

Life Steps Foundation: Earth Day 5k Run/Walk Event Update



Life Steps Foundation made the decision to postpone its 1st Annual Earth Day 5k Run/Walk event in Southern California that was scheduled for Saturday, April 18, 2020 due to the Coronavirus Disease (COVID-19) outbreak situation. In alignment with state and local safety measures and CDC guidelines, Life Steps Foundation is postponing all events from April through June to prevent the potential transmission of coronavirus (COVID-19). The date of our 1st Annual Earth Day 5k Run/Walk benefit event has been moved to Saturday, October 24, 2020. The run will take place in Whittier Narrows Recreational Area – Legg Lake from 8:00 am to 10:30 am.

The Life Steps Foundation leadership team will continue to monitor the situation and provide updates about new changes on our website, social media accounts, and main event page in Eventbrite. Though our registration link has been paused, please continue to visit www.ED5K.org to view up-to-date information.

We are deeply appreciate for your commitment to our organization and the children and adults we serve. Please feel free to contact Cindy Cheng at (909) 551-6711 or ccheng@lifestepsfoundation.org with any questions you may have. Rain or shine we hope to see you there.



Santa Maria Wisdom Center: Safer-At-Home Tips and Support

“Safer-At-Home Tips and Support” article was written by our very own Santa Maria Wisdom Center Administrator, Amanda Sillars, for our caregivers, participants, and community members to read and share. Amanda suggests a few activities to do at home:

- Keeping yourself and your loved one busy
- Keeping busy for those with Dementia/Alzheimer’s Disease



It is important to remember when having a conversation with someone who has dementia that very often their long-term memory is more (sometimes much more) intact than their short-term memory. Having a conversation with them about things that happened a long time ago versus talking about the present, will create a more meaningful connection for both of you. This results in your loved one feeling more competent and secure. There are a lot of prompts below for conversation starters, but don’t feel like you have to ask every one, feel free to let the conversation go where it goes, your loved one may surprise you and tell you things you never knew! Give it a try.

To view and download the full Safer-At-Home Tips and Support document, please visit lifesteps.org under the Santa Maria Wisdom Center page. Santa Maria Wisdom Center is currently providing home delivered meals to seniors in the community. For more information, please give us a call at (805) 354-5332.

LSF Senior HomeMaker Program: Isolation Communication

LSF Senior Homemaker program has many senior participants that are refusing Homemaker services due to health issues and instructions from their Primary Care Physician. LSF will provide the seniors three colored pieces of paper to place on their window. Depending on the color of paper, LSF staff will know the status of the senior and the services they require. Placing a green piece of paper in the window means to still check on the individual and assist when needed. Yellow paper means the individual needs help with an errand, and red paper means the individual has an emergency. We are calling this "Isolation Communication" for our seniors. LSF is working hard to make sure even the seniors refusing services are still looked after and safe in their home.

LSF Central Coast Adult Services: Creating Activities for our Individuals

Life Steps staff have stepped up to assist our individuals during the COVID-19 pandemic. With no notice, the day programs were forced to temporarily close due to state and local self-isolation requirements and our individuals must remain in their homes where they normally do not receive services. We are working extra hard to make sure all individuals still have staff assistance during the program hours. This leaves our individuals with a lot of free time while self-isolating and our staff working to fill their day with fun activities. These fun activities help to keep our individuals brain working, providing excitement and social interaction. Life Steps has also been working on ensuring our individuals have a personalized plan if they become ill with COVID-19, which includes home and hospital. Our

individuals and staff have been strong throughout this difficult time in our world. Life Steps is proud of all of them!



LSF SoCal Adult Services: Thank You, Thank You, Thank You!

A message from Kristine Engel, CEO of SoCal Adult Services:

"I am sending a big THANK YOU to all our staff for stepping up during this crisis. "We are all in this together" is true to the Life Steps pledge. You have all shown what we stand for and how we assist our participants during difficult times. From the bottom of my heart, I want to say thank you. If your participants or you need anything, please contact your supervisor, and if we can help in any way, we will. The list below includes names of SoCal Adult Services staff who are serving our participants during the public health outbreak situation. We want to give you a big shout out!"

Barbara A.	Colette C.	James F.	Brisa H.	Tatiana L.	Allen N.	Nidia S.
Jennifer A.	Cameron C.	Elizabeth F.	Tiffany H.	Alba M.	Rhonesha N.	Karla S.
Guadalupe A.	Alma C.	Dennisha G.	Rebeca H.	Claudia M.	Elsie N.	Nancy S.
Jennifer A.	Sylvia C.	Amy G.	Abraham I.	Katya M.	Adriana N.	Yesenia S.
Dellanira A.	Sophie C.	Armand G.	Tawshona J.	Rafael M.	Jiselle P.	Tracie S.
Shardaia B.	Yasmaine C.	Bertha G.	Daisie J.	Ana M.	Blanca P.	Mark S.
Chavez B.	Danielle C.	Christian G.	Jose J.	Sandra M.	Angelle P.	Bernadette S.
Tatyana B.	Sarah C.	Fabiola G.	Sonia J.	Johanna M.	Juana P.	Elmer T.
Alisha B.	Blake C.	Irene G.	Keisha J.	Tania M.	Aristeo R.	Victor T.
Jemilee B.	Jacqueline D.	Jaime G.	Jessica K.	Laketia L.	Brian R.	Robert T.
Jahmad B.	Cindy D.	Jesse G.	Danyanay K.	Diane M.	Cynthia R.	Jacqueline V.
Elizabeth C.	Heather D.	Juan G.	Sokha Yan L.	Karina M.	Latosha R.	Yartiza V.
Michelle C.	Sonia D.	Lesley G.	Jacqueline L.	Antonio M.	Olga R.	Angelica V.
Bridget C.	Yvonne E.	Cyrus G.	Angelica L.	Catalina M.	Edward R.	Adrian V.
Anahi C.	Jeanette E.	Nathan G.	Monica L.	Francisco M.	Carlos R.	Ashley V.
Hazel C.	Juan F.	Sal G.	Linda L.	Guadalupe M.	Jenelle R.	Erica V.
Roma C.	Cipta F.	Robert G.	Linda L.	Karen M.	Maria R.	Jessica V.
Alexis C.	Armida F.	Sebrina G.	Zorina L.	Kermita M.	Desiree R.	Ishmael W.
Eric C.	Jason F.	Galina G.	Aida L.	Samuel M.	Ana R.	Ikeyshia W.
Sylvia C.	Llamielt F.	Maria G.	Cesar L.	Yessenia M.	Maria R.	Taylor W.
Jeanne C.	Patricia F.	Ann H.	Juan L.	Lusine M.	Alvaro R.	
Peggy C.	Pauline F.	Carla H.	Sarah L.	Shataenia M.	Ana S.	

LSF Northern California Adult Services: Sutter Health Grant Award



We are excited to announce LSF Northern California Adult Services was awarded a \$15,000 grant by Sutter Health Mills-Peninsula Medical Center. This is the second year Life Steps has been awarded a grant from Sutter Health to support our organization through our Social Dynamics program. We provide non-aversive behavioral, education, training and supervision to adult participants in our Social Dynamics who require assistance in extinguishing maladaptive behaviors that severely limit their opportunity to participate in less restrictive day programs or work environments.

Life Steps Foundation Northern California Adult Services strives to improve quality of life through community integration and assisting participants with the activities of daily living and with vocational skills. We provide behavioral interventions based on structuring an environment low in stress and rich in positive experience. Our trained staff designs activities to teach social skills and self-awareness. We are grateful to Sutter Health Mills-Peninsula Medical Center for their support and partnership.

LSF Children and Family Services: TeleHealth Services

During this time of rapidly changing pandemic, providing early intervention through in-person home visits and community-based programs suddenly became no longer possible. Everyone on our team stepped up and worked together to quickly adjust our approach and put new systems in place so that we may continue to provide early intervention services to the families we serve. LSF Children and Family Services had to shift in-person services to a telehealth model. Telehealth is the delivery of early intervention using distance technology, typically via computers or phones, when the Early Interventionist and family are not in the same physical location. This approach has permitted our team to continue providing services so that families feel connected, and parents continue to receive input that helps them support their child's development. Families are actively engaged in helping plan for activities, discussing what they want to work on that day, and showing us their child's weekly highlights and new skills.

Having parents so actively participate as they learn a new way of receiving services during this time of crisis speaks to their commitment to supporting their child's development and the importance of the relationship they have with their Early Interventionist. The LSF Children and Family Services team has demonstrated commitment to adjusting to meet the needs of the children and families we serve and putting them first during this challenging time.

We Play We Learn: Series of Activities

We had exciting times at We Play We Learn before we had to self-isolate. In Pre-K, the class kicked off their new year with a dance class hosted by Spindrift School of Performing Arts in Pacifica, CA. A dance teacher would come to our school on Tuesdays for 16 weeks to teach them dance lessons for 45 minutes. They were loving it! The Pre-K class also celebrated the Lunar New Year by doing a cooking activity. They made fried rice using ham, egg, rice, frozen vegetables, and soy sauce using a big wok frying pan. The food was delicious!

In the Early Learners class, the kids kicked off the New Year working on their social emotional development and building friendships. We found fun ways for them to play and intermingle with each other. The class also celebrated Valentine's Day by making fun crafts and having a party to end the week. Every kid had a chance to pass out valentines to their friends while working on recognizing their friends by their name. Further, we decorated heart cookies by spreading pink icing using a popsicle stick and topping with sprinkles. We enjoyed eating our cookies along with a little

popcorn to celebrate the day. For the parents, the class made love bug magnets and practiced how we would give it to mommy and daddy and say, "Happy Valentine's Day, I love you!"



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



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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