



of Sacramento and Northern California
Life without limits for people with disabilities



Team UCP Newsletter

Communicate • Serve • Grow • Sustain

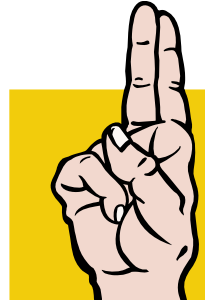
August, 2014



A Message from the CEO By: Doug Bergman

I hope everyone is enjoying their summer and our unusual weather; sometimes cloudy and cool (for August) and sometimes very warm weather! I would like to thank you again, for the great job you are doing each and every day for our clients and also for the outstanding safety year we are having. We have 1 1/2 months left in this fiscal year, so please continue the excellent job in safety that you have been doing. We each must take accountability for keeping ourselves, our clients and each other safe; remember...Safety First!

With new team members joining Team UCP, we can help remind them of our focus on Safety. Thank you to our Mentors/Safety Representatives who do a great job in helping to train new staff! Don't forget about the Safety Pledge!! I will be checking to see if you remember!! Be safe and enjoy the rest of your summer!



CONGRATULATIONS!

September 2014
ANNIVERSARIES

<i>Barbie Mares, Respite</i>	11 Yrs
<i>Deborah Whinery, Respite</i>	8 Yrs
<i>Kimiko Bunetta, Respite</i>	6 Yrs
<i>Shemeka Dove, Respite</i>	5 Yrs
<i>Lois Conger, Respite</i>	5 Yrs
<i>Kathleen Addio, Respite</i>	5 Yrs
<i>Jazzlynn Austin, Respite</i>	5 Yrs
<i>Marcy Okada, Respite</i>	5 Yrs
<i>Lorena Hernandez, Respite</i>	4 Yrs
<i>Gladys Cruz, Respite</i>	4 Yrs
<i>Antoine Chambers, TRI</i>	4 Yrs
<i>Jayleena Yang, Respite</i>	4 Yrs
<i>Kelly Cook, Trans</i>	4 Yrs
<i>Karen Peets, Respite</i>	4 Yrs
<i>Christie Turner, Respite</i>	4 Yrs
<i>Vanessa Gonzales, Respite</i>	4 Yrs
<i>Lyudmila Gunko, Respite</i>	3 Yrs
<i>Irma Reyes, WCO</i>	3 Yrs
<i>Courtney Tluczek, Respite</i>	3 Yrs
<i>Corissa Saylor, Respite</i>	3 Yrs
<i>Maria Salinas, TRII</i>	3 Yrs
<i>Alivia Gok, Respite</i>	3 Yrs
<i>Mahnaz Padash, Respite</i>	3 Yrs
<i>Julie Grande, Respite</i>	3 Yrs
<i>Sara Couch, Respite</i>	3 Yrs
<i>Michael Williams, Respite</i>	3 Yrs
<i>Julie Martin, Respite</i>	2 Yrs
<i>Colleen Fisher, Trans</i>	2 Yrs
<i>Daniel Leonardich, Respite</i>	2 Yrs
<i>Diana Nurenberg, Respite</i>	2 Yrs
<i>John Irish, Trans</i>	2 Yrs



High 5's between friends



The challenge course is always popular with the kids and adults

Program Spotlight: By Tanya Hartle

ACE closed out its year with a 5-day adventure to Grizzly Creek Ranch in beautiful Portola. Eighteen young campers, ages 8 to 13, and 18 camp counselors piled into the bus for an exciting trip to camp. What's that old saying, a picture is worth a thousand words, please enjoy these pictures of ACE Camp. The days were warm, but no one seemed to mind as they were all too busy swimming in the pool or kayaking on the lake. The kids enjoyed walking on the trails, exploring and learning about nature.

Everyone had a great time, making memories that will last for years!



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 3,300 people a month in our eight-county area, empowering children and adults who – without support – would be isolated from community.

STEPtember will improve your fitness and the lives of others. It is a win-win situation:

- ⇒ You'll have the real motivation to get more exercise to meet the recommended daily 10,000 steps - even if it's just hopping off the bus stop earlier than usual, taking the stairs instead of the elevator, setting up a lunch time walk club with your coworkers, or taking that kick-boxing class that you've meant to try.
- ⇒ You'll feel better, probably sleep better and maybe even lose a few pounds. Studies have proven that inactivity can cause weight gain, an increased risk for diabetes, and even depression.
- ⇒ You'll feel great knowing that you are doing something incredibly important by helping children and adults with disabilities all

across the U.S. How can you resist being able to improving your health and the lives of others?



For those who have yet to create a team - now is the time to do so! There is no charge to sign up. Go to www.steptember.us/ucpsnc and enter the promo code 20b6bd and the registration fee for you and your team will be waived. That's right - it's free! When you register, you'll receive a complete event kit that will help you track your steps and other activities that count toward steps.

<i>Sarah Smith, Respite</i>	2 Yrs
<i>Diana Rickerson, Respite</i>	2 Yrs
<i>Melissa Codde, Respite</i>	2 Yrs
<i>Hayley Engbrecht, Respite</i>	2 Yrs
<i>Adelita Garcia, Respite</i>	2 Yrs
<i>Maria Lenz, Respite</i>	2 Yrs
<i>Binh Tran, Trans</i>	2 Yrs
<i>Sandra Avalos, Respite</i>	2 Yrs
<i>Anna Golban, Admin</i>	1 Yr
<i>Cashmere Wilkins, SAAGE</i>	1 Yr
<i>Latreese Johnson, SacAGE</i>	1 Yr
<i>Reina Ledesma, SacAGE</i>	1 Yr
<i>Anjelica Villalobos, Respite</i>	1 Yr
<i>Ana Farias, Respite</i>	1 Yr
<i>Dylan Bruce, Respite</i>	1 Yr
<i>Tatiana Leon, Respite</i>	1 Yr
<i>Yolanda Lloyd, PSS</i>	1 Yr
<i>Sheila Vantine, Respite</i>	1 Yr
<i>Armeen Etemad, Respite</i>	1 Yr
<i>Savannah Apodaca, Respite</i>	1 Yr
<i>Deborah Brookins, Respite</i>	1 Yr
<i>Edward Dansby, TRII</i>	1 Yr
<i>Monique Houston, Respite</i>	1 Yr
<i>Sonya Bernstein, Admin</i>	1 Yr

Heat Safety Tips By: Teaira Harris

- * If possible, stay out of the sun
- * If you do not have an air conditioner, keep rooms well ventilated
- * Consider going to a public pool, air conditioned building, or cooling center
- * Make a special effort to check on your neighbors, especially if they're seniors, young children or people with special needs
- * Drink plenty of water! Avoid drinks with alcohol & caffeine
- * Never leave children, pets, or those requiring special care in a parked car on a warm day
- * Reduce, eliminate or reschedule strenuous activities, especially during the sun's peak hours
- * Wear lightweight, light colored clothing
- * Be mindful of heat impact on livestock and pets, provide plenty of shade and water



UCP OPEN POSITIONS

- DSP - F/T Day Programs
- DSP Driver - F/T @ WCO
- One on One - WCO
- Supplemental - P/T Day Programs
- Drivers - F/T Class B
- Drivers - P/T Class C
- Respite Workers - P/T In Home

For job descriptions or if you are interested in any of these positions, please contact HR at (916) 283-8324.

