



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



Team UCP Newsletter

Communicate • Serve • Grow • Sustain

July, 2014



A Message from the CEO By: Doug Bergman



As we enter the 10th month of our fiscal year, I am pleased to report that we are doing well in our safety numbers. To-date we have 12 injuries/accidents throughout all of UCP. I know that you all keep safety foremost in your minds; the safety of our clients, the safety of your teammates and your own safety. All of you have done a great job to really keep our numbers low and your efforts have been no-

ticed. I'd like to say a special thank you to all of our program Safety Representatives for helping to remind us, always, safety first! As we have been discussing over the years, cost efficiencies is one of our top priorities, and keeping our injuries and accidents low helps to keep our Workers Compensation Insurance costs down; it is a win-win for everyone. Those dollars can be better spent in the programs. Thank you for your continued efforts to be safe.

Program Spotlight: By Tanya Hartle

Monique Lozano, UCP Discovering Options Adult Day Program client was just voted in to the Consumers Advisory Committee to the Alta Board of Directors (at the July meeting). David Lopez, ACRC Clients Rights Advocate, has assisted by training staff and clients in UCP's Discovering Options program, regarding self- and peer-advocacy for a couple years. He has been a consistent support to Monique to "find her voice" and be able to speak up for herself. David, and DO's staff applaud Monique's journey to learn to speak for herself, and now to serve on an Alta advisory committee. The Clients Advisory Committee (CAC) has the responsibility and opportunity to assist in policy and planning for the ten-county areas served by Alta California Regional Center.

Monique and David would like to have an open meeting for other clients to understand how an advisory committee functions and how a person can become a member. A date in August (on a Tuesday) will be announced soon. All clients at are invited to attend this free, informative meeting.



CONGRATULATIONS!

August 2014 ANNIVERSARIES

<i>Tanya Hartle, Admin</i>	<i>34 Yrs</i>
<i>Jeannette Morris, Respite</i>	<i>19 Yrs</i>
<i>Stephen Lobue, Trans</i>	<i>15 Yrs</i>
<i>Glenda Brown, Respite</i>	<i>13 Yrs</i>
<i>Jane De Zell, Saddle Pals</i>	<i>10 Yrs</i>
<i>Tema Robinson, Respite</i>	<i>9 Yrs</i>
<i>Janette Payne, Respite</i>	<i>9 Yrs</i>
<i>Teaira Harris, Admin</i>	<i>8 Yrs</i>
<i>Hildegard Humphreys, PSS</i>	<i>8 Yrs</i>
<i>Dianne Andres, Respite</i>	<i>7 Yrs</i>
<i>Jerry Wade, Shuttle</i>	<i>6 Yrs</i>
<i>Katrina Kyes, Respite</i>	<i>6 Yrs</i>
<i>Emma Rivas, Respite</i>	<i>6 Yrs</i>
<i>Fornisha Evans, Respite</i>	<i>5 Yrs</i>
<i>Jennifer Puccio, Respite</i>	<i>5 Yrs</i>
<i>Delmi Guerra, Respite</i>	<i>5 Yrs</i>
<i>Devora Clinkenbeard, Respite</i>	<i>5 Yrs</i>
<i>Bee Xiong, TR2</i>	<i>4 Yrs</i>
<i>Natividad Medina, WCO</i>	<i>4 Yrs</i>
<i>Karem Solis, Respite</i>	<i>3 Yrs</i>
<i>Rosa Serrano, Respite</i>	<i>3 Yrs</i>
<i>Virgilio Bautista, Trans</i>	<i>3 Yrs</i>
<i>Mikk Tallman, Respite</i>	<i>3 Yrs</i>
<i>Jacqueline Smith, Respite</i>	<i>3 Yrs</i>
<i>Shirley Calloway, Respite</i>	<i>3 Yrs</i>
<i>Grace Gose, Respite</i>	<i>3 Yrs</i>
<i>Sheila Alvarado, WCO</i>	<i>3 Yrs</i>
<i>Claudia Flores, WCO</i>	<i>3 Yrs</i>
<i>Kristy Foley, Respite</i>	<i>3 Yrs</i>
<i>Jenna Proeung, SAAGE</i>	<i>3 Yrs</i>
<i>Kristien Biggane, Respite</i>	<i>3 Yrs</i>
<i>Torri Yi, Respite</i>	<i>3 Yrs</i>
<i>Selena Reyes, WCO</i>	<i>2 Yrs</i>
<i>Elvia Reyes, WCO</i>	<i>2 Yrs</i>
<i>Claire Ucler, Respite</i>	<i>2 Yrs</i>
<i>Mireya Almazan, Respite</i>	<i>2 Yrs</i>
<i>Linda Hawkins, Respite</i>	<i>2 Yrs</i>
<i>Rosana Espinoza, SAAGE</i>	<i>2 Yrs</i>
<i>Alex Risley, Respite</i>	<i>2 Yrs</i>
<i>Cesilee Godinez, Respite</i>	<i>2 Yrs</i>
<i>Michael Wright, ACE</i>	<i>2 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.

Development & Marketing News

By: Steve Horton

Do you ever wonder if the community appreciates UCP and your work? The answer is definitely "Yes". The UCP Humanitarian of the Year is Rob Lynch who is the CEO of Vision Services Plan - VSP. He toured some of our Day Programs and speaks so highly of the UCP team members and their work with the clients of UCP. This is coming from someone who runs a \$4 billion dollar company!

I had the spring cleaning bug over the weekend. If you get hit by the "spring cleaning bug" even if its summer time :) remember all that stuff - household goods, clothes, used electronics can gen-

erate dollars for UCP. The Thrift Store will take household goods and eWaste - 1 800 860 0357 to arrange a free pick-up. The Car Program will take cars, trailers, trucks, motorcycles and boats. Find out more at <http://ucpsacto.org/ways-to-give/>

If you know of someone who is raising money and wants to consider UCP please direct them to me, Steve Horton Director, Development and Marketing 916 283 8312 shorton@ucpsacto.org.

August 2014 Anniversaries Continued...

<i>Becky Penrod, ACE</i>	2 Yrs
<i>Paola Ortiz Serrano, Respite</i>	2 Yrs
<i>Brianne Forssell, Respite</i>	2 Yrs
<i>Sandy Mendoza, Respite</i>	2 Yrs
<i>Walter Mansfield, SJAge</i>	1 Yr
<i>Cecilia Reyes, WCO</i>	1 Yr
<i>Jessica Todd, WCO</i>	1 Yr



Summer Safety By: Laurie Gwinn

SUMMER FUN = SUMMER SAFETY

Summer is upon us and everyone is relishing these hot summer days, trips to the lake, picnics in the park, swimming, biking and ball games. As much fun as summer can be, I would like to remind all of you that the summer heat can also bring unwanted illnesses unless you are prepared.

Here's a list of recommendations you should follow:

- Drink plenty of fluids
- Get plenty of sleep and eat light, nutritious meals
- Use sun block
- Schedule your more strenuous activities during the cooler part of the day. Take periodic rest breaks, in a shaded or cool area
- Dress in light, loosely woven cotton clothing. A wide brimmed hat wouldn't be a bad idea either
- Use fans or air conditioners, or take a cool bath or shower
- Adjust to a hot environment gradually
- Learn to recognize the symptoms of heat related illness

and take immediate first aid measures

- Pay attention to weather reports and adjust your daily routine accordingly
- Understand that the physical and mental side effects of heat related illnesses can cause accidents
- **Never** leave clients, children, passengers, or pets in a vehicle **even** with the windows slightly open.

Remember the summer is a great time to enjoy the outdoors, but be prepared and **DO IT SAFELY!**

UCP OPEN POSITIONS

DSP—Full-Time Day Programs
Supplemental—Part-Time Day Programs
Drivers- Full-Time Class B
Drivers- Part-Time Shuttle
Respite Workers—Part-Time In Home

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

