

# TEAM UCP NEWSLETTER

## DECEMBER 2019

### #Communicate #Serve #Grow #Sustain

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

Dear Team Members,

Another year is coming to a close. I am very proud to be working for UCP and I know you are too! At this time of year, I attend a lot of events throughout the community and I am pleased to tell you everyone speaks so highly of UCP and the work we are doing in the Sacramento community. They recognize our buses, hear about us on the radio or TV (thank you Shane Q.!!) and see our clients out in the parks, malls, bowling alleys...etc. The visibility of UCP in the Sacramento area is phenomenal. The community is engaged with UCP and we are all engaged with the community so let's continue to show everyone that UCP stands behind it's commitment to be the leading provider of comprehensive services in meeting our clients' needs!

May you and your families have the Happiest of Holidays.



#### Program Spotlight By: Eric Ciampa

##### Art Room Overhaul

Orange Grove's art room (not to be mistaken for SJAGE's rooms) is the favorite of many clients, but until recently, was not the same for staff. Like so many places where the best art is created, years of old, partially completed projects and materials unlikely to ever be used, made it cluttered and hard to keep organized.

With help from a few clients, staff worked tirelessly for weeks tossing 2 dumpsters worth of junk, relocating hundreds of ceramic molds, moving furniture, painting, and tediously labeling and organizing everything, keeping safety specifically in mind. This year's Humanitarian of the Year, Arlen Orchard, witnessed the action first hand while touring the campus. Great job and congratulations Melissa Jones, Kimberly Flores, Robert Patty and Tim & Michael (clients)!



#### CONGRATULATIONS! DECEMBER 2019 ANNIVERSARIES

Malinda White, Trans	12 yrs
Enrico Hernandez, Trans	12 yrs
Fatima Shabazz, Respite	9 yrs
Russell Muir, Respite	9 yrs
Madline Russell, Respite	8 yrs
Elizabeth Alcaraz, Respite	8 yrs
Jonathon Chavarria, Respite	8 yrs
Kathryn Lenau, Respite	8 yrs
Joyce Kendricks, Respite	7 yrs
Maria Rodriguez, Respite	6 yrs
Debra Ann Nusbaum, Respite	6 yrs
Jessica Herlow, Respite	6 yrs
Igor Kapelkin, Respite	6 yrs
Kim Martin, Respite	6 yrs
Jeging Pricer, Respite	6 yrs
Theresa Aldridge, Trans	6 yrs
Joshua Drenth, Respite	6 yrs
Ashlee Fuentes, Respite	6 yrs
Alexis Villalobos, Respite	6 yrs
Brooke Brooks, Respite	5 yrs
Lindsey Knapp, Respite	5 yrs
Lyl Cartagena, Respite	5 yrs
Sarah Connelly, Respite	5 yrs
Kimberly Tran, Respite	4 yrs
Andrea Newsome, Respite	4 yrs
Linda Shames, SJAGE	3 yrs
Regina Ray, Respite	3 yrs

## Development & Marketing News

By: Steve Horton



### The Community Supports UCP

People of our community support UCP. The Joyce and Jim Teel Foundation (the founders of Raley's) gave \$15,000 to UCP for camp. Ability Central is giving \$37,200 to UCP to develop our future leaders for UCP. Maybe you are one of those UCP Team Members.

### Time for the vehicle to go?

You can donate a car, motorhome, boat or motorcycle. The pick-up of your vehicle is free. To Donate a Vehicle 1 866 827 7212.



We wish you a safe and wonderful Holiday season.

### Safety Culture

By: Liana Biglang-awa

The holiday season is a fun and wonderful time to celebrate and spend quality time with friends and family, but it can also be stressful and overwhelming. A combination of meeting deadlines at work, shopping for presents, attending and/or hosting social events, and holiday traveling can lead individuals to feel overwhelmed. According to a poll conducted by the American Psychological Association, about 8 out of 10 people anticipate added stress over the holidays. While this might be a stressful time, according to Healthline here are some ways to minimize stress so the holidays can continue to be a wonderful time for everyone.

1. Set a spending budget so you can avoid financial stress related to credit card debts.
2. Make sure to continue practicing healthy habits such as making time for physical activity and choosing healthy options when it comes to food.
3. Learn to say no. If you feel like you have too much on your plate already, know your limitations and say no.
4. Set aside time for yourself. With plenty of things on your to-do list, make sure that you're taking some time to recharge and step away from the chaos for a bit.



### DECEMBER 2019 Anniversaries Continued....

Donald Tyler, Shuttle	3 yrs
Kelly Baylor, SJAGE	3 yrs
Shameka Houston, Respite	3 yrs
Angela Vail, DO	3 yrs
Sandra Gomez, Respite	2 yrs
Eugenia Ayala, Respite	2 yrs
Irma Zepeda, Respite	2 yrs
Jeri Ramos, CLASP	1 yr
Liliya Perevertan, EOS	1 yr
Natali Avalos, Respite	1 yr
Madisen Vlaisavich, Respite	1 yr
Teresa Perez, Respite	1 yr
Dajon King, Respite	1 yr
Anderia Gray, Trans	1 yr
Brandy Eckford, Respite	1 yr
Roberto Torres, Trans	1 yr



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- ◆ DSP
- ◆ Respite Worker
- ◆ RN