



Life Services Alternatives

LIFE SERVICES ALTERNATIVES

A recap of winter at Life Services Alternatives



COVID-19 UPDATE

ADMINISTERING COVID-19 VACCINES IN OUR HOMES

Despite our best efforts, we had an outbreak of COVID-19 during the Thanksgiving holiday weekend. Since then, there have been 5 homes where one or more residents and staff tested positive. In 6 other homes one or more staff tested positive. Our 3 remaining homes have been COVID free. Fortunately most had a mild case and have recovered without any lingering symptoms. To date, almost all residents, administrative and support staff have been vaccinated for COVID-19. When the outbreak first occurred at our Ramita home over Thanksgiving, there was a shortage of staff willing to work. Thanks to our heroes which included our Program Directors and a family member we were able to cover the shifts until we could solve the problem. We reached out to outside staffing agencies, put incentives in place and arranged hotel rooms for staff fearful of bringing the virus home to their families. This resulted in unbudgeted expenses from November through February. We are grateful to have received a PPE loan that was forgiven to cover these expenses. We are very fortunate and thankful that LSA residents and employees were able to receive the COVID-19 vaccine. We have seen a significant drop off in new COVID-19 positives and are hopeful that with everyone vaccinated we can return to a more normal life that includes time in the community and with friends and family.



HAPPY NEW YEAR!

LSA wishes you a Happy New Year! Cheers to 2021! Despite the hardships 2020 brought to the community and the world, our LSA residents and staff continued their lives with a smile, bringing joyful memories throughout the year and especially during the holiday season as 2020 came to a close.



LSA Wishes You A Happy New Year!

STANFORD NEURODIVERSITY IN MARCH (VIRTUAL EVENT)

We are excited that our Executive Director, Dana Hooper, will be a featured speaker at the Stanford Neurodiversity Meeting on Monday, March 15th at 4:00 PM. The Stanford Neurodiversity project serves to establish a culture that treasures the strengths of neurodiverse individuals, empowers neurodiverse individuals to build their identity and enhance their long-term skills of daily living throughout the lifespan, and maximizes the potential of neurodiversity. Register for the virtual event at: bit.ly/LSASUN2021

HEALTH TRUST GRANT WITH JUSTIN



With a \$60,200 grant from the Health Trust, Life Services Alternatives has developed a food curriculum that prioritizes nutritious meal choices for breakfast, lunch, dinner, dessert, and snacks. The goal of this curriculum is to develop an approach to nutrition as a whole that is tailored for developmentally disabled seniors. This nutrition curriculum will focus on high-quality, nutrient-dense meal options that consider allergens and sensitivities, while at the same time allowing room for choice. All meals will be able to be made in a standard kitchen and will not require large increments of time or special refrigeration. Focusing on the idea of Person-Centered Planning, this curriculum will feature recommendations for alternatives that still fulfill resident's dietary needs that run parallel in terms of both macronutrients and micronutrients. These recipes will be straightforward, as the written directions on each page will empower residents to learn how to prepare the meals themselves. Each meal will have instructions on how to make it with the available resources. Some will be accompanied by an added activity to make the preparation and experience fun and easier to remember. The first portion of this curriculum will focus on important information on nutrition as a whole.

This information will be geared towards seniors, and it will take into account that dietary needs change with age. The remaining content will consist of example meals that will be accompanied by one or more alternatives, it is essential that these alternatives still offer the same benefits as the ones being replaced.

Data will be collected to find out how these healthy changes have made a difference in our senior residents lives. Some of our residents are over or underweight, some are affected by diabetes, high or low blood pressure and other health issues. We are tracking how healthy eating makes a difference in their overall health. Families and residents were included to give input on what items they would like to see on the menu. Residents will produce books that can visually help them identify the foods that are delicious, nutritious and they enjoy eating. Justin Williams, our nutritionist for this project, has also developed a series of YouTube videos on healthy eating and nutrition that can be used by anyone who wants to learn about healthier eating. Subscribe to our LSA Youtube channel and stay tuned for the series to go live at: bit.ly/LSAYoutube

OFFICE MOVE



We moved! In all that has happened in 2020, we are happy to start 2021 in our new office building that is better suited for our growing organization. We are excited to announce we have moved to our new office location in Downtown Campbell. Come visit us when shelter-in-place is over!

CITP UPDATE

During this pandemic year, the CITP program has been challenged with moving online and limiting personal contact. Participants of CITP have stayed actively engaged over zoom. Abigail Diaz, program director of CITP, continues to do a phenomenal job at keeping everyone excited and busy with all activities. CITP provides and delivers all the materials needed to create projects, activities, table top games, art projects, exercise, cooking and theme sessions. Recently, clients have been doing fun projects such as drawing their 2021 goals, making Valentine's day cards and crafts, painting pictures, and making calendars. They have also been learning how to cook delicious food such as pizza and bruschetta. They also enjoy interacting with staff and peers on weekly lunch social zoom gatherings. As much as they miss the in person interaction, we also provide monthly COVID-19 training talking about the protocols to staying healthy and engaging the clients to the discussion. As we are all approaching the light at the end of the tunnel with the pandemic, we cannot wait til we are able to gather in person for CITP in the future!



RESOURCE FAIR

LSA will be an event sponsor at Parents Helping Parents' Special Needs Resource Fair on Saturday, March 20th from 9:30am-12:30pm! Find professionals and organizations that can help your family with assessments, education options, school support, therapies, employment, day programs, housing, public services legal/financial professionals, medical/dental professionals, and more! Gather critical information for your child from the comfort of your own home. This virtual event is completely free to families. We look forward to seeing you there! Register now at www.lсахomes.org/event/snrf-2021/



ANNUAL REPORT 2020

2020 was certainly a year with ups and downs and uncertainties. However, we couldn't have done it without you. Your donations and contributions have helped us keep our residents and communities safe throughout this year and grow LSA's organization. Stay tuned for our 2020 Annual Report.



LSA'S SPECIAL HEROES

The challenges COVID-19 brought in 2020 were lessened by the positivity and smiles LSA staff and residents brought to their homes.

While all of our staff have been essential to making sure that our residents were safe during the COVID outbreak, we would like to highlight some of our special heroes during this pandemic. We want to acknowledge the Cambrian and Tamarack staff that worked double shifts while staying at motels to keep their own families safe. These amazing, hardworking staff sacrificed time being with their own families during the holidays to support the women in these homes. Additionally, Scott, RN consultant, and Felicia, one of our HAs, did COVID testing of staff and residents in many of our homes in conjunction with the Public Health Department. The two of them put on their protective gear and administered over 150 tests quickly and efficiently. Likewise, Paula Kane and Abigail Diaz showed extraordinary commitment and stepped out of their administrative roles into the role of Direct Support Professionals (DSP) covering many shifts, in many homes. I can't go without acknowledging the many staff that worked more days and more hours while others couldn't come to work. Marvin, Ansumana, Sisay, Maryjean, Arlene, Jovencio, Chris, Gerard, and many more. All of our staff are remarkable. We have a dedicated team!





creating home
changing lives

260 W Hamilton Ave
Campbell, CA 95008

FEBRUARY 2020 • WINTER

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THANK YOU TO OUR DONORS OVER THE PAST 90 DAYS:

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1200 | Twelve Hundred Club

LSA Invites You to Become a Monthly Donor

You can make a difference all year long when you make a monthly gift to LSA. It's easy, efficient and makes a difference.

\$15 a month = \$180 provides gas and food for a fun outing for 5 residents

\$25 a month = \$300 offers a month of music therapy for a home

\$50 a month = \$600 covers the cost of electronic equipment for skill building

Or join our 1200 Club at \$100 a month to help fund our next home.

Sign up at: <https://www.lsahomes.org/1200club/>
Or call Celia at 408-728-9627 for further information.

Join LSA in Creating Homes, Changing Lives