



# 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*

April, 2010

## MESSAGE FROM THE PRESIDENT & CEO

*By Doug Bergman*

Safety is a big part of doing business for UCP. It is very important that our team members and our clients remain safe at all times. You all do jobs that are full of unexpected events, every day. Whether it be on the road, or in program working with our clients whose actions, often times, can be unexpected. Considering all the potential for injury, you are doing a great job in keeping yourselves and our clients safe!!! For the first six months of this year, October through March, UCP has had 14 recordable incidents, and the majority of those were unavoidable. What that means is that the team member could not avoid the accident or injury, either because another driver hit them, or despite all precautions being taken, a client's actions could not be foreseen. Considering that UCP has over 450 team members and Transportation drives over 7,000 miles per day, this is not a bad record! Of course, our preference would be 0 recordables, meaning that no one was injured or hurt.

Please continue to work in the safe manner that you do every day. Drive defensibly, always on the lookout for what the other driver is going to do and keep alert to our clients ever changing actions. Wouldn't it be terrific to end the year with a total of 14? That would be a fantastic record for UCP!

Keep up the great work that you are doing!!

## CONGRATULATIONS

### May Anniversaries

Roberta Hurtado, SJAGE	26 yrs.
Rebecca Mayo, Respite.	12 yrs.
Verlene Nakatani, Admin.	11 yrs.
Tanya Vallad, Respite	9 yrs.
Gilberto Huerta, Trans.	7 yrs.
Tyson Palmer, DO	6 yrs.
Sorito Oriyavong, SAAGE	5 yrs.
Martha Lozano, SAAGE	5 yrs.
Patrick Fitzgibbons, SP	4 yrs..
Diana Rios, SAAGE	3 yrs.
Leann Sindle, SAAGE	3 yrs.
Penny Flores, WCO	3 yrs.
Michael Ware, Shuttle	3 yrs.
Stephanie Vestal, Respite	3 yrs.
Tina Gale Jones, Respite	3 yrs.
Jerome Williams, TRII	2 yrs
Leticia Camargo, SAAGE	2 yrs.
Edward Cochran, Shuttle	2 yrs.
Sandra Hostetler, SJ AGE	2 yrs
Marion Alexander, CLASP	2 yrs.
Vickie Smith, Respite	2 yrs.
Claudia Edwards, Respite	2 yrs.
Carla Little, SacAGE	1 yr.
Cheylene Cowgill, Respite	1 yr.
Elvira Oates, Respite	1 yr.
Renee Henry, Respite	1 yr.
Ashley Kemp, Trans.	1 yr.
Tara Wescott, TRII	1 yr.
Dayana Espinoza SAAGE	1 yr.

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**SAVE THE DATE!**  
**UCP'S TEAM MEMBER**  
**PICNIC**  
**ON**  
**JUNE 12, 2010**



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## 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.

## Time to Spring into Action Against Seasonal Allergies

By Verlene Nakatani

About 26 million Americans endure chronic seasonal allergies, while the number of people with milder symptoms may be as high as 40 million.

For most people, allergies to plants that bloom in the spring and fall are merely annoying. For those with asthma or severe allergic reactions, however, these allergies may be life threatening.

First, it does affect a person's quality of life—productivity, educational performance. Second, it may lead to secondary diseases such as ear infections, sinus infections, and asthma.

Spring is traditionally the main season when allergies blossom because of new growth on trees and weeds. In addition people who are allergic to

pollens are also often sensitive to dust mites, animal dander, and molds, which lurk indoors in any season.

*Allergic reactions range from mild itching, sneezing or eczema (inflamed, itchy skin), to severe hives, hay fever, wheezing, and shortness of breath. An extreme allergic reaction can result in anaphylactic shock, a life threatening situation in which a person's airway swells shut and blood pressure drops. If this occurs, follow the procedures you were taught in your American Red Cross classes.*

The first step in handling chronic allergies is a visit to an allergist, once the causes and severity of the patient's allergies is determined, the doctor can prescribe a treatment plan. The first, most obvious, step is to avoid the allergen. The next step in

## Time to Spring into Action Against Seasonal Allergies Cont.

treating allergies is medication. Antihistamines are often prescribed.

Don't be tempted to treat an allergy with an over the counter decongestant spray for more than three days. This may cause you to get a 'rebound' effect, and your nose may become even more congested than before. These drugs are more useful for short term use to relieve nasal congestion associated with a cold. Allergy shots can offer long lasting relief for many people also.

You can reduce your allergic misery if you take steps to keep the culprits out of your house. For seasonal allergies caused by plants and trees, keep windows shut and the air conditioner on. Purchase an air filter to clean out pollens, molds and dust. Minimize clutter, which collect dust and pollens. Keep pets outside or bathe them regularly if they're indoors, and don't let them sleep in your bed. Wash your hair everyday to rinse off dust and pollen, and if you've been in the yard, leave shoes at the door and wash your clothes in hot water as soon as possible.

## UCP—OPEN POSITIONS

⇒ Respite Workers- P/T

