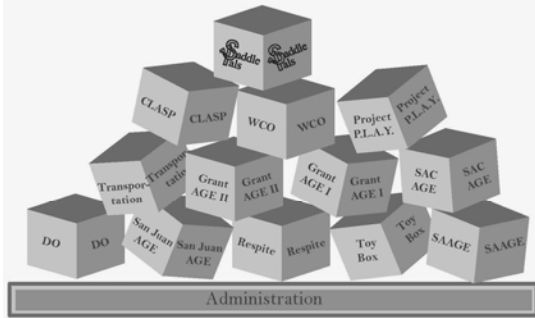


# A newsletter for and about the people of United Cerebral Palsy of Greater Sacramento



## TEAM UCP

COMMUNICATE • SERVE • GROW • SUSTAIN

April, 2009

## TAX BREAK FOR U.S. EMPLOYEES—PART OF THE STIMULUS PACKAGE!!

You're likely to see more green in the next couple of weeks. Not only on the trees but possibly in your paycheck as well!!!

Effective April 1, 2009, the Making Work Pay tax credit went into affect. Federal Withholding Tax tables from the IRS were updated to reflect the new credit. What this means is that you might see a slight increase to your net (take home) pay on each paycheck!

You don't have to do a thing to receive this credit. If you are eligible, this will automatically be adjusted to your paycheck through the change in your income tax deduction. This tax credit is available for the remainder of 2009 through 2010.



### OVERCOMING FEAR—A CLIENT'S STORY (final installment)

By Teofilo Judal

*R began attending our program on July 8, 2007. Initially he would not participate in the daily activities. He chose to isolate himself from the class, sitting on a chair away from the rest of the students. R would not leave the campus to go out in the community. Many weeks passed while R was slowly integrated into the daily activities. The Team Members interacted with him in such a way that his trust in them was gained.*

*R is now a participating member of our class. He initiates activities on his own, often riding the recumbent bike without being asked. He still refuses, at times, to go out in the community, but most of the time he will go willingly or he can be persuaded to come along. The excursion to Apple Hill took a week of talking to coax him to go. He is always given the choice to make on his own, but told that his company would be enjoyed by everyone. In the end he went and said the trip was "alright"; a comment I would take from R over someone else's "awesome"!*

*A sense of security and trust play a significant part regarding the shift in R's behavior. They are paramount in creating a learning environment and affecting positive change. R is still uneasy being in a crowd and this anxiety may not be entirely erased but his very presence in the classroom is a significant improvement from his inclination to be alone. R has begun to come out of his shell; recently, upon seeing a female dressed to attend the Gala at Las Palmas, he commented "whoo hoo". Pleasantly surprised, she commented on his utterance, R smiled and said, "Look at you"!*

### May Anniversaries

CONGRATS!!

Roberta Hurtado, SJ	25 yrs.
Carolyn King, SACAGE	11 yrs.
Rebecca Mayo, Respite	11 yrs.
Verlene Nakatani, Admin.	10 yrs.
Tanya Vallad, Respite	8 yrs.
Gilberto Huerta, Respite	6 yrs.
Peggy Moten, Respite	6 yrs.
Tyson Palmer, DO	5 yrs.
Julie Thao, SAAGE	4 yrs.
Martha Lozano, SACAGE	4 yrs.
Sorito Oriyavong, SAAGE	4 yrs.
Patrick Fitzgibbons, SP	3 yrs.
Diana Rios, SAAGE	2 yrs.
Leann Sindle, SAAGE	2 yrs.
Jerome Williams, SACAGE	2 yrs.
Stephanie Vestal, Respite	2 yrs.
Tina Jones, Respite	2 yrs.
De'Johng Taylor, SACAGE	2 yrs.
Penny Flores, WCO	2 yrs.
Michael Ware, Shuttle	2 yrs.
Angela Kassis, WCO	1 yr.
Marion Alexander, CLASP	1 yr.
Sandra Hostetler, SJ	1 yr.
Vickie Smith, Respite	1 yr.
Claudia Smith, Respite	1 yr.
Leticia Camargo, SAAGE	1 yr.
Gloria Byrd, SACAGE	1 yr.
Robbyn Mendleski, Trans.	1 yr.
Robert Randle, Trans.	1 yr.
Harold Koehncke, Shuttle	1 yr.
Edward Cochran, Shuttle	1 yr.
Lynda Lee, DO	1 yr.



# UCP'S MENTOR PROGRAM

By: *Towanda J. Starks*

## FEATURED JOBS

As part of UCP's commitment to helping new employees to strive and feel comfortable as a new employee to UCP, we have the Mentor Program.

The Mentor Program was designed to help new employees and existing employees with their concerns or questions as they begin their employment with UCP.

Here is one of the things Mentors do to provide support to the new employees at UCP:

Every quarter each department's Mentors meet together, along with Verlene, to discuss issues that have come up. As a group, we discuss the issues in our meeting and hopefully come up with solutions that we can bring back

to our mentees to continue to work with them to help our programs run smoothly.

Get to know your mentors they are there to assist you with any work related concerns.

Here is a list of the mentors for 2008/2009:

SACAGE - Carolyn King  
SAAGE - Martine Booker/Alena Cuevas  
San Juan AGE - Beatrice Wilson  
Twin Rivers I - Raquel Villa  
Twin Rivers II - Allison Vaughn & Abigail Guyett  
WCO - Theresa Orozco  
Respite - Towanda J. Starks & Theresa Cabral  
Discovering Options - Heaven Hopkins  
UCP Shuttle - Marcus Essex  
Transportation - To be announced

### P/T Clerical Support @ SAAGE

This position would work approximately 20-hrs. per week answering phones, completing paperwork, filing, etc. Computer skills (Word & Exel), phone etiquette, good communication & strong organizational skills are required.

### F/T One-on-One Aide—SAAGE

Same job responsibilities as a Direct Support Professional, but this position is assigned to shadow one client with behavioral challenges

### UCP—OPEN POSITIONS

- ◆ Clerical Support P/T—SAAGE
- ◆ One-on-One Aide—SAAGE
- ◆ Respite Workers

## Enter and Exit Vehicles Safely

By *Verlene Nakatani*

Rushing or not paying attention while you enter or exit large vehicles is dangerous; so it's important to take the time to follow all safety procedures.

When you enter a vehicle, face it. Take hold of the grab bar, the seat, or other fixed object in the vehicle to help you climb up. Don't grab the steering wheel unless it is "locked;" it can turn suddenly and throw you off balance. Don't grab the door or handle because it can swing out and cause you to fall. In hot or cold weather gloves can improve your grip.

Plan your steps into the vehicle so that you are standing on the same leg as the side that you are entering. To enter the left/driver's side, stand on your left leg and lift your right leg up. You may need to change hand and feet positions while entering and exiting. Keep three points of contact with the vehicle at all times (one hand and two feet, or two hands and one foot).

To avoid falling out backwards, maintain the three point rule until you are securely seated or if exiting, feet are firmly on the ground. Only climb or exit on dedicated stepping areas; the lifts can be slippery. Wear shoes with sturdy, no slip soles, and heels. And, keep vehicle steps cleaned and maintained.

To exit the vehicle, examine the ground before you step out. Look for ice, water, cracks, and uneven surfaces. Use all of the steps until you reach the ground. Don't use some of the steps, then jump and hurt yourself by skipping one.

**Never jump down or "fall" down the lift gate or back exit of the buses; this could cause a serious uncontrolled fall.**

Repeated jumping can also cause strains and sprains or other serious injuries. Practicing safety precautions every time you enter and exit a vehicle, not only saves time in the long run; it can also prevent unnecessary pain and injury.

