



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

November, 2009

MESSAGE FROM THE PRESIDENT & CEO

By Doug Bergman

UCP's new year has not started out well, having 4 recordables already. Safety is always foremost on our minds; the safety of our clients, ourselves and our families, but do we always model safety?

In our very busy lives, it can be easy to take short cuts and not always take the extra few seconds it would take to tape down the extension cord, or slow down and walk on and off the bus, or remember to close the file cabinet, or slow down and walk with an ambulatory client. Those extra few seconds, can mean the difference between an injury free day or a day where we look back and say "if I had only taken that extra moment, I wouldn't have this injury".

Let's all take those extra seconds to remain safe, each and every day; and remember to "BLINK; KEEP IT CLOSE & KEEP THE CURVES; and BUILD A BRIDGE"!



TWIN RIVERS AGE I

By Diane Fournier

Twin Rivers Age 1 is a calming, peaceful place that moves at a slower student driven pace. As a manager, I personally always liked frenetic action and some of the clients who came to my program loved that, but some hated it.

We are all unique and have very different needs. The students at Twin Rivers Age 1 are no different. This program is very impressive because each and every client gets individual time and the autonomy to complete tasks on their own.

While one student may be working on the treadmill with high praise from their team members, another student will have the full attention of the teacher working on the computer to enhance their skills. The action will pick up and all of the students will take turns

doing the limbo clearly enjoying every minute. From there things will slow down so the clients can focus on a group assignment of learning and demonstrating that learning discussing the food groups, or other lessons on the projector.

I have never walked into this classroom and seen students who were disinterested or unattended. They are all working with dedicated team members and their fearless leader, Teofilo Judal, who is always there to make sure that the clients are getting the attention, involvement and care they need. This is a well oiled machine and the team members who work this program should be very proud of the work they do and the clients they serve.

CONGRATULATIONS December Anniversaries

Lynne Frascieri, Admin.	3 yrs.
Ashely Sanford, CLASP	3 yrs.
Kady Smarr Toure, Respite	2 yrs.
Daniya Navarro, Respite	1 yr.
Nancy Van Collie, Respite	1 yr.
Brittney Alvarez, Respite	1 yr.
Gia Calloway, Respite	1 yr.
Diana Sanders, Respite	1 yr.
Malinda White, Trans.	2 yrs.
Linda Smith, Trans.	2 yrs.
Enrico Hernandez, Trans.	2 yrs.
Christina Cravens, Trans.	1 yr.
Edward Schanz, Shuttle	1 yr.
Robert Rogers, Shuttle	1 yr.
Darrell Brush, Shuttle	1 yr.
David Rossi, ACE	1 yr.



Development & Marketing News

By Steve Horton

Fifty cents a week, two quarters could raise \$9,600 for our children and adults living with developmental disabilities and their families. If each UCP Team member donates just \$1 per pay period which is 50 cents every week to UCP as a group we would raise \$9,600. Look for your UCP of Greater Sacramento Payroll Donation Form being distributed by the end of October.

The Bank of America supports UCP. Our independent living program CLASP received its first ever grant totally \$19,500. Congratulations to the CLASP team members for running a program worthy of the Bank of America's consideration.

The community of Winters is supporting UCP. Caty a high school senior in Winters is raising awareness about cerebral palsy and money for UCP. To date they have raised over \$2,000 through a car wash and yard sales. She has two more projects planned.

UCP Logo Wear will soon be available at the UCP Online Store coming in November. The UCP Team Member Advisory Council has been supporting this initiative. More information will be available when the UCP Online Store is launched.

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

Prevent Slips, Trips, and Falls

By Verlene Nakatani

You take hundreds of steps every day, but how many of those steps do you take seriously? By taking a minute to understand how slips, trips, and falls happen, you can prevent needless and painful injuries.

Remember that time you walked past a water spill in the breakroom? Or maybe you were just too busy to shut the file drawer. Even common hazards like these can lead to serious, painful injuries. Protect yourself, your co-workers, and our consumers by doing what you can to create a fall-free workplace. **BE AWARE OF YOUR ENVIRONMENT!**

Step 1: Clean Up Wet Surfaces

Any time you see (or cause) a spill, clean it up right away. If you can't, mark it with a sign or paper towels and report it to the appropriate person for cleanup.

Step 2: Avoid Short Cuts

The more short cuts you take, the greater your chance for taking a

tumble. For safety's sake, use designated walkways and only carry loads you can handle.

Step 3: Get Rid of Clutter

Your risk of trips increases with every stack of files left sitting on the floor and every extension cord stretched across a doorway. Put away clutter especially in walkways and on stairs and don't leave tools, boxes, books, and other materials lying about.

Step 4: Use a Ladder or Step Stool

Use the right climbing equipment for the job. Rather than standing on the nearest tall object you can find, take a minute to find a ladder or step stool.

Step 5: Turn on the Lights

Good lighting helps you see any hazards in your way. Turn on lights before entering a room, and replace dead bulbs as soon as they burn out.

Prevent Slips, Trips, and Falls cont.

By Verlene Nakatani

Wear Slip Resistant Shoes

Increasing the friction between your shoes and the surface you walk on helps prevent slip injuries. Use these tips to help you choose the best shoe soles for your particular job.

Soft rubber soles grip well on dry surfaces.

Neoprene soles can be worn safely on most wet or dry surfaces.

Crepe soles work best on rough concrete surfaces, either wet or dry.

Hard rubber soles are best worn on greasy concrete and wood.

UCP—OPEN POSITIONS

⇒ **Respite Workers- P/T**

