



# TEAM UCP NEWSLETTER

JULY 2017

#Communicate #Serve #Grow #Sustain

**CONGRATULATIONS!**  
**JULY 2017**  
**ANNIVERSARIES**

## A Message from the CEO By: Doug Bergman

Well summer is officially here and our picnic on 6/10 kicked it off with great fun! I know I saw a lot of you out there and I hope you and your families enjoyed the event and had a great time! If you didn't make it this year, I hope you will keep your calendars open for next year.

I wanted to give you an update on our Safety initiative. You all have been doing an awesome job this year! We are at 99% Safe to-date for the entire organization; that is an incredible accomplishment! We have a little less than 3 months to go....so keep safety foremost in your minds each and every day. Take those extra few seconds to think before you act and make sure you are doing things in the safest manner possible.

I hope you all have a wonderful summer and a chance to enjoy the beautiful outdoors that we are so fortunate to call home!!



## Program Spotlight By: Lia Brown, Operations Team

This week UCP hosted our annual ACE Camp for kids with Autism. ACE Camp is a REAL camping experience—five days and four nights of archery, night hikes, swimming, camp fires

and so much more. UCP raises funds to pay for camp and provides scholarships to keep camp affordable.

This year, UCP was able to send 14 kids to camp. I was fortunate enough to get to visit camp this year. When I arrived at camp the environment and energy that surrounded us was so peaceful and calming, until the silence was broken by the sounds of kids playing and having fun.

UCP's staff are amazing, so kind and happy. I walked with them into the cafeteria where all of our ACE kids were having lunch. Seeing their smiles made what we do so much more real. I felt like I made a difference. I was a part of something so much bigger than my job. These 14 kids, with an autism diagnosis, would not be able to participate in a summer camp without UCP.

I was reminded of why my job matters. I am very proud to be a part of the UCP Team. By UCP Team I mean each and every one of you. All of our program managers, coordinators, supervisors, DSP's, dispatchers, drivers, respite workers, admin staff, and leadership team. Even though all of our roles can be so different our purpose stays the same. Our purpose is to serve others, our purpose is to help people that need our help; to stand up for the people that can't stand up for themselves. I am very grateful for this experience and reminder of what matters. I hope this article can be a reminder to all of you that you matter and so does the work you do here at UCP. Thank you for what you do. Even if you don't always see results, your work is making a difference.

- Shelly Pefley, Ops Dept. 20 yrs.
- Sarah Davidson, Resp. 8 yrs.
- Patricia King, CLASP 8 yrs.
- Adi Woldesilase, SacAGE 7 yrs.
- AnaRosa Sanchez, Resp. 6 yrs.
- Kathy Cox, EOS 5 yrs.
- Britney Fuller, Respite 5 yrs.
- Jesse Shaver, Trans. 5 yrs.
- Stephen Contreras, Trans. 5 yrs.
- Gabriella Soto, Resp. 5 yrs.
- Ana Paredes, Resp. 5 yrs.
- Erika Reyes, Resp. 5 yrs.
- Jennie Clark, Resp. 4 yrs.
- Chelsea Pedersen, Resp. 4 yrs.
- Janice Deo, Trans. 4 yrs.
- Dominique Wilkerson, Resp. 3 yrs.
- Karina Guevara, Resp. 3 yrs.
- Kalynn Johnson, Resp. 2 yrs.
- Kennedi Rasmussen, Resp. 2 yrs.
- James Hunter, Resp. 2 yrs.
- Hung Ly, Trans. 2 yrs.
- Lucia Canchola, WCO 2 yrs.
- Angel Sanchez, TRII 2 yrs.
- Nadia Barbosa, WCO 1 yr.
- Samantha Marquez, WCO 1 yr.
- Erasma Martinson, TRII 1 yr.
- Laisa Hola, EOS 1 yr.
- Keianna Pierce, Shuttle 1 yr.
- Deborah Taylor, EOS 1 yr.
- Alexandra Buen, ACE 1 yr.



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



The STEPS you take everyday can improve the lives of others. Put your many STEPS to good use. STEPtember is an online map to track the number of your steps for 30 day and tool so that you can raise money for UCP.

Contact Natisha Coordinator Development at [nfryecowling@ucpsacto.org](mailto:nfryecowling@ucpsacto.org)

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 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

Summer is officially here! As much fun as summer can be, I would like to remind all of you that the summer heat can also bring unwanted heat-related illnesses unless you are prepared. The most common types of heat-related illnesses are heat cramps, heat exhaustion, or heat stroke. Here's a list of recommendations you should follow:

Drink plenty of water throughout the day to stay hydrated. Begin your day with sips of water for yourselves and our clients as soon as you all arrive at the program.

Dress in light and loose clothing. Many times the care homes will send our clients into their programs in layers of clothing, so remember to peel off top layers as the day goes on! If we are hot, so are our clients!

Get plenty of sleep and eat light, nutritious meals.

Schedule CBI's or outdoor activities during the cooler part of the day. If it is a hot day, do not schedule any CBI's or outdoor activities.

Use sun block, if you must be out in the sun for a period of time.

Take periodic rest breaks in a shaded or cool area, if you are doing outdoor activities.

Use fans or air conditioners..

Never leave clients, children, passengers, or pets in a vehicle even with the windows slightly open.

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 a cooler environment, have the person drink some cool water, and fan the person. Follow the steps that you were trained in your First Aid/ CPR.

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Anniversaries Continued....

Barry Drake, Trans. 1 yr.

Marlene Garcia, Resp. 1 yr.

Perla Monroy, Resp. 1 yr.

Mitzi Rivas, Resp. 1 yr.

Danette Brush, Resp. 1 yr.

Adam Elmer, Resp. 1 yr.

Tammran Fleming, Resp. 1 yr.

Hannah Na, Resp. 1 yr

### OPEN POSITIONS:

F/T & P/T DSP's -

Class B & C Drivers -

Respite Workers -

Community Integration Specialist

ILS Instructors

