

Rising to the Challenge

Saving the Day



HELPING PEOPLE WITH DISABILITIES PURSUE GREATER CONTROL OVER THEIR FUTURES

My Life Foundation, Inc. is a 501c3 non-profit agency committed to providing innovative services for people with disabilities

MAIN OFFICE

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My Life Foundation

Collaborates with clients to assist them in building full and meaningful lives. Drawing on years of experience, My Life Foundation understands the importance of shaping relationships that reflect client needs, preferences, and aspirations. We help define and meet those goals by delivering the right resources to our clients in the way that is most appropriate for how and what each individual wants to achieve.

Our Mission

To provide services that give our clients a greater quality of life: a life that is based on respect, dignity, and compassion. To help make this happen, we depend on your support and the donations we receive.

My Life Foundation is a supportive living agency provided through Westside Regional Center and North Los Angeles County Regional Center. My Life Foundation works with these regional centers in acquiring referrals for new clients.



Our History



David and his twin brother Doug with their beautiful mother Kathleen.

David Bunker's motivation to support people with disabilities comes from his twin brother, Doug, who developed a brain tumor when he was just two years old—causing severe physical and intellectual disabilities.

DOUG'S PARENTS WANTED TO RAISE HIM AT HOME, with his brother—to provide him the best quality of life possible—even if doing so would dramatically change their lives. Regional law and state support didn't exist until Doug was nearly 11 years old.

DAVID'S PARENTS DEVELOPED DOUG'S EDUCATION curriculum and built the equipment he needed to thrive. He was included in camping and boat trips, amusement parks, dirt bike rides, tandem bicycle rides—every family activity! Sharing everything with Doug gave the family the opportunity to know him and watch him and David grow up together.

FOR ALMOST 18 YEARS THE BROTHERS SHARED a bedroom—until David went to college. They laughed, played, cried—all the things siblings and families do together. The whole family felt more enriched for having Doug in their lives.

FOR OVER 11 YEARS DAVID WORKED WITH CURRENT SLS providers. He also consulted with those who needed to create their own SLS programs and businesses. He saw firsthand there was a deep demand for additional effective services and desperately wanted to contribute in a more meaningful way.

David learned from his parents almost anything is possible given creative thinking and hard work: building his life around services that support individuals with special needs.

INSPIRED BY LOVE FOR HIS BROTHER, HE TOOK a leap of faith and took out a loan against his condo and retirement savings to launch My Life Foundation, Inc. (MLF) on August 13, 2004, as a nonprofit agency and started to build a Board of Directors. He forged ahead making partnerships in the community—allowing him to make MLF a dynamic and responsive service provider.

WITH DAVID'S EDUCATION AND EXPERIENCE, HE created programs and services that work for people with intellectual disabilities. What started in David's condo with 15 staff serving five clients grew into an agency that helps over 160 individuals and employs more than 280 dedicated staff.



My Life Foundation operates three (3) offices, serving a large geographic area from the west side of Los Angeles to the San Fernando Valley and Palmdale.

Board of Directors



JAN B. HOWER



MIKE KRENIK



KRISTIN A. SKINNER, M.D.



DAVID BUNKER
President/Founder



ROB HORBY



BETTY GLICK, Ph.D.



FR. TOM BAT SIS

Our Values

PEOPLE FIRST

My Life Foundation believes that people with disabilities have a right to be part of their communities, and we, as a society, are enriched by having people with disabilities live, work, and contribute to the community.

INTEGRITY

My Life Foundation's staff are trained and supervised with the approach to honesty, respect, and care for the individuals we serve. In addition, we believe that each individual has the right to be included in the community, to make responsible choices; exert greater control over their life; establish and maintain meaningful relationships; develop, enhance, and exercise their competencies and talents; develop a sense of belonging, and experience personal security and self-respect.

CIRCLE OF SUPPORTS

We believe that there is a greater quality of life when those we serve have a greater network of people in their lives. Therefore, My Life Foundation is committed to building relationships through formal and informal processes.

STAFF

As a non-profit foundation, My Life Foundation is committed to the investment of their employees. The foundation understands our greatest asset is our staff. Direct staff who are properly trained, provided wages and benefits equal to or better than those outside the field, and those who are well supervised, will provide better services to the individuals we support.

EMPOWERMENT

My Life Foundation is committed to teaching leadership skills necessary for the people we serve to be their own advocates, assisting them to express their dreams, wants, and desires in their own words. Helping people understand that they have choices and the possible outcomes of the choices they make.

FAMILIES

We are committed to involving loved ones. Families are welcome to be involved within all aspects of the agency—as allowed under the provision of client confidentiality. Close family members know their loved one best, and sometimes have a unique view and insight into their family member's life. These qualities are often vital when providing services that encompass the whole person.

THE WHOLE PERSON

My Life Foundation's strength is its approach to services for the whole person. We believe it is important to focus on all aspects of the human spirit. Understanding a person's physical, social, emotional, sexual, and spiritual needs are the basis for a whole, happy, and productive life.

RESPECT

My Life Foundation shall respect all individual values and beliefs. We believe that the people we provide services to have a great value to our community and can teach us about ourselves, our spiritual life and give us greater insight into a bigger picture of life. We understand that many individuals with disabilities have a different perspective on life—often seeing the world differently than others. We are committed to understanding the perspective of those we serve and that all people have a valid and valuable perspective of life. Respect means that the individual we serve has the power over their own life and services, not the staff providing services.

ADVOCACY

My Life Foundation is an advocate for people with disabilities. We believe that everyone benefits by including individuals with disabilities in the community. All the individuals we serve have not only the right to be part of the community, but we, as a society, are enriched by having those with disabilities, working, living and socializing in the community.

Our Teamwork



MY LIFE FOUNDATION IS COMMITTED TO INVESTMENT IN ITS EMPLOYEES

Our greatest asset is our staff. We believe it is our duty to invest in our employees so they are equipped to provide the highest quality of services possible. Program service personnel who are properly trained, well supervised, and who are compensated equal to or better than those in similar fields will provide caring, consistent, and effective services to the people we support.

Our staff had to work overtime. We had to get our clients to medical appointments; to provide basic necessities of life—in spite of the supply shortages none of us will ever forget.

140

clients served
in 2020

81

families assisted
through pandemic

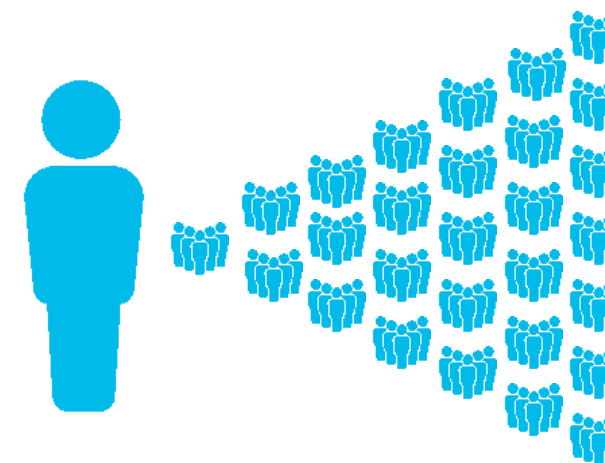
\$89,988.86

overtime pay demonstrates dedication;
going above and beyond for clients
during 2019-2020 pandemic

\$21,831.75

administration costs for two offices:
North Los Angeles - **\$14,517.50**
West Side Regional - **\$7,314.25**

Generous Monthly Donations are Greatly Appreciated.



\$9,000.00

average monthly cost to service
1 CLIENT the My Life Way

\$100,000.00

average monthly cost to service
140 CLIENTS the My Life Way

“The My Day programs were closed, so Supportive Living Staff had to do an additional 6 hours per day. Supportive Living is the safety net for all individuals in the program.”

– David Bunker

My Day Services Community-Based Program*

My Life Foundation is dedicated to a person-centered approach focused on the empowerment of individuals. MLF team have a combined 60+ years of education in the field of developmental disabilities with degrees in:

APPLIED BEHAVIORAL ANALYSIS
CLINICAL PSYCHOLOGY
EDUCATIONAL PSYCHOLOGY

Supportive Living with everyday Real Life Skills

Most neurodiverse individuals living with developmental disabilities would like to live and work independently. Our staff teaches each client the basics of living independently, such as:

MONEY
MANAGEMENT
SHOPPING
HEALTHY EATING

COOKING
CLEANING
LAUNDRY

Our Services

We concentrate on helping our clients maintain their employment if they have jobs. People with developmental disabilities are usually the first to lose their jobs in an economic downturn and COVID-19 was no exception.

Providing Alternatives to Access Transit and Public Transportation

Access Transit dramatically reduced services due to the pandemic. Clients were too medically vulnerable (extremely medically vulnerable) to take public transportation.

MY LIFE HAD TO TAKE THAT ON

\$181,892.15

2019-2020 covid pandemic

TRANSPORTATION



Additional 2019-2020 COVID Pandemic Costs For Clients

\$139,477.55

2019-2020 covid pandemic

TESTING

\$140,000.00

2019-2020 covid pandemic

PPE

GROCERIES

CLOTHING

\$8,226.54

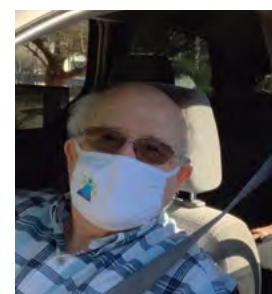
2019-2020 covid pandemic

EMERGENCY PPE

FOOD

PERSONAL HYGIENE

CLEANING SUPPLIES



My Life Foundation rose to the challenge of helping clients stay safe and survive. We were suddenly tasked with assuming the responsibilities of other service providers that either shut down or drastically reduced their services, due to the pandemic.

Many of our clients have nowhere to go over the holidays.

We show clients how to be safe in public, socialize with people, make friends, plan a date, and entertain at home.

MLF hosts hybrid educational activities, as well as a myriad of celebrations—some remote, some in-person—observing all social distancing guidelines.



\$36,072.23

1:1 outings, enriching hybrid activities, Group Day, Group Lunches, Taco Tuesdays, Pizza Thursdays & Fridays

THE PANDEMIC HAS HAD A DEVASTATING EFFECT ON OUR CLIENTS ABILITY TO MAKE ENDS MEET.



When did a staff member go above and beyond for a client during the 2019-2020 pandemic?

"Many families only wanted one or two staff members in their home instead of 5 rotating ones, so those staff worked way more hours than usual—which caused the overtime. To add more color: I think we had one staff member that worked 17 hours a day, for 14 days straight because of the family's needs and restrictions. Completely above and beyond their duties."

— Colin Dueweke, VP of Operations

Team Q & A



LAMONT DAVIS
MANAGER

How do you handle the most pressing emergencies or complex issues?

"I stop and take a step back and try to evaluate the situation objectively. Then I devise a plan using the resources that are available to me to solve the problem. I have Lead Staff in place as direct care staff who are well trained and are equipped to handle emergencies as they arise."

What was your proudest moment from the beginning of the pandemic to the end of June 2020?

"I am most proud of the way that the staff have banded together and supported the individuals that we serve. In addition to the Management working together to make it through a very difficult time."

What would you like to share about being an essential worker?

"I don't think people who are not essential workers understand the pressures and stress that go into working in this sort of service industry. I believe we are somewhat dehumanized because of our willingness to do what others are not willing to do; or simply can't. I would want people to know that we need the ability to decompress—in the small amounts of free time that we have."

– Lamont Davis, Manager



JACQUELINE WARE
MANAGER

How do you handle the most pressing emergencies or complex issues?

"I find that taking breaks when needed, getting proper rest, and grounding—even in the midst of emergencies—is imperative. Personally, I go straight into problem solving mode: what are the options, utilizing supports, and... remaining calm."

What was your proudest moment from the beginning of the pandemic to the end of June 2020?

"I am most proud of our ability to maintain quality of life as well as health and safety for the families, staff and the people we support. I am also proud of staff that came in this field and who have now been elevated to management positions...Iron sharpens iron."

What would you like to share about being an essential worker?

"I don't think people realize that unlike other jobs we are 24/7. No holidays, no weekends; they mean nothing to most caregivers especially in management. When the phone rings we are expected to answer. We miss out on many family functions, events for our children... a true sacrifice."

– Jacqueline Ware, Manager

Quell has designated My Life Foundation full 'First Responder Status'



JAN DEHAVEN
BILLING MANAGER

What would you like to share about being an essential worker?

"In the first few months of this pandemic, PPEs were impossible to find. Jan DeHaven reached out to a company in the desperate hope of acquiring gloves. [She] contacted a gentleman from Quell. After a few minutes [of] listening to Jan speak of who we [were] supporting and the level of care we were providing, he stopped her and asked, 'How many gloves do you need?' Jan replied, 'As much as you can give me.' He replied, 'Ok, I can do that.' The man from Quell said, 'I have been doing this for a while. I looked at your website, and when you said, 'as much as you can give me', I knew you were doing important work and we needed [to] help you with that task.' "

– David Bunker, President

I don't think people realize that unlike other jobs we are 24/7. No holidays, no weekends

Was there something that really shocked you? Broke your heart?

"Not only have we been dealing with a historic pandemic, sorting out how to keep clients safe and ensure that the staff caring for these folks have everything they need to keep safe[, but] we have also been dealing with a financial shortfall of a million dollars last year. I was considering the possibility that the organization I had started in 2004 out of my West LA condo would soon close [its] doors—not able to provide service to the most vulnerable among us. [It would have marked] the ending of an idea and philosophy of providing services based on individual choices and a quality life."

– David Bunker, President

Bettering the lives in our neurodiverse community.

A Strong, Steady Force in a Time of Change and Uncertainty

**Most adults with developmental disabilities
barely meet their monthly expenses.**

100% OF OUR DONATIONS GO TO HELP PEOPLE WE SERVE.

The Client Help Fund is used to defray costs associated with the care of our client consumers.

Unlike many other nonprofits, MLF covers the administrative costs of this essential safety-net coverage. 100% of your contribution is used to offset the cost of providing this program for our clients.

My Life Emergency Assistance

Any fluctuations in income or expenses will have a devastating impact on their ability to maintain their independence.

\$17,512.59

2019-2020 COVID isolation funding

HOUSING

RENT

UTILITIES

TEMPORARY LODGING

WE ARE THE ONLY SUPPORT SYSTEM FOR MANY OF OUR CLIENTS.



Thank you for supporting our neurodiverse community of adults during this difficult time. Your support has made an impact on their ability to stay housed and fed throughout the pandemic.

THANK YOU TO OUR WONDERFUL DONORS!

- Dee & Allan Abrahamse

John Agnew

Margaret Barker

Meredith Lee &
N. Anthony Battaglia

Keven Ryan Bellows

David Berson

Boeing (through YourCause)

Andrew Bogan

Bob Brode

David Bunker & Jeff Liu

Kathleen & Duane Bunker

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Chris Loar

Looking Glass

Children's Services

Long Beach

Community Foundation

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- Janet Lund

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Skinner Foundation

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Tiana Scott

Kristin A. Skinner, M.D.

Serafina Spata

James Spitzer

Linda Spitzer

Miyako Kurata Tachibana

My Life Foundation provides supportive living services centered around each person’s disability to protect, nurture, and enhance their ability to live and work in their communities.

OUR SUCCESS IS SHARING IN OUR CLIENTS SUCCESSES!



If you would like to help us continue this critical work, please visit: <https://www.mylifefoundation.org/donate> or text the word **GIFT** to **1-800-820-1845**.

