



# 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*

March, 2010

## MESSAGE FROM THE PRESIDENT & CEO

By Doug Bergman

Every quarter I get the wonderful opportunity to visit all the programs and present the Team Member of the Quarter award, to one deserving staff member at each program. This is a part of my job that I absolutely love!

I know what an incredible job you do day-in and day-out working with our clients and to be able to recognize you for that exceptional job is a joy. I watch as the emotion fills each recipient; coming from the knowledge that their fellow teammates think so highly of them.

I know you have all heard me say it many times, but that recognition puts each recipient in the running for the Team Member of the Year and a chance to walk away from the Gala with \$500.00. These days when I visit the programs and make these presentations and then the culmination at the Gala are some of the best moments.

Remember how important this award is, and take a few minutes to complete a nomination form each quarter, to recognize that special teammate that you see doing a great job!

## FORGETFULNESS

A Poem by Billy Collins

The name of the author is the first to go, followed obediently by the title, the plot, the heartbreaking conclusion, the entire novel which suddenly becomes one you have never read, never even heard of. As if one by one, the memories you used to harbor decided to retire to the southern hemisphere of the brain, to a little fishing village where there are no phones.

Long ago you kissed the names of the nine Muses goodbye and watched the quadratic equation pack its bag, and even now as you memorize the order of the planets, something else is slipping away, a state flower perhaps, the address of an uncle, the capital of Paraguay.

Whatever it is you are struggling to remember, it is not poised on the tip of your tongue, not even lurking in some obscure corner of your spleen. It has floated away down a dark mythological river whose name begins with an L as far as you can recall, well on your way to oblivion where you will join those who have even forgotten how to swim and how to ride a bicycle. No wonder you rise in the middle of the night to look up the date of a famous battle in a book on war. No wonder the moon in the window seems to have drifted out of a love poem that you used to know by heart.

A reprint from 8/2008

## CONGRATULATIONS

April Anniversaries

Teofilo Judal, TRI 26 yrs.  
Gregory Ernst, Trans. 21 yrs.  
Stephen Zollner, Trans. 9 yrs.  
Lucille Rojas, Respite 7 yrs.  
Margaret Thompson, Resp. 7 yrs.  
OksanaKurganskaya, Resp. 6 yrs.  
Tina Nielsen, Respite 6 yrs.  
William Pinkham, Trans. 5 yrs.  
Kamethia Edwards, Resp. 5 yrs.  
India Carter, Admin. 4 yrs.  
Denise Veteto, Bingo 3 yrs.  
Colleen Rosebloom, Bingo 3 yrs.  
Chigozie Ohia, SacAGE 3 yrs.  
Nadia Yousufzai, Respite 3 yrs.  
RaeAnn Uria, WCO 2 yrs.  
Katie Rodriguez, Respite 2 yrs.  
Lourdes Cueto, Respite 2 yrs.  
Gabriela Jarquin, Respite 2 yrs.  
Amy Konen, Respite 2 yrs.  
Shawna Poston, Respite 2 yrs.  
David Seymore, Trans. 2 yrs.  
Steve Twyman, SacAGE 1 yr.  
Maria Mayfield, Respite 1 yr.  
Pauline Clevenger, Respite 1 yr.  
Gloria Villa, Respite 1 yr.  
Marcia St. Jean, Respite 1 yr.  
Osman Bangura, Respite 1 yr.



## Development & Marketing News

By Steve Horton

Community Support: You all do wonderful work with children and adults and their families who so deserve our community's support. The community continues to step up. UCP has received \$10,000 from the Kelly Foundation for Saddle Pals. The Kelly Foundation is a Sacramento foundation and works in collaboration with the River City Bank.

You can be a part of supporting UCP through a payroll deduction. If you make a deduction of \$2/pay check you can give \$48 annually in support of the programs and services of UCP.

Website: We have completed stage one of our new website. Check out [www.ucpsacto.org](http://www.ucpsacto.org).

Finally! We have circulated the order forms for UCP Logo Wear and product. The order forms are due back to the Development office by April 30<sup>th</sup> when the first order will be placed. All orders must be pre-paid.

Be engaged with UCP - go to [www.uspsacto.org](http://www.uspsacto.org) and follow UCP on Facebook, Twitter and the UCP Blog.

## April Anniversaries

Cont.

Mark Zanter, Trans. 1 yr.  
Richard Henson, Respite 1 yr.  
Judi Warner, Respite 1 yr.  
Whitney Williams, Resp. 1 yr.

## Signs & Symptoms

Cont.

**When you call 911**, tell them **who** you are, **where** you are, **what** has happened, when it happened and **stay** on the phone until the dispatcher tells you to hang up. Stay with your sick or injured person and follow first aid and/or CPR procedures. If possible, send another person to watch for the ambulance and quickly guide the emergency personnel to the scene.

## Signs and Symptoms of Emergency Conditions

By Verlene Nakatani

In the event of an emergency, staff must act quickly and seek **immediate medical attention**. If there is any doubt about what is an emergency situation, call 911. **Don't call someone to ask if you should call 911. If it is a question in your mind, make the 911 call.**

The following situations are always considered emergencies and you should

**Call 911 immediately:**

- Bleeding** that you cannot control
- Severe injuries** as a result of accidents such as broken bones
- Choking**
- No signs of life**
- Unconsciousness**
- Seizure lasting over five minutes** or continuous seizures
- Electrical shock**
- Drowning** or near drowning

**Chest pain**, difficulty breathing, or any other sign of a heart attack

**Stroke** or suspected stroke (paralysis, numbness, confusion)

**Severe asthmatic attack** when prescribed medications do not work

**Poisoning** including overdoses of medication. Call 911 and then Poison Control

**Severe reactions to medication** with difficulty breathing or itching. Call at the first sign of a reaction because this can happen very quickly.

**Severe reactions to insect bites or other previously unknown allergic reactions**

**Unable to detect breathing**

**Timeliness in recognizing the signs and symptoms of an urgent or medical situation can be the difference between life and death.**

## UCP—OPEN POSITIONS

⇒ **Respite Workers- P/T**

