



2016 Summer Newsletter



*The
Purpose of
life is a life
purpose.*

- Robert Byrne

As many of you may know, I was in a terrible auto accident on January 5th of this year, as I was driving to work the day before the Annual In-Service. It was the first big rain of the season; it actually was pouring rain. The 241 toll road was slick with oil, and there was a lot of standing water, that I could not see. I was about 1 mile from work while I was rehearsing my speech for the event out loud, when my vehicle hydroplaned across the road sideways at about 60 miles per hour. I took my foot off the gas pedal, and didn't break so I wouldn't spin out of control. However, I was headed towards a guardrail, so I eventually braked and spun out and rolled my SUV 4 times. I thought life was over. I closed my eyes.

After the rolling stopped everything seemed white, and I was hanging by my seatbelt sideways, and couldn't see anything-- the windows were all shattered. Was I dead? Within 5 minutes, I heard a voice, are you ok? Can you hear me? I said yes? He said to me, I just got off duty I am a firefighter, medic and just got off shift 5 minutes ago. I am here to help you. I thought... I guess I am not dead. I was in complete shock and body pumping with adrenaline. He rescued me out and I was taken to the trauma center with injuries (lacerated spleen, broken ribs and fracture vertebrae) and I am recovering and now back to work full time. It was a very scary situation that has caused me to reflect on life and how to I should live it... to live it boldly, and without regrets. I am so thankful for the opportunities that I have had in my life and working with all of you through this role at Change a Life Foundation. I am always impressed with the work, the passion that each of you show towards, your clients, your consumers, your patients and your colleagues. I thought I would share with you a wonderful poem that I hope you all read and take in. Really absorb it. You don't have to roll your car like I did, to have your life impacted.... I hope the poem impacts you. May your summer be safe and life changing!!!

The Dash

*I read of a man who stood to speak at the funeral of a friend.
He referred to the dates of her tombstone from the beginning...to the end.
He noted that first came the date of her birth
and spoke of the following date with tears,
But said what mattered most of all was the dash between the years.
For that dash represents all the time that she spent alive on earth,
and now those who loved her.
Know what that little line is worth.
For it matters not how much we own, the cars...the house...the cash.
What matters most is how we live and love
and how we spend our dash.
So think about this long and hard; are there things you'd like to change?
For you never know how much time is left that can still be rearranged.
If we could just slow down enough to consider what's true and real and always try to
understand the way other people feel.
And be less quick to anger and show appreciation more
and love the people in our lives...
like we've never loved before.
It we treat each other with respect and more often wear a smile...
remembering that this special dash might only last a little while.
So when your eulogy is being read, with your life's actions to rehash,
would you be proud of the things they say about how you spent your dash?*

- Linda Ellis



Grantee Spotlight Douglas

A grant was submitted by LifeSTEPS for their Client, Douglas who was an active senior in his housing community, but started to withdraw from social

activities over the past year. He was diagnosed with hearing loss and expressed frustration over the situation. He would constantly ask people to repeat themselves and could not hear his son on the telephone.

Change a Life Foundation provided a grant for Douglas' new hearing aids. He told his social worker, "I am a new man!" Douglas enjoys going to sporting activities and being outdoors again. He attends every meeting, educational opportunity, and social activity at his housing community and spends more time laughing with others. Douglas is enjoying life and engaging in more

2016 SCHOLARSHIP LUNCHEON & CELEBRATION



Change a Life Foundation selected 48 distinct students to receive a \$5,000 college scholarship for Fall 2016 tuition.

These scholars were recognized for their hard work, determination, and persistence on Saturday, May 14 at the 2016 Scholarship Luncheon & Celebration event held at the Island Hotel in Newport Beach.

What a special day it was to honor such wonderful young adults!

[Click Here](#) to view the photos from the event!

Nonprofit Partner Spotlight



OF SAN FRANCISCO, THE PENINSULA,
MARIN AND SONOMA COUNTIES

Change a Life Foundation has had a productive and impactful partnership with Jewish Family and Children's Service of San Francisco, Marin, and Sonoma Counties (JFCS) since 2009. They have been awarded over \$175,000 in life changing grants to 47 individuals and received \$30,000 Organizational Grants which have impacted over 150 individuals. We value the persistence, cooperation, and quality of grant submissions from JFCS.

JFCS helps people work through the problems in their lives-whether it's a major life transition, or just some support to get through the day. Founded in 1850,

JFCS is one of the largest human service agencies in the U.S. and serves thousands of people throughout the Bay Area each year. With more than 40 programs-including home care for seniors, therapy for children, youth volunteer programs, and services for people with disabilities-JFCS has earned a reputation for offering the highest quality compassionate care. JFCS is guided by the Jewish values of advancing human dignity for everyone, community responsibility, inter-generational ties, and repairing the world.

We value our partnership with JFCS and look forward to changing more lives together! Learn more at www.jfcs.org

