

## LSF NorCal Adult Services: Insight Companion Care has launched!

Life Steps Foundation Northern California Adult Services is proud to announce the new Insight Companion Care program. Insight Companion Care provides emotional support and companionship for individuals who are generally healthy and who want to remain independent at home. It can also include a range of non-medical services that help make an individual's life more manageable. The program was designed primarily for individuals who need assistance with the activities of daily-living (ADL) such as ambulation, incontinence, meal planning and preparation, personal hygiene and dressing assistance. Our trained staff also assists with medication reminders, grocery shopping, errands and household duties, transportation, supervised walking and fall prevention, light housekeeping, laundry/ironing and changing bed linens, socialization, and companionship.



### Northern California Adult Services

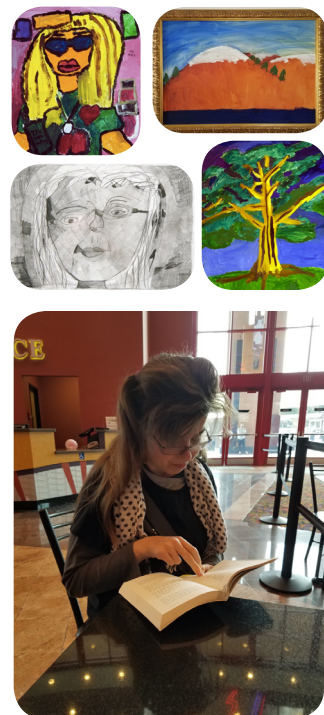
#### *Insight Companion Care*

Insight Companion Care will deliver quality services to make the lives of those we serve and those of their families' easier and more manageable. The program launched April 3, 2017 and there were 10 people who came and witnessed the open house of the new program.



## LSF SoCal Adult Services: Client Success Story

Carla S. is an artist and movie enthusiast who as a young adult is supported by Life Steps through the Regional Center of Orange County. She has a unique story to be told. In high school and through an individualized program at CSU Long Beach, Carla has received classes in drawing and painting, ceramics, drama, women's choir, English, education, and dance. At CSULB, she received the "Lifelong Learner Award" from the dean of Education. In 2011, Carla and her family started Carla's Movie Restaurant (CMR) which was awarded the "Emerging Arts Organization Award" by the Long Beach Arts Council. CMR does pop-up events at local venues that showcases student films, art, and music performance. Carla's work includes educating the community to include ALL people in society. Carla moved into her own townhouse 14 years ago with help from Regional Center Orange County Housing and her family. In 2014, Carla was diagnosed with a very serious medical condition. As Carla continues to heal, her goals now include educating the medical community on working with people with disabilities; being in a theatre production; going out on "practice dates"; and having a permanent site for Carla's Movie Restaurant. Carla's life and her happiness is testimony to her strong faith in God, her determination to fulfill her mission in life, and to the unwavering support from her roommates, her Angel Team, Life Steps Foundation, Regional Center of Orange County, and friends and family.



## LSF Central Coast Adult Services: Star of the Month



Timothy W. loves to stay home and watch television. Some of his favorite shows are CNN, Dancing with the Stars, and the sports channels, specifically the Dallas Cowboys and the LA Lakers. Timothy recently became a member of the People's Advisory Committee with Tri-Counties Regional Center. Members on this committee discuss and bring up issues that are important to the individuals we serve in hopes for a positive change to the system. Life Steps staff had assisted Timothy for a long time to be able to advocate for himself and educated him on directing his In-Home Supportive Service (IHSS) personnel so that he is not taken advantage of as he obtains the services he requires. Timothy has achieved this goal with the assistance of the LSF staff assigned to him. He has learned that he has to check IHSS time cards and to make sure that they have worked

all of their authorized hours before signing off. Life Step Foundation is proud of Timothy and his achievements.

## LSF Senior Homemaker Program: New Staff Member

Life Steps welcomes Tara DeLira as the Coordinator of the Senior Homemaker Program in the San Luis Obispo County. Tara began working for Life Steps in 2012. She was a case manager for Central Coast Adult Services and has worked her way up to Supervisor. She is looking forward to helping our seniors in need to be able to stay in their own homes within their own communities.



## New LSF Santa Maria Wisdom Center is Beginning to Take Shape



Life Steps Foundation is pleased to report progress on the new Santa Maria Wisdom Center senior day health care building is on schedule for completion between August 2017 and the end of the year. As you can see from the image, the main elements of the building frame are in place along with the outer framing for the building shell. The new building will feature approximately 9,000 square feet of interior space, nearly doubling program capacity. We look forward to keeping our friends and partners updated as construction reaches new milestones.



## LSF Santa Maria Wisdom Center: Nominations

Rosalina Tapere was nominated by Santa Maria Wisdom Center for Senior Worker of the Year. Rosalina has been part of the Life Steps Foundation Santa Maria Wisdom Center family as a bus driver for 16 years. She has worked diligently to bring our elderly, medically fragile participants from their home to the Center safely on a daily basis. This is no easy feat given that the majority of our participants are not only physically challenged but have some degree of dementia or Alzheimer's disease as well. It takes an individual with a high degree of patience

and understanding to coax them on the bus and provide the degree of trust and feeling of security necessary to get them to the Center without incident. Rosa's presence and personality inspires their trust and makes the world at that moment "a less scary place." She has proven herself a caring advocate for the seniors of the community by listening to their concerns, suggestions and input regarding issues with the participants. Rosalina is a calm and loving individual who does not have a judgmental bone in her body.



## LSF Children and Family Services: NorCal Events



Spring is in the air at We Play We Learn! The children have been excited about spring in the garden and we have spent the last few weeks discussing and planning what to plant. We met with our garden expert, Miss Anne and learned how our sunflower plants grew from seeds to sprouts. Our staff members also helped plant strawberries and hope to taste them in a few short weeks! Support from volunteers and donations from parents have kept our garden alive and our children engaged in learning about nature.

Our NorCal CAFS team had a wonderful experience on the San Francisco North Beach District Food Tour for a team building event. The Sidewalk Food Tour Company kindly donated the tour to Life Steps Children and Family Services. The tour itself was fun and lively with the tour guide providing a colorful collection of culinary, cultural, and assorted historical details on the North Beach area. This fun event fostered positive morale and was a great bonding experience for the team.



The supporters of Life Steps play a key role in the good work we do. To celebrate their kindness and generosity, CAFS and Social Dynamics held a joint donor appreciation event at Gallerie Citi in Burlingame. The reception was attended by donors, city officials, community members, and Life Steps partners. It was a great event for Life Steps' friends and supporters to meet, mingle,



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### 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 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](http://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.

### LIFE STEPS LOCATIONS

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LSF Central California Adult Services  
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