

LSF NorCal CAFS: The 6th Annual Auction and Lobster Feed was a Success!

The evening was an amazing success and it was especially exciting to see the number of attendees raising their paddles to pledge and support Life Steps Foundation. We are proud to announce that we met our fundraising goal. None of this would have been possible without the generous 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 all our staff who volunteered their own time to make it happen. On behalf of the children who directly benefit from your generosity, we thank you!



LSF NorCal Adult Services: Social Dynamics



Among the many social services located statewide and in Canada, Autodesk, a software company represented by a group of engineers, architects and a philanthropist, chose LSF Adult Services Social

Dynamics in Burlingame, California to be the beneficiary of 11 wheelchairs. These wheelchairs are the result of Autodesk's team building activity with the help of Magnovo Training Group. On October 26, 2016, Social Dynamics Program Manager Stephen Victoriano accepted the gift at the Westin Hotel, Millbrae. The wheelchairs will benefit several of our program participants by providing a means of easy transport within the facility and at home. The rest of the wheelchairs will be given out to physically impaired people who badly need wheelchairs for their own use. All of us here at LSF Adult Services Social Dynamics are delighted to share our blessings.

Welcome to LSF

Please welcome Jowei Chang, the new program manager for LSF CAFS NorCal program that covers San Mateo, San Francisco, Alameda, and Contra Costa counties. Jo has a background in business and information technology and has been helping the local Community Education Foundation for years. She is very excited to join the Life Steps team.

LSF NorCal CAFS : Halloween Fun and Frolic in Pacifica



The “We Play We Learn” preschool joined the Linda Mar preschool special day classes for a Halloween parade and trick-or-treating! All the children were excited to be in their costumes sharing in the festivities together. Children practiced knocking on the different room doors and saying “trick-or-treat” to get a special prize. Activities like this promote our philosophy of inclusion and the idea that we are all different but still alike. It was one of many collaborations the preschool has done with the local community of Pacifica.

LSF Santa Maria Wisdom Center: Spa Day

A group of ladies from a local women’s club volunteered to do hair and nails for a spa day at the SMWC. The afternoon of pampering took place Friday, October 21st. Our Participants absolutely loved the event, most notably our gentlemen. Nails were buffed and polished and hair was swept into “updos” for the ladies. Relaxing mini massages were given to hands, feet, and shoulders to refresh and relax. Everyone felt beautiful/handsome and totally pampered.

The providers received necessary community service hours as per their membership requirements. Our seniors received the loving attention of these generous ladies and a chance for services that many of them would otherwise never have had.



LSF Central Coast Adult Services: Star of the Month



Central Coast Adult Services would like to recognize one of our individuals who has been working on becoming more independent and meeting her goals. Carrie lives with her beloved cat, Marley (aka Bob Marley). She loves to listen to hard rock, watch wrestling and go shopping. Carrie is our social butterfly and is always visiting other individuals in the same area. At the beginning of the year, she didn’t want to take her medication. This is when staff had to intervene and assist Carrie in becoming medication compliant. She has achieved this goal with the help of staff providing medications but that was not good enough for her; she wanted to be able to take her medications by herself and be a part of the process. Carrie has learned to sign her own medication log and is taking her medication properly by herself.

LSF SoCal Adult Services: Halloween Haunted House



This moon is full, the wind is chill.....
This Halloween will be quite a thrill
A howling time awaits you this eve....
But beware for you may never leave!!!!”

This was our theme for our 9th annual Haunted House. It promised to be a scary night and it surely was. There was much screaming and many frightened participants but at the end we all had a great time.

The Haunted House takes about one week to prepare plus a weekend. We all decide, meaning all the Supervisors and office staff, what we are going to build in our assigned rooms to make it a howling good time. Then we start gathering our props and costumes to put together a very frightening Haunted House.

This year we had six rooms that everyone had to navigate through before they reached the Seaside Learning Center’s main room for the party. You heard screams and cries but many people went through again and again just to prove they were not afraid. The rooms were a children’s pumpkin patch with scary fake children swinging from the ceiling, a spider room (nothing but large black spiders jumping out at you), a circus room with large clowns and horns blaring, a maze where people followed you in scary masks, a cemetery with bodies and tombstones, and in the last room you could have your picture taken while you burned at the stake. Just kidding, the fire was fake.

We have been doing this every year and we are thankful that so many people volunteer to help. There are many people to thank from family, friends, clients and staff who give of their time to put this on every year. So a great big thanks to all of you who worked on this year’s Haunted House.



LSF Central Coast Adult Services: Avila Valley Barn

As the seasons have changed from Summer to Fall, this has not stopped our individuals from getting out and enjoying what the fall season has to offer in our community. A favorite spot for some of our individuals is the Avila Valley Barn where they can have a hayride, pick pumpkins, feed and pet the farm animal and eat bakery treats. Other individuals like to celebrate the Fall season by dressing up for Halloween and having fun with their friends or staff. No matter what season it is our individuals are getting out and enjoying themselves and not letting their disabilities get in the way!



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 potentials. 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! Your name will be recognized on our Life Changer list of donors. Thank you for your support.



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