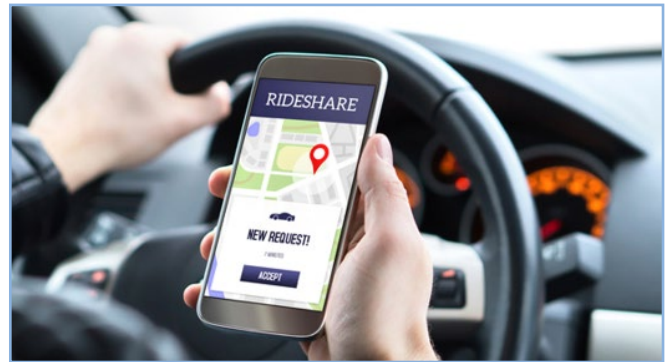


LSF Senior Homemaker Program: Partnering with Know How to Go Rideshare Program in Central Coast

Life Steps continues to dig deep to assist our seniors with their life obstacles. We have been able to assist seniors in their homes for the past year through the Covid-19 pandemic and continue to be strong. We are partnering with a transportation resource called *Know How To Go*, which is a service that can assist with our homebound population that is unable to drive any longer. This is a big success as we have not had many options in assisting nondriving seniors in the Central Coast area until now. Seniors can call and speak with Savannah Gil anytime to get assistance with their transportation needs. Her contact information is below.

Know How to Go
Savannah Gil
Mobility Options Specialist
Office of the Travel Trainer
San Luis Obispo Council of Governments
TravelTrainer@slocog.org
(805) 776-8700
<https://www.slocog.org>



LSF Central Coast Adult Services: Individuals Continue to Reach Goals Despite the Changes to Their Services Due to COVID-19

We have hit the one-year mark since the COVID-19 pandemic began. Though the pandemic limited some goals our individuals set for themselves in 2020 such as participating in community outings and socializing with others, they continued to flourish. With encouragement and assistance from Life Steps staff, our individuals have been able to achieve new objectives, which help them to remain living independently. One of the popular goals during the stay-at-home order was cooking. As you can see in the images, our individuals were so proud of their accomplishments and their cuisines. They were even excited by how delicious their food was! We cherish these moments with the individuals served by Life Steps and look forward to assisting them in reaching whatever goals they set for themselves.



LSF Northern California Adult Services: Celebrating Our Traditions Virtually

Saint Patrick's Day has always been a favorite celebration of our program participants in our Center. Despite our new normal, we had to continue our usual celebrations! Saint Patrick's Day activities were delivered to all our participants' homes so we could partake and celebrate virtually. We also requested for all participants to wear green apparel during our scheduled Zoom meeting. The participants engaged in Zumba, bingo games, and plenty of other fun activities. Since the start of the COVID-19 pandemic in 2020, we at Life Steps Northern California Adult Services have tried our best to keep all traditional celebrations alive for the benefit of our participants. We are anticipating the day we can all be back in the Center supporting our participants in person and enjoying each other's company once again.



LSF SoCal Adult Services: Two Cheers for Tablets!

Thirty-two Life Steps Seaside Learning Center (SLC) attendees received brand new tablets to continue to participate in our Day Program virtually. With these new tablets, our participant's Zoom experience was enhanced as they were able to see more of their fellow peers and the SLC staff. Each recipient had their favorite games and social media apps downloaded so they could enjoy their tablet to the fullest.

Dennis, one of the recipients, was thrilled to see everyone on Zoom. He says he likes to play bingo games. Friday is one of his favorite days, as this is when they paint. Dennis's favorite activity is to color with the staff. Other participants enjoy the virtual cooking lessons and any educational sessions. Participants also received kits that contained educational material relevant to the sessions. In addition, Life Steps delivered personal protective equipment to all participants' homes.



Seaside Learning Center Coordinator Robert Turner, Lead Staff Christian Garcia, along with Jessica King and Armida Flores, worked hard to distribute each tablet to everyone. Here at LSF SoCal Adult Services Seaside Learning Center, the individuals we serve are always our priority and we are delighted that we are able to enrich their virtual experience.

LSF Children and Family Services: A Personal Story Written By A Participant's Mother

This is my daughter's story and our story. Her name is Lola and she was born with a Congenital Heart Defect called Tetralogy of Fallot, Pulmonary Atresia & MAPCAs due to her DiGeorge Syndrome. The doctor informed us of the news at my 22 weeks of pregnancy ultrasound. I did not cry...at first. I remember holding my breath, feeling a crushing sensation in my chest and stomach...my husband placed his hand on my lap while the doctor told us in a very casual voice, "Don't worry this can be compatible with life." This did not make things better, but my hopefulness did kick in. I promised myself I was going to fight by my daughter's side no matter what lay ahead. That is what we did and will do every day for the rest of her life.



Fast forward a few months and Lola was born. She stayed in neonatal intensive care unit (NICU) for six weeks and during that period Lola had her first heart cath and open-heart surgery. A few months later, she had two more heart caths and a second open-heart surgery. To say the least, our first year of life together with her was tough with no family or friends close by that could give us a hand. This did not stop us; crying was not an option. During our last hospital stay, we were referred to and evaluated by the regional center and received two amazing therapists as a result. One of them was Cathy from Life Steps Foundation and the other was a physical therapist. This transition happened when Lola was eight months old, two months after her heart surgery.

As you can imagine being a Mom is hard, but being a mom to a heart challenged child is also an emotional roller coaster. Working with Cathy for two years and a half has made me a more capable mom. Watching Lola reach one developmental milestone at a time was priceless. Cathy taught Lola baby sign language so she could communicate her needs better, and taught us how messy play can lead up to fine motor skills needed later on for writing and cutting. She knew how and when to push us in the right direction, and most importantly she always listened. Having someone in your life that can support you and guide you while your child grows after unexpected events is life changing. It did not feel that way in the very beginning due to being overwhelmed; but now looking back, we learned that being given the knowledge and tools to help Lola and asking for help was better in the long-run.



Lola is five years old now and if you could see her, you would feel as proud as I am of her. At eight months-old, she could not make any sound or even babble, even holding her little body was a struggle. Today she speaks two languages, runs, sings, and writes her name. This does not mean she is done with therapy or needing help in the future, but that is what makes this program great. We learned to build from the ground up the bases our Lola needed in order to thrive now and be ready for the future.

Giving up is never an option.

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

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

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 (Site)
Millbrae, CA 94030
(650) 777-9182

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

700 Rose Avenue (Site)
San Gabriel, CA 91775
(626) 614-9345

830 Rosita Road (Site)
Pacifica, CA 94044
(650) 660-5404

In the face of the Coronavirus Disease (COVID-19) outbreak situation, many of the children and 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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