



# TEAM UCP NEWSLETTER

February 2016

#Communicate #Serve #Grow  
#Sustain

## A Message from the CEO

By: Doug Bergman

As I visit our different programs, I am always so impressed and pleased by the variety of projects going on. The creativity of these projects is very impressive and I applaud you for keeping things interesting, educational and fun for our clients! I know this month, you are probably all studying the origins of Valentine's Day, instructing our clients on making valentines, or planning a valentine party. Whatever it is that your program is doing, I know that the clients are being stimulated, encouraged and having fun as well.

Some of the art projects have been auctioned at our Tribute dinners and sell great. People are always amazed to learn that the items are made in program and they too are very impressed by the creativity and abilities of our clients. Many of these pieces are on display at the Training Center and it is a great visual for our new team members, as they go through Orientation, to see what our clients can do.



## CONGRATULATIONS! FEBRUARY 2016 ANNIVERSARIES

Dennis Keefe, SJAGE	15 yrs
Terrence West, Respite	22 yrs
Martha Huerta, Trans	8 yrs
Kate Pride, Respite	7 yrs
Sandra DeMendoza, Respite	7 yrs
Sally Yu, Respite	6 yrs
Amber Daly, TRII	6 yrs
Torri Yi, Respite	6 yrs
Valencia Garcia, Respite	5 yrs
Angela Grant, Respite	5 yrs
Jeanne York, TRII	4 yrs
Shannon Untalasco, Respite	4 yrs
Tabitha Taylor, Respite	4 yrs
Tatyana Boerner, Respite	4 yrs
Mikala Pullig, Respite	4 yrs
Gillian Copenhaver, Respite	4 yrs
Ivonnjelina Campos, TRII	4 yrs
Megan Wells, Respite	3 yrs
Chong Thao, Respite	3 yrs
Sara Tollstrup, Respite	3 yrs
Kristen McGehee, Admin	3 yrs
Samantha Willhite, Respite	3 yrs
Laura Turben, Respite	3 yrs
Colleen Moss, Respite	3 yrs
Martin Varella, Respite	3 yrs
Jacqueline McWilliams, Admin	3 yrs
Breanne McKeon, Respite	2 yrs
Robin Mammen, Respite	2 yrs
Mary Mathenia, Respite	2 yrs



## Program Spotlight

By: Eric Ciampa

UCP is always looking of ways we can expand our services and better serve individuals with disabilities, so that they can live life without limits. Respite currently provides services for 1,200 families. For those who live in outlying areas it can be extremely difficult or non-existent to find Respite services. With the help of a grant from Bank of America, UCP is expanding their Respite services to El Dorado County along with the other counties already being served. UCP has hired a Respite Supervisor and we'll have a satellite office in the area to provide these vital services to families. With this expansion, UCP team members will be able to be hired and trained where they live thus not having to come to Sacramento for required trainings. Along with the grant, UCP will be investing in an online training service, so that UCP team members can have access to essential trainings through Relias. A win win for the families and UCP!



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.

UCP of Sacramento and Northern California is

## Development & Marketing News

By: Steve Horton

On February 10, UCP organized a very inspirational speaking event with a great representative for cerebral palsy, Bonner Paddock. Bonner was diagnosed with cerebral palsy and his mother was told that Bonner would be in a wheelchair by age 15 and probably dead by 20.

Instead he is the only person in the world with cerebral palsy to climb to the summit of Mount Kilimanjaro, the highest mountain in Africa, 19,341 feet above sea level and he did it at over 30 years of age! In 2012, he also competed in, and completed, the Ironman World Championship triathlon in Hawaii.

Bonner has increased international awareness of cerebral palsy through his accomplishments and speaking engage

ments and is a wonderful example of striving beyond so called "limits" and exceeding everyone's expectations.

In addition to speaking on behalf of UCP of Sacramento & No. CA, Bonner's foundation OM (One Man, One Mission) is making a donation to UCP of Sacramento & No. CA.

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 furniture UCP call 1 800 860 0357 for a free pickup.



## Safety Culture

By: Dennis Tran

### Slow Down for Safety

At our recent Safety Committee, Safety Mentors mentioned the biggest problems in program is the fact that team members are always in a RUSH. "Hurry up, Get it done, & Move on to the next scheduled activity!" Being rushed has become a part of our culture. We base a lot of our clients' lives around schedules, cramming as much as possible into the few hours we are in program or our client's homes. Why exactly?

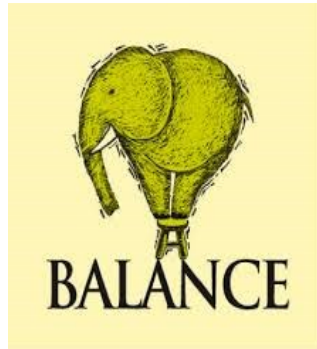
Rushing around and always being in a hurry is not a safe way to work. Stress can easily compound itself, and before

# DON'T RUSH THINGS.

you know it you are skipping steps that adhere to safe work practices. Although we can't ever halt our clients' needs, working towards a more balanced approach is a great start. We can slow down and stop rushing so that we can reduce injury, embrace our clients, and give ourselves room to breathe.

Here are a few ideas to help you take the "Hurry Up" out of managing your time.

- \* **Find Good Balance:** Be flexible when you're working with your clients. Clients may need more time than we do



to complete a particular task. It's ok to give them a few extra unscheduled minutes to enjoy what they are doing.

- \* **Prioritize Scheduling:** What are a basic needs as humans? Breathing, drinking, eating, and restroom breaks. Everything else comes after that.

- \* **Stop, Breathe, Refocus:** Stop rushing, take a breath, and clear your mind.

- \* **Include Others:** We all have those tasks that are tedious. In that case, ask for help. If you have activities you can share with others, do so. Not only will you get to spend some time together, but you will also have an extra set of hands, eyes, or ears to get through the process a bit quicker.

FEBRUARY 2016

## Anniversaries Continued...

Patricia Button, Respite	2 yrs
Stephania Fonseca, Respite	2 yrs
Edward Barnes, CLASP	2 yrs
Maria Flores, Respite	2 yrs
LaTasha McKinney, SacAGE	2 yrs
Anh Tran, Trans	2 yrs
Cynthia Douwsma, SAAGE	1 yr
John Williams, Respite	1 yr
Aubrey Adams, Respite	1 yr
Claudia Cordova, TRI	1 yr
Chenda Chan, PSS	1 yr
Viktoria Zechlin, Respite	1 yr
Paul Bonani, Respite	1 yr
Ayana Allison, Respite	1 yr
Nathaniel Loader, Respite	1 yr

## UCP REFERRALS

THEY REALLY PAY OFF

**\$200** That's right. You can make up to \$200 for every Team Member you refer!!!

BONUS DETAILS: Applicants must put your full name on their application when they apply. For each referral who is hired and completes their first 6 months you will receive a \$200 bonus.



## OPEN POSITIONS

- \* **DSP**
- \* **Supplemental**
- \* **1:1**
- \* **Class C & B Drivers**
- \* **Respite Workers**
- \* **Program Supervisor**
- \* **P/T Dispatcher**