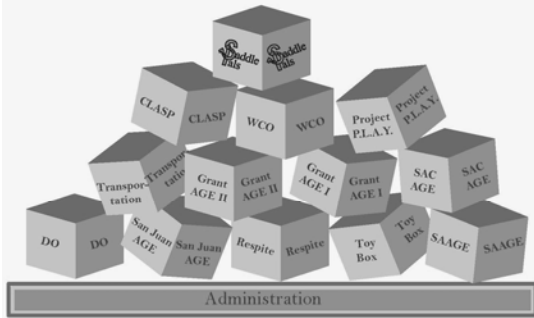


A newsletter for and about the people of United Cerebral Palsy of Greater Sacramento

COMMUNICATE • SERVE • GROW • SUSTAIN

March, 2009



TEAM UCP

NEWS FROM THE PRESIDENT & CEO

By Doug Bergman

I want to extend my sincere appreciation to all Team Members, regarding your dedication to UCP. When I am out visiting our different programs I really see passion and enthusiasm from everyone. I was visiting one of our programs last week and one client was just beating away on a drum and the smile on his face was priceless. The little things do matter in their life and I know it does in your lives too. I also love giving recognition to you as team members. When I am out with my other Leadership Team members handing out Team Member of the Quarter awards, I see tears, smiles and an appreciation of what we all do collectively. That's what makes our organization the best nonprofit organization in the Sacramento area!

HAPPY ST. PATRICK'S DAY



RSVP FOR BOWLING BY MARCH 24!

OVERCOMING FEAR—A CLIENT'S STORY

By Teofilo Judal

John allows the water from the faucet to run through his fingers. Mary sleeps with only the night light on. Sara looks down from the first floor balcony at the ground below. R decides he wants to go to Apple Hill. These actions may not be deemed of any consequence by a majority of the population, but to R and the others, such seemingly ordinary acts require a great deal of courage and trust. These individuals are suffering from phobias which manifest in many different forms.

The dictionary defines phobia as an irrational, intense fear of certain situations, activities, things or people. The main symptom of this disorder is the excessive, unreasonable desire to avoid whatever it is (s)he fears. A study by the National Institute of Mental Health found that "phobias were the most common mental health illness among women in all age groups and the second most common illness among men older than 25."

R is afraid of leaving a safe place and being in crowded, public places. He has not been clinically diagnosed as agoraphobic, but an addendum to his IPP states that "R does not like crowds". This hindered R from attending a day program, because he would choose to spend his time in his bedroom. For more than a year R stayed at home because he couldn't find a day program he wanted to attend.

I was visiting another client in R's home, when I was told of R's reluctance to leave his room. I talked to him and, though I could sense his apprehension, he agreed to visit our program with the understanding that he did not have to stay. He was also told that he did not have to attend daily until or if he was comfortable in staying.

Read the next installment of R's story in the April Newsletter and see what happens to R!!

April

Anniversaries **CONGRATS!!**

<i>Teofilo Judal, TRI</i>	<i>25 yrs.</i>
<i>Greg Ernst, Trans.</i>	<i>20 yrs.</i>
<i>Tom Petersen, Admin.</i>	<i>10 yrs.</i>
<i>Stephen Zollner, Trans.</i>	<i>8 yrs.</i>
<i>Lucilla Rojas, Respite</i>	<i>6 yrs.</i>
<i>Margaret Thompson, Respite</i>	<i>6 yrs.</i>
<i>Oksana Kurganskaya, Respite</i>	<i>5 yrs.</i>
<i>Tina Nielsen, Respite</i>	<i>5 yrs.</i>
<i>Kamethia Edwards, Respite</i>	<i>4 yrs.</i>
<i>Yolanda Hill, Respite</i>	<i>4 yrs.</i>
<i>William Pinkham, Trans.</i>	<i>4 yrs.</i>
<i>Lashana Manuel, Respite</i>	<i>3 yrs.</i>
<i>India Carter, Admin.</i>	<i>3 yrs.</i>
<i>Denise Veteto, Bingo</i>	<i>2 yrs.</i>
<i>Colleen Rosebloom, Bingo</i>	<i>2 yrs.</i>
<i>Chigozie Ohia, SacAge</i>	<i>2 yrs.</i>
<i>Rosalia Trejo, Respite</i>	<i>2 yrs.</i>
<i>Nadia Yousufzai, Respite</i>	<i>2 yrs.</i>
<i>RaeAnn Uria, WCO</i>	<i>1 yr.</i>
<i>Katie Rodriguez, Respite</i>	<i>1 yr.</i>
<i>Lourdes Cueto, Respite</i>	<i>1 yr.</i>
<i>Gabriela Jarquin, Respite</i>	<i>1 yr.</i>
<i>Maria Cortez, Respite</i>	<i>1 yr.</i>
<i>Odessa Locicero, Respite</i>	<i>1 yr.</i>
<i>Saraell Carrino, Respite</i>	<i>1 yr.</i>
<i>Amy Konen, Respite</i>	<i>1 yr.</i>
<i>Shawna Poston, Respite</i>	<i>1 yr.</i>
<i>Nicole Andrew, Respite</i>	<i>1 yr.</i>
<i>David Seymore, Trans.</i>	<i>1 yr.</i>
<i>Victor Garcia, Trans.</i>	<i>1 yr.</i>
<i>Tiffany Stout, S.P.</i>	<i>1 yr.</i>





By Scott Modell

Recently, a group of 12 campers got to experience an awesome journey.

Here is their story...

Arriving at 6:00am on Friday at Sac State on a cold and rainy morning, the campers and their parents met with the Camp COOL staff. Soon after the campers said their good-byes and we boarded the UCP buses and made the trek in the rain and snow to Alpine Meadows. Arriving just in time for our morning ski lesson, the campers hurried off the buses and met with their instructors for the day. After the morning session, we all ate lunch together. During lunch, the campers regaled us with stories of fast skiing and near crash and burns. They couldn't wait to get out for the afternoon lesson. By the end of the afternoon, the campers were exhausted, cold and a little wet from being in the snow - but had smiles and excitement about the upcoming pizza party and evening activities.

Our evening activities consisted of breaking up into 4 groups with each group acting out a popular movie (using only their voices, bodies and whatever else was in the large room).

Pirates of the Caribbean, Star Wars, and Monster's Inc got the biggest applause.

The next day, after eating breakfast together (eggs, pancakes, cereal, juice), all 12 campers went snowmobiling. Again they came back at 3pm exhausted, cold and a little wet. And, of course again they couldn't wait to go out to dinner and have our evening activity.

Their never ending energy was infectious. We walked next door to the 50/50 Restaurant and ate a delicious meal. Evening activities were card playing, trivia and "Why I love Florida State" (a favorite of mine).

The next day we left the hotel and headed out to South Shore for Sled Hockey. An hour later on a beautiful morning we arrived and were greeted by Dave Conklin a gold medal winner and member of the United States Paralympic Sled Hockey Team. Dave assisted with the sled hockey activity along with several other sled hockey players. We had a blast. After sled hockey, we headed back to Sacramento to be greeted by the parents.

Many of the campers hung out for awhile...

Surviving Winter Driving

By Verlene Nakatani

Motor vehicle accidents are the number one cause of work-related injury /death. Winter weather presents the most dangerous time of year for operating a vehicle on the road. Since you can't change the weather, you must adjust the way you drive, or risk becoming a fatal statistic.

Too many drivers think they can drive the same way in bad weather as on nice days, but that kind of thinking leads to accidents. Your most reliable prevention against vehicle accidents is common sense and driving skill.

In order to survive winter driving, you must give more thought to the weather and resulting road conditions, then adjust your driving accordingly.

First, realize that your trip will probably take longer in the rain, fog, win or snow, so leave earlier and take your

time. It's better to arrive late than not at all. Be patient and drive defensively.

Slow down. A safe, slow speed will give you more control of your vehicle if the traffic ahead changes or if you come upon an icy road slick or dense fog patch.

Increase the distance between your vehicle and the one ahead to leave a buffer zone for safe braking, you may need to stop suddenly.

Keep your lights on for safety. Your vehicle will be easier to spot by other drivers on dark winter days or in heavy weather conditions.

Low beams should be used when driving in fog or heavy snow.

Conduct your daily pre-operation inspections.

By combining sound driving skills with common sense, you can survive the winter.

FEATURED JOBS

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

F/T Supplemental Worker—WCO

Personal care (toileting/ feeding) of clients & laundry responsibilities. Must be able to lift & assist clients with activities of daily living.

UCP—OPEN POSITIONS

- ♦ Clerical Support P/T—SAAGE
- ♦ One-on-One Aide—SAAGE
- ♦ Supplemental Worker—WCO
- ♦ Respite Workers

