

## A Message from the CEO

By: Doug Bergman

At this time of year, we can all reflect on the many blessings we have in our lives and the gratitude we feel. I am grateful for all of you and the wonderful work you do each day in serving our clients and making UCP of Sacramento and Northern California the great organization that it is. I know you bring great joy to the clients you serve, as well as the clients bringing great joy to you each and every day. Many of you have told me about the gratitude that you feel in working with your clients each day. Enjoy the time you spend with your friends and families, celebrating the festivities of the season. Keep up the outstanding work in supporting our clients in the community and please stay safe over the upcoming holidays!!

On behalf of myself and the Leadership Team, I would like to wish you and your families a very Happy Holiday season.



## Program Spotlight

By: Eric Ciampa

Recently the Sacramento Bee ran a story on UCP for the Book of Dreams: It highlighted our clients and the MOVE (Mobility Opportunities Via Education) program at TR2. The program has requested a Rifton Pacer Gait Trainer designed to help individuals meet the world at eye level. This device will promote independence for individual clients at UCP by helping them to strengthen their musculature and enabling them to stand and walk as they are able. It truly gives meaning to what we do day in and day out and the difference we all make in our client's lives. Providing opportunities to our clients that they would not otherwise experience.

"When people walk up to someone in a wheelchair, they might think the person can't hear them, or they can't see them, or they don't know many things," Rhodes said. "But when someone is standing up, all of a sudden they are given respect and dignity, as they too are actively involved in the world."



The article in The Book of Dreams titled "Device Helps Those with Disabilities Become More Mobile" shines a light on UCP and the care and commitment needed to best serve our clients. I am honored to see this dedication in action as I visit each program and observe our team member's positive interactions which enhance our client's learning and joy of life.

## CONGRATULATIONS! DECEMBER 2015 ANNIVERSARIES

Malinda White, Trans	8 yrs
Enrico Hernandez, Trans	8 yrs
Gia Calloway, Respite	7 yrs
Sung Yi, TRII	6 yrs
Lois Rhodes, TRII	5 yrs
Fatima Shabazz, Respite	5 yrs
Russell Muir, Respite	5 yrs
Madline Russell, Respite	4 yrs
Elizabeth Alcaraz, Respite	4 yrs
Lidiya Mikityuk, Respite	4 yrs
Jonathon Chavarria, Respite	4 yrs
Kathryn Lenau, Respite	4 yrs
Steve Barkett, Respite	3 yrs
Joyce Kendricks, Respite	3 yrs
Marisol Ruiz, Respite	3 yrs
Maria Rodriguez, Respite	2 yrs
Debra Nusbaum, Respite	2 yrs
Jessica Herlow, Respite	2 yrs
Ella Say, Respite	2 yrs
Igor Kapelkin, Respite	2 yrs
Luz Gonzalez, SAAGE	2 yrs
Kim Martin, Respite	2 yrs
Jeging Pricer, Respite	2 yrs
Theresa Aldridge, Trans	2 yrs
Meranda Calvario, TRII	2 yrs
Stacey Amaral, Respite	2 yrs

## Development & Marketing News

By: Steve Horton

*Support us when you shop this holiday*

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amazon smile



You can support UCP without costing a dime when you go Holiday Shopping. Amazon will donate 5% of your purchase to UCP. Log into your Amazon account using this link <https://smile.amazon.com/ch/94-1507998> and empower others.

Cleaning for the Holiday season! If it fits in a dresser drawer, hangs in your closet, fits into a large box and you don't want it anymore – donate your household goods, clothes, or furniture to UCP **call 1 800 860 0357 for a free pickup.**

Subaru Auto Nation – Roseville Automall has chosen UCP as the recipient of \$250 for every new car sold or leased from Thanksgiving to New Year. This is the second year for UCP to receive the Subaru "Share the Love" event.



Do you have a vehicle in your driveway that does not work or you cannot sell? UCP provides free towing of your unwanted motorcycle, boat, RV or car. **Call 1 866 827 7212** It is that easy to make a vehicle donation.



## DECEMBER 2015

### Anniversaries Continued...

Daniel McIntosh, Respite	2 yrs
Joshua Drenth, Respite	2 yrs
Ashley Hirsch, Respite	2 yrs
Ashlee Nava, Respite	2 yrs
Alexis Villalobos, Respite	2 yrs
Breana Hitzemann, Respite	1 yr
Brooke Brooks, Respite	1 yr
Jewel Patton, Respite	1 yr
Lindsey Wrighton, Respite	1 yr
Lyl Cartagena, Respite	1 yr
Laresa Lewis, Shuttle	1 yr
Ashley Mitchell, Respite	1 yr
Sarah Connelly, Respite	1 yr
Richard Harvey, PSS	1 yr
Leo Murphy, Trans	1 yr
Kayla Daly, EOS	1 yr



## Safety Culture

By: Dennis Tran

Because of the cold season and all of us tend to stay indoors, we tend to spread germs around a lot easier. It is very easy to get sick this season and no one wants to be bedridden during the Holidays... right? Keeping up with good hand hygiene can be difference between a healthy team member and a miserable one.

Keeping your hands clean through hand hygiene is the most important step we can take to avoid getting sick and spreading germs to each other. Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry). Many diseases are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use hand sanitizer that contains at least 60% alcohol to clean hands.

### Proper Handwashing Technique:

⇒ Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- ⇒ Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, around your wrist, and under your nails.
- ⇒ Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- ⇒ Rinse your hands well under clean, running water.
- ⇒ Dry your hands using a clean towel or air dry them.

### How to wash your hands properly



## OPEN POSITIONS

- \* DSP
- \* Supplemental
- \* 1:1
- \* Class C & B Drivers
- \* Respite Workers
- \* Program Manager
- \* Marketing & Dev Cord.