



TEAM UCP NEWSLETTER

February 2017

#Communicate #Serve #Grow #Sustain

CONGRATULATIONS! FEBRUARY 2017 ANNIVERSARIES

A Message from the CEO

By: Doug Bergman

With the care and attention that you give, you make every day seem like Valentines' Day for our clients!

On average across the United States, individual contributions make up 70% of a non-profits revenue. We have been working diligently to try and increase the percentage of individual contributors to UCP. We meet with folks, and get the word out to the community about the variety of services UCP provides for adults and children with developmental disabilities and the wonderful care that you provide.

Maybe, without even knowing it, you too have been helping UCP to increase this revenue, by the care and attention you pay to your clients. We know that you do this because you care about the people you work with every day, but you are also increasing the awareness of our community.

Keep up the great work and thank you for continuing to maintain the high standard that UCP is known for.



Dennis Keefe, SJAGE	16 yrs
Terrence West, Respite	23 yrs
Martha Huerta, Trans	9 yrs
Kate Pride, Respite	8 yrs
Sandra Gomez, Respite	8 yrs
Sally Yu, Respite	7 yrs
Torri Yi, Respite	7 yrs
Valencia Garcia, Respite	6 yrs
Angela Grant, Respite	6 yrs
Shannon Untalasco, Respite	5 yrs
Tabitha Taylor, Respite	5 yrs
Tatyana Boerner, Respite	5 yrs
Gillian Copenhaver, Respite	5 yrs

Program Spotlight

By: Eric Ciampa

UCP Advocacy in 2017

With a new year comes new opportunities and challenges for individuals with developmental disabilities and UCP of Sacramento is committed to remaining a fierce advocate for our families and clients. Here are some examples of the work UCP is doing to support our clients and staff. In January UCP attended a family meeting at Sonoma Developmental Center, one of the last remaining state institutions scheduled for closure in 2019. UCP met with the Department of Developmental Services, representatives from multiple regional centers, and client families to discuss how UCP can support clients coming home to Sacramento from institutional settings.

In January Governor Brown released his new state budget without any cuts to DD services. At the State legislature UCP is continuing our fight to protect funding and improve services for individuals with disabilities. And finally, UCP has partnered with ANCOR to increase our advocacy efforts in Washington DC to protect services for individuals with disabilities, and support policies that improve the lives of the direct care staff who support them. If you want to get more involved in advocacy efforts locally, reach out to Eric Ciampa at eciampa@ucpsacto.org.

Ivonnjelina Campos, TRII	5 yrs
Megan Wells, Respite	4 yrs
Samantha Willhite, Respite	4 yrs
Laura Turben, Respite	4 yrs
Colleen Moss, Respite	4 yrs
Martin Varella, Respite	4 yrs
Jacqueline McWilliams, Admin	4 yrs
Breanne McKeon, Respite	3 yrs
Robin Mammen, Respite	3 yrs
Mary Mathenia, 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

CELEBRATE the support of community: The year-end donations raised \$11,507
Wells Fargo Bank announced the awarding of a



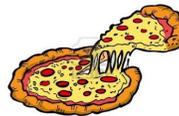
\$15,000 grant for UCP's Community Living And Support Program. This will empower adults with developmental disabilities to live as independently as possible.



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

FACEBOOK CONTEST : The program with the highest percentage of UCP Likes & Reviews will win a

PIZZA PARTY!!!



UCP Safety Culture: Heart Disease Awareness

By: Kyle Vang

February is known as American Heart Month. Although, Valentine's Day is probably the most well-known day associating with hearts, heart disease awareness is also a great cause that February is dedicated to.

Heart disease is a heart related disorder, and one of the most common forms of heart disease is Coronary Heart disease. Coronary Heart disease is a disorder of the blood vessels of the heart that can cause a heart attack. It occurs when an artery becomes blocked by fatty deposits and prevents oxygen and other vital nutrients from getting to the heart, thus causing permanent damage to the heart muscles.

There are many risk factors that can lead a person to develop heart disease or increase the chances that the disease will get worse. These factors are high blood pressure, high blood cholesterol, diabetes, smoking, being overweight or obese, being physically inactive, having a family history of early heart disease, eating an unhealthy diet, and age (55 or older for women). Heart disease can often be prevented when people make healthy choices and manage their health conditions well. Everyone can benefit from a healthy diet and being physically active. The food we eat can decrease our risk of developing the disease, so consider eating foods low in saturated fat, trans-fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish, nuts, legumes and seeds and try eating some meals without meat. Being physically active can also prevent heart disease. Exercise such as walking, jogging, or running at least 30 minutes a day can prevent people from developing heart disease.

Remember that no beauty shines brighter than that of a good heart, especially on Valentine's Day!



FEBRUARY 2017

Anniversaries Continued...

Patricia Button, Respite	3 yrs
Stephania Herrera Respite	3 yrs
Edward Barnes, CLASP	3 yrs
Maria Flores, Respite	3 yrs
LaTasha McKinney, SacAge	3 yrs
Anh Tran, Trans	3 yrs
John Williams, Respite	2 yrs
Aubrey Adams, Respite	2 yrs
Claudia Cordova, TRI	2 yrs
Chenda Chan, PSS	2 yrs
Viktoria Zechlin, Respite	2 yrs
Paul Bonani, Respite	2 yrs
Nathaniel Roberts, Respite	2 yrs
Jessie Cital, WCO	1 yr
Laura Godfrey, PSS	1 yr
Tylisha Shumbert, SacAge	1 yr
Joshua Vang, TRII	1 yr
Vladislav Velichko, Respite	1 yr
Amber Elliott, Respite	1 yr
Kirsten Evers, Respite	1 yr
Kasey Cloud, Respite	1 yr
Maria Lopez, Admin	1 yr

We're Hiring!

OPEN POSITIONS

- * F/T & P/T DSP
- * Class B & C Driver
- * Respite Worker
- * Program Supervisor
- * Program Coordinator
- * Community Integration Specialist
- * ILS Instructor
- * PT Development Assistant

