bags with items they can enjoy this summer and something to get them ready for big school! We included in the bags:

- a pencil box with crayons, glue stick, a sheet of alphabet stickers, a pencil sharpener, and a pencil inside
- a pair of sunglasses with the words “You are so Bright”
- a class ring 2020 ring pop
- a confetti popper that says “Graduate Class of 2020 Congrats” (we all popped ours together at end of graduation)
- bubbles with a cap and sticker that reads “Class of 2020”

We also sent home with each family a cap and gown for their child to wear the day of if they wanted to! We are so proud of our graduating class and know they are going to do great on their next big adventure!!



LSF Northern California Adult Services: Volunteer Spotlight

We are so happy for all the work LSF staff and supporters have been doing for the individuals we serve and our community during COVID-19 pandemic. Our very own Stephen Victoriano, TCQM/Community Outreach for LSF in Northern California, and Manuel Chuatupe, Social Dynamics Center's Educator/Driver, were among those donating their time for a great cause. The State Council on Developmental Disabilities (SCDD) successfully secured a good amount of Personal Protective Equipment items for Californians with Intellectual and Developmental Disabilities (IDD) and their families. They were part of a group of volunteers helping the Golden Gate Regional Center-San Mateo office and the SCDD to unload 750,000 masks and over 1,600 gallons of hand



sanitizer for individuals with IDD and their families served in the Bay Area. The volunteers assisted with storage, donated their time and energy to secure and distribute the PPE items across the five counties, and shared the information with communities about the PPE items and the distribution days. We thank you for making Life Steps and its participants proud!

LSF SoCal Adult Services: Thank You Greater Los Angeles New Car Dealers Association for Your Generous Donation



On June 29, 2020 Life Steps Foundation SoCal Adult Services was awarded a \$20,000 donation from the Greater Los Angeles New Car Dealers Association (GLANCA) and Ian Thomas of Thomas Acura. GLANCA has been a steadfast supporter of the services we provide to adults with developmental disabilities in recent years, and we are truly grateful for their support.

Our Supported Living Services exists to assist and train adults with a developmental disability to remain independent in their own homes. We provide support

according to participant's needs and abilities, from weekly 1.5 hour visits to those that also require 24/7 support. Our Seaside Learning Center is a social day program that provides social and community support. Seaside participants attend community excursions to locations of their choice, participate in arts & crafts activities, play games and just hang out with their peers. We also have an Independent Living Service that trains adults in home and personal care and a parenting program that supports adults with small children. GLANCA supports all of our programs with their generous donation, including our Christmas Giving program, which buys Christmas gifts for our program participants without any family.

LSF Central Coast Adult Services: Participant Spotlight!

You will always find Alden walking around the town of Santa Maria where he has been able to make many community relationships. The people in the area know Alden and look out for him when he is out and about. Alden spends his time looking for radios which he loves collecting. He also likes to write to his congressional representatives about issues important to him happening in the world. He has received response letters which excites Alden as they are listening to him and what he has to say. Alden has also received news he needs to eat healthier meals. Our staff is now working closely with him to educate him on healthy meals and portion sizes. Life Steps staff are currently teaching Alden how to cook and meal prep. Without the help of Life Steps, Alden would eat fast food as his meal every day.



LSF Senior Homemaker Program: Adjusting to COVID-19

Life Steps Foundation Senior Homemaker Program has been able to help our Seniors throughout this unprecedented stressful time. We have been able to maintain a happy and healthy environment for the seniors we serve in all communities from Lompoc to Cambria. Our staff have been wonderful as front liners as they have continued to assist Seniors in their daily life activity with our Homemaker and Personal Care services.

Life Steps has been able to help educate seniors in how to stay safe and healthy within their community during stay-at-home orders. We have been able to do their shopping and laundry off-site so they can remain in shelter. With the services LSF can offer, it has been wonderful helping seniors stay connected with the community and feel less isolated. We are in this together and making sure our seniors in our community are not alone, afraid or forgotten about. Stay safe and healthy!

LSF Santa Maria Wisdom Center: “Stay Safe (and Healthy!) at Home” with Our Temporary Adult Services



Our services have gone virtual! We are now providing Temporary Adult Services (TAS). The goal of the Santa Maria Wisdom Center remains the same; ensuring seniors receive the supports they need to remain living safely in their homes. This goal becomes even more critical during the COVID-19 crisis.

The goal of TAS at this time includes:

- Nutritious home cooked meals delivered to your door, most special diets accommodated
- Professional health care support provided by our nursing staff, focused on the challenges of caring for chronic conditions while staying safe at home
- Social services focused on supporting positive mental health, problem solving, and helping to find community resources and emotional support for our caregivers and members
- Virtual caregiver support group
- Weekly activities packet for our members that includes activities to engage the mind the body and maintain engagement as well as caregiving tips and strategies
- Mental health support as needed
- Staff availability to provide support and services as needed 6:30 am to 5:00 pm

If interested, please contact us at (805) 354-5320 or info@smwisdomcenter.org for more information and pricing. Our services could be free to eligible CenCal members or veterans.

Life Steps Foundation: Every Day is Earth Day 5k 2020 Virtual Benefit Event

Life Steps Foundation proudly presents its first Every Day is Earth Day 5k virtual benefit event. The event will help bring awareness to the work we do with children who may be diagnosed with learning delays or developmental disabilities, as well as adults with developmental disabilities, and seniors. This virtual event is open to everyone. You can walk, run, bike, or hike to complete the race event. All proceeds from this event go towards programs for our participants and purchasing much needed PPE equipment for them due to COVID-19 pandemic. Registration for ED5K is now open and available. Sponsorship and donations are welcomed. For more information or to register for the event, please visit www.ED5K.org. To contact LSF, call us at (562) 699-4991 or email at development@lifestepsfoundation.org.

LIFE STEPS FOUNDATION
EVERY DAY IS EARTH DAY 5K
RUN / WALK / HIKE / BIKE
VIRTUAL EVENT
TO SUPPORT CHILDREN AND ADULTS WITH DEVELOPMENTAL DISABILITIES

Visit ED5K.ORG to register

Saturday, October 24, 2020
You can run, walk, hike, or bike around your neighborhood, park, or on a treadmill to complete the race! You will have between Saturday, October 24 and Saturday, October 31 to finish the 3.1 miles. Don't forget to tag us and share your journey with us!

For more information, please contact us at
(562) 699-4991 or ccheng@lifestepsfoundation.org.

You will receive a t-shirt, medal, and race bib!

Rain or shine let's do this together!
Sponsorship is available. Contact us for more information.
LIFE STEPS FOUNDATION IS A 501(C)(3) ORGANIZATION.
FOLLOW US AT:

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We need your support! In the face of the Coronavirus Disease (COVID-19) outbreak situation, many of the 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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