

## A Message from the CEO By: Doug Bergman



Summer means camping time for our ACE (Autism Center for Excellence) Program. Again this year, I had an opportunity to bring some of our Board Members and ACE Camp Contributors for a visit at the camp. This gives them an opportunity to see firsthand what wonderful results their support brings about. Adventurous campers spent 5 days and 4 nights up at the beautiful Grizzly Creek Ranch, along with their counselors. The days were

filled with hiking, canoeing, swimming, challenge course, and more. For many students, this is their first time away from home, for an extended stay, and is a big step in their continued progress. This is an experience these kids will remember forever; it is wonderful to see the excitement and smiles on their faces.

The campers had an evening hike, experiencing up close and personal time with goats, cows, frogs, and lizards! Then it's back for a sing around the campfire and delicious s' mores!



## Program Spotlight By: Eric Ciampa



UCP has hired our Respite Supervisor for El Dorado County, Corrie Davis. Corrie comes to UCP from the NAPA area and has experience working with providers, school districts, and regional centers to provide behavioral therapy for kids with Autism. Corrie will be working throughout the county to develop UCP's Rural respite program. UCP is very excited to have Corrie join our team. Our goal is to hire 50 new workers to serve 75 more families who are in need of the services in El Dorado County.

## CONGRATULATIONS! JULY 2016 ANNIVERSARIES

Shelly Pefley, Admin	19 yrs
Chau Quach, Respite	8 yrs
Patricia King, CLASP	7 yrs
Sarah Davidson, Respite	7 yrs
Adanche Woldesilase, TRI	6 yrs
Ana Rosa Sanchez, Respite	5 yrs
Kathy Cox, PSS	4 yrs
Gabriella Soto, Respite	4 yrs
Britney Fuller, Admin	4 yrs
Ana Paredes, Respite	4 yrs
Erika Reyes, Respite	4 yrs
Jesse Shaver, Trans	4 yrs
Stephen Contreras, Trans	4 yrs
Sandra Gutierrez, SacAGE	3 yrs
Jennie Clark, Respite	3 yrs
Chelsea Pedersen, Respite	3 yrs
Janice Deo, Trans	3 yrs
Lourdes Serrato, Respite	2 yrs
Karina Guevara, Respite	2 yrs
Lubov Yakshin, Respite	2 yrs
Dominique Wilkerson, Respite	2 yrs
Stephanie Byrne, Respite	2 yrs
Elizabeth Clipp, Respite	2 yrs
Hung Ly, Trans	1 yr
Elana Gomez, PSS	1 yr
Angel Sanchez, SacAGE	1 yr
Hannah Johnson, Respite	1 yr
Kalynn Johnson, Respite	1 yr
Kennedi Rasmussen, Respite	1 yr
James Hunter, Respite	1 yr
Lucia Canchola, WCO	1 yr

## Development & Marketing News

By: Steve Horton



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To form your team contact Natisha at:

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

### CELEBRATE The support of community:

The Woodland Sunrise Rotary Club gave \$2,399 to purchase a lift at our Woodland Community Options day program. The Sierra Sacramento Valley Medical Society Alliance gave \$5,000 for ACE (Autism Center for Excellence) Camp supporting 18 children in a multiday overnight summer camp experience.

## Safety Culture: Hydration

By: Dennis Tran

Last week, approximately 42,000 people in the world died due to dehydration and poor water sanitation. As the weather begins to rise, we can begin to feel the heat. We need to understand the importance of proper hydration to avoid problems such as dehydration, heat exhaustion, or even heat stroke.

### Here's how you can prevent dehydration:

**When to drink:** Ensure you drink before you start working, trying to catch-up for lost fluids after a period of time is very difficult. Also, drink before you get thirsty. By the time you're thirsty you are already dehydrated.

**What to drink:** Water is truly one of the best things to drink. Research also shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay properly hydrated.

**What not to drink:** During activity and high heat, avoid drinks with high sugar content such as soda and even fruit juices. These are slow to absorb into the body.

**Follow this formula:** Your weight divided by ½ in ounces = amount you should drink per day. (EX. 150lb/2 = drink 75ounces per day)

### Urine Color Chart

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration

# SAVE THE DATE:

## UCP Team Member

## Gala

## Friday

## November 4

@

## Doubletree

## by Hilton

## 7 to 11 p.m.



### OPEN POSITIONS

- ⇒ F/T & P/T DSP's
- ⇒ Class B & C Drivers
- ⇒ Respite Workers
- ⇒ RN