

### **LSF Central Coast Adult Services Program Update**

Central Coast Adult Services received a generous donation of \$2,000 from Coast Hills Community Foundation. A Life Steps partner who also works at Coast Hills Credit Union was selected among 300+ employees to make one of ten \$2,000 donations to the charity of her choice. Jeicris Quiatchon's choice was near and dear to her heart as she has been a long term partner with Life Steps Foundation. Over the past 14 years, Jeicris has been a valued member of our Life Steps team assisting adult individuals with developmental disabilities to live independently in their own community instead of group homes and facilities. She has seen and been a part of many individuals reaching their goals and benefiting from the services we provide to our individuals in both our Individual Living Skills program as well as our Supported Living Services program. Life Steps wants to recognize and give a huge thank you to Jeicris Quiatchon for her choice in giving and her years of service with Life Steps, and Coast Hills Foundation for the donation and all of the other Coast Hills employees who give a little each month to help others in their community.



### **LSF Northern California Children and Family Services Program Update**

Life Steps Foundation has expanded its partnership with Contra Costa County Libraries to help meet unmet needs in the community by providing a circle time and playgroup for families with children 18-months-old to three-years-old. The groups are led by two infant development specialists at the Ygnacio Valley Library in Walnut Creek. This partnership began in January 2024 and we are currently doing our fourth session of the playgroups. Each session consists of five to six groups designed for children who have developmental delays. Families have an opportunity to connect with other families, as well as consult with two infant development specialists. The children have the chance to learn and play in a supportive environment. During the group, the children, parents, grandparents and siblings dance, sing and listen to stories and play. We begin with a circle time, followed by the opportunity to explore age-appropriate activities and play together. The children who have joined show new skills each week and have fun. They participate more each time, recognize and use each others' names, and are more comfortable playing with other children. There has been a consistent group of families that sign up for each session, showing that they enjoy the groups. We have enjoyed our partnership with the Contra Costa County Libraries and are grateful they have supported our program to help serve families and address unmet needs in our community.

### **LSF Southern California Children and Family Services**

Luke started to receive our services at the age of 24 months with very little speech and a short attention span. He was scared and hesitant to play with any unfamiliar adults or peers. He also had limited interest in toys, and he often walked away from activities without trying. After receiving our services for several months, Luke started to imitate more sounds and words. He also showed more curiosity and interests in a variety of toys and activities. He usually got excited when he saw the early interventionist walk into his home and could not wait to begin to play. His language started to flow into 2-3 word sentences, and he actively participated in all the activities with great focus. The only problem was that he did not want his session to end each time! When Luke exited our program, he was speaking in long sentences and even began to tell stories from a book.





## LSF SoCal Adult Services: Interview with Program Coordinator Robert Turner

### What brought you to LSF?

I started at LSF on January 26, 1999. I started as a CSF, called IHF (In-home Facilitator) back then. I was referred by one of my employees, Sherry Nelson, who also worked at LSF at that time.

### What's your most memorable experience at LSF?

I have worked with kids and young adults that now are 35-40 years old, living on their own. I'm still heavily involved in their lives even today. I feel gratified that I have been able to impact their lives and see them grow into productive, active members of their communities.

### What motivates you while at work?

My clients motivate me. I enjoy seeing them every day.

### Was there ever an extraordinary outcome of a program participant you witnessed?

I remember well one interaction I had with a teenager in the Getting Hip program. This particular young man was very involved on the autistic spectrum and was my first nonverbal client. I did not understand him well at first, but I grew to like him very much. He liked to do art projects, but always alone. Since he arrived early, I would often sit with him while we waited for other members to show up. One day we were sitting together side-by-side and quite unexpectedly he reached over to me and touched his cheek to my cheek. It only lasted for about two seconds and then he moved his face away. I didn't know what to think of this at first. When it happened the next day too, I realized that this young man was expressing himself to me in a way that he knew how to and felt comfortable doing, either saying hello or expressing affection. I must admit that I felt a little overwhelmed by this.

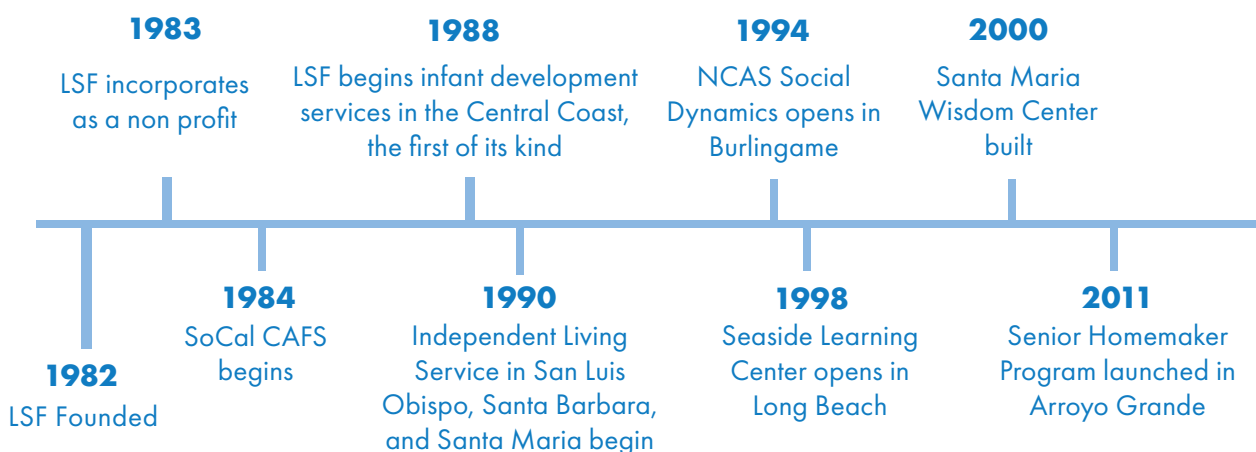
### What's your favorite part of working at LSF?

I enjoy working with the clients, I feel useful to them. I have worked here long enough to see them grow in their skills and confidence.

### What are your hopes for the future of LSF?

I hope that LSF continues to grow and offer services to clients throughout California. It would be nice to see the Seaside Learning Center and New Adventures program also in new locations across the state.

## LSF History

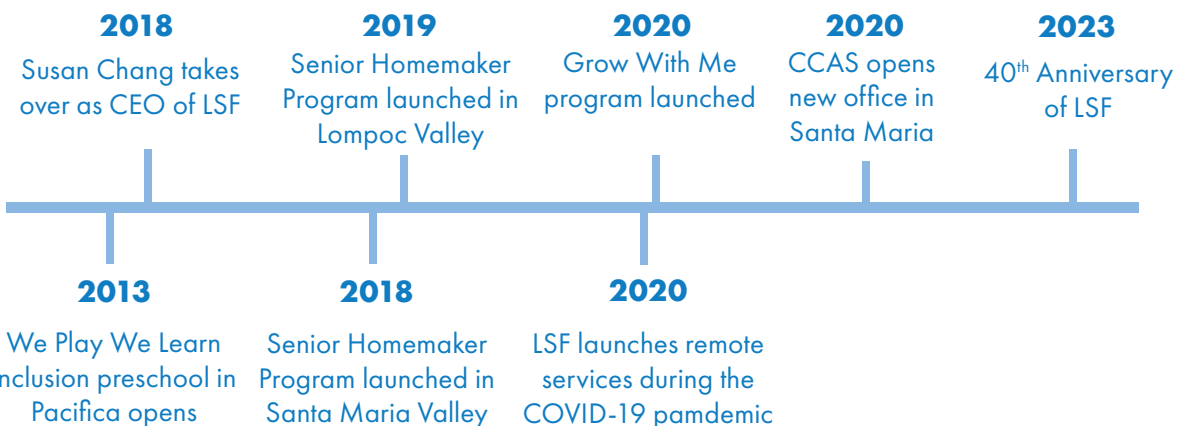


# LSF SoCal Adult Services Program Update: Easter Picnic!



Our Easter Picnic this year was held at Orizaba Park and was a huge success! On March 29<sup>th</sup>, activities included an Easter egg hunt, egg tossing game and there was even a piñata! Seaside Learning Center participants also enjoyed using the basketball court to shoot some hoops with their friends, and board games were also provided for entertainment. For lunch, we had Chick-fil-A catered and snacks were also provided. At the end of the event, SLC Members were also given an Easter themed basket to take home to commemorate this festive day. "I hit the piñata!" shouted SLC Member Marcos, "I was having fun with my friends, we played games, an egg fell on me and splattered on my sweater!". Current Client Advisory Board President, Rebecca Ortiz, also enjoyed the Easter Picnic, "I got a whole bunch of candy! I got to take a basket home to my daughter." Overall, it was a fun and great time

and SLC members look forward to the monthly group outings that are organized. Next month, the Seaside Learning Center is planning on taking the participants bowling at Round 1 Amusement and Bowling.



**LSF History**



# LIFE STEPS FOUNDATION

## LIFE STEPS PROGRAM LOCATIONS

5757 West Century Boulevard, Suite 880, Los Angeles, CA 90045

### *LSF Children and Family Services Southern California*

Main Program Office  
1930 Brea Canyon Road  
Suite 265  
Diamond Bar, CA 91765  
(562) 699-4991

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

Program Office  
2500 Pacific Park Drive  
Whittier, CA 90601  
(562) 699-4991

Happy Campers  
14035 Francisquito Avenue  
Baldwin Park, CA 91706  
(626) 338-5090

### *LSF Children and Family Services Northern California*

Main Program Office  
828 C. Mahler Road  
Burlingame, CA 94010  
(650) 777-9182

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

### *LSF Central Coast Adult Services*

218 West Carmen Lane  
Suite 108  
Santa Maria, CA 93458  
(805) 549-0150

### *LSF Northern California Adult Services*

828 C. Mahler Road  
Burlingame, CA 94010  
(650) 259-1808

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

Life Steps Foundation was launched in 1983 and has successfully improved the lives of thousands of children and adults diagnosed with delays or developmental disabilities. The purpose of our programs and services is to enhance participants' lives, empower them to achieve life goals, foster self-advocacy, and ensure they can live as independently as possible as adults. We accomplish this by enhancing their abilities and providing aid in the areas of communication, money management, household upkeep, mobility, socialization, and making healthy life choices. In addition, we provide in-home assistance to frail seniors who desire to remain living in their own homes. Please consider joining our Life Steps community with a donation. All donations support of our work to brighten the lives of the children, adults, seniors, and families we assist. We accept donations in the form of stocks, bequests, and vehicles. Visit [www.lifesteps.org](http://www.lifesteps.org) and click the 'Donate' button today!

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