



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

TEAM UCP NEWSLETTER

OCTOBER 2019

#Communicate #Serve #Grow #Sustain

A Message from the CEO By: Doug Bergman



HAPPY NEW YEAR!!

A new year has started for UCP. The work that is done here at UCP is so important and so valuable to our clients. I know the care and effort that you put into your work and how important your client's well-being is to you. I want to extend my great appreciation, and that of all of the Leadership Team, for the wonderful work that you have done and will continue to do; you are so valuable to us as well! The client's needs are our number one priority and you are there each day to insure that they are met and exceeded and for that I say thank you very much.

We had a record year in Safety as well, 99.01% Safe. The best year on record with the greatest number of team members.....that is outstanding!! Keep up the great work, and let's make 2019/2020 another banner year for UCP of Sacramento and Northern California. I look forward to seeing you all at the GALA on November 1!

Have a safe and fun Halloween!!

Program Spotlight By: Eric Ciampa



With the end of the fiscal year, comes the spending of capital funds. This year, Rifton tricycles were purchased for programs at the Aero Haven and Orange Grove campuses. These trikes come with a number of accessories that accommodate our client's needs as far as safety and comfort. Accessories are all adjustable and include back/trunk support, head rests, handlebars and seat belts to name a few. Trike pedals have Velcro straps to lock in feet and when in motion, riders' legs and feet are pedaling.

Discovering Options and Twin Rivers II clients have been enjoying trike rides outdoors. Some jump at the chance to ride and literally take off as soon as they are safely belted in. Others, not so sure at first, find themselves enjoying the ride. Staff seem to enjoy taking clients out for trike time as much as clients enjoy their rides. The proof is in their smiles!

CONGRATULATIONS! OCTOBER 2019 ANNIVERSARIES

Shannon Kemp, Respite	28 yrs
Lisa Pirtle, Respite	20 yrs
Robert Manoa, Trans	14yrs
Krystal Ferguson, Respite	13 yrs
Dolly Vaughan, Respite	13 yrs
Catalina Puebla, Respite	12 yrs
Aracelly Carlos, Respite	12 yrs
Christina Hooker, Respite	12 yrs
Aileen Hooker, Respite	12 yrs
Carmen Mirazo, Respite	9 yrs
Kelli Davis, Respite	9 yrs
Dora Carrion, Respite	9 yrs
Terrell Grant, Respite	9 yrs
Irma Barrientos, Respite	9 yrs
Edmund Tomas, Trans	8 yrs
Nelli Yakimova, Respite	8 yrs
James Kaiser, Shuttle	8 yrs
Socorro Martinez, Respite	8 yrs
Fidel Flores, Respite	8 yrs
Rosica Villeda, Respite	7 yrs
Lori Jean Robinson, SJAGE	7 yrs
Elaine Johnson, Respite	7 yrs
Sima Lotfi, Respite	7 yrs
Sara Heringer, WCO	7 yrs
Lisa Flora, Odyssey	6 yrs
Delia Ramos, Trans	6 yrs
Jaime Sanchez, Respite	5 yrs
Shane Quidachay, Shuttle	5 yrs
Tom Otieno, Respite	5 yrs
Maria Alvarado, WCO	5 yrs
Mahbobeh Lotfi, Respite	5 yrs
Grace Smith, Respite	5 yrs
Toni Morgan, Respite	5 yrs
Jody Hughes, TRII	5 yrs
David Kapelkin, Respite	5 yrs
Aliona Olii, Respite	4 yrs
Mohammad Zarif, Admin	4 yrs
Charlie King, Shuttle	4 yrs
Martha Ballesteros, SAAGE	4 yrs
Elena Ruiz, Respite	4 yrs
Kyle Rivera, Respite	4 yrs
Jazmin Camargo, DO	4 yrs
Leann Sindle, Odyssey	3 yrs
Cristco Medina, Respite	3 yrs
Kimberly Flores, PSS	3 yrs
Etta Woolfe, DO	3 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

Fall Cleaning! Your clothes, toys, books, kitchen items can find a new home and support UCP. Donate to the UCP Thrift Store.

They do not take eWaste, mattresses, large appliances or furniture.

Free Pick UP 1 800 423 9350.

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



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.



Safety Culture By: Liana Biglang-awa

As we enter the Fall/Winter months, colder and damper days are ahead of us which means slippery roads will be a common part of our daily commute. We must keep in mind that weather changes calls for changes in our driving according to the current environmental conditions and as always, safety is of utmost importance. Here are some tips that will be good to be mindful of when driving on slippery roads:

- ◆ **stay alert** and focused on driving and be aware of what's going on around you;
- ◆ **turn on your headlights** for better visibility since rain and cloudy skies can obscure your vision;
- ◆ **beware of hydroplaning** by replacing your tires that have extensive wear and tear (if you do happen to hydroplane, keep calm and take your foot off the accelerator slowly and steer straight until you regain control);
- ◆ **reduce your speed**, speed limits are designed for ideal conditions, if the conditions are less than ideal, adjust your speed accordingly (State Farm 2019).

Remember: Drive to stay alive!

TIPS FOR SAFE FALL DRIVING

Every year thousands of people are injured and hundreds of people are killed due to daylight savings time changes and the change of seasons.

Autumn means we need to be more careful as drivers.



1 WEATHER

Sudden changes in temperature, rain, snow and fog all make for hazardous driving. Be aware of the weather - know before you go.



2 SUNRISE & SUNSET

Daylight Savings Time means the sun on the morning drive might be right in your eyes. The sun goes down early now, so it gets dark a lot sooner! HEADLIGHTS!



3 CHILDREN & ANIMALS

Children are back to school and animals are busy preparing for winter. Look out for them. Slow down, keep an eye out, and be nice.



4 LEAVES

Leaves on the ground can be slippery and dangerous. Careful when driving on leaf-covered roads, whether it's raining or not. Clear leaves off your car before driving, just like snow.

**Stay safe
YOU ARE GOOD TO GO!**

October 2019 Anniversaries Continued....

Stephanie Hartman, Respite	2 yrs
Marissa Gonzalez, Respite	3 yrs
Archana Sharma, Respite	3 yrs
Eryc Wolf, Respite	3 yrs
Makaila Wynkoop, Respite	3 yrs
Crystal Wurz, PSS	1 yr
Marva Moore, Trans	1 yr
Heather Koslow, WCO	1 yr
Ysenia Muhammad, Odyssey	1 yr
Antonio Johnson, Trans	1 yr
Maritza Oropeza, SAAGE	1 yr
Christian Fernandez, Respite	1 yr
Robert King, Respite	1 yr
Myrna Ortiz, Respite	1 yr
Amber Young, Respite	1 yr
Ricki Stevenson, Odyssey	1 yr
Heather Smith, PSS	1 yr
Brian Bracamontes, Trans	1 yr



- ◆ Bus Aide
- ◆ Class B Driver
- ◆ Class C Driver
- ◆ DSP
- ◆ ILS Instructor
- ◆ Respite Worker
- ◆ Respite Admin Scheduler