



# Team UCP Newsletter

Autism Center for Excellence - Auburn Adult Growth Experience  
- CLASP Independent Living Services - Discovering Options  
- Project P.L.A.Y. - Respite Family Services - Sacramento Adult  
Growth Experience - Saddle Pals - South Area Adult Growth  
Experience - San Juan Adult Growth Experience - Shuttle -  
Transportation - Twin Rivers Adult Growth Experience 1 - Twin  
Rivers Adult Growth Experience 2 - Woodland Community Options

UCP of Greater Sacramento is the leading provider of comprehensive services to children and adults with all developmental disabilities and their families. UCP works with 1,700 people a month in our five county area, empowering children and adults who – without support – would be isolated from community.

Communicate ♦ Serve ♦ Grow ♦ Sustain

*A Newsletter for and about the people of UCP of Greater Sacramento*

July, 2009

## MESSAGE FROM THE PRESIDENT & CEO

By Doug Bergman

I recently had the honor to attend the Molina Healthcare “Champions Award Dinner”, at which they recognized “unsung heroes” in our community. It was with great pride that I witnessed one of our very long-time team members, Laurel Perry, receive the Education Award. This was a very well deserved award for Laurel, as she has striven to educate her clients and staff each and every day, for many years.

Each day I see the wonderful work that is being done at SacAGE, and all of our programs, to provide vital services to our clients and fulfill UCP of Greater Sacramento’s Vision to “empower people with developmental disabilities to live life without limits”.

It is exceptionally gratifying when the community recognizes the work that is being done at UCP. Laurel’s efforts and award go along way in helping us to educate the community about UCP of Greater Sacramento and the wide-ranging work that is being done. In addition, we appreciate Laurel’s donation of the \$1,000 grant that she received as part of this award, to UCP.

*Please join me in congratulating Laurel on this prestigious honor.*

### *One of our own is honored by the Community!*

The unsung heroes who work behind the scenes to make Sacramento a better place, were honored at the Third Annual Molina Healthcare Champions Award Dinner. Among the recipients, was our very own *Laurel Perry*, Program Manger for SacAGE! Laurel received the Education Award.

What makes this award even more special is that recipients are chosen by the community, who nominate their champions for the various categories.

We all know that wonderful work That Laurel does, along with her staff at SacAGE, but recognition

from the community is the cherry on top of the sundae!

In addition to this recognition and award, Laurel also received a grant to “pay it forward” as Molina states it, to the organization of her choice. Laurel has chosen UCP to receive this grant.

For more information on Laurel’s award, please log onto the UCP of Greater Sacramento web site [www.ucpsacto.org/inthenews.htm](http://www.ucpsacto.org/inthenews.htm) for a news release.

## CONGRATULATIONS

*August Anniversaries*

WOW!

Tanya Hartle, Admin.	29 yrs.
Janine Pulido-Arias, DO	21 yrs.
Jeannette Morris, Resp.	14 yrs.
Diane Fournier, Admin.	10 yrs.
Steve Lobue, Trans.	10 yrs.
Glenda Brown, Respite	8 yrs.
Monique Cabral, Respite	6 yrs.
Jane deZell, SP	5 yrs.
Janette Payne, Respite	4 yrs.
Tema Robinson, Respite	4 yrs.
Tina Harris, TRI	3 yrs.
Teaira Harris, Respite	3 yrs.
Christina Rios, SacAGE	3 yrs.
Heaven Hopkins, DO	3 yrs.
Dianne Andres, Respite	2 yrs.
Carmel Mendes, Respite	2 yrs.
Blanca Nava, Respite	2 yrs.
Erma Robertson, SacAGE	2 yrs.
Mariah Aiyana-Hall, ACE	1 yr.
Jessica Bankert, ACE	1 yr.
Allison Beltram, ACE	1 yr.
Brendan Cariaga, ACE	1 yr.
Theresa Davison, ACE	1 yr.
Jennifer Fielder, SP	1 yr.
Elizabeth Guyer, SP	1 yr.
Ryan Haury, SP	1 yr.
Noel Hengelbrok, ACE	1 yr.
Chelsie Hicks, Respite	1 yr.
Sabina Infante, Respite	1 yr.



## Development & Marketing News

By Steve Horton

The "Love My Family" campaign supporting UCP of Greater Sacramento is being conducted by SAFE Credit Union during the summer. Each SAFE branch is seeking to raise awareness and money for the programs that we provide children and adults living with disabilities and their families.

The "Love My Family" name came from a picture of a heart that one of our clients painted. Celeste was 9 years old when she painted her impressionistic heart and titled her painting "Love My Family". There is no way we could improve on it. Check out our home page [www.ucpsacto.org](http://www.ucpsacto.org) for more information about this campaign and see Celeste's artwork.

A study was conducted to see how UCP of greater Sacramento compared to other service providers to

children and adults living with developmental disabilities. The conclusion of that study? UCP of greater Sacramento is the leading provider of comprehensive services in our five county area of Yolo, Sacramento, Placer, El Dorado and Nevada counties. We provide more programs to more people than any other provider.

The summer UCP newsletter is coming out this month and in it you can read a great interview with one of our clients. He talks about UCP's program importance to their family and the progress he has seen in his daughter because of UCP team members. Look for that article in the Summer 09 Newsletter soon to be posted at [www.ucpsacto.org/newsletter.htm](http://www.ucpsacto.org/newsletter.htm).

## Summer Fun = Summer Safety

By Verlene Nakatani

Summer is upon us and everyone is relishing those hot summer days, trips to the lake, picnics in the park, swimming, biking and ball games. 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:

- Drink plenty of fluids before, during and after vigorous activity.
- 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, loosen woven cotton clothing. A wide brimmed hat wouldn't be a bad idea either.

Use fans or air conditioners, or take a cool bath or shower.

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.

Remember the summer is a great time to enjoy the outdoors, but be prepared and

**DO IT SAFELY!**

## Anniversaries Cont.

Jamila Janacua, ACE	1 yr.
Katrina Kyes, Respite	1 yr.
Amanda McLagan, Shuttle	1 yr.
Karen Perkins, Respite	1 yr.
Sarah Reynolds, ACE	1 yr.
Laura Richardson, ACE	1 yr.
Emma Rivas, Respite	1 yr.
Antione Saad, ACE	1 yr.
Lindsay Salyards, SP	1 yr.
Pinsawat Sukhayavana, Res.	1 yr.
James Taylor, Shuttle	1 yr.
Tiffany Vo, ACE	1 yr.
Jerry Wade, Shuttle	1 yr.
Jennifer Warner, ACE	1 yr.
Christine Warren, Trans.	1 yr.
Nakeyma Williams, Respite	1 yr.

## UCP—OPEN POSITIONS

- ♦ Respite Workers

