



TEAM UCP NEWSLETTER

OCTOBER 2015

#Communicate #Serve #Grow #Sustain



CONGRATULATIONS! OCTOBER 2015 ANNIVERSARIES

A Message from the CEO

By: Doug Bergman

HAPPY NEW YEAR!! We are all excited about the prospects for this next year as we continue to see UCP grow and look forward to new clients and staff joining the UCP family.

Safety is always an important component of our day-to-day operations. Safety is a "one day at a time" commitment to both our clients and of course to you. Each day we must consciously make the decision to keep safety first; check your environment, insure that any risks are reported and immediately corrected; take those few seconds to think about what you are going to do, before you do it, and make sure you're taking the safest approach. No one ever wants to get injured, so the power is within you to insure that you are always moving and acting in the safest manner possible. Give your co-workers a high five and the Safety Pledge.....SAFETY!

I look forward to celebrating you, our team members and UCP's success at the upcoming **Team Member Gala**; this is our way of saying thank you for the wonderful work that you do each day for UCP of Sacramento and Northern California. I thank you, the Board thanks you and your Leadership Team thanks you for a great year!



- Shannon Kemp, Respite 24 yrs
- Annette West, CLASP 18 yrs
- Lisa Marie, Pirtle, Respite 16 yrs
- Louise Berry, DO 14 yrs
- Robert Manoa, Trans 10 yrs
- Krystal Ferguson, Respite 9 yrs
- Jacqueline Davis, Respite 9 yrs
- Dolly Vaughan, Respite 9 yrs
- Joan Salyer, SaddlePals 8 yrs
- Catalina Chavez, Respite 8 yrs
- Aracelly Carlos, Respite 8 yrs
- Christina Hooker, Respite 8 yrs
- Aileen Hooker, Respite 8 yrs
- Carmela Anderson, Respite 7 yrs
- Leticia Cruz, Respite 6 yrs
- Carmen Mirazo, Respite 5 yrs
- Kelli Davis, Respite 5 yrs
- Dora Carrion, Respite 5 yrs
- Terrell Grant, Respite 5 yrs
- Irma Barrientos, Respite 5 yrs
- Danielle Pope, Respite 5 yrs
- Eman Seddeek, Respite 5 yrs
- Edmund Tomas, Trans 4 yrs
- Sandra Reyes, Respite 4 yrs
- Nelli Yakimova, Respite 4 yrs
- James Kaiser, Shuttle 4 yrs
- Socorro Martinez, Respite 4 yrs
- Fidel Flores, Respite 4 yrs

Program Spotlight By: Loie Rhodes

The Discovering Options Tailored Day Program (TDP) has the privilege of providing services to clients in their own homes and environments. Some clients are currently unable to participate in an on-site adult day program, but are able to enjoy working on their personal goals and growth with the facilitation of a 1:1 Direct Support Professional. The TDP supports clients to be part of their community, as well as part of UCP. The staff report exciting successes and accomplishments with their clients, but also note, "we are all growing and learning from each other." Clients report that personal goals are reached while they concentrate in safe and accustomed environments. Willi has created some amazing PowerPoint presentations on the animals he is studying: he posted his work on YouTube! Nikki has created an art project of a multi-story cardboard house using found objects and clipped photos, which tells the tale of "My Family." Ty is "coming out of his shell" and socializing and laughing. Stephanie chats with her DSP's using a communication device. The clients decide on their personal goals, and have the assurance of weekly visits from UCP staff who buoy their efforts.

Helen said, "I enjoy having my UCP staff come and visit. I love talking, playing memory games, and I look forward to each of my visits. Without Tailored Day, I would feel alone. All of my workers have been compassionate and delightful."



Development & Marketing News

By: Steve Horton

Who walked 27 million steps? Our UCP STEptember Teams! Can you imagine how many calories we burned?! We also raised \$5,800 dollars. Congratulations to everyone who improved their own fitness and the lives of others!

Fall cleaning season is upon us. 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 you don't want it anymore – donate your household goods, furniture and eWaste to UCP call 1 800 860 0357 for a free pickup.

Do you have a vehicle in your driveway that does not work or you cannot sell? Free towing, paperwork and a receipt. It is that easy



to donate a vehicle you no longer want. UCP provides free towing of your unwanted motorcycle, boat, RV or car. Call 1 866 827 7212

The community believes in your work. We had 24 golfers each donate \$1,000 to UCP Golf Classic for a game of golf! The golf was the small part of it. They all understand the vital work of UCP and appreciate what you do – empowering children, adults and their families.



"Like" www.Facebook.com/myUCP or UCP
Twitter @UCPsacramento



Safety Culture

By: Dennis Tran

September is over, but it does not mean we should laze around and binge tons of junk food. As winter and the holidays approach, we are usually less active and eat more. Break the habit. Keep yourself active to help balance out those calories. Wellness is the state of overall good health, and we should be ever so grateful.

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." -John F. Kennedy

Try These Tips:

- * Do housework yourself instead of hiring someone else to do it.
- * Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- * Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- * Walk or bike to the corner store instead of driving.

- * When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- * When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV.
- * Keep equipment repaired and use it!
- * Throw away your video remote control.
- * Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- * Stand up while talking on the telephone.
- * Walk the dog.
- * Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.



OCTOBER 2015

Anniversaries Continued...

Vicki Hall, Respite	3 yrs
Rosica Gomes, Respite	3 yrs
Lori Jean Robinson, SJAGE	3 yrs
Elaine Johnson, Respite	3 yrs
Sima Lotfi, Respite	3 yrs
Dianne Hussain, Respite	3 yrs
Sara Heringer, TRI	3 yrs
Lisa Flora, TRII	2 yrs
Terkeshia Braxton, TRII	2 yrs
Kayleigh Prescott, SacAGE	2 yrs
Lana Fowler, Shuttle	2 yrs
Delia Ramos, Trans	2 yrs
Valentina Bilous, Respite	1 yr
Kanika Harris, Respite	1 yr
Jeanette George, Respite	1 yr
Michael Douwsma, Trans	1 yr
Jaime Sanchez, Respite	1 yr
Shane Quidachay, Shuttle	1 yr
Maria Vazquez, Respite	1 yr
Tom Otieno, Respite	1 yr
Elisa Casilla, Respite	1 yr
Maria Alvarado, WCO	1 yr
Patsy Conner, Respite	1 yr
Paul Her, TRII	1 yr
Francois Kayembe, EOS	1 yr
Mahbobeh Lotfi, Respite	1 yr
Justine Carlson, Respite	1 yr
Grace Smith, Respite	1 yr
Toni Morgan, Respite	1 yr
Damonica Headspeth, EOS1	yr
Jody Hughes, DO	1 yr
David Kapelkin, Respite	1 yr

OPEN POSITIONS

- * DSP
- * Supplemental
- * 1:1
- * Class C & B Drivers
- * Respite Worker
- * P/T Lead Dev. Assoc.



Want 200 bucks?

Did you know that you can make an extra \$100 in just 90 days? How, refer a Class B driver to our program and if they're hired and maintain their position for 90 days, you've just made \$100!! It's that simple. Class B drivers is the hardest position for us to recruit and is extremely competitive.

So talk to all your friends and find out if anyone has a Class B drivers license and is interested in a very rewarding and great job!