

A Message from the CEO By: Doug Bergman

**THANK YOU FOR DOING
A GREAT JOB**



I hope everyone is enjoying their summer and our beautiful, but at times, very warm weather! I would like to thank you again, for the great job you are doing each and every day for our clients and also for the outstanding Safety year we are having. We have about 3 months left in this fiscal year, so please continue the excellent job in safety that you have been doing. We each must take accountability for keeping ourselves, our clients and each other safe; remember the Safety Pledge...Safety!

With new team members joining Team UCP, we can help remind them of our focus on Safety. Thank you to our Safety/Mentor Representatives who do a great job in helping to train new staff and help to keep us ever mindful of safety! Be safe and have a wonderful summer!



Program Spotlight By: Eric Ciampa

UCP Sends Kids with Autism to Camp

Camp is a unique experience that not all kids, especially kids with disabilities like Autism, get to have. Therefore, every year since 2009, UCP has worked alongside donors and families to offer kids who participate in UCP's Autism Center for Excellence (ACE) program an opportunity to attend a week-long summer camp specifically designed for them. Most of these kids who come to ACE camp have never been to summer camp before.



For the past several years, ACE camp has been held at Grizzly Creek Ranch in Portola, CA. At camp the kids get to be among their peers and trained staff while they participate in swimming, hiking, canoeing, crafts, campfires, and other camp activities. To help make camp possible for as many kids as possible, UCP worked with donors to secure funding to help pay for the camp and provide scholarships for families who needed a little help. ACE Camp 2015 was an amazing success.

CONGRATULATIONS! JULY 2015 ANNIVERSARIES

Shelly Pefley, Admin	18 yrs
Shelly Pefley, Admin	18 yrs
Priscilla Bryant, SAAGE	10 yrs
Dainna McArthur, Admin	9 yrs
Chau Quach, Respite	7 yrs
Patricia King, CLASP	6 yrs
Sarah Davidson, Respite	6 yrs
Adanche Woldesilase, TRI	5 yrs
Britneiy Hurtado, SJAGE	5 yrs
Ana Rosa Sanchez, Respite	4 yrs
Kathy Cox, PSS	3 yrs
Gabriella Soto, Respite	3 yrs
Benjamin Leibold, Respite	3 yrs
Britney Fuller, Respite	3 yrs
Ana Paredes, Respite	3 yrs
Erika Reyes, Respite	3 yrs
Jesse Shaver, Trans	3 yrs
Stephen Contreras, Trans	3 yrs
Sandra Gutierrez, SacAGE	2 yrs
Katerin Rivera, Respite	2 yrs
Jennie Clark, Respite	2 yrs
Chelsea Pedersen, Respite	2 yrs
Janice Deo, Trans	2 yrs
Hailey Holden, Respite	1 yr
Lourdes Serrato, Respite	1 yr
Karina Guevara, Respite	1 yr
Delia Arredondo, Respite	1 yr
Lubov Yakshin, Respite	1 yr
Kathleen Fahey, WCO	1 yr



Development & Marketing News

By: Steve Horton



10,000 steps per day or its equivalent is the recommended amount of daily activity. You can improve your own health and the lives of 4,775 children, adults and families at UCP by raising donations for UCP.

Become a STEptember team leader and engage three other team members to raise money and engage in health improving fitness. Go to <http://www.steptember.us/ucpsnc> to start making a difference now!

Free towing, paperwork and a receipt. It is that easy to make a vehicle you no longer want or sell. UCP provides free towing of your unwanted motorcycle, boat, RV or car. Call 1 866 827 7212



If it fits in a dresser drawer, hangs in your closet, fits into a large box, is furniture or plugs into a socket or runs on batteries and you don't want it anymore – donate your household goods, furniture and eWaste to UCP call 1 800 860 0357 for a free pickup.

Facebook "Like" www.Facebook.com/myUCP or UCP
Twitter [@UCPsacramento](https://twitter.com/UCPsacramento)



Safety

By: Teaira Harris

Block Out UV Rays

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, or spend a lot of time outdoors.

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.



Use these tips:

- **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

JULY 2015

Anniversaries Continued....

Sequoia Wilhite, Shuttle 1 yr
Glenda Sutherland, Hero's 1 yr
Megan Johnson, Respite 1 yr
Stephanie Byrne, Respite 1 yr
Dominique Wilkerson, EOS1 yr
Oksana Pronin, SacAGE 1 yr
Elizabeth Clipp, Respite 1 yr
Dainielle Moore, Respite 1 yr



Sick Leave for Part Time Team Members

CA passed a new law to provide all employees working within the State of California with up to 24 hours per year of sick leave benefit. UCP has enacted a process to begin accruing sick time for all part-time team members, as of July 1. Please see your paystubs that will show your balance, as of the end of that pay period. For more current balance information, you can check your electronic timesheet.



OPEN POSITIONS

- ◆ DSP
- ◆ Supplement
- ◆ Class C & B Drivers,
- ◆ RN
- ◆ Respite Worker
- ◆ Program Manager