



# LIFE SERVICES ALTERNATIVES

*A recap of Fall at Life Services Alternatives*

## NEW RESIDENTS



Long-time friends Suzy and Mindy, who have shared their lives since they were 8 years old, are continuing their tradition by choosing to reside together in our welcoming Humboldt home! One of their fathers is 90 years old, and he faced concerns about his daughter's future at such an advanced age. We are immensely grateful that LSA was able to impact not just one individual but multiple lives positively!

## CITP

CITP has recently added a new volunteer site in October called the Animal Assisted Happiness. Here, participants spend their time gardening and farming. Robbie and Jack raked and swept different areas of the farm. Elijah and Mason filled the animal's water and food trays. Didi filled the animal's cages with straw and shavings. The other participants did similar activities. While helping the farm look its best is always rewarding, nothing brings more joy than ending the shift by visiting the animals.

When participants are not volunteering, they are learning essential life skills. Juanita, CITP Administrator, has put together a fantastic curriculum where participants are learning topics such as Money Management, Safety and Emergency, conversation skills, and health and

nutrition. We listen to what participants want to do and reflect those interests in these classes.

Juanita says, "It makes me proud to see our participants engaging with one another, along with learning and hearing them take these skills with them outside of day program time."

They even have cooking classes, and in celebration of Halloween, participants made Air Fryer Mummy Dogs. We might just have to join them for their next cooking class!

CITP offers vocational training and supports personal development. Interested in learning more about the program? Contact Juanita Cruz, CITP Administrator Phone (408) 896-6155 Email [jcruz@lsahomes.org](mailto:jcruz@lsahomes.org)



## LSA OUTINGS

This fall season has been filled with fun activities, spooky festivities, and many reasons to celebrate and give thanks. In September, residents, along with family and friends, participated in the LSA's Run Home event, where participants could walk, run, or stroll, ensuring an inclusive experience for all.

The Ramita men have been remarkably active, not only joining a baseball team but also becoming part of a Special Olympics bowling league. Mason, Matt, and Didi eagerly anticipate their upcoming tournaments.

Chris, Jenny, and Adam from Rivermark 1 and 2 made a trip to the happiest place on Earth, Disneyland! Disneyland is Jenny's favorite place and has been 4 times which made her the perfect tour guide for Chris who has never been before.

## #GIVINGTUESDAY

This #GivingTuesday is an opportunity to make a difference in the lives of adults with developmental disabilities. Data continues to show that the need for specialized housing for those in the I/DD community is ever-growing in Santa Clara county. This year, #GivingTuesday is on November 28th, and LSA looks forward to joining hands with you to make a difference for I/DD individuals and their families.

Contact Celia Moreton at [cmoreton@lsahomes.org](mailto:cmoreton@lsahomes.org) if your company is interested in matching your gift to make your contribution go further this year. Donate at <https://bit.ly/LSADONATE>



## VOLUNTEER SPOTLIGHT

Amidst the dazzling Halloween light displays this fall season, nothing shined brighter than our incredible volunteers. Our Run Home Race and Rebuilding Together Day at Cambrian were volunteer-studded events.

The smell of fresh paint and flowers filled the air as volunteers spent the day providing touch-ups to our Cambrian Home. The interior of our Cambrian Home looks brighter, and the yard a lot more colorful. Volunteers even set up the sun-ready pergola. In a home where residents like to play musical instruments and spend time outdoors, these touch-ups create a greater experience of exceptional living for our residents. Thank you to the incredible organization that is Rebuilding Together for connecting us with dedicated volunteers from Silicon Valley Mechanical.

Our Run Home Race drew in a large crowd that was energized and eager to support our mission. Volunteers Rohan, Onica, and \*insert mom's name\* helped the race run smoothly by assisting us at our registration table and snack bar. We extend our heartfelt gratitude to them. Their contributions were truly a driving force behind our race day's success.

For volunteering opportunities with LSA, please email our Director of Development, Celia Moreton at [cmoreton@lsahomes.org](mailto:cmoreton@lsahomes.org).

## EMPLOYEE SPOTLIGHT



Tonga has been making a difference in our resident's lives for five years. While we recognize her incredible work every day, we were thrilled for the community to applaud her at San Andreas Regional Center's 25th Annual Service Above Self Dinner. LSA residents and staff cheered as Tonga approached the stage and received the Residential Staff of the Year award.

"Tonga Chapman started working at the Cambrian home on November 26, 2019. Since the day she started working, she has shown so much compassion to the ladies living in the home. She is dedicated to treating everyone she cares for with dignity and respect. She's very loving, and it would be any mother's dream to have her be the person caring for their child. Tonga is a highly hard-working woman. She has dedicated countless hours to the Cambrian home during the COVID shutdown and to this day with the staff shortage. She never complains about being tired and completes her work with pride.

Tonga Chapman deserves this award and much more."

Naya Herrera, Home Administrator

Big congratulations to Tonga!

## FAMILY SPOTLIGHT



“Being part of a multi-home organization meant access to a plethora of resources: program directors, staff training for an already amazing staff, socials and events, central resources, administrators, house maintenance... It made so much sense! With a team of loving, competent staff and amazing role modeling from the top down, the expertise of LSA has given us the confidence that we needed to let Luc be an adult “on his own.” His growth has been nothing short of miraculous for us. You never think someone can take care of your child as well as you, but we have found our village on steroids is LSA.”

Read more about Luke’s story at this link [lsahomes.org/luke](https://lsahomes.org/luke)



## 2023 LSA RUN HOME

LSA’s 4th Annual Run Home Race took place on September 9th at Baylands Park in Sunnyvale. This year, we were fortunate to enjoy sunny weather, creating the perfect conditions for everyone to come together and walk, run, or roll. Each participant received a commemorative T-shirt and a gold medal as tokens of their accomplishment.

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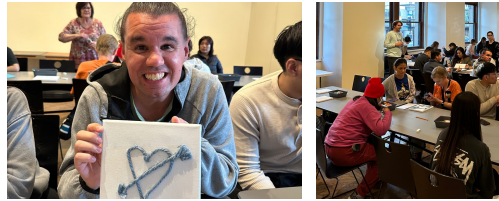
## A NOTE FROM DANA HOOPER



It is LSA’s goal to open one home a year, and I am thrilled to share that we purchased our 16th home, Spring Ave, in Morgan Hill. Renovations for this home are currently underway to ensure that residents have a welcoming and accessible home.

LSA started with parents who had a dream of establishing homes for their adult children with intellectual and developmental disabilities (IDD). In 2002, LSA embarked on its mission to establish quality homes and nurturing services so that adults with IDD could receive lifelong care in the community. Years later, it is with heartfelt joy we are celebrating LSA’s 21st anniversary.

Community members like you have made it possible for LSA to expand our homes, employees, and individuals we serve. This growth has made it possible for more families to connect with us and feel at peace knowing their loved one has found their forever homes in safe neighborhoods while receiving care from compassionate staff.



## ART OF INCLUSION

This autumn, LSA joined forces with the San Jose Museum of Art and San Jose State University for its annual "Art of Inclusion" initiative. A dozen LSA residents teamed up with twelve SJSU students to craft exquisite art pieces, which they proudly exhibited at the culminating art show on November 18th. This yearly event consistently demonstrates the power of art in uniting two communities. The LSA residents had an unforgettable time and have a magnificent project to remember it by.



## UPDATES AT SPRING AVE

Construction for our 16th home in Morgan Hill, Spring Ave., has officially begun. Soon, individuals will get to call this place their forever home.

Till then, there are many renovations underway to ensure our Spring Ave. home is comfortable and accessible for residents. At LSA, we want our homes to have spaces that build community and encourage residents’ personal growth, which we believe supports an enriching and enjoyable life. From physical alterations to interior design choices, LSA homes are crafted with care to create a welcoming and safe environment.

We can’t wait to show you our Spring Ave home at its completion in 2024!

Join us on our journey of creating forever homes for adults with developmental disabilities by following us on our socials, @LSAHOMES.





creating home  
changing lives

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