

LSF SoCal Adult Services: Running Club is Gearing Up!

LSF SoCal Adult Services runners are at it again and now with an official name, Step It Up, a Tu Paso. SoCal's Step It Up, a Tu Paso is a walking/running club that meets weekly on Friday mornings. The club's purpose is to encourage participants interest in walking and running as a form of improving their physical and mental health. Our runners take pride in their training to participate in the Jet Blue Long Beach Marathon (26.2 miles), Half Marathon (13.1 miles), Aquarium of the Pacific 5K, and Kid's Fun Run. Further, SoCal Step It Up, a Tu Paso inspired members, Carlos Reyes III, and Karla Salinas to cross the Warner Bros. Batman's 80th birthday 5K finish line.

Come cheer with us as our SoCal runners Step It Up, a Tu Paso zoom throughout the city with scenic views of the Pacific Ocean, streets of Long Beach and through the Aquarium of the Pacific for the 8th year in a row.



Grand Donation to LSF SoCal Adult Services

On September 25, Life Steps Foundation SoCal Adult Services was fortunate to receive a generous donation of \$20,000 from the Greater Los Angeles New Car Dealers Association (GLANCD). Association member Ian Thomas of Thomas Acura chose Life Steps to receive the gift. The Seaside Learning Center sent



six participant members and two staff to Thomas Acura for a photo-opportunity, which GLANCD will use for their newsletter. The donation is used for services and allows SoCal Adult Services to enhance our Christmas giving program for many program participants without family or friends. Also, because of the escalating rental market in Long Beach, we provide rental assistance in the form of deposits and first month rent to clients without resources when they are in danger of becoming homeless. Additionally, we plan to make upgrades to the kitchen in the Seaside Learning Center and will buy emergency groceries for hungry individuals.

LSF Santa Maria Wisdom Center: Caregiver Initiatives Held at the SMWC

Caregivers are lifelines to their loved ones with dementia and/or various health concerns. Realizing the important part they play in the lives of our participants and others in the community, LSF SMWC became involved in a very important collaborative with our local general hospital, Dignity Health/ Marian Regional Medical Center. It involves hosting a twice monthly Caregiver Support Group at SMWC with our Medical Social Worker acting as the facilitator. Attendees are given a forum in which to discuss their issues/ concerns related to caregiving with others experiencing the same stress and pressures encountered in this 24/7 endeavor. The support group stresses self-care and resources for

caregivers as well. We also offer respite care for the caregivers' loved ones during the meeting for their convenience.

Additionally, we host a monthly Alzheimer's Association educational topics workshop at SMWC. The instructor is a volunteer from the Alzheimer's Association and offers such thought provoking topics as "Know the 10 Signs, Early Detection Matters." These interactive workshops provide much needed knowledge for Caregivers and other members of the community regarding memory loss and dementia, including Alzheimer's. Knowledge is power when dealing with these issues that may be affecting individuals themselves or

their loved ones.

Pre-registration is requested for both offerings though walk-ins are welcome.

FAMILY CAREGIVER MEETING

Are you caring for a family member who...
Had a stroke?
Has dementia?
Is elderly and frail?
Is an older adult recovering from illness?

Then this meeting is for you!
Learn about self-care, share experiences, discover resources. All family members and friends who care for seniors are welcome.

When? Every 2nd and 4th Tuesday of the month
3:30-4:30 p.m.

Where: Life Steps/Santa Maria Wisdom Center
2285 South Depot Street, Santa Maria

Facilitator: Cynthia Navarro, Medical Social Worker, (805) 349-9810

♦ Respite service offered for the caregiver's loved one. Senior loved one only!

RSVP for loved one: Molly Kehoe, MSW, Family Caregiver Navigator
Family Caregiver Program/Dignity Health
(805) 332-8590

LIFE STEPS FOUNDATION Dignity Health
In partnership with: Marian Regional Medical Center

LSF Northern California Adult Services: Take Me Out to the Ballgame

The San Francisco Giants "Take Me Out to the Ballgame" program awarded LSF Northern California Adult Services (NCAS) with 18 Ballgame tickets for their game against the San Diego Padres on August 29, 2019. The "Take Me Out to the Ballgame" program is designed to reward organizations for their work in the community and to provide underserved members of the community

with the opportunity to watch a Major League Baseball game.

LSF NCAS distributed the gifted tickets to families and participants of our Social Dynamics Day Program to enjoy the live game at Oracle Park in San Francisco. Although the SF Giants lost the game, we will forever support our home-grown team. Go Giants!



LSF Northern California Adult Services wants to thank all the sponsors and supporters who contributed to the success of the 4th Annual 7k Fun Run in honor of Kevin Hendrickson on October 5, 2019.

Visit www.lifesteps.org/4thfunrun to see the list of supporters.

LSF Senior Homemaker Services: Now Serving the City of Lompoc!

Life Steps Foundation Senior Homemaker Program is very excited to announce that we are now serving Seniors in the Lompoc area! **What we do for our Seniors at a glance:**

- » Assist with home chores including laundry, changing bed linens, meal preparation and light house cleaning.
- » Assist with personal care including bathing and dressing.
- » Connect individuals to other resources in the community that may be beneficial to their needs.

Please contact Tara Delira, Program Coordinator, to receive information for Referrals at (805) 549-0150 or tdelira@lifestepsfoundation.org.



LSF Central Coast Adult Services: Annual Mayhem by the Mesa is Back!



LSF Central Coast Adult Services is presenting its annual Mayhem by the Mesa donation-based fundraiser for the month of October leading up to Halloween. The staff and volunteers have worked hard to set up an amazing haunted house for the community to enjoy. This is a family friendly event and is free to the community. Donations are always welcomed. In addition to the games and candy, we raise awareness about the work we do and the services we provide. The Haunted House is open from 7:00 pm to 10:00 pm from October 18-20, 25-27, and 30-31. If you are in the area, please stop by for a frightfully ghoulish experience guaranteed to thrill! To contact us, call (805) 549-0150 or email ccasoffice@lifestepsfoundation.org.

LSF Children and Family Services: Garden Time at WPWL!



We Play We Learn has kicked off another great school year. We are slowly getting back into the swing of school and our new kids are adjusting great. Teacher Ann who runs the Pacifica Garden has had some super fun work for us. We got to climb big piles of wood chips, shovel them into wheel barrels, and then spread them out in the garden.

She always has a great book for us each visit that teaches us about the different fruits and vegetables we will be planting and harvesting. In the Early Learners class, we have enjoyed back to school art projects such as painting on the big easel with friends and doing apple paintings. It is going to be another fun school year!

Wee Play Program Overview

Most of the kids have difficulty sitting for 30 minutes and paying attention during circle time when they first come to Wee Play in San Gabriel, CA. To help our participants through it, visual and audio materials are utilized and presented daily. With the help of teachers who sit behind them, they eventually gain focus and are able to participate in simple activities such as matching, identification and awareness of each other. Getting the

children constantly involved in taking turns, sharing and pretend playing are important and natural approaches to learning, while a multi-sensory approach makes them overcome many obstacles.

Wee Play is a structured program designed to help children with self-regulation in order to prepare them for pre-school introduction. At Wee Play, we never underestimate the capacity of any child to learn.

LIFE STEPS LOCATIONS

Life Steps Foundation (HQ)
5757 West Century Blvd., Suite 880
Los Angeles, CA 90045
(310) 410-8190

LSF Central Coast Adult Services
(Program Site)
1431 Pomeroy Road
Arroyo Grande, CA 93420
(805) 549-0150

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

LSF Santa Maria Wisdom Center
(Program Site)
2255 S. Depot Street
Santa Maria, CA 93455
(805) 354-5320

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

LSF Children and Family Services
(Affiliate)
1930 Brea Canyon Road, Ste. 265
Diamond Bar, CA 91765
(562) 699-4991

401 Santa Lucia Avenue
Millbrae, CA 94030
(650) 777-9182

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

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 Foundation, 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!

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