



TEAM UCP NEWSLETTER

June 2017

#Communicate #Serve #Grow #Sustain

A Message from the CEO By: Doug Bergman

For over 62 years UCP has stood for high integrity, strong character, trust, honesty, and is highly respected for the outstanding services provided for people with developmental disabilities, in the Sacramento area and beyond. I know you all have, and believe in, the same values and that's why both the team members and the organization have been working together for so long as a family. With that commitment still as strong as ever, I know that UCP will continue in the same vein as it has for well over a half-century.

The work you do each day speaks volumes about what this organization stands for regarding our client's needs and development. You are all doing amazing work and I see the improvements daily, as I know you do. I appreciate your dedication to your clients and to UCP and look forward to spending some quality time with you and your families at our annual TEAM MEMBER PICNIC ON JUNE 10!! I hope to see you all there!



Program Spotlight By: Eric Ciampa

Please join me in welcoming Jamie Monroe our new COO Administrative Assistant. Below is her Bio for you to get to know a little about her.

Jamie joined UCP as the COO Admin Assistant in May of 2017 after having worked in a variety of business development roles throughout California and Washington, DC. Prior to joining UCP, Jamie was the local Business Safety and Preparedness Account Manager at the American Red Cross, where she was integral in developing their Western Health and Safety division. Outside of her professional life Jamie is a founding member of Community Enrichment Organization of Oakland. There she develops fundraising strategies to fund their many programs that serve the underprivileged in the Bay Area.

Jamie's strengths are strategic planning, sales, fundraising, and developing creative initiatives to drive revenue. She has a passion for working with people and community activism. She is very well known throughout her community and professional ties in the Bay Area and Sacramento Region, affectionately called Byrd, and is often regarded as a "Do-Goodee" and "Go-Getter". Jamie enjoys camping, cooking, and writing as well as spending time with her son Jaylen (19), daughter Tyla (17) and two cats. Her daily mantra is "If you do good you get good results".



CONGRATULATIONS! JUNE 2017 ANNIVERSARIES

- Judy Arrezola, WCO 19 yrs
- Pablita Berjuega, WCO 19 yrs
- Lupita Franklin, CLASP 13 yrs
- Maria Soriano, Respite 11 yrs
- Tiffany Henderson, Respite 11 yrs
- Leticia Ramirez, Trans 11 yrs
- Lucia Flores, Respite 9 yrs
- Zebunnisa Khan, Respite 9 yrs
- Julie Chew, Respite 9 yrs
- Charles Bansuelo, Shuttle 8 yrs
- Leann Roderick, Respite 6 yrs
- Cindy Buckhammer, Respite 6 yrs
- Lauren Butler, Respite 6 yrs
- Eva Andrews, Respite 6 yrs
- Elida Rodriguez, Respite 6 yrs
- Felipe Calixto, SJAGE 5 yrs
- Rala Dayal, Respite 5 yrs
- David Hitchcock, Trans 5 yrs
- Vishaal Kishore, Trans 5 yrs
- Lori Britt, Respite 5 yrs
- Lucia Levitt, Respite 5 yrs
- Kelly Bray, Respite 5 yrs
- Michelle Figueroa, Respite 4 yrs
- Tina Mejia, Respite 4 yrs
- Jennifer Nixon, SacAGE 4 yrs
- Terese Robertson, Respite 3 yrs
- Joanne Durborough, Respite 3 yrs
- Katharine McCoy, Respite 3 yrs
- Meaghan Thoke, Respite 3 yrs
- Tatyana Filev, Respite 3 yrs
- Nicole Chapman, Respite 3 yrs
- Monica Corona, Respite 3 yrs
- Monique Calloway, Respite 3 yrs
- Diana Walker, 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 5,730 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

The Community Supports UCP!!!



Over 40,000 Sac Bee subscribers had this sticker on the front page of their paper on May 4th for the Big Day of Giving. The result was many gave to UCP.

The Kelly Foundation awarded \$5,000 to UCP for CLASP - Community Living and Support Program – helping adults live as independently as possible.

The 24th Annual UCP Humanitarian of the Year event was our best ever. Honoring Rick Niello the event raised \$323,495. Personal and corporate donations totaled \$81,850 – one personal donation was for \$15,000.

Spring cleaning – is there stuff in your house or a car/motorcycle in your driveway that no longer brings you joy? You can donate clothes and household goods – arrange a free pick-up by call 1-800-423-9350. Want that vehicle out of your way? Call 1-866-827-7212. A donation will be made to UCP.



UCP Safety Culture

By: Kyle Vang

How Much Sleep Do You Need?

A good sleep is something that everyone needs, but a significant number of people are not getting the proper amount of sleep each day. The Center for Disease Control and Prevention (CDC) report states that 1 in 3 adults do not get enough sleep. Sleep deprivation can have a serious impact on health and can reach into the workplace to affect the individual's safety and performance.

Sleep is necessary to regain stamina and face the day, but sleep needs may vary by individual. Most adults need between 7-9 hours of sleep each day. Aside from getting enough sleep, special attention should be paid to the quality of sleep. There are steps one can take to promote regular, healthy sleep known as sleep hygiene. Here are some tips from the National Sleep Foundation:

- ⇒ Create and follow a sleep schedule. Go to bed and wake up at the same time every day, even on the weekends.
- ⇒ Ensure that your bedroom or sleeping area is quiet and dark and keep the temperature moderate.
- ⇒ Make sure your bed and pillows are comfortable and support restful sleep.
- ⇒ Avoid the use of gadgets that emit light, especially smartphones and tablets. Using these devices before going to bed can inhibit restful sleep.
- ⇒ Avoid eating a heavy meal right before bedtime.



JUNE 2017

Anniversaries Continued...

Elizabeth Turner, Respite	3 yrs
Karina Garcia, Respite	3 yrs
Sarah Thompson, Respite	3 yrs
Heather Pitts, Respite	3 yrs
Karleena Skiff, Respite	3 yrs
Anthony Phillips, Respite	3 yrs
Jamie Kelley, Respite	3 yrs
Hazel Loper, Respite	2 yrs
Amanda Jasper, PSS	2 yrs
Annette Townsel, SAAGE	2 yrs
Allison Beglin, Respite	2 yrs
Colleen Varella, Respite	2 yrs
Kristina Brewer, Respite	2 yrs
Jennifer Choban, Respite	2 yrs
Momoko Ernst, Respite	2 yrs
Lillian Heredia, Respite	2 yrs
Elizabeth Sanchez, Respite	2 yrs
Victoria Largo, Shuttle	2 yrs
Natisha Frye Cowling, Admin	1 yr
Lydia Lopez, SAAGE	1 yr
Esmeralda Aranda, Respite	1 yr
Colleen Short, Respite	1 yr
Kathy Bakh, Respite	1 yr
Emily Mibach, Respite	1 yr
Jasmine Standifer, Respite	1 yr
Liliya Normukhamedov, Respite	1 yr
Krystal La Hann, Respite	1 yr
Macy Thibodeau, Respite	1 yr
Debra Albers, Shuttle	1 yr
Kane Twyman, TRI	1 yr
Michelle Sutherland, ACE	1 yr
Felicia Hadden, Respite	1 yr
Paula Juralbal, Respite	1 yr
Marilu Leon, Respite	1 yr
Kari Pallick, Respite	1 yr
Alexis Punzal, Respite	1 yr
Elizabeth Trevino, Respite	1 yr
Eric Alger, Shuttle	1 yr
Sean Thimmes, ACE	1 yr