

Life Steps Foundation: 1st Annual Earth Day 5k Run/Walk in SoCal

LIFE STEPS FOUNDATION
EARTH DAY 5K RUN/WALK
TO SUPPORT CHILDREN AND ADULTS WITH DEVELOPMENTAL DISABILITIES



Visit ED5K.ORG to register

Saturday, April 18, 2020
Run time 8:00 am - 10:30 am
Registration check-in starts 6:30 am
Whittier Narrows Recreation Area - Legg Lake
751 South Santa Anita Ave.
South El Monte, CA 91733

For more information, please contact us at
(562) 699-4991 or info@lifestepsfoundation.org.

Raffle prizes, activities for children, and much more!
*Parking is available on a first come, first serve basis.

Rain or shine we hope to see you there!

Sponsorship is available. Contact us for more information.
LIFE STEPS FOUNDATION IS A 501(C)(3) ORGANIZATION.

Life Steps Foundation proudly presents its 1st Annual Earth Day 5k Run/Walk event in Southern California. All proceeds from this event will go towards the work we do with children who may be diagnosed with learning delays or developmental disabilities, as well as adults with developmental disabilities and seniors.

The event is being organized by Life Steps Foundation, Children and Family Services, and SoCal Adult Services. LSF Children and Family Services works to maximize the development of infants and toddlers (birth to 5 years old), who have or are at risk for developmental delays, and educate and support their parents in strengthening parent-child relationships. LSF SoCal Adult Services offers programs that empower individuals with developmental disabilities to become involved in their life management, make informed choices, and participate in self-advocacy.

The ED5K event will be on Saturday, April 18, 2020 from 8:00 am to 10:30 am. The run will take place in Whittier Narrows Recreational Area – Legg Lake. To purchase tickets, visit www.ED5K.org. The Early Bird Registration discount is available until February 29, 2020. Each person who purchases a ticket will receive a t-shirt, race bib, medal, and a FREE raffle ticket. This is a family and wheelchair friendly event. There will be raffle prizes, activities for children, and much more! There will be something for everyone to enjoy. Rain or shine we hope to see you there. For more information, volunteer interest, or sponsorship, please contact us at (562) 699-4991 or at development@lifestepsfoundation.org.

LSF Santa Maria Wisdom Center: Celebrating Veteran's Day!

Raymond Robledo, Volunteer Coordinator, and Steven Baird, Manager of the Band of Brothers California were at the Santa Maria Wisdom Center on November 11, 2019 to celebrate Veteran's Day with our participants. They and various other members and associates of the band of brothers, came to support our participants who are veterans of World War II, the Korean War, and the Vietnam War. Our Vets were thrilled to be remembered for their service to our country by these younger vets who served in Iraq and Afghanistan. Raymond and Steven stated that since our participants could not attend the V.F.W. Celebration, they would bring the celebration to the Santa Maria Wisdom Center. Staff worked together to provide a BBQ luncheon of Santa Maria style tri-tip with all the trimmings just as our vets had requested for their special day.

The Band of Brothers is a nonprofit organization composed of military veterans from all branches of the armed forces. They stand together as "5 branches 1 family to help fight depression and Vet suicide by reaching out to those in need" as stated on their website. What a wonderful group of Vets and what a privilege it was to host them.



LSF SoCal Adult Services: Spreading Holiday Cheer



LSF SoCal Adult Services Seaside Learning Center participants and staff amplified the joy of giving through singing carols and spreading holiday cheer, thus making 2019, a holiday season to remember! Our participants and staff spent countless hours practicing in order to perform right in our neighborhood. Long Beach downtown businesses, residents, and passing bystanders were subject to a beautiful and warming display put on by our very own.

SoCal Adult Services holiday giving was made possible by the generosity of our donors and the creativity of our dedicated staff. We want to thank a few staff members who went above and beyond this holiday season to make another year amazing for the individuals we serve. Our very own Jacqueline Lara and Sebrina Gomez spent several days preparing gifts for 24 participants and five children, and Christian Garcia spent several months secretly noting the wish list items of 38 Seaside Learning Center participants to surprise them with a personalized gift. We also want to thank the rest of our staff and everyone that supported our mission. The 2019 calendar year ended with a boost of encouragement thanks to all of you and will lead us to a fruitful 2020—Happy New Year from the LSF SoCal Adult Services team.

LSF Northern California Adult Services: 4th Annual 7k Fun Run!

LSF NCAS hosted their 4th Annual 7k Fun Run benefit event extending invitations to superheroes from all backgrounds and ages on Saturday, October 5, 2019. The participants arrived as early as 6:00 am to warm up for a scenic 7k run along Lake Merced in San Francisco. Event sponsors set up shop around the starting point with plenty of information and support for not only the organization, but the fun run participants as well. At the 2-hour mark of the race, our last runner crossed the finish line! Our Fun Run was a successful and fun-filled event. We appreciate every individual that played a role in supporting, planning and sponsoring our event. We especially want to recognize the Law Offices of Mark C. Watson, PG&E, and the Hendrickson Family for their generosity and never-ending support of our annual Fun Run in memory of Kevin Hendrickson. Without the love and support from all of you, we would not be able to soar together like the superheroes we are!



LSF Children and Family Services in SoCal: Participant Highlight

Issac started to receive in-home infant stimulation services from Children and Family Services when he was about 14-months old. He could not make any sound or word, and he barely showed interests in playing with toys or in the Early Interventionist. Issac had the attention span of less than a minute meaning he did not show much eye contact or sustain any interaction for a period of time. He also did not follow any directions from his parents or the Early Interventionist.

After receiving some early intervention sessions and

providing the parents with strategies on how to play with him, Issac gradually started to blossom at his own pace. He started to show more engagement during play, have a longer attention span, and follow directions better. Now, Issac is speaking in full sentences that consist of 4-5 words. He enjoys reading books with his parents and pretending to cook for them with his kitchen set. Issac's parents are ecstatic with his developmental progress and are more confident in helping him grow! Issac will turn 3 years-old next month, and will be ready to attend preschool to make new friends!

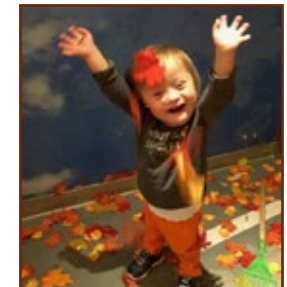
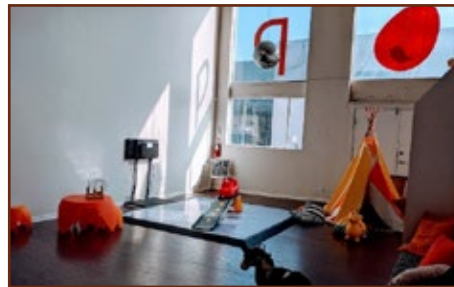
Notes of appreciation from families receiving services through LSF Children Family Services

Testimonial 1: *Our daughter has grown and improved so much in the past 10 months. We cannot thank Neeti and Life Steps enough for each milestone she had met. Now she is crawling and cruising, on-the-go exploring her world with her hands and mouth. The changes we have seen have been amazing. The in-home early intervention services of Life Steps allows our daughter to learn and grow in a familiar and safe environment. I truly believe without the services from Life Steps' Early Intervention, our daughter would not have come as far as she has already.*

Testimonial 2: *I am sorry that I forgot to say thank you to Natasha. I wanted to say thank you to her in person but I'm at work when she comes to our home. She was wonderful with our son and the next family would be lucky to have her. Because of her, our son is asking for more of what he wants using sign language. I know that he's got a long way to go but it was amazing for me to see him using some form of language to communicate with us. Please share our gratitude with her and her managers.*

LSF Children and Family Services in NorCal: Field Trips!

The families from LSF Northern California Children and Family Services recently enjoyed two free field trips to Habitot Children's Museum in Berkeley and The Coop in South San Francisco in California. Laughter and smiles surrounded us as children explored the play rooms and experimented with a variety of engaging activities. Families enjoyed meeting each other, and fun was had by all. We appreciate the generosity and support of Habitot and The Coop that made these field trips possible, and look forward to planning more of these family events in the spring.



LSF Central Coast Adult Services: Participant Spotlight

Chris H. lives his life for his family and religious beliefs. He likes to make everyone happy through respect and prayers. During the day, Chris goes to school and receives services from Life Steps in order to remain independent in his own home. He is very thankful for the assistance Life Steps Foundation provides as he has struggles every day that prevent him from caring for himself. When Chris has a bad day, he is grateful for the assistance and apologizes for his behaviors. The nights are the most difficult for Chris, and our caring staff have assisted in finding coping skills and accommodations to help him through the night hours. Chris is truly a blessing to everyone he comes in contact with.



LSF Senior Home Maker Program: Advancing in Life

Mr. Kirk receives services from the Life Steps Foundation Senior Homemaker Program. Mr. Kirk feels much happier and appreciates the program and the personal care he receives. He says he feels better and refreshed and is not a burden to his wife as she also receives services from the Senior Homemaker Program. The couple states, "Life Steps offers an outstanding service to our community and they help so many people in ways you don't even realize." Mrs. Kirk is unable to help her husband and keep up with the daily house cleaning. Life Steps helps the couple stay in a healthy and clean environment which would not be possible if they did not receive services from the Senior Homemaker Program.



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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