



TEAM UCP NEWSLETTER

MARCH 2020

#Communicate #Serve #Grow #Sustain

A Message from the CEO By: Doug Bergman

We are coming up to our half-year mark for this fiscal year and we are having an outstanding Safety year; great job by everyone! When you stay safe, that means that you are there each day to care for our clients and insure that they are safe as well!

We have over 900 team members, working with a variety of clients. A transportation department driving over 4,000 miles every day, along with CBI's out and about on the highways and streets, not only driving safely themselves, but driving defensively, watching out for the other guys as well. Providing our clients with the experiences and inclusion in the community that they so richly deserve in a safe manner. I am so proud of this organization and everything that you are doing each day.



Keep up the great job you are doing. Think Safe, Work Safe, Go Home Safe!



Program Spotlight By: Eric Ciampa



Interested in being a camp counselor? Staff are encouraged to talk with their managers for more information. HURRY! Transfer requests must be received by March 15!

News of new UCP camps for Respite kids and families has been buzzing around the office!

When asked of their interest in a safe, structured camp where kids and families can participate in activities and make new friends, we were overwhelmed with positive responses!

UCP Camp is located at the 1500 acre Grizzly Creek Ranch in Portola. At an elevation of 5,000 feet, it is surrounded by forest, bluffs, streams and meadows, providing camp participants with an experience free from the distractions of the outside world.

Dates for UCP camps for kids and families are coming up quickly!
Kids Camp: June 29 - July 1 & Family Camp: July 1 – 3

CONGRATULATIONS! MARCH 2020 ANNIVERSARIES

Randi Koutney , Respite	19 yrs
Robert Martinez, Trans	16 yrs
Nirpal Bisla, Respite	16 yrs
Nichole Weeks, Respite	15 yrs
Carol Cantrell, Respite	15 yrs
Douglas Bergman, Admin	14 yrs
Beatrice Wilson, SJAGE	14 yrs
Emily Hunt, Shuttle	13 yrs
Krystal Thomas, Respite	12 yrs
Amparo Panuco, Respite	12 yrs
Fuad Haddad, Respite	12 yrs
Carmen Barrios, PSS	11 yrs
Ka Chang, SAAGE	9 yrs
Austin Grass, Respite	8 yrs
Susan Theisen, Respite	8 yrs
Evelyn Anderson, Respite	8 yrs
Ofelia Perez, Respite	8 yrs
Anna Martinez, Respite	8 yrs
Thuy Truong, Respite	7 yrs
Vanessa Nichols, Respite	7 yrs
Kathaleen Morgan, Respite	7 yrs
Ana Martinez, SJAGE	7 yrs
Natalie Santos, Respite	7 yrs
Krysten Schoch, Respite	7 yrs
Daniel Cano, Trans	6 yrs
Martha Kubitschek, Saddle Pals	6 yrs
Shawn Lockhart, Respite	5 yrs
Christy Kennedy, Respite	5 yrs
Georganna Shields, Respite	5 yrs
Brieana Rojas, Respite	4 yrs
Amber Burney, Respite	4 yrs
Kao Her, DO	4 yrs
George Costin, Respite	4 yrs
Mary Braz, Respite	4 yrs
Robert Hall, DO	4 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 6,004 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

The Community Loves UCP

The Kelly Foundation gave \$10,000 to UCP Saddle Pals and Heroes Astride. The 2020 UCP Humanitarian of the Year is Arlen Orchard CEO and General Manager of SMUD. This event has raised \$200,000 for this April 23rd event.



If it does not give you joy donate.... Your clothes, toys, books, kitchen items can find a new home and support UCP. Donate to the UCP Thrift Store.

Free Pick UP 1 800 423 9350.

If an item no longer gives you joy - donate it and give another person joy.



Safety Culture Think Safe - Work Safe - Go Home Safe By: Liana Biglang-awa

When people say that something is the “backbone” of an entity, they mostly mean that it is its’ foundation. That saying applies literally to our own anatomy and how our back bones, aka our vertebrae that make up our spinal column serves as the foundation for our body, connecting our head to our lower extremities. Because our back is composed of smaller bones connected by cartilaginous joints, it is more fragile and therefore easier to injure. This is the main reason as to why we need to take extra care of our backs so that it remains healthy and strong. One of the main ways we can keep our backs safe is to know how to properly lift in the way that puts the least amount of stress on the back. Here are some safe lifting tips from the National Safety Council:

- ◆ Protect your hands and feet by wearing safety gear
- ◆ Size up the load and tip it on its side to see if you can carry it comfortably
- ◆ Get help if the load is too big or bulky for one person
- ◆ Check for nails, splinters, rough strapping and sharp edges
- ◆ Make sure your footing is solid and keep your back straight with no curving or slouching
- ◆ Center your body over your feet, get a good grip on the object and pull it close to you
- ◆ Pull your stomach in firmly and lift with your legs, not your back
- ◆ If you need to turn, move your feet, do not twist your back



MARCH 2020 Anniversaries Continued....

Kathleen Ring, SJAGE	3 yrs
Eileen Cross, Respite	3 yrs
Shalois Rogers, PSS	3 yrs
Consuelo Atwood, Respite	3 yrs
Susan Yamamoto, Respite	3 yrs
Christina Barrios, Respite	2 yrs
Aelisha Archer, Respite	2 yrs
Michael May, Respite	2 yrs
Ashley Montez, Respite	2 yrs
Luz Hernandez, Respite	2 yrs
Ashley Cole, Respite	2 yrs
Arcelia Rangel, Trans	2 yrs
Faith Olson, Respite	2 yrs
Micherie Preciado, Respite	2 yrs
Maria Tinoco, Respite	2 yrs
Maria Martinez, Respite	2 yrs
Amy Singh, Respite	2 yrs
Maria Dianco, Respite	2 yrs
Cynthia Green, Respite	2 yrs
Sarah Cordova, Respite	1 yr
Bhavneet Dhillon, Respite	1 yr
Orianna Rodriguez, Respite	1 yr
Laurie Patterson, Respite	1 yr
Shamsia Alizada, Respite	1 yr
Jamie Haralson, PSS	1 yr
Zohia Bano, Trans	1 yr
Sydney Ernst, Respite	1 yr
Mary Santiago, Respite	1 yr
Chunfeng Qiao, Respite	1 yr
Rebekah Miranda, TRII	1 yr
Edward Matthey, Respite	1 yr
Yasmine Ford, Respite	1 yr
Ruth Taylor, Respite	1 yr
Alicia Sablan, Respite	1 yr



UCP Openings:

- ◆ Class B Driver
- ◆ Class C Driver
- ◆ Camp Counselor
- ◆ Camp Director
- ◆ DSP
- ◆ Respite Worker
- ◆ RN
- ◆ Transportation Assistant Manager