

# TEAM UCP NEWSLETTER

## JULY 2018

### #Communicate #Serve #Grow #Sustain

### A Message from the CEO By: Doug Bergman

I hope everyone is enjoying their summer and our beautiful, but sometimes 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 2 1/2 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...Safety First!

We should all continue to help our new team members as they learn their new jobs and remind them of our focus on Safety. Thank you to our Mentors/Safety Representatives who do a great job in helping to train new staff! Be safe and have a wonderful summer!



### Program Spotlight By: Eric Ciampa

Please help me welcome, Nanoor Shahin, a Board Certified Behavior Analyst (BCBA) who joined our ACE team in mid-June as Clinical Director.

She is an Armenian-Iranian clinician who decided to move to the United States to study psychology and behavior analysis in order to gain the knowledge and experience required to assist and educate individuals with Autism Spectrum Disorder (ASD), their parents, caregivers and the community. Nanoor obtained her undergraduate degree in Clinical Psychology from Urartu University of Practical Psychology and Sociology and completed Master's Degree in Applied Behavior Analysis in 2015.

She has more than ten years of experience in the field of applied behavior analysis, working with children with autism and other developmental disorders who exhibit behavioral challenges. Nanoor has worked as a home-based behavioral therapist, overseen home-based programs, designed training protocols for ABA therapists and supervisors, and consulted with families and schools. Her interests include inclusion, social skills, and executive behavior.

Beside her endless passion for Psychology and Behavior Analysis, Nanoor is a Human Rights activist and enjoys attending community events. She fluently communicates in three languages and had studied American Sign Language for about two years as an alternative communication system specifically to enable non-vocal individuals communicate their wants and needs. Nanoor likes to visit fine art exhibitions and is a jazz-lover.



### CONGRATULATIONS! JULY 2018 ANNIVERSARIES

Shelly Pefley, Admin	21 yrs
Patricia King, CLASP	9 yrs
Sarah Davidson, Respite	9 yrs
Adanche Woldesilase, TRII	8 yrs
Ana Sanchez, Respite	7 yrs
Kathy Cox, EOS	6 yrs
Gabriella Soto, Respite	6 yrs
Britney Fuller, Respite	6 yrs
Ana Paredes, Respite	6 yrs
Erika Reyes, Respite	6 yrs
Jesse Shaver, Trans	6 yrs
Stephen Contreras, Shuttle	6 yrs
Sandra Gutierrez, PSS	5 yrs
Karina Guevara, Respite	4 yrs
Lubov Yakshin, Respite	4 yrs
Stephanie Byrne, Respite	4 yrs
Hung Ly, Trans	3 yrs
Angel Sanchez, TRII	3 yrs
Kennedi Rasmussen, Respite	3 yrs
James Hunter, Respite	3 yrs
Nadia Barbosa, WCO	2 yrs
Marlene Garcia, Respite	2 yrs
Perla Monroy, Respite	2 yrs
Erasma Martinson, TRII	2 yrs
Keianna Pierce, Shuttle	2 yrs
Deborah Taylor, EOS	2 yrs
Mitzi Rivas, Respite	2 yrs
Dannette Brush, Respite	2 yrs
Adam Elmer, Respite	2 yrs

# Development & Marketing News

## By: Steve Horton

JULY 2018

The Sacramento River Cats Foundation donated \$5,000 to UCP's after-school Applied Behavior Analysis (ABA) program Autism Center for Excellence. Every year the River Cats Foundation has a different focus. For 2018 the Focus was on "after-school programs". The check was presented to UCP CEO Doug Bergman at the June 9<sup>th</sup> game by Jeff Savage River Cats President.



### Anniversaries Continued...

Tamman Fleming, Respite	2 yrs
Hannah Na, Respite	2 yrs
Hope Andrews, TRII	1 yr
Monique Duncan, Respite	1 yr
Erika Hickman, Respite	1 yr
Armand Myburgh, Respite	1 yr
Erik Ross, Respite	1 yr
Vanessa Frison, Shuttle	1 yr
Alison Schuyler, ACE	1 yr
Angelica Manzo, ACE	1 yr
Gabriela Chagolla, ACE	1 yr
Margrit Larsen, Respite	1 yr
Jolene Thornhill, SAAGE	1 yr
Micael Alvarez, Respite	1 yr
David Carlos, Respite	1 yr
Haley Ingles, Respite	1 yr
Jason Saenz, Respite	1 yr
Precious Tanner, Respite	1 yr
Sierra West, Respite	1 yr
Marissa Rodriguez, EOS	1 yr
Cody Clark, Respite	1 yr



STEPtember.us

STEPS to a Better Life!!!! Good health, good competition and a good cause. That is STEPtember. Teams of 4 take 10,000 steps a day or the equivalent every day for the month to September. Each individual raises money for the UCP cause and tracks their STEPS. The Teams that raise the most money and/or take the most STEPS win prizes!!!! Start recruiting the three other members for your team now. You can raise money by any means that makes sense to you. Contact Alex Kineret Coordinator Development at akineret@ucpsacto.org 916 283

8317 for more information.

Free Yourself from Clutter and Unused Stuff  
 Donate your clothes and household goods to UCP.  
 Free Pick Up Call 1 800 423 9350.

Donate your Vehicle FREE Want that vehicle out of your way call 1 866 827 7212. A donation will be made to UCP.



## Safety Culture

### By: Kyle Vang

#### Heat-Related Illnesses

Heat-related illnesses are serious conditions that can be deadly. The body normally cools itself by sweating, but during hot weather especially with high humidity, sweating isn't enough. If you do not drink enough water and rest in a cool shade, your body temperature can rise to dangerous levels, which you can suffer from heat cramps, heat exhaustion, and/or heat stroke. We need to take heat-related illness seriously especially dealing with heat stroke, which may be the difference between life and death for the individual involved. We can start by knowing the signs and symptoms of the heat-related illnesses:

- ◆ Heat Cramps: Are painful, brief muscle cramps that typically begin suddenly in the hands, calves, or feet and the muscles may spasm or jerk involuntarily. Heat cramps can occur during exercise or work in a hot environment or begin a few hours later.
- ◆ Heat Exhaustion: There are two types of heat exhaustion. 1) Water depletion- Signs and symptoms include excessive thirst, weakness, headache, and loss of consciousness. 2) Salt depletion- Signs and symptoms include nausea and vomiting, muscle cramps, and dizziness.
- ◆ Heat Stroke: Heat stroke is the most serious heat-related illness. Heat stroke can kill or cause damage to the brain and other internal organs. Heat stroke results from prolonged exposure to high temperatures, usually in combination with dehydration, which leads to failure of the body's temperature control system.

#### What should you do if someone is experiencing a heat-related illness?

- \* Call 9-1-1 or the designated emergency number immediately.
- \* Take immediately action to cool the person until EMS arrives.
- \* Get the person to a cooler, air conditioned place.
- \* Have the person drink water, if fully conscious.
- \* Have the person take a cool shower or use cold compresses on the person.



### OPEN POSITIONS

Class B & C Driver  
 F/T & P/T DSP  
 CIS  
 Respite Worker  
 Respite Workers