

TEAM UCP NEWSLETTER

APRIL 2015

#Communicate #Serve #Grow #Sustain



A Message from the CEO By: Doug Bergman

Every year I look forward to the annual Team Member Safety Picnic; a chance to get together and to say "thank you" to our Team Members for a great Safety record! It is also a great time to meet your families in person; the folks I hear so much about throughout the year. I hope you've marked your calendars and plan to head on over to Orange Grove school, and join us for a great day of fun! I hope to see you all on Saturday, May 16!

CONGRATULATIONS! APRIL 2015 ANNIVERSARIES

Gregory Ernst, Trans	26 yrs
Margaret Thompson, Respite	12 yrs
Lucilla Rojas, Respite	12 yrs
Oksana Vanden, Respite	11 yrs
Tina Nielsen, Respite	11 yrs
Nadia Yousufzai, Respite	8 yrs
Amy Konen, Respite	7 yrs
Gloria Villa, Respite	6 yrs
Whitney Williams, Respite	6yrs
Maria Mayfield, Respite	6yrs
Mark Zanter, Trans	7 yrs
Daniel Marshall, SacAge	5 yrs
Erica Gutierrez, Respite	4 yrs
Jacque Acosta, Respite	4 yrs
Ashley Donovan, Respite	4 yrs
Janice Zeck, Respite	4 yrs
Satory Rhodes, Respite	4 yrs
Pardeep Sandhu, Respite	4 yrs
Michelle Flynn, Respite	4 yrs
Monica Jimenez, Respite	4 yrs
Claudia Flores, WCO	4 yrs
Nicole Schadwald, TRII	4 yrs
Nicholas Ukpabi, Respite	3 yrs
Chong Crooks, Respite	3 yrs
Chandrena Perazzo, Respite	3 yrs
Jaldeo Prasad, Respite	3 yrs
Lidiya Beymanova, Respite	3 yrs
Maria Perez, Respite	3 yrs
Steven Boerner, Respite	3 yrs
Samantha Collins, WCO	3 yrs
Silvia EsquivelGonzale, WCO	3 yrs



UCP of Sacramento and Northern California is the leading provider of comprehensive services to children and adults with all developmental disabilities and their families. UCP works with 4,775 people a month in our eight-county area, empowering children and adults who—without support—would be isolated from community.



Development & Marketing News

By: Steve Horton



Garry Maisel CEO/President of WHA is the 2015 UCP Humanitarian of the Year and will receive the award on May 6th. Not only has

Mr. Maisel led WHA through incredible growth – he and WHA are generous donors to community. WHA is the medical health insurance vendor for UCP.



Free Next Day Pick-Up!

Do you have a vehicle you no longer want and selling it is too much hassle? UCP provides free towing of your unwanted motorcycle, boat, RV or car. Call 1 866 827 7212



If it fits in a dresser drawer, hangs in your closet, fits into a large box, is furniture, plugs into a socket or runs on batteries and you don't want it any more – donate your

household goods, furniture and eWaste to UCP. Call 1 800 860 0357 for a free pickup.



"Like" www.Facebook.com/myUCP and be informed.

Time to Spring into Action Against Seasonal Allergies

By: Teaira Harris

About 26 million Americans endure chronic seasonal allergies, while the number of people with milder symptoms may be as high as 40 million.

For most people, allergies to plants that bloom in the spring and fall are merely annoying. For those with asthma or severe allergic reactions, however, these allergies may be life threatening.

First, it does affect a person's quality of life—productivity, educational performance. Second, it may lead to secondary diseases such as ear infections, sinus infections, and asthma.

Spring is traditionally the main season when allergies blossom because of new growth on trees and weeds. In addition people who are allergic to pollens are also often sensitive to dust mites, animal dander, and molds, which lurk indoors in any season.

Allergic reactions range from mild itching, sneezing or eczema (inflamed, itchy skin), to severe hives, hay fever, wheezing, and shortness of breath. An extreme allergic reaction can result in anaphylactic shock, a life threatening situation in which a person's airway swells shut and blood pressure drops. If this occurs, follow the procedures you were taught in your American Red Cross classes.

The first step in handling chronic allergies is a visit to an allergist, once the causes and severity of the patient's allergies is determined. The



doctor can prescribe a treatment plan. The first, most obvious, step is to avoid the allergen. The next step in treating allergies is medication. Antihistamines are often prescribed.

Don't be tempted to treat an allergy with an over the counter decongestant spray for more than three days. This may cause you to get a 'rebound' effect, and your nose may become even more congested than before. These drugs are more useful for short term use to relieve nasal congestion associated with a cold. Allergy shots can offer long lasting relief for many people also.

You can reduce your allergic misery if you take steps to keep the culprits out of your house. For seasonal allergies caused by plants and trees, keep windows shut and the air conditioner on. Purchase an air filter to clean out pollens, molds and dust. Minimize clutter, which collect dust and pollens. Keep pets outside or bathe them regularly if they're indoors, and don't let them sleep in your bed. Wash your hair everyday to rinse off dust and pollen, and if you've been in the yard, leave shoes at the door and wash your clothes in hot water as soon as possible.

Joshua Means, Respite	2 yrs
Alexa Lopez, Respite	2 yrs
Eva Gomez, Respite	2 yrs
Michelle DeCaso, Respite	2 yrs
Lisa Murch, Respite	2 yrs
Yesenia Romero, Respite	2 yrs
Anastasiya Ryabets, Respite	2 yrs
Shelley Harris, Respite	2 yrs
Kylene Barber, Respite	2 yrs
Misty Perrin, Respite	2 yrs
Jeffrey Baxter, Respite	2 yrs
Melissa Jones, DO	1 yr
Mai Nou Gao Pha, SJAge	1 yr
April Jappert, Respite	1 yr
Kimberly Wiseman, Respite	1 yr
Grace McIntosh, Respite	1 yr
Deanna Morgan, Respite	1 yr
Polina Smeeth, Respite	1 yr
Tina Southerland, Respite	1 yr
Valentina Semenyuk, Respite	1 yr
Yvette Sanchez, Respite	1 yr
Anna Hurtado, Respite	1 yr
Miranda Smith, Respite	1 yr
Trina Long, Respite	1 yr
Nelson Sheya, Respite	1 yr
Kareena Hammond, EOS	1 yr
Catherine Seymour, SJAge	1 yr
Teresa Ramos, Respite	1 yr
Kimberly Eredia, Respite	1 yr
Hyun Hee Lee, Respite	1 yr
Coty Bertoglio, Admin	1 yr
Anna Mulyar, Respite	1 yr
Cassandra Reed, Respite	1 yr
Zaruhi Barkhudaryan, Respite	1 yr
Lindsey Lovier, Respite	1 yr
George Coon, Respite	1 yr
Ellen Fischer, Respite	1 yr



DS's, Supplement, 1:1, Class C & B Drivers, Nurse, Respite Workers, Program Manager