



TEAM UCP NEWSLETTER

August 2016

#Communicate #Serve #Grow
#Sustain

CONGRATULATIONS! AUGUST 2016 ANNIVERSARIES

A Message from the CEO

By: Doug Bergman



Each year we look at our benefit plans and work very closely with our broker, Wells Fargo Insurance Services, to determine what options and plans are available for all team members. We are looking for the best possible plans we can get, at a price both our team members and UCP can afford. We have been very fortunate this year to actually see a slight decrease in two of our medical plans and no increase for dental and vision coverage. In these

days of 9% average increases for health insurance, we can be very pleased with the great partnership we have with Western Health Advantage in bringing us such great premiums.

You will also see, as you attend your Group Meetings, that our process has changed this year and you are enrolling via phone call, rather than an in-person enroller. UCP again has been very fortunate that up until this year, we have enrollers come to us. This is not a practice that is continuing with most company's Open Enrollments because of the cost. Please make sure to call at your assigned time and help us to make this process as smooth as possible.

We know that benefits are very important to you, whether you get them through UCP or another source and we hope that our continued efforts to get the best priced plans each year benefits you and your families.



Program Spotlight

By: Eric Ciampa

UCP has hired our new SAAGE Program Manager, Allison Matney. Here's a little bio on Allison!



"I started working in nonprofits in 1998 and at that time I was not sure I wanted to stay in this field, as I was going to school to be a theatre and film director. After moving to Southern California to attend the CalArts for their Technical Directing program, I supported myself by working as an ILS Trainer. I went on to work at Fox on the movie/studio lot but I could not bear the thought of not working in this field, and I knew I had to make a major life decision. I decided to go back to school and finish a Bachelor's degree in Sociology. I went on to a Master's in Public Administration and now I am working on a PhD in Public Policy. I have had many positions working with various disabilities over the years, and I am thrilled to be a part of a company like UCP that always puts the needs of the people we serve, FIRST!"

We are excited to have Allison join our team. Please help me welcome Allison as our newest Team Member!

Jeannette Morris, Respite	21 yrs
Stephen Lobue, Trans	17 yrs
Glenda Brown, Respite	15 yrs
Jane De Zell, SaddlePals	12 yrs
Tema Robinson, Respite	11 yrs
Teaira Harris, Respite	10 yrs
Dianne Andres, Respite	9 yrs
Katrina Kyes, Respite	8 yrs
Emma Rivas, Respite	8 yrs
Fornisha Evans, Respite	7 yrs
Jennifer Puccio, Respite	7 yrs
Delmi Guerra, Respite	7 yrs
Devora Clinkenbeard, Respite	7 yrs
Karem Solis, Respite	5 yrs
Rosa Serrano, Respite	5 yrs
Virgilio Bautista, Trans	5 yrs
Jacqueline Smith, Respite	5 yrs
Shirley Calloway, Respite	5 yrs
Grace Gose, Respite	5 yrs
Kristy Foley, Respite	5 yrs
Jenna Proeung, SAAGE	5 yrs
Mireya Almazan, Respite	4 yrs
Alex Risley, Respite	4 yrs
Michael Wright, ACE	4 yrs
Becky Penrod, ACE	4 yrs
Paola Serrano, Respite	4 yrs
Brianne Forssell, Respite	4 yrs
Sandy Mendoza, Respite	4 yrs
Walter Mansfield, SJAGE	3 yrs
Eric Ciampa, Admin	3 yrs
Karen Sweet, 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



"Like" www.Facebook.com/myUCP ,
UCP Instagram at Instagram.com/UCPSacramento & UCP Twitter
[@UCPSacramento](https://twitter.com/UCPSacramento),

Check out the New UCP Video on our UCP Sacramento You Tube channel.

CELEBRATE The support of community:

A generous donator, Joan, wanted her son's horse tack to go to a good use. She did not want to just "get rid of it all". She wanted the saddles, bridles, and blankets used for a good cause in her son's memory. She phoned up to ask if UCP Saddle Pals could use the items and eventually donated over \$2,000 worth of horse related items.

Thank you Joan!

JOIN THE MOVEMENT. DON'T MISS OUT. You can improve your own fitness and the lives of others through STEPtember. You can even win Incentive Prizes!!! Learn more: www.STEPtember.us/ucpsnc. To form your team contact

Natisha at: nfryecowling@ucpsacto.org

916 283 8317

Safety Culture: Protect Yourself in the Heat

By: Laurie Gwinn

With our temperatures rising again this week and next and who knows for how long, we thought another reminder on good heat protection would help!



The best defense is prevention. Here are some prevention tips:

- ◆ Stay hydrated with the right drinks and the proper amount. (Refer to last month's newsletter)
- ◆ Stay indoors and, if at all possible, stay in an air-conditioned place. Indoor shopping malls and public library are good places to visit during on hot days.

- ◆ Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- ◆ Wear lightweight, light-colored, loose-fitting clothing.
- ◆ NEVER leave anyone in a closed, parked vehicle.

If you must be out in the heat:

- ◆ Limit your outdoor activity to morning and evening hours.
- ◆ Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.
- ◆ Try to rest often in shady areas.
- ◆ Protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher.

SAVE THE DATE:

UCP Team Member Gala

Friday November 4 @ Doubletree by Hilton 7 to 11 p.m.

AUGUST 2016

Anniversaries Continued....

Laura Fisher, Respite	3 yrs
Priscilla Peluso, Respite	3 yrs
Terraile Wallace, DO	3 yrs
Judy Mansanet, Respite	3 yrs
Cedric Martin, Respite	3 yrs
Felisiana Rosales, Respite	3 yrs
Diane Blackmon, Respite	3 yrs
Jean-luc Staunton, SacAGE	2 yrs
Judy Johnson, Respite	2 yrs
Natalie Fonseca, Respite	2 yrs
Kyle Smith, Admin	1 yr
Karina Mendoza, WCO	1 yr
Joy West, Respite	1 yr
Samantha Thoma, Respite	1 yr
Patricia Fitzherbert, Respite	1 yr
Vanessa Chavez, Respite	1 yr
Melissa Moseman, ACE	1 yr
Jacob Rodriguez, ACE	1 yr
Carrie Galvan, WCO	1 yr
Lauren Pregill, Respite	1 yr
Suzanne Perrault, Respite	1 yr
Kelly Smith, Respite	1 yr
Sharon Geddie, Respite	1 yr
Andrea Smith, Respite	1 yr
Tamara Costa, Respite	1 yr
Riga Taukolo, SAAGE	1 yr
Dennis Katona, TRI	1 yr
Yajaira Sanchez, WCO	1 yr



OPEN POSITIONS

- ⇒ **F/T & P/T DSP's**
- ⇒ **Class B & C Drivers**
- ⇒ **Respite Workers**
- ⇒ **RN**
- ⇒ **Program Coordinator**
- ⇒ **Administrative Assistant**