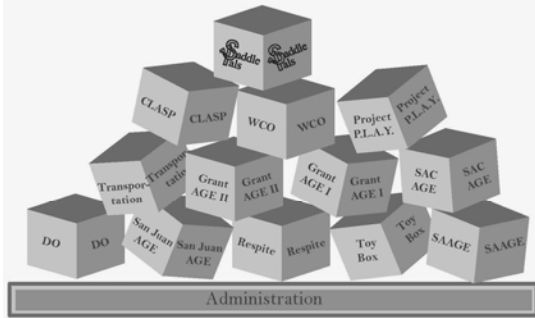


A newsletter for and about the people of United Cerebral Palsy of Greater Sacramento



TEAM UCP

COMMUNICATE • SERVE • GROW • SUSTAIN

May, 2009

MESSAGE FROM THE PRESIDENT & CEO

By Doug Berman

UCP of Greater Sacramento has always been committed to operating in the best and most efficient manner possible. For the past 54 years, UCPGS has maintained its very high standards of operation, as the costs of doing business have risen and the rates from the State have stayed status quo or decreased as they have this year. It is a tribute to all of you who work diligently to stay within your program budgets and still bring fresh new ideas and activities to serve your clients.

In these more troubling times, UCPGS has looked for additional cost efficiencies wherever possible. Our challenge has been to do this, while trying not impacting the service to our clients and the lives of our team members.

We know that sometimes decisions are made that do impact you; but we want you to be assured, that we are committed, as we know you are, to maintaining the services we offer to our clients, and the jobs, hours and benefits to our team members, as we all work together in fulfilling UCP's Mission Statement.

UCP'S SUMMER PICNIC COMING SOON!!

WHEN: Saturday, June 20

WHERE: Discovery Park
Oak Group Area

TIME: 10 A.M.—3 P.M.

WHO: UCP Team Members
and their Spouse/Significant
Other and their children.

**COME PLAY VOLLEYBALL,
HORSESHOES AND HAVE
SOME FUN!!!**



CONGRATULATIONS

APRIL Anniversaries

Judy Arrezola, WCO	11 yrs.
Pablita Berjuega, WCO	11 yrs.
Wanda Bamber, TRII	6 yrs.
Ileah Jackson, Proj. Play	6 yrs.
Lupita Franklin, CLASP	5 yrs.
Belinda Andrada, SJ AGE	5 yrs.
Shannon Greenley, Respite	4 yrs.
Maria Baez, Respite	3 yrs.
Tiffany Newton, Respite	3 yrs.
Maria Soriano, Respite	3 yrs.
Leticia Arreola, SacAGE	3 yrs.
Leticia Ramirez, Trans.	3 yrs.
Tarea Speech, Respite	2 yrs.
Karen Echegaray, Respite	2 yrs.
Ashely Cole, Respite	2 yrs.
Jesse Shaver, Trans.	2 yrs.
Paul Petty, Shuttle	2 yrs.
Juan Hurtado, SJ AGE	2 yrs.
Rafael Martinez, SAAGE	1 yr.
Galina Garina, SacAGE	1 yr.
Sherri Adams, WCO	1 yr.
Soleada Rivera, Respite	1 yr.
Laura Albercci, Respite	1 yr.
Lucia Flores, Respite	1 yr.
Zebunnisa Khan, Respite	1 yr.
Amy Hammersley, Respite	1 yr.
Shaloha Akbar, Respite	1 yr.
Sarah Liston, Respite	1 yr.
Julie Chew, Respite	1 yr.
Cheri Taggart, Respite	1 yr.
Rudolph Morones, Trans.	1 yr.

DISCOVERING OPTIONS HAS A NEW HOME!

BY Diane Fournier

Sing it with me...“They loaded up the truck and moved to Beverly”.....Las Palmas that is... Discovering Options now has 2 huge classrooms with lots of room for all their special activities!!

They have a room for cooking classes; an area for computer classes; Deanna's shredding area; a gymnasium to join exercise classes or just have fun playing sports, and there is, a cafeteria where they can go to have lunch or do special things like January's Client Gala.

They even have a pothole or twenty (transportation LOVES these), access to CBI outings that they can get to without the aid of a vehicle; access to other adult

classes and a perfectly choreographed sharing of restroom facilities with Twin Rivers II.

Between the supreme efforts of Kathy Kokkos who assured the program was ready with so many obstacles to overcome and Janine Pulido-Arias and her team the transition from Lathrop to Las Palmas has been seamless.

Discovering Options team members have done a superior job of making this transition smooth, positive, and safe for their clients and they should be commended for making this move the best it could be.

CONGRATULATIONS

We are pleased to announce that Peter Sandoval has been promoted to Transportation Program Manager overseeing both the Transportation & Shuttle operations.

Heart Healthy Diet

By Verlene Nakatani

The relationship between diet and heart disease has been the focus of much debate and scientific research for over a century. Many foods and diet patterns have fallen in and out of favor almost in keeping with the change of seasons. With each new headline, manufacturers have responded with new products, from fat-free egg substitutes, omega-3 enriched eggs, cholesterol-free margarine to calcium-fortified spreads. If you find yourself a bit confused about what to eat, you are not alone!

There are modifiable risk factors for developing coronary heart disease, which can lead to a heart attack or stroke. Some of these risk factors, such as high blood cholesterol, high blood pressure, obesity, and diabetes, can significantly be influenced by the foods we eat and our lifestyle. This is especially important since, according to the American Heart Association, cardiovascular disease is the

leading cause of death in the U.S.

To achieve and maintain a heart-healthy eating pattern, the following guidelines are recommended:

- Eat a variety of fruits and vegetables
- Eat a variety of grain products, especially whole grains
- Include low-fat or fat-free dairy products, fish, legumes (beans), poultry, and lean meats
- Limit cholesterol-raising fats such as saturated and trans fats
- Balance the total number of calories you eat with the total energy used each day to maintain a healthy body weight
- Maintain a level of physical activity that keeps you fit and matches your calorie intake to maintain a healthy body weight
- Limit intake of foods that are high in calorie content and low in nutrition
- Consume less than 2,400 milligrams of sodium per day (about a tsp.)
- Limit alcohol intake

FEATURED JOBS

Program Supervisor— F/T Transportation & Shuttle

Both are full-time positions requiring a minimum of two years previous supervisory experience.

Dispatchers — P/T Trans.

Recruiting to fill two positions, 6—11 a.m. and 1:30—6:30 p.m. Requires excellent customer service and organization skills. Previous dispatching experience highly desired.

Submit your resume to H.R. or request a complete job description.

UCP—OPEN POSITIONS

- ♦ Program Supervisor F/T—Shuttle
- ♦ Program Supervisor F/T—Trans.
- ♦ Dispatchers P/T— Trans.
- ♦ Clerical Support P/T—SAAGE

