

Living Longer and Planning for the Future!

"We're all living longer, and that includes the people served by Tierra del Sol," states Julie Snyder, one of Tierra's gifted life-planning specialists who has helped families address this issue. "The shift from institutional care to community living, along with improved nutrition and healthcare has increased the life expectancy of our clients by 20-30 years. Without a doubt, it has given each person the opportunity to contribute much more to society. Conversely, it has extended the need for additional life-long care. We are witnessing a unique set of challenges that arise from this extended life expectancy."

For the parent or family member of someone with a developmental disability, the role of caregiver often lasts a lifetime. Yet, how does a parent/family member cope as he or she is also aging? What happens if their child ages more rapidly because of their specific diagnosis? What will happen to their loved one when they can no longer live at home or if the family caregiver passes away suddenly?

These questions and others were the topics of discussion at Tierra's July 9th Distinguished Speakers Series, "Signs of Aging - Planning For the Future." The panel members included: Susan Howland, Director of The Alzheimer's Association; Sharon Miller, longtime caregiver and community advocate; Stuart Zimring, an attorney who specializes in Elder Law and Special Needs Trust Planning; and Julie Snyder, a member of the National Task Group on Aging & Dementia, who has supported clients and their families at Tierra for more than 24 years.

While each presentation varied on advice, statistics, and personal stories related to this delicate and often difficult topic, the

underlying message throughout the seminar was universal – "HAVE A PLAN."

"As our clients and their family members live longer, we at Tierra are stressing the importance of creating a plan," tells Julie. "We've seen the results of parents becoming ill or passing unexpectedly without a plan in place, so we suggest and support families in developing a plan now, instead of waiting. Through

a Letter of Intent, a detailed series of questions are answered that can prove invaluable in communicating the family's future hopes and wishes for their loved one. It includes a clear description of the person's preferences, needs, traits, type of living environments he/she could thrive in, relationships with family and friends, and level of independence in activities of daily life."

"At Tierra, we have a saying, 'Nothing about me, without me.' Our clients must have a voice in the transition," states CEO Rebecca Lienhard. "If we all work together, we can turn a potentially difficult process into one with a positive outcome. We want to be here for the families we serve, but we need them to take the first step."

Continued on page 2



Julie Snyder (center) worked with Dick & Elaine Bartus, to establish a plan for their daughter Laura, a Tierra client for 32 years. Dick is also the founder of Tierra's Legacy of Love Program. Details on page 4.

Message From Rebecca Lienhard, CEO



The Special Olympics was the vision of one woman, Eunice Kennedy Shriver, whose lifelong perseverance resulted in this year's World Games, reflecting the diversity of 6,500 athletes from 165 countries. In this issue of our newsletter, we will be celebrating the same determination of those early athletes. We celebrate 44 years of empowerment in the stories of our early pioneers who are now aging, our own Tierra del Sol Olympic champion, the art exhibitions at both Olympic festivals, and those who have dedicated their lives to the service of others.

Continued on page 2

"You are the stars and the world is watching you.
By your presence you send a message to
every village, every city, every nation.
A message of hope.
A message of victory.
The right to play on any field?
You have earned it.
The right to study in any school?
You have earned it.
The right to be anyone's neighbor?
You have earned it."

-Eunice Kennedy Shriver – 1987 World Games

Planning for the Future from page 1

Longtime Tierra Family members, and sisters, Mary Rowan and Carmel Karp, share what happened with their brother, John Fizzolio, after their mother suddenly passed.



Mary, John and Carmel

"I can't stress enough how important it is for a parent to plan for the future of their child who is disabled," tells Mary. "Our situation was an emergency, and John was literally taken from the only home he knew all his life when my mother passed away. It would have been much better, emotionally, if he had been transitioned into a supported living environment. John's first emergency placement was not ideal for his personality, and he was obviously suffering. We were extremely fortunate that Julie was able to step in and help. I know that my mom was trying to do the right thing by

keeping John with her, but it was he who suffered the most when her health began to decline."

Carmel, her sister, recalls, "Julie Snyder and the staff at Tierra del Sol were instrumental in helping us find the right placement for our brother, John, who attended Tierra for over 20 years. Our Mother was John's sole caregiver, and her sudden death left us without adequate arrangements for John. Julie and the staff at Tierra, along with his social worker, Helen Sheneman, knew John and our mother so well that they were able help us quickly place John in a nurturing environment. Tierra del Sol helped our family through a very difficult time. Our brother is now happy and thriving."



Sally Ricord, pictured with her daughter, Teresa, was an active and dedicated Tierra family member for 32 years. Her devotion as Teresa's caregiver was a 62-year labor of love. Ray, Lou & Richie Ricord, Teresa's brothers, found Tierra's help with their sister invaluable after their mother passed away earlier this year.

CEO Message from page 1

Sam, Clare, Cindy, Renee, Lynden, David... these are just a few of the early pioneers who carved the way for employment for all here at Tierra del Sol. Now they are either facing or have faced the toughest battle yet – aging with bravery, grace and purpose. Once again, they are showing us the way through their stories, their families, and their impact on the lives of those around them. Privileged to host the second Distinguished Speakers series event on July 9th, we learned what an impact this journey could have on each person we serve.

With hearts of servitude, the four volunteers of Burns Manor support the mission of Volunteers of America through assisting its seniors with active and independent living. Each week, Tierra volunteers assist with Bingo, reading the newspaper, setting up for special events and all the while, engaging in lifelong friendships. Meet one of our special Burns Manor volunteers on page 7.

With the joy of the World Games still in the air, we find ourselves deeply ingrained in the mantra of the event.

*Let me win,
But if I cannot win,
Let me be brave
In the attempt.*

Thank you for all that you do.



Suggested resources to begin the planning process:

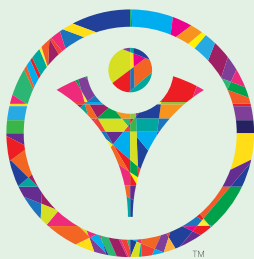
Julie Snyder
jsnyder@tierradelsol.org

David Geffen School of Medicine at UCLA
Dr. Linda Nelson

The Law Offices of Stuart Zimring
<http://www.elderlawla.com>

Susan Howland, Alzheimer's Association, So CA Chapter
<http://www.alz.org/socal/>

National Task Group on Intellectual Disabilities & Dementia
<http://aadmd.org/ntg>



Special Olympics WORLD GAMES LOS ANGELES 2015

From being honored at the Torch Relay ceremony at Hansen Dam by Councilman Felipe Fuentes to ten days of competition, art exhibitions, workshops and festivals, Tierra del Sol was proud to take part in the Special Olympics World Games, July 28 – August 2. It was a remarkable time of diversity, inclusion, awareness and teamwork. "Sharing the joy, spirit and accomplishments of what people with disabilities can do, is what we experience everyday at Tierra," states CEO Rebecca Lienhard. "How wonderful it was to share that with the world."



The Flame of Hope



Athletes from Morocco celebrate!



Valiant Volunteers



*Tierra Director of Fine Arts, Rebecca Hamm,
CA Lieutenant Governor, Gavin Newsom,
Tierra CEO, Rebecca Lienhard*



Thank you SOWG President, Patrick McClenahan!

SPECIAL OLYMPICS WORLD GAMES ART EXHIBITIONS

10 DAYS | 2 FESTIVALS | 7 WORKSHOPS



15 Pieces of Art
Sold



100 Workshop Attendees
Daily



40 Los Angeles Artists
Represented



7 days of Competition

1 Tierra del Sol Olympian

4 Olympic Medals and 1 Ribbon

Inclusion and Acceptance

Infinite



300 Staffing Hours



2 ART EXHIBITIONS
USC & UCLA

2014-15 annual GIVING

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2014-15 Giving Levels

Visionary	\$50,000 and above	Benefactor	\$2,500 – \$4,999
Innovator	\$25,000 – \$49,999	Patron	\$1,500 – \$2,499
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* 2014/15 Circle of Inclusion

A Legacy of Love

With one out of six children being born with developmental disabilities everyday, it's more important than ever that Tierra is there for future generations. The following families share their thoughts on why making a commitment of a planned gift to Tierra today, enables them to leave behind a legacy that will help others continue to lead a life with value and meaning.

"Tierra's staff has given my daughter Kathy love, training and guidance for almost 40 years. She has had a good life, and Tierra has been a big part of that. In many ways, Tierra does as much for the families as it does for the clients. There is really no way to repay that. But, by making a planned gift, I know that I'm doing what I can to ensure that others will be able to continue receiving the same happiness that Tierra has given my daughter and me for so many years."

– June Stanton

"When Robert, our son, entered Tierra's NEXT Generation, we knew it was time for our prayers. We were grateful that such an organization existed. Like so many others, that Tierra helps. We had planned to do it for a long time; but, when we finally did, we knew that it was the right thing to do. We'd be able to give back and help Robert."

"Our daughter Laura has developed and benefited from Tierra for many years and we are so grateful. I have a great relationship with Tierra. Trust. Laura's portion will go to the organization."

of Tierra del Sol. Your exceptional generosity is a true reflection
rtunities for all individuals with developmental disabilities.

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Laborers
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US program two years ago, it was an answer to
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– **Shirley & Tom Mahan**

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ons that have cared for her."
– **Dick & Elaine Bartus**

PATRON

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Kevin Schaffels *
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Christina Anthony &
Ted Shatz *
Suzanne Bangert *
Best Best & Krieger LLP
Thyra & Karl Boeckmann
Boeckmann Charitable
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Broadview Mortgage
Company *
Althea & Bud Brown
Kris Brown & Family *
Merrilyn & James Brown *
Maureen & Bob Bruncati *
Kelly Bruno *
California Community
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Sarah & Alfred Doering *
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Cathy & Jim Galarneau *
Sam Glendon *
Gunita Workers Local Union
#345 *
Kiwanis Club of Northridge *
Knights of Columbus #4438 *
Laborers' International Union
of NA,
Local #1309
Laborers' Local #783 *
Mary & Dan Lamb
The Littman Family *
Shirley & Thomas Mahan *
Jeffrey Maichen *
Raquel & Eric McClenahan *
Sally & Thomas Meersman *
Joanne & Dale Metcalf *
Patricia & Kevin Moore *
Newman, Aaronson &
Vanaman

Lisa & Craig Reed
Ride for Autism *
Warren Riggan *
Anne Marie Rosenstein *
Parents of Megan Ross
Megan & Peter Shakow *
Patricia & Michael Smith *
Patricia & Steven Smith *
Carol & David Spear
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Mollie & David Stone *
Shirley Sydow *
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IN-KIND CONTRIBUTORS

The Daily News

Madelene & Pat Modugno

LEGACY OF LOVE

The Bartus Family
The Bryan Family
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Rosalea Garcia

Estate of Patrick Harris
Estate of Lois Hansen
Estate of Mary Ellen Hughes
Shirley & Thomas Mahan

Jennifer & Alan Moses
The Long Trust
June Stanton

"Everyday our special angels live in a world that can often be unkind. But, at Tierra del Sol, they are treated with love and respect, in a caring environment, where they're encouraged to be the best they can be. There are not a lot of options for our children. By including Tierra del Sol in our will, it's our way of saying thank you and helping them keep their doors open for years to come."

– **Jennifer & Alan Moses**

For more information on ways to support Tierra del Sol through a planned gift,
contact Cathy Galarneau, Chief Development Officer, cgalarneau@tierradelcsol.org.

Welcome Jan Maseda, Tierra's New Board Chair!

As Tierra del Sol began a new fiscal year on July 1st, Jan Maseda took the helm as Chair of the Board of Directors. The mother of a daughter with special needs, Jan came to Tierra over a decade ago. "I learned about Tierra through my work with the Special Olympics," tells Jan, who was the Director of Tri-Valley Special Olympics for eight years. "I actually visited 22 programs before deciding Tierra was the right one for Theresa, and we've been here ever since."

"Tierra has a customized approach for their clients," shares Jan. "It wasn't one size fits all, and any parent who has a special needs child, knows that treating an individual's specific needs, as well as flexibility are important. Theresa has had her challenges and went through two different programs before finding one that was a good fit. She loves it here, and so do we."

Since both Jan and husband, Stephen, joined Tierra's Board six years ago, the two have contributed a great deal of time and resources, that have influenced the organization's success. When not at her day job as Chief Executive Officer and President of Lutheran Social Services of Southern California, Jan also Chairs Tierra's Resource Committee and Annual Fall Festival. Steve, a career attorney who spent many years helping underserved families with developmentally disabled children find services, has been an active member of Tierra's Risk Management and Finance Committees.

With a solid history as a strong civic and community leader, and active volunteer, Jan brings a great deal of expertise, enthusiasm and passion to her new position. "I encourage all parents and families to get involved at Tierra. It's not only rewarding, it's needed, not only for Tierra, but for us, our children and future generations. I am extremely focused on continuing to build a strong parent & family support group. We need a committed group of parents who want to take an active role in advocacy, fundraising and collaboration. I welcome anyone who is interested in getting involved to call me at 818-288-7054."

"I don't know where I would be without Tierra del Sol, and I know there are others who feel the same. "

Congratulations, Jan! We look forward to your leadership.



Van Laningham & Littman, Build Awareness for Tierra

New Tierra Board members, Bill Van Laningham, Marketing Director of The Los Angeles News Group, and Marc Littman, Deputy Executive of Public Relations for Metro, share long and accomplished careers as journalism, marketing and community relation professionals, as well as a passion for helping individuals with developmental disabilities; . . . yet, their path to Tierra began from very different places.

Q:	How did you first learn of Tierra del Sol?	Why do you feel that Tierra has been effective in breaking down the barriers to employment for people with disabilities?	As a member of the Board, how do you feel that you can best further Tierra's mission?	What do you think is Tierra's biggest challenge?
Bill:	 <p>I was introduced to Tierra over 20 years ago by Bud Brown. He has been a champion of Tierra as long as I have known him and has been instrumental in much of the success Tierra enjoys. Bud took me on a tour of the facility and made it a point to personally take every Daily News Publisher on a tour, as well. Bud is a very smart man and knew that once someone had the opportunity to visit Tierra, they would be hooked for life. It certainly worked for me, and for each of the Publishers I have worked for.</p>	<p>Integration into the community has been a key factor. The Daily News has had an employment partnership with Tierra del Sol for nearly 15 years. And, we love our Tierra employees. They are an absolute joy to work with and have in our offices. Over the years, Linda, Renee and Marcella have proven to be model employees, performing worthwhile duties, with maximum enthusiasm. They have always had a strong desire to work, show up on time and put in a solid day of work. We couldn't be happier, and our Tierra employees certainly brighten the day of everyone they come in contact with.</p>	<p>In my role at Los Angeles News Group, I have the opportunity to make more people aware of the intellectually disabled, and the fine work Tierra del Sol does to educate its clients and prepare them to become productive and self-sufficient. Everything Tierra does is for the betterment of their clients, to provide them encouragement and ultimately, confidence and self-esteem. I find myself in a position to bring more awareness to Tierra and its programs.</p>	<p>Funding. And, the need to drive contributions through private and corporate donations.</p>
Marc:	 <p>As the father of a child with Autism, we learned of Tierra several years ago, when our son, William, entered the NEXUS Program. The college to career program gave Tierra an edge that other organizations didn't have. I knew that Tierra was the type of organization that shared the same passion I did for raising awareness and understanding of people with special needs.</p>	<p>Tierra not only matches individual's skills with prospective employers, they also provide on-site coaching. Whether the clients are at work, volunteering, or at school, the staff are there to assist them in navigating whatever challenges they face. Tierra helps them get their foot in the door, and also invests a great deal of time and expertise to help each client reach their goals and continue to be successful.</p>	<p>My work as a journalist and with the United Way and state government relations has given me skills I can use to promote Tierra del Sol and raise awareness and support for the vital work it does.</p>	<p>The sad reality is that State funding to support people with developmental disabilities has not only failed to keep pace with inflation and the expanding needs of our population, but the State has practically dropped out of the race. Scarce dollars for Tierra to sustain, let alone expand its programs, also affect staff turnover, which is disruptive to clients. If each and every parent and family member gives back, we can combat this issue on some level.</p>

Burns Manor *Where volunteering results in lasting friendships*

Over the years, Tierra del Sol has been fortunate to have formed valued long-term partnerships throughout the community. One of those partnerships is a special volunteer site known as Burns Manor. This 82-unit housing community is home to 125 seniors; and it is here, that friendships are made and lives are brightened, thanks to the volunteer efforts of Tierra del Sol seniors.

Recalling the eight-year partnership with Tierra, Lilit Tserunyan, Service Coordinator for Burns Manor, says, "We just love Tierra. I simply can't tell you how much joy the Tierra team brings to the people who live here at Burns Manor. BINGO, exercise classes, music or even when they just come to spend time with our residents, everyone just loves them."

Echoing Lilit's sentiments, Betty Balsamo, a resident of Burns Manor for the past six years tells, "when they come to visit, it really makes our day." Having just turned 89, Betty has celebrated her last four birthdays at Tierra's Sunland Campus with the clients who volunteer at Burns Manor. "I enjoy spending time with people I care about and the people from Tierra are like part of my family. We have become good friends and truly enjoy each other's company," adds Betty. "More people should include them in their lives. They have lifted us up, and we all look forward to our time with these wonderful individuals."

One of Tierra's more active volunteers is Sam Davis, pictured below during his early years at Tierra. After twenty years of working in the community, Sam recently retired to Tierra's Seniors' Program, but is busier than ever volunteering at Burns Manor, The Sunland Senior Center and Meals on Wheels.

*Growing older does not mean slowing down, at least not at Tierra!
Thank you for your years of service, Sam!*



On the move at Tierra!

With more than 40 Tierra adults taking better control of their personal well being, the Sunland campus pool, basketball court, track and other healthy lifestyle resources have been in high demand these past few months.

Thanks to a grant from Kaiser Permanente Panorama City, Tierra created a healthy lifestyle curriculum that allows participants to set their own goals, adopt healthy lifestyle activities and track their progress with the support from Tierra's on-site nurse.

Coach Sarah Medina found that the program not only improved the habits of its participants, but also changed the way clients think about reaching their health goals. "When it comes to health and exercise, my clients are much more motivated. We're putting a greater focus on sports, and adding workout classes to our existing schedule."

Sunland Client Services Director, Teresa Rathsam, shares, "This program has made a huge difference. The people who took part continue to work on a living a healthier lifestyle, and our coaches have found new ways to encourage healthy eating and activities."

With increased strength and stamina, people in Tierra's Sunland programs can become more involved in their community and continue to pursue their employment and life goals.

Thank you, Kaiser Permanente!

Changing Challenges to
Opportunities!



9919 Sunland Boulevard, Sunland, California 91040

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SAVE THE DATE!



Saturday, October 17th

10:00 am – 3:00 pm

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BBQ Lunch • Entertainment & Music on Two Stages
Beer & Wine • Pumpkin Patch • Arts & Ceramics
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Fun Zone with Games and Activities for ALL Ages!

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Kids 12 and Under FREE

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ision Statement: A strong and vibrant community is one in which all of its members contribute their strengths and assets to the common good. Tierra's role in our community is to empower people with disabilities to fulfill their potential and desire to become productive citizens who are accepted and valued for the contributions they make to the economic, civic, and cultural vitality of the community. We are actively working toward the day when people with any type of disability are fully accepted in our community – as neighbors, co-workers, and contributors to our society.

Mark Your Calendar!

September 5 - November 13

First Street Gallery's 25th Annual Tile
Show featuring: Jackie Marsh
First Street Gallery Art Center -
Claremont

September 5 - September 25

Joe Zaldivar: Street View Landmarks
Claremont Community Foundation

Thursday, September 10

5:30 pm - 7:00 pm
NEXUS Certificate Ceremony
Sunland Campus

Month of October

National Disabilities Awareness Month

Saturday, October 17

10:00 am - 3:00 pm
13th Annual Fall Festival
Sunland Campus

Tuesday, November 10

12:00 - 1:30 pm
Sunland Celebration & Holiday Boutique
Sunland Campus

Saturday, December 5

6:00 - 8:00 pm
First Street Gallery Annual Holiday Show
featuring: Daniel Padilla
First Street Gallery Art Center - Claremont

All offices and campuses will be closed December 25, 2015 - January 1, 2016.
Normal business hours will resume January 4, 2016.