

# TEAM UCP NEWSLETTER

## AUGUST 2019

### #Communicate #Serve #Grow #Sustain

#### A Message from the CEO By: Doug Bergman

We have some exciting marketing events coming up soon, to help UCP in its fund raising efforts. In September our Development & Marketing team has a lot going on! The month starts with the STEPtember kick-off and then for the very first time, we are participating in the Capital Cup Golf Tournament and could be recipients of a percentage of funds raised at the event. These are great events that brings some additional revenues and awareness to our Day Programs.

Steptember starts again, so put on your walking shoes and start “steppin” for UCP. Look for further details on participating in this fun and worthwhile event coming from our Development and Marketing team shortly. STEPtember is a great way to meet your daily exercise goals and have a friendly competition with your team members at the same time. With all the steps you all take daily, let’s see how many steps you actually take!!

Keep up the awesome job with safety. Your efforts are just outstanding and we are getting better and better every day regarding awareness. It is great to work with an awesome group of folks who are so passionate about being safe. I am very proud of your individual and team efforts!!

#### Program Spotlight By: Eric Ciampa



How many times have you imagined yourself in another place or time doing something you love or only dream of doing? Now imagine what it must be like to have a disability that makes things like riding a roller coaster or even reeling in a fish impossible.

Our Aero Haven campus received a Virtual Reality system through a grant from Book of Dreams. This technology enables our clients to

experience things they otherwise could not. They can choose whether or not they like sky diving or scuba diving. Clients are able to drive a car and travel all over the world – to do the things many of us take for granted. We have seen amazing reactions from our clients using VR. They begin to smile and laugh in a virtual world. It is truly overwhelming to see what experiencing a roller coaster or swimming with a blue whale does for a person’s mood.

VR truly is one more way of helping to empower people to experience life without limits!

#### CONGRATULATIONS! AUGUST 2019 ANNIVERSARIES

Jeannette Morris, Respite	24 yrs
Stephen Lobue, Trans	20 yrs
Glenda Brown, Respite	18 yrs
Jane De' Zell, Saddle Pals	15 yrs
Tema Robinson, Respite	14 yrs
Dianne Andres, Respite	12 yrs
Emma Rivas, Respite	11 yrs
Fornisha Evans, Respite	10 yrs
Jennifer Puccio, Respite	10 yrs
Delmi Guerra, Respite	10 yrs
Devora Clinkenbeard, Respite	10 yrs
Karem Solis, Respite	8 yrs
Rosa Serrano, Respite	8 yrs
Virgilio Bautista, Trans	8 yrs
Jacqueline Smith, Respite	8 yrs
Shirley Calloway, Respite	8 yrs
Kristy Foley, Respite	8 yrs
Jenna Proeung, Ody	8 yrs
Mireya Almazan, Respite	7 yrs
Paola Ortiz, Respite	7 yrs
Brianne Forssell, Respite	7 yrs
Sandy Mendoza, Respite	7 yrs
Walter Mansfield, SJAGE	6 yrs
Eric Ciampa, Admin	6 yrs
Karen Sweet, Respite	6 yrs
Terraile Wallace, Respite	6 yrs
Judy Tighe, Respite	6 yrs
Cedric Martin, Respite	6 yrs
Felisiana Rosales, Respite	6 yrs
Natalie Fonseca, Respite	5 yrs
Kyle Smith, Admin	4 yrs
Samantha Rodriguez, Respite	4 yrs

# Development & Marketing News

## By: Steve Horton

### UCP Releases Its First Podcast Episode



UCP is excited to announce the release of its first ever Podcast episode. The podcast features Harold and Mari, parents who rely on UCP Family Respite to keep their family happy, healthy, and safe. With 4 kids, two of whom have developmental disabilities, their household can be hectic and their responsibilities can feel overwhelming at times. To hear how UCP Family Respite has changed their lives, listen at:

<https://soundcloud.com/user-781309323/ucp-respite-lighting-the-candle-of-hope>

### Ready for STEptember?

Make your moves matter more with STEptember! Sign up in teams of 4 and compete against your friends and colleagues to take the most steps for 28 days.

Check out [september.us/ucp/norcal](http://september.us/ucp/norcal) and contact Alex Kineret to find out more:

[akineret@ucpsacto.org](mailto:akineret@ucpsacto.org)



## Safety Culture

As the weather continues to rise, we can begin to feel the heat. We need to understand the importance of proper hydration to avoid problems such as dehydration, heat exhaustion, or even heat stroke.

### Here's how you can prevent dehydration:

**When to drink:** Ensure you drink before you start working, trying to catch-up for lost fluids after a period of time is very difficult. Also, drink before you get thirsty. By the time you're thirsty you are already dehydrated.

**What to drink:** Water is truly one of the best things to drink. Research also shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay properly hydrated.

**What not to drink:** During activity and high heat, avoid drinks with high sugar content such as soda and even fruit juices. These are slow to absorb into the body.

### Follow this formula:

Your weight divided by ½ in ounces = amount you should drink per day.  
(EX. 150lb/2 = drink 75ounces per day)

## Urine Color Chart

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration

## August 2019

### Anniversaries Continued....

Suzanne Perrault, Respite	4 yrs
Kelly Smith, Respite	4 yrs
Sharon Geddie, Respite	4 yrs
Andrea Smith, Respite	4 yrs
Tamara Costa, Respite	4 yrs
Graciela Soto, Respite	3 yrs
Mai See Yang, Respite	3 yrs
Chris Dorsey, Ody	3 yrs
Maurisa Kendricks, Respite	3 yrs
Rebecca Chupp, Respite	3 yrs
Terri Saifur, Respite	3 yrs
Eman Seddeek, Respite	3 yrs
Monika Alizaden, Respite	2 yrs
Gabriella Roth, Respite	2 yrs
Patricia Navarro, Respite	2 yrs
Alice Lee, Respite	2 yrs
Zenaida Ruiz, Respite	2 yrs
Makenna Mason, Respite	1 yr
Maria Tracy, Respite	1 yr
Barbie Wheat, Respite	1 yr
Yasmin Iniguez, Respite	1 yr
Ana Arreola, Respite	1 yr
Molly Stephens, Respite	1 yr
Rita Abchi, Respite	1 yr
Shana Kavasch, Respite	1 yr
Vernese Parra, Respite	1 yr
Angie Kim, Respite	1 yr
Holly Farias, EOS	1 yr
Max Butterfield, Respite	1 yr
Daina Hammond, Respite	1 yr
Jacqueline Burton, Respite	1 yr
Sandra Gonzali, Respite	1 yr
Vanessia Rodgers, Respite	1 yr
Rose Jackson, Respite	1 yr



- ◆ Bus Aide
- ◆ Class B Driver
- ◆ Class C Driver
- ◆ DSP
- ◆ Dispatcher
- ◆ Respite Worker