



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



Team UCP Newsletter

Communicate • Serve • Grow • Sustain

September, 2014



A Message from the CEO By: Doug Bergman

Summer is officially over, but we wouldn't know it by the weather! UCP had a great, safe summer and I want to thank you for all your efforts. It has been a fairly hot summer and I know that you all work diligently to keep our clients cool, comfortable and safe. It can be a challenge, at times, in transporting to and from programs, CBI's and day-to-day program operations, but you have done an excellent job in keeping yourselves and clients hydrated and safe.

We are not done with hot days yet, so drink lots of water, keep up the great work.....and stay cool and safe! Don't forget about our Safety pledge! High five someone when you see them perform an outstanding safety act!



Program Spotlight: By Tanya Hartle

In the tradition of music and art expression, the Orange Grove Campus (UCP, AIM Higher and Future's Explored) collaborated on its first "Festival of the Arts" *Live Jazz and Woodstock Revisited*. Held on Friday, August 22, 2014 from 11-2, the day offered an art show that demonstrated the creativity of our clients through their paintings, jewelry, and ceramics. There were several live performances featuring songs of the 60's, AIM Higher's Choir and Drum Circle. We were fortunate enough to feature International Jazz Musician, EW Wainwright, on drums accompanied by Jim Wendt on percussions to help rock the music. Interviews, films and festival coverage was made available by the Practical Film & Media Workshop through Future's Explored.



Each program displayed an array of flair and imagination. The music was flowing while the art exhibits were exploding with color, design and creative genius.

Enjoyed by hundreds, it was the place to be!



CONGRATULATIONS!

September 2014 ANNIVERSARIES

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

September 2014

Anniversaries Continued...

STEPtember - improving your fitness and the lives of others.

Thank you to the 34 UCP Teams and those who are a STEP Team Captain or STEP Team Member. You have taken up the challenge to improve your own fitness, increase awareness and generate resources for the 3,800 children, adults and families served by UCP.

The community is stepping up as well. We have 18 teams from the community. One company Belami Lighting has paid all of the registration fees for their employees (\$25 each) and have 13 of the 18 community teams. Improving your health: 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.

Improving the lives of others: Send out your fundraising page to family and friends. We want to generate the resources for the clients, consumers and students we work with at UCP.



John Irish, Shuttle	2 yrs
Sarah Smith, Respite	2 yrs
Melissa Codde, Respite	2 yrs
Hayley Engbrecht, Respite	2 yrs
Adelita Garcia, Respite	2 yrs
Maria Lenz, Respite	2 yrs
Binh Tran, Shuttle	2 yrs
Sandra Avalos, Respite	2 yrs
Cashmere Wilkins, SAAGE	1 yr
Latreese Johnson, SacAge	1 yr
Reina Ledesma, SacAge	1 yr
Anjelica Villalobos, Respite	1 yr
Ana Farias, Respite	1 yr
Dylan Bruce, Respite	1 yr
Tatiana Leon, Respite	1 yr
Sheila Vantine, Respite	1 yr
Armeen Etemad, Respite	1 yr
Savannah Apodaca, Respite	1 yr
Edward Dansby, TRII	1 yr
Monique Houston, Respite	1 yr

Prevent Slips, Trips, and Falls

By: Teaira Harris

You take hundreds of steps every day, but how many of those steps do you take seriously? By taking a minute to understand how slips, trips, and falls happen, you can prevent needless and painful injuries.

Remember that time you walked past a water spill in the break room? Or maybe you were just too busy to shut the file drawer? Protect yourself, your co-workers, and our clients by doing what you can to create a fall-free workplace.



BE AWARE OF YOUR ENVIRONMENT!

Step 1: Clean Up Wet Surfaces

Any time you see (or cause) a spill, clean it up right away. If you can't, mark it with a sign or paper towels and report it to the appropriate person for cleanup.

Step 2: Avoid Short Cuts

The more short cuts you take, the greater your chance for taking a tumble. For safety's sake, use designated walkways and only carry loads you can handle.

Step 3: Get Rid of Clutter

Your risk of trips increases with every stack of files left sitting on the floor and every extension cord stretched across a doorway. Put away clutter especially in walkways and on stairs and don't leave tools, boxes, books, and other materials lying about.

Step 4: Use a Ladder/Stepstool

Use the right climbing equipment for the job. Rather than standing on the nearest tall object you can find, take a minute to find a ladder or step stool.

SAVE THE DATE

TEAM MEMBER GALLA

FRIDAY NOVEMBER 7th 2014

UCP OPEN POSITIONS

- DSP - Full Time Day Programs (Woodland)
- DSP - 1:1 Tailored Day
- Admin Asst.- Part Time ACE
- Drivers - Full Time Class B
- Drivers - Part Time Class C
- 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.

