



TEAM UCP NEWSLETTER

April 2017

#Communicate #Serve #Grow #Sustain

CONGRATULATIONS! APRIL 2017 ANNIVERSARIES

A Message from the CEO By: Doug Bergman

As we are going from program to program to recognize the programs Six-Month Safety accomplishments, I am amazed at what an awesome job you are accomplishing, making your programs a great, safe place for our clients and all staff to attend daily.

This is a phenomenal year UCP of Sacramento is having and I have no doubt, that we will continue in this vein for the rest of the year!

Everyone's efforts are very commendable day-in and day-out and you are the future leaders of this growing organization. You step up to the plate and you get extra work completed when asked and you don't complain about not having enough time to get it all done. You are beyond a doubt making a huge difference in the lives of our clients.

Remember Day Programs, never ever ever do any single lifts!!

Keep up the fantastic jobs you are doing in keeping the programs safe!



Program Spotlight By: Eric Ciampa

Please join me in congratulating Melissa Jones for her promotion from Program Coordinator to Program Manager at PSS & EOS programs. Below is her Bio for you to get to know a little about her.

As a teenager in the summer months, I used to volunteer at my mother's job which supported individuals with developmental disabilities in a work environment. My first real "paid" job took me to in-home services and 2 years later to a behavioral day program where I have accumulated over 8 years of experience.

I believe in UCP because of the client-driven programming and, because you can grow and move forward in the company with determination. I came to UCP in 2014 as a Supervisor for Pathways to Success for Seniors, then in 2015 became a Coordinator for Discovering Options and now in 2017, Program Manager with Pathways to Success for Seniors and Empowering Opportunities for Success.

One of the greatest gifts I've received through UCP is learning growth development; both reciprocal for myself and the individuals I support especially through the Self Advocacy and MOVE programs. These programs and the Platinum Rule (treat others as they want to be treated) provide independence, respect, dignity and total engagement for all.



- Gregory Ernst, Trans 28 yrs
- Margaret Thompson, Respite 14 yrs
- Lucilla Rojas, Respite 14 yrs
- Oksana Vanden, Respite 13 yrs
- Nadia Yousufzai, Respite 10 yrs
- Amy Konen, Respite 9 yrs
- Gloria Villa, Respite 8 yrs
- Maria Mayfield, Respite 8 yrs
- Mark Zanter, Trans 8 yrs
- Daniel Marshall, SAAGE 7 yrs
- Erica Gutierrez, Respite 6 yrs
- Jacque Acosta, Respite 6 yrs
- Janice Zeck, Respite 6 yrs
- Nicole Schadwald, TRII 6 yrs
- Chong Crooks, Respite 5 yrs
- Chandrena Perazzo, Respite 5 yrs
- Jaldeo Prasad, Respite 5 yrs
- Lidiya Beymanova, Respite 5 yrs
- Steven Boerner, Respite 5 yrs
- Silvia Esquivel, WCO 5 yrs
- Joshua Means, Respite 4 yrs
- Eva Gomez, Respite 4 yrs
- Lisa Murch, Respite 4 yrs
- Anastasiya Ryabets, Respite 4 yrs
- Shelley Harris, Respite 4 yrs
- Misty Perrin, Respite 4 yrs
- Melissa Jones, PSS 3 yrs
- Kimberly Wiseman, Respite 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 4,775 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

APRIL 2017

Anniversaries Continued...



Time for spring cleaning! The UCP Thrift store will pick up any household goods (no mattresses, large appliances or eWaste).



You can be a part of enhancing UCP's online presence. Share a post from UCP's Facebook or make a comment or review www.Facebook.com/myUCP.

Do the same for UCP Instagram at [Instagram.com/UCPSacramento](https://www.instagram.com/UCPSacramento) & UCP Twitter @UCPsacramento

Call 1(800) 860-0357 to scheduled a pick up.

The UCP Car Program will take any car, RV, boat or motorcycle. It costs you nothing, they pick up and they make a donation to UCP. I donated my car to UCP and the process is painless. They made the whole process smooth. It is very easy to do.

Call 1 (866) 827 -7212 to donate a vehicle.

Do you know someone whose' company is doing a spring fundraiser? Make sure to recommend UCP as a recipient of the donations! If you have any questions contact Natisha Development Coordinator nfryecowling@ucpsacto.org (916)283-8317.

- Grace McIntosh, Respite 3 yrs
- Deanna Morgan, Respite 3 yrs
- Polina Smeeth, Respite 3 yrs
- Tina Southerland, Respite 3 yrs
- Kareena Hammond, Respite 3 yrs
- Miranda Smith, Respite 3 yrs
- Trina Long, Respite 3 yrs
- Teresa Ramos, Respite 3 yrs
- Kimberly Eredia, Respite 3 yrs
- Catherine Seymour, Respite 3 yrs
- Anna Mulyar, Respite 3 yrs
- Coty Bertoglio, Respite 3 yrs
- Cassandra Reed, Respite 3 yrs
- Mary Rowe, SJAGE 2 yrs
- Alina Brandl, Respite 2 yrs
- Patricia Alcala, Respite 2 yrs
- Rhonda Peeples, Do 2 yrs
- Jacqueline Rios, Respite 2 yrs
- Susana Garcia, Respite 2 yrs
- Mariah Magana, Respite 1 yr
- Vdym Golub, Respite 1 yr
- Katherine Kelly, Respite 1 yr
- Maria Torres, Respite 1 yr
- Sochi Calhoun, TRII 1 yr
- Lou Saetern, DO 1 yr
- Maria Rosales, Admin 1 yr
- Ashley Braley, Respite 1 yr
- Kersten Mayer, TRII 1 yr
- Rupert Lawrence, Respite 1 yr
- Saruul Erdenesailhan, Respite 1 yr
- Victoria Lopez, Respite 1 yr
- Amanda Sheldon, Respite 1 yr

UCP Safety Culture: UCP Prohibited Substance Abuse Policy Reminder By: Kyle Vang

Time to Spring into Action Against Seasonal Allergies

Spring is traditionally the season when allergies blossom because of new growth on trees and weeds. For most people, allergies are annoying because they affect a person's quality of life and there is no cure. In addition, people who are allergic to pollens are also often sensitive to dust mites, animal dander, and mold, which can lurk indoors. For those with asthma or severe allergic reactions, they could be life threatening or even cause death.

Currently, there are about 26 million Americans enduring chronic seasonal allergies, while the number of people with milder symptoms may be as high as 50 million and are increasing every year. Allergic reactions can range from mild itching, sneezing or eczema (inflamed, itchy skin), to severe hives, hay fever, wheezing, and shortness of breath. An extreme allergic reaction can result in anaphylactic shock, a life threatening situation in which a person's airway swells shut and blood pressure drops. If this occurs, you can follow the Anaphylaxis procedures you were taught in your American Red Cross CPR/ First Aid classes.

You can reduce your allergic misery, if you take steps to keep the culprits out of your home. The most effective way to prevent allergies is to avoid the allergens, which are the foreign substances that cause our immune system to overreact. For seasonal allergies cause by trees and weeds, keep windows shut and the air conditioner on. You can also purchase an air filter to clean out pollens, molds and dust. If you have pets, keep them outside or bathe them regularly if they are indoors, and don't let them sleep in your bed. If you've been in the yard, leave your shoes at the door, wash your hair to rinse off dust and pollen, and wash your clothes in hot water as soon as possible.

Another step in handling chronic allergies is a visit to an allergist. Once the causes and severity of the allergies is determined, the doctor can prescribes medications such as Antihistamines to help treat the allergies. Remember that there is no cure for allergies, so you will need to manage them with prevention and treatment.



OPEN POSITIONS

F/T & P/T DSP's, Class B & C, Drivers, Respite Workers, Program Supervisor
Community Integration Specialist, PT Development Assistant, Admin Assistant

