



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

January, 2010

MESSAGE FROM THE PRESIDENT & CEO

By Doug Bergman

New Year, New Decade, New UCP

As we enter our 55th year of service in the Sacramento community, we should all stand tall and be proud of UCP's recognition as the leader of comprehensive service for individuals with development disabilities.

The current decade will bring us many challenges in regards to funding our valuable services for so many individuals, while at the same time UCP will continue to grow, serve and sustain over this same period.

Along with all of you and your fellow team members we accomplish goals beyond our belief while touching both client and family lives like none other before. I wish you not only a Happy New Year but a Happy New Decade. Please continue to work safely as you are valued by everyone you know.

San Juan AGE is in the Groove....

By Diane Fournier

The San Juan AGE program has been revitalized by the positive and progressive efforts of the team teaching of Alexis Reid-Garcia and Dan deMasi (our UCP program manager!); combined with the teamwork and follow through of the UCP Direct Support Professionals who support their efforts.

Every time I observe the UCP team at San Juan use sign language with their clients, (like it is second nature) it always makes my day. The clients understand what is being said and do to this consistent reinforcement, have a much better chance of learning this language and communicating their own needs and desires. Go team UCP!!!

Both Alexis and Dan use their SMART Boards in highly motivational and educational ways that keep client interest high.

UCP team members do an excellent job of mixing up the activities to keep the clients involved in multiple activities including cooking, CBI outings, arts and crafts, music, inclusion in Orange Grove Adult School activities, exercise, etc. The arts and crafts projects I witnessed were not only adult themed, they were tailored to assure client participation and pride of accomplishment.

This program is clearly steaming in the right direction and I can't wait to go along for the ride!!!

UCP Administration's new address:

4350 Auburn Blvd.

Sacramento, CA 95841

Phone & fax numbers remain the same.

CONGRATULATIONS

February Anniversaries

Lula Hassen, SacAGE	1 yr.
Shavon Sloan, TRI	2 yrs.
Carmen Ibarra, WCO	2 yrs.
Robert Martinez, CLASP	4 yrs.
Wayne Her, CLASP	2 yrs.
Ibonni Coronel, Respite	6 yrs.
Rory Steinhaus, Respite	5 yrs.
Terrence West, Respite	16 yrs.
Tammy Costa, Respite	3 yrs.
Marisa Lawlor, Respite	1 yr.
Desirae Vasquez, Respite	1 yr.
Brittney Linder, Respite	1 yr.
Nikki Kirkland, Respite	1 yr.
Kate Pride, Respite	1 yr.
Sandra DeMendoza, Respite	1 yr.
Isabel Andres, Trans.	3 yrs.
Martha Huerta, Trans.	2 yrs.
Tabya Kelly, Trans.	2 yrs.
Jeff Manning, Trans.	1 yr.
Marcus Essex, Shuttle	2 yrs.
John Powell, Shuttle	2 yrs.
Adrian Alonso, Shuttle	1 yr.
Bonnie Funderburk, SP	2 yrs.



Development & Marketing News

By Steve Horton

Facebook: We have expanded our social media online presence with our Facebook page - go to www.ucpsacto.org and you can view the UCP Facebook, Twitter and Blog pages. A fun and interactive way to keep in touch.

Individuals: The new year brings a new initiative to UCP. We are focusing our energy on building our base of individual supporters. In North America, over 80% of donations to non-profits comes from individuals. The majority of resources do not come from corporations or foundations but from individuals - our communities.

For the last three years the number of individual and money given from individuals to UCP has been about the same. Our goal is to increase the amount raised from individuals from \$80,000/year to \$300,000/year.

We have our work cut out for us but the result will be a stable base of resources not dependent on the ups and downs of government finances.

Year End: We had some good gifts at for our calendar Year End. Our mail campaign is up 40% from last year and we had a couple of new supporters to UCP from our Helping Hands events that we held this last fall.

We have had to revise how we sell UCP Logo Wear. We are developing an order form that will be circulated to the staff. We have minimum number of items we have to order before these pre-paid orders can be processed. More information forthcoming.

Be engaged with UCP - go to www.uspsacto.org and follow UCP on Facebook, Twitter and the UCP Blog.

Lifting Clients

By Verlene Nakatani

Please remember that UCP of Greater Sacramento has several programs and services. What pertains to one department does not always pertain to another. For example if you are a Respite Worker your lifting protocol will be different from a Direct Support Professional working in a day program. If you should choose to transfer or substitute for another program you **MUST** seek out instruction/training from the management of that program and have a clear understanding of their program's lifting protocol. If there is any doubt in your mind please do not attempt to lift or transfer a client and see the Program Manager or Supervisor.

NEVER LIFT A CLIENT BY YOURSELF ASK FOR HELP!!!!

Safety Precautions

---Think Things Through Before You Start Lifting the Client---

Assess how you will lift the client.

Never lift the client alone. If you have any doubt about your ability to lift the client safely, ask someone else to help you. It is better to wait for help and take a little longer than to rush and take a risk of sustaining an injury. Check for grease, oil, moisture, and sharp edges in the surrounding area. Decide where and how to hold the client.

Move the wheelchair and client as close to the transfer location as possible.

If the client is in a wheelchair, push the client close to the area you will be transferring the client to, instead of carrying the client across the room. Lock the brakes.

Lifting Clients— cont.

Plan your transfer and clear the path. Check for obstacles and obstructions (i.e., furniture, electrical cords, other clients, etc.).

Know where and how you will put the client down.

Lift smoothly and avoid jerky movements.

USED OFFICE FURNITURE SALE

When: Sat. 1/23/10

Where: 191 Lathrop Way
Sac., CA 95815
Ste. N

Time: 9 a.m.— 4 p.m.

UCP will be selling, at very reasonable prices, used office furniture that is no longer needed at the Administration location or cannot be used at the programs. Please drop by and see if there is something you can use!!!

UCP—OPEN POSITIONS

⇒ **Respite Workers- P/T**

