

LSF Northern California Adult Services: 2018 Fun Run was a Success!

The 3rd Annual 7k Fun Run event held on November 10, 2018 at Lake Merced in San Francisco was a successful fundraising event hosted by Life Steps NorCal Adult Services and the Hendrickson family. Life Steps NorCal Adult Services was able to raise over \$15,000 thanks to everyone who participated in some form at our event. The annual event started two years ago commemorating the late Kevin Hendrickson who was a long-time participant of the Social Dynamics Day program. The Hendrickson's have been very supportive of the Fun Run. It has inspired us to make this an annual tradition for Social Dynamics and our community. The event was attended by more than 50 runners from the Bay area. The Fun Run event kicked-off with Stephen Victoriano, Program Manager, welcoming all the runners, volunteers, and guests. The first place runner was 11 year-old Jack Turner, son of Ms. Mari Turner from PG&E, second place was Jacob Leonard, and in third place was Clarin Grace Tambot.

We hope you will join us for our 4th Annual 7k Fun Run in 2019! This year is special because Life Steps Northern California Adult Services is celebrating its 25th year anniversary of serving the Bay Area community and making a difference in the lives of individuals with developmental disabilities and their families.



THE FUN RUN WOULD NOT BE A SUCCESS WITHOUT THE HELP OF OUR DONORS; SUTTER HEALTH MILLS-PENINSULA, THE LAW OFFICES OF MARK C. WATSON, PG&E, PENINSULA HEALTH CARE DISTRICT, LION'S CLUB OF BURLINGAME, REVIVN, 96.5 KOIT, A RUNNER'S MIND, SAN FRANCISCO PARKS & RECREATION, WELLS FARGO, AND MANY MORE.

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SPECIAL THANKS TO...

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LSF Southern California Adult Services: Season of Giving



Life Steps SoCal Adult Services had a wonderful holiday season due to a generous donation from the Greater Los Angeles New Car Dealers Association. The staff were able to double on Christmas giving this year to 22 program participants and five children. Each individual turned in a list with their Christmas wishes and the staff were able to fulfill all of the wishes in addition to providing a holiday dinner at the Seaside Learning Center. Two staff members shopped for three days looking for all the program participants' presents. The surprised gifts were stored in a locked office in order to avoid suspicion. The room looked like a department store filled with wrapped gifts! We only had one program participant who asked for a gift that was out of the ordinary. The individual just wanted a battery for his car to get around the city and we were able to provide that as well. Everyone in the office assisted in wrapping and distributing the gifts. We finished the task in two days. Life Steps SoCal Adult Services is fortunate to have amazing staff and donors that were able to make the wishes of our individuals come true. We hope everyone had a wonderful winter season as we did at the Center.

The picture to the left is of our program participants receiving a check from Ian Thomas, a Director of the Greater Los Angeles New Car Dealers Association. The organization has been one of our biggest supporters and we are grateful for their continuous donation.

LSF Santa Maria Wisdom Center: Grand Opening Ribbon Cutting Ceremony

We are thrilled to announce LSF Santa Maria Wisdom Center moved to its new location at 2255 South Depot Street in Santa Maria on January 14, 2019. The grand opening/ribbon cutting celebration is scheduled for February 28, 2019. Construction and completion of the new building was a tremendous team effort and required navigation through many unanticipated hurdles. It was well worth the effort. Our staff and program participants are excited to be in the new purpose-built adult day health care center that nearly doubles participant capacity compared with the previous location. Highlights of the new 9,500 square-foot building include a 6,000 square-foot main activity room, sizeable outdoor patio/courtyard that will be host to gardening activities, a full commercial kitchen to prepare daily meals and Blue Plate options, and a

physical therapy/occupational therapy gym space. We are happy to provide tours of our beautiful new building for any community members interested in exploring its features. You can schedule a visit by calling us at (805) 354-5320.



LSF Children and Family Services: Letter from One of Our Early Interventionist

“I have been working with children with developmental delays for over a decade, but it is a fresh and new adventure when I start with a new child. Everything from child to family to location is new. Some stay in the program longer and some are fleeting, but a few of them leave a lasting impression on this journey of mine.

Last week one of my participants, Coco, turned three and I had to bid her farewell. She started with us when she was 18 months and barely walked or talked. At a week old, she had seizures that left her with a severe brain impairment. Her doctors said she may never walk or talk but, they did not know she was a fighter and a strong-willed child. As time passed, our relationship strengthened and our situation improved with the help of a team of 3 to 4 professionals addressing various areas of her development, and a highly supportive and engaged mother. In our inclusion preschool setting she continue to grow and interacted with other children creating new friends. With her fighter personality, mom’s efforts, and support from the professionals, Coco flourished and reached her developmental milestones one by one.

In just 18 months, Coco changed from a child who was barely walking or talking to one who was running and chasing friends, expressing her needs in words, dancing with teachers. She is growing into an independent, confident 3-year-old toddler. It is always hard to leave, but I will always keep her last note. She touched me to the bottom of heart by saying, “Thanks for being my second mom!” This phrase embodies my 18-month journey with her and rewards me in a way I can’t put into words!”



NorCal CAFS Team Building Day!

For Life Steps Children and Family Services Northern California December team building event, the staff was split up into teams and made yummy flavored macaroons in: peppermint, chocolate, lemon, and pistachio. The vibrant colors of the macaroons helped us welcome the holiday season. The staff’s dedication, hard work, and commitment to Life Steps has helped grow and maintain the programs we have today.



LSF Central Coast Adult Services: Spotlight



James works throughout the week at Achievement House where he breaks down electronics so they can be recycled. When he is allowed, he will bring home parts and lets his creativity run wild. He likes to build all sorts of cool things with remaining pieces of items such as lamps. One of his main goals is to keep his home tightly organized with the assistance of Life Steps Foundation. This means James would have to limit the items he brings home. Recently, James has chosen a new hobby which he finds just as

satisfying with less clutter, less metal odor, and is relaxing. He is producing his own soap! With the help of his case manager, James will decide what he will do with his product once it is finalized. There are many options for him to choose from: sell it, donate it, gift it, etc. When James is not at work or involved in his new hobby, he is caring for his two birds Casper and Houdini or at dinner with his family. Without the assistance of Life Steps Foundation, he would not be able to live in his own apartment.

LOCATIONS

Life Steps Foundation (Main Office)
5757 West Century Blvd., Suite 880
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(310) 410-8190

LSF Southern California Adult Services
(Affiliate)
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LSF Central Coast Adult Services
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1431 Pomeroy Road
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(805) 549-0150

LSF Santa Maria Wisdom Center
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Santa Maria, CA 93455
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LSF Northern California Adult Services
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700 Rose Avenue
San Gabriel, CA 91775
(626) 614-9345

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



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 and click the "Donate" button today! Thank you in advance for your support.

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