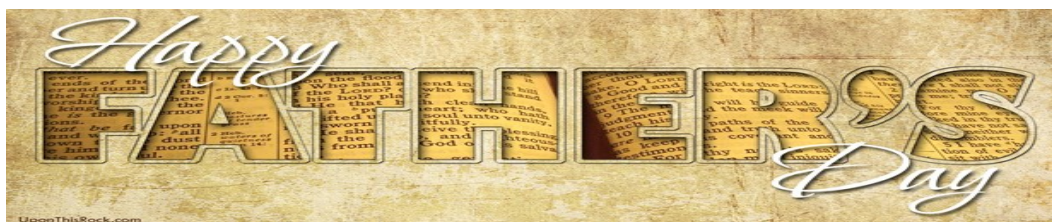


A Message from the CEO By: Doug Bergman

We had a wonderful day recently at the Team Member Safety Picnic! This is always a fun event and an opportunity for us to meet each other's families and put faces to the names of the folks you always tell me about. This year's event was great fun with a Rodeo Theme. You can see by the pictures that those who attended had a fun time. Children's games, ponies to pet, rousing family-oriented softball game and great prizes to win in the raffle drawings. The most coveted raffle prize was a full-size family camping tent!!

The Orange Grove Adult school venue is perfect for our event. It has a beautiful Nature Garden, for our games and bbq, and it has several diamonds to accommodate our softball game.all in the same location and at the great price of free! We have been able to put the dollars for renting a venue into the event, with great catering and better raffle prizes! So if you feel that it's too much like going to work at this location, you haven't seen the serene Nature Garden and how beautiful a setting it is for our annual picnic!

For those of you who couldn't make it, you missed a great time and I hope that you can all mark your calendars early on and plan to attend, as soon as we have the date for next year.



Program Spotlight By: Eric Ciampa

CALIFORNIA IS CLOSING DEVELOPMENTAL CENTERS

In Late May, Governor Jerry Brown announced closure plans for the last of California's developmental centers. That announcement signaled the end of an era and a step forward for Californian's with disabilities. It also has a direct connection with UCP's programs and our staff. Prior to the Lanterman Act in 1969, families who had children with disabilities faced only two choices: keep their child at home with no supports, no programs, and no professionals to help; or send their young child to a State Institution called a Developmental Center. Parents were told by doctors and professionals that institutionalization was the best option for their child. Unfortunately we now know that institutionalization is not a healthy or safe option. Most children put in institutions would live their entire life inside the facility. Leaving is difficult or impossible, and rates of abuse, rape, neglect and death are shamefully high. Finally, institutionalizing people with disabilities does nothing to help them integrate into and participate in society.



In the 1960's, Parents and advocates banded together to create a better alternative for their children. The Lanterman act created local community services and programs run mostly by non-profit organizations, not state institutions. Today over 99% of people with developmental disabilities are served in their community by people and organizations like UCP. People are working, living, and thriving in their communities because of the dedicated work of people like you. Now, California announced it plans on closing its final institutions in Sonoma, Fairview and Canyon Springs. This means that no more people will be put into institutions. This means that people inside those institutions can come home. This means that life without limits is a little more possible today than it was yesterday.

I will be taking a small group of clients and staff to Sonoma Developmental Center on Monday June 9. We will be participating in an Opportunity Fair with clients still living inside and sharing with them the opportunities waiting for them in the community—options you make possible because you have chosen to work for people with disabilities. Thank you.

CONGRATULATIONS! JUNE 2015 ANNIVERSARIES

Judy Arrezola, WCO	17 yrs
Pablita Berjuega, WCO	17 yrs
Lupita Franklin, CLASP	11 yrs
Tiffany Newton, Respite	9 yrs
Maria Soriano, Respite	9 yrs
Leticia Ramirez, Trans	9 yrs
Juan Hurtado, EOS	8 yrs
Lucia Flores, Respite	7 yrs
Zebunnisa Khan, Respite	7 yrs
Shaloha Akbar, Respite	7 yrs
Amy Hammersley, Respite	7 yrs
Julie Chew, Respite	7 yrs
Charles Bansuelo, Shuttle	6 yrs
Leann Roderick, Respite	4 yrs
Cindy Buckhammer, Respite	4 yrs
Lauren Butler, Respite	4 yrs
Eva Andrews, Respite	4 yrs
Elida Rodriguez, Respite	4 yrs
Sheila Alvarado, WCO	4 yrs
Felipe Calixto, SJAGE	3 yrs
Rala Dayal, Respite	3 yrs
Bruce Cleveland, SJAGE	3 yrs
David Hitchcock, Trans	3 yrs
Vishaal Kishore, Shuttle	3 yrs
Katherine Rodriguez, Respite	3 yrs
Lillian Matu, Admin	3 yrs
Lori Britt, Respite	3 yrs
Katherine Pettingill, Respite	3 yrs
Rinda Thoke, Respite	3 yrs
Lucia Levitt, Respite	3 yrs
Michelle Lobo, Respite	3 yrs
Kelly Bray, Respite	3 yrs



Development & Marketing News

By: Steve Horton



You can generate resources for children and adults with developmental disabilities and improve your own fitness all in the same STEP.

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!

Do you have a vehicle you no longer want and selling it is too much hassle? 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.



“Like” www.Facebook.com/myUCP and be informed.



Signs and Symptoms of Emergency Conditions Seasonal Allergies

By: Teaira Harris

Summer is a great time to enjoy the outdoors, but **be prepared** and **DO IT SAFELY!**

As much fun as summer can be, I would like to remind all of you that the summer heat can also bring unwanted illnesses unless you are prepared. Common types of heat related illness include heat cramps, heat exhaustion or heat stroke. You can help prevent heat related illnesses by following a few simple guidelines. Here's a list of recommendations you should follow:

Be Prepared for escalated interfering behaviors and heightened pre-existing medical condition(s) with the heat!!

- * Drink plenty of fluids before, during and after vigorous activity. **(Begin hydration with sips of water for yourselves and our clients as soon as you all arrive at program)**
- * Get plenty of sleep and eat light, nutritious meals.
- * Use sun block.
- * Schedule your more strenuous activities during the cooler part of the day. Take periodic rest breaks, in a shaded or cool area.
- * Dress in light, loose woven cotton clothing. A wide brimmed hat wouldn't be a bad idea either. **(Many times the care homes will send our clients into program in layered clothing, remember to peel off top layers as the day goes on! If we are hot so are our clients!)**
- * Use fans or air conditioners

- * Adjust to a hot environment gradually.
- * Learn to recognize the symptoms of heat related illness and take immediate first aid measures.
- * Pay attention to weather reports and adjust your daily routine accordingly.
- * Understand that the physical and mental side effects of heat related illnesses can cause accidents.
- * **Never** leave clients, children, passengers, or pets in a vehicle even with the windows slightly open.

Heat Related Distress

For people with developmental disabilities, signs of heat stroke or dehydration may be overlooked or confused with general mental status. Early signs include: nausea, vomiting, headache, weakness, altered mental state (confusion, aggressiveness, rambling incoherently), and red skin with no sweating, rapid pulse, or fever during hot weather. At the first sign of overheating, move the person to the shade, give sips of cool water, and fan the person. You may need to seek immediate medical attention. Follow the steps that you were trained in your American Red Cross First Aid class.

Going on an outing?

Did you remember?

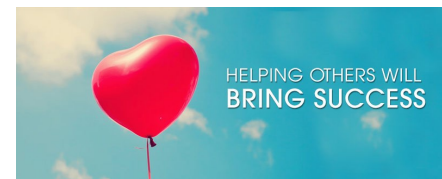
- ⇒ Water
- ⇒ First aid kit
- ⇒ Sun screen
- ⇒ Cell phone
- ⇒ Hats
- ⇒ Emergency Medications



JUNE 2015

Anniversaries Continued...

Linda Reitzenstein, EOS	2 yrs
Michelle Figueroa, Respite	2 yrs
Sarah Sheehan, Respite	2 yrs
Tina Mejia, Respite	2 yrs
Jennifer Nixon, PSS & EOS	2 yrs
Terese Robertson, Respite	1 yr
Berthy Tijerino, Respite	1 yr
Joanne Durborough, Respite	1 yr
Katharine McCoy, Respite	1 yr
Jessica Zimmerman, Respite	1 yr
Jon Medley, Respite	1 yr
Meaghan Thoke, Respite	1 yr
Tatyana Filev, Respite	1 yr
Nicole Chapman, DO	1 yr
Monica Corona, DO	1 yr
Bilha Garcia, Respite	1 yr
Monique Calloway, Respite	1 yr
Diana White Walker, Respite	1 yr
Elizabeth Turner, Respite	1 yr
Billy Wrighton, Respite	1 yr
Karina Garcia, Respite	1 yr
Sarah Thompson, Respite	1 yr
Evie Turner, Admin	1 yr
Heather Pitts, Respite	1 yr
Karleena Skiff, Respite	1 yr
Helen Baca, Respite	1 yr
Anthony Phillips, Respite	1 yr
Marjani Barnes, SacAGE	1 yr
Jaime Kelley, Respite	1 yr
LaShunte Tierra Laws, EOS	1 yr



OPEN POSITIONS

- ◆ DSP
- ◆ Supplement
- ◆ Class C & B Drivers,
- ◆ RN
- ◆ Respite Worker
- ◆ Program Manager
- ◆ Safety Coordinator
- ◆ Temp Bus Aide