



Dear Friends,

As we welcome the freshness of spring, we are excited to share all about the accomplishments of our community over the past winter!

## **LAS TRAMPAS IS FEATURED IN THE *EAST BAY TIMES***

We are thrilled to share that our state-of-the-art facility, which opened in 2022, is featured in the *East Bay Times*! The article highlights how this incredible space is helping individuals with intellectual and developmental disabilities (IDD) reach their fullest potential. We are proud to see our mission recognized and to continue making a meaningful impact in our community. Read the full article [here](#)!



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## **EMPOWERING VOICES THROUGH VOTING**

Our day program proudly supported a nonpartisan voter registration drive to help participants engage in the voting process ahead of the November elections! The initiative focused on providing accessible information about voting, local candidates, and ballot measures. Over 15 participants attended the informational meetings, and 10

chose to register to vote. On Election Day, a group of participants made the journey to the Registrar of Voters office in Martinez, where they cast their votes in person and dropped off their ballots—demonstrating the power of civic participation!



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## GIVING BACK TO OUR COMMUNITY

A group of our participants volunteered at White Pony Express in Concord, a nonprofit organization dedicated to fighting poverty and hunger by redistributing food and clothing to those in need across Contra Costa County. During this event, our volunteers rolled up their sleeves to sort donated items and prepare them for distribution. This hands-on experience not only supported an important local mission, but also gave our participants a meaningful opportunity to give back and be active contributors in their community!



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## HEALTH AND WELLNESS IN ACTION!

At Las Trampas, we are committed



to empowering our participations with intellectual and developmental disabilities (IDD) to live healthy, fulfilling lives – and that includes staying active in the community! Our participants love visiting local gyms, where they demonstrate their dedication to wellness while promoting inclusion in shared spaces. Thank you to our community gym partners for fostering welcoming environments that celebrate every individual's journey toward healthy living!

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## CELEBRATING THE CHINESE NEW YEAR

In celebration of Chinese New Year, participants in our Life Skills program took part in a hands-on cooking experience in our new teaching kitchen by making homemade pot stickers! The activity began with instructional videos on preparing the dish, followed by a collaborative effort to create a recipe and budget for ingredients. With guidance from staff, participants mixed, shaped, and cooked their pot stickers from scratch. Alongside the culinary fun, they also explored the rich traditions and cultural significance of the Chinese New Year through a series of engaging educational videos!



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## A DISNEYLAND ADVENTURE

Two residents from Sheila House, one of our residential homes, recently experienced the magic of Disneyland! This unforgettable trip marked a milestone for both participants, who had never had the opportunity to visit before. From meeting beloved characters to enjoying the rides and attractions, the adventure was filled with joy, wonder, and cherished memories. Moments like these highlight the importance of creating inclusive, life-enriching experiences for the people we support!



We are delighted to reflect on a winter full of growth and connection! We are immensely grateful to our donors, volunteers, and staff for their continued support. You all make it possible for our friends and neighbors with intellectual and developmental disabilities (IDD) to reach new heights and embrace the opportunities ahead. Together, we are shaping a community where everyone can thrive!

With gratitude,



Daniel L. Hogue  
Executive Director

Donate  
Now!

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**Please reach out to Dan if you have any questions:**

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