



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



# Team UCP Newsletter

Communicate • Serve • Grow • Sustain

January, 2015



## A Message from the CEO By: Doug Bergman

Happy New Year to all! I hope everyone had the most wonderful holidays in celebrating this short break with family and friends. As we start 2015 I am looking forward to UCP continuing to be the leader in the area of providing programs and services to individuals with developmental disabilities in the Sacramento Community. Our clients deserve our 100% undivided attention every day and I know all UCP team members get that. It is everyone's responsibility that we aspire to the wellbeing of our clients to ensure we continue to be integrated into the community now and forever. I know we have the team in place to ensure our clients are cared for each and every day.



Please be SAFE, SAFE, SAFE every day!!

## Program Spotlight: By Eric Ciampa

UCP is proud to announce the promotion of long-time SAAGE Program Manager, Shelly Pefley, to Director of Client Services. UCP conducted an internal and external search to find the very best candidate for the position. Shelly has over 17 years' experience managing programs for UCP and over two decades of experience working for people with disabilities. Shelly will take the next several months to tour all of UCP programs and meet clients and staff. If you see Shelly, take a moment to say hi and introduce yourself. Shelly will work directly with me to provide support and resources to UCP's 4,750 clients and 740 team members to make sure UCP is providing the best programs and services in the Sacramento area. Also UCP is currently recruiting for a new program manager to replace Shelly in the SAAGE program.



## CONGRATULATIONS!

January 2015 ANNIVERSARIES

- |                                     |               |
|-------------------------------------|---------------|
| <i>Dennis Keefe, SJ AGE</i>         | <i>14 yrs</i> |
| <i>Terrie Pouncil, SAAGE</i>        | <i>12 yrs</i> |
| <i>Denis Riles, Respite Admin</i>   | <i>12 yrs</i> |
| <i>Merlene Fehlberg, Respite</i>    | <i>12 yrs</i> |
| <i>Michelle Moore Bautista, WCO</i> | <i>11 yrs</i> |
| <i>Michelle Basey, Respite</i>      | <i>9 yrs</i>  |
| <i>Peter Sandoval, Trans</i>        | <i>8 yrs</i>  |
| <i>Theresa Sharma, Respite</i>      | <i>8 yrs</i>  |
| <i>Towanda Starks, Respite</i>      | <i>8 yrs</i>  |
| <i>Sean Rafferty, Trans</i>         | <i>7 yrs</i>  |
| <i>Michelle Fisher, Respite</i>     | <i>7 yrs</i>  |
| <i>Stephen Horton, Admin</i>        | <i>6 yrs</i>  |
| <i>RayAnne Williams, Respite</i>    | <i>6 yrs</i>  |
| <i>Eva Foltz, Respite</i>           | <i>6 yrs</i>  |
| <i>Elizabeth Holt, Respite</i>      | <i>6 yrs</i>  |
| <i>Jane Bucher, PSS</i>             | <i>4 yrs</i>  |
| <i>Maria Arana, Respite</i>         | <i>4 yrs</i>  |
| <i>Sandra Espinosa, Respite</i>     | <i>4 yrs</i>  |
| <i>Robert Navarro, Respite</i>      | <i>4 yrs</i>  |
| <i>Leticia Camargo, SAAGE</i>       | <i>3 yrs</i>  |
| <i>Justin Carlos, EOS</i>           | <i>3 yrs</i>  |
| <i>Antonio Coria, Respite</i>       | <i>3 yrs</i>  |
| <i>Shawnta Carpenter, Respite</i>   | <i>3 yrs</i>  |
| <i>Laura Cunnagin, Respite</i>      | <i>3 yrs</i>  |



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.



Garry Maisel  
CEO/President  
of WHA is the  
2015 UCP Hu-  
manitarian of

lead a life without limits! We ac-  
cept all vehicle donations whether  
they are running or not. Get  
started by calling 1-800-240-0160.

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 a  
health insurance vendor for UCP.



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

When you donate a car, truck, mo-  
torcycle, SUV, RV, or boat, pro-  
ceeds benefits UCP of Sacramento  
and Northern California and our  
mission to empower individuals with  
disabilities and their families to

Wishing you all the best for the  
New Year! Your Development and  
Marketing Department - Steve &  
Evie

**Fall Prevention** By: Teaira Harris

People with developmental disabili-  
ties sustain twice the number of  
falls and fractures as the general  
population, yet most live in a sup-  
ported environment, have low haz-  
ard occupations, and rarely par-  
ticipate in contact sports. Risk  
factors may include:

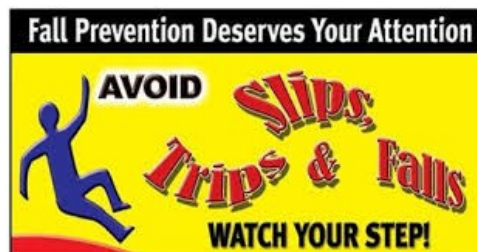
- Slow reflexes
- Limited understanding of haz-  
ards and limited ability to cope  
with environmental challenges
- Underdeveloped muscle mass if  
muscles are not used
- Onset of aging process
- Medication side effects
- Poor vision and hearing

A fall can be a life changing event.  
Each year, many lives are changed  
permanently as the result of a se-  
rious laceration, fracture, head or  
spinal injury sustained as a result  
of a fall. For many people the  
situation can be fatal or result in  
significant loss of independence.

In California, lacerations and frac-  
tures caused by falls are one of  
the most frequently reported spe-  
cial incidents.

*Follow these guidelines for fall  
prevention:*

- Observe and report balance  
problems or ambulation changes
- Be aware of your environment
- Watch out for throw rugs,  
slippery and/or wet floors
- Use hand rails when available
- Be aware when there is lack of  
adequate lighting
- Look out for uneven surfaces
- Avoid ill-fitting shoes, loose  
shoe laces, and excessively long  
pants



<i>Debra Hale, Respite</i>	<i>3 yrs</i>
<i>Keeana Simon-Tucker, Respite</i>	<i>3 yrs</i>
<i>Kelli Carrillo, Respite</i>	<i>3 yrs</i>
<i>Yolanda Hernandez, Respite</i>	<i>3 yrs</i>
<i>Brandee Tracy, Trans</i>	<i>2 yrs</i>
<i>Kayla Shular, Respite</i>	<i>2 yrs</i>
<i>Diana Comstock, Respite</i>	<i>2 yrs</i>
<i>Ashley Gonzalez, Respite</i>	<i>2 yrs</i>
<i>Lucia Orellana, Respite</i>	<i>2 yrs</i>
<i>Jose Jaramillo, Respite</i>	<i>2 yrs</i>
<i>Maria Lopez Respite</i>	<i>2 yrs</i>
<i>Doralice Collins, Respite</i>	<i>2 yrs</i>
<i>Lauren Bechthold, Respite</i>	<i>2 yrs</i>
<i>William Hodgson, Respite</i>	<i>2 yrs</i>
<i>Danielle Naranjo, TRII</i>	<i>1 yr</i>
<i>Rebecca Koutney, Respite</i>	<i>1 yr</i>
<i>Michelle Zanetti, Respite</i>	<i>1 yr</i>
<i>Leah Schlais, Respite</i>	<i>1 yr</i>
<i>Ashley Mendez, Respite</i>	<i>1 yr</i>
<i>Marissa Lenane, Respite</i>	<i>1 yr</i>
<i>Jane'a Johnson, Respite</i>	<i>1 yr</i>
<i>Denise Amadeo, Respite</i>	<i>1 yr</i>
<i>Maria Aho, Respite</i>	<i>1 yr</i>
<i>Sabrina Newton, Respite</i>	<i>1 yr</i>
<i>Valentina Derbeneva, Respite</i>	<i>1 yr</i>
<i>Alejandra Nieto, Respite</i>	<i>1 yr</i>
<i>Jennifer Schultze, Respite</i>	<i>1 yr</i>
<i>Melissa Peterson, Respite</i>	<i>1 yr</i>
<i>Oluwafunmilola Sulaimon, PSS</i>	<i>1 yr</i>

**UCP OPEN POSITIONS**

- Program Manager-Full/Time Day Programs
- RN- Part Time Day Program
- DSP-Full Time Day Programs
- Supplemental-Part Time Day Programs
- Drivers- Full Time Class B
- Drivers- Part Time Class C
- Respite Workers-Part Time In Home

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