



# 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*

June, 2010

## MESSAGE FROM THE PRESIDENT & CEO

*By Doug Bergman*

UCP has a lot to celebrate! First our own CFO, Dainna McArthur was named CFO of the Year by the Sacramento Business Journal. Out of 80 nominated candidates, the judges narrowed it down to 3 finalists in each category. There were a total of seven categories, for different types of businesses, and Dainna was selected for her outstanding work in the non-profit category. Dainna was recognized at a breakfast award ceremony on Friday, June 4, where she acknowledged and thanked her team, co-workers and family. We are very proud of the accomplishments of Dainna and her team at UCP, Tatyana Razumovsky, Emily Peterson and Lynne Fraschieri for all the great work they do for UCP!

In addition, UCP of Greater Sacramento is expanding its charter. We are going to be offering services in three new counties! Butte, Shasta and Sutter counties will now be part of our territory, in addition to the five counties we currently serve: Sacramento, El Dorado, Placer, Yolo and Auburn. This opportunity to provide services in these new areas, is in keeping with our focus to: Communicate, Serve, Grow and Sustain. Despite difficult economic times, UCP of Greater Sacramento continues to grow and provide services to the communities of our now eight service counties.

**DON'T FORGET UCP'S TEAM  
MEMBER PICNIC.....JUNE 12!!**

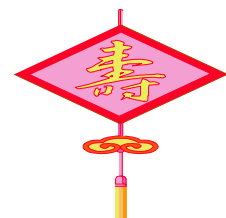
Don't Worry.....Be Happy!

*"It is our basic right to be a happy person, happy family and eventually a happy world. That should be our goal."* Dalai Lama

Little adjustments to our attitude and approach each day can create a major difference in our appreciation of life. On the surface, nothing changes; at the same time, absolutely everything does.

Use your awareness of your imagination to bring happiness to this moment. Find something to appreciate. Do this as often as you remember to do so, and your world will transform. "...we can no longer afford to throw away even one unimportant day by not noticing the wonder of it all. We have to be willing to discover and then appreciate the authentic moments of happiness available to all of us every day". Sarah Ban Breathnach

- Daniel DeMasi, San Juan 18 yrs.
- Christine Copeland, Trans. 14 yrs
- Carol Herrmann, CLASP 13 yrs.
- Shelly Pefley, SAAGE 13 yrs.
- Zari Ragasa, TRI 10 yrs.
- Koy Saephanh, SacAGE 6 yrs
- Adrienne Hatchett, Respite 6 yrs
- Priscilla Bryant, SAAGE 5 yrs.
- Susan Peek, Auburn 5 yrs.
- Celeste Vantine, CLASP 5 yrs.
- Jodi Wong, Saddle Pals 5 yrs.
- Dainna McArthur, Admin. 4 yrs.
- Martine Booker, SAAGE 4 yrs.
- Denise Howell, Respite 4 yrs.
- Abigail Guyett, TRII 4 yrs.
- Julia Deluna, SacAGE 3 yrs.
- Joseph Domino, Shuttle 3 yrs
- Deanna Gross, DO 3 yrs.
- Shelley Aron, Respite 2 yrs.
- Chau Quach, Respite 2 yrs.
- Uzma Ishaq, Respite 2 yrs.
- Franz Lewis, SacAge 1 yr.
- Partirica King, CLASP 1 yr.
- Waltaleena Berry, Respite 1 yr.
- Sarisha Rouse, Respite 1 yr.
- Jaclyn Echegaray, Respite 1 yr.
- Jennifer Gianquento, Respite 1 yr.
- Sarah Davidson, Respite 1 yr.
- Quincia Burleson, Respite 1 yr.
- Tyler Frederick, Respite 1 yr.
- Janeve Allen, Respite 1 yr.
- Robert Cinquini, Trans. 1 yr.
- Leroy Hedgpeth, Trans. 1 yr.
- Lonnisha Goodman, TRII 1 yr.
- Harold Koehncke, Shuttle 1 yr.



## Development & Marketing News

By Steve Horton

## SUMMER FUN = SUMMER SAFETY CONT.

### Community Support:

We have a new partner! TriValley Recycling is working with UCP, picking up electronic waste with partial proceeds to UCP. TriValley picks up electronic waste on a door-to-door basis and also provides a pick-up for collections of eWaste. To find out when they will be in your neighborhood or to arrange a pick up call 800 317 3112 or [www.trivalleyrecycling.com](http://www.trivalleyrecycling.com)

Autism Center for Excellence Camp has received another grant request. The Teichert Foundation has given \$5,000 to A.C.E. Camp.

The camp will be held the last week of June at Grizzly Creek Camp.

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.

Be engaged with UCP - go to [www.uspsacto.org](http://www.uspsacto.org) and follow UCP on Facebook, Twitter and the UCP Blog.



## SUMMER FUN = SUMMER SAFETY

By Verlene Nakatani

Summer is upon us and everyone is relishing these hot summer days, trips to the lake, picnics in the park, swimming, biking and ball games. As much fun as summer can be, I would like to remind all of you that the summer heat can also bring unwanted illnesses unless you are prepared.

Common types of heat related illness include heat cramps, heat exhaustion or heat stroke.

You can help prevent heat related illnesses by following a few simple guidelines. Here's a list of recommendations you should follow:

- ⇒ Drink plenty of fluids before, during and after vigorous activity.
- ⇒ Get plenty of sleep and eat light, nutritious meals.
- ⇒ Use sun block.
- ⇒ Schedule your more strenuous activities during the cooler part of the day.

- ⇒ Take periodic rest breaks, in a shaded or cool area.
- ⇒ Dress in light, loose-woven cotton clothing. A wide brimmed hat wouldn't be a bad idea either.
- ⇒ Use fans or air conditioners, or take a cool bath or shower.
- ⇒ Adjust to a hot environment gradually.
- ⇒ Learn to recognize the symptoms of heat related illness and take immediate first aid measures.
- ⇒ Pay attention to weather reports and adjust your daily routine accordingly.
- ⇒ Understand that the physical and mental side effects of heat related illnesses can cause accidents.
- ⇒ Never leave clients, children, passengers, or pets in a vehicle even with the windows slightly open.

Remember the summer is a great time to enjoy the outdoors, but be prepared and **DO IT SAFELY!**

### Heat Related Distress

For people with developmental disabilities, signs of heat stroke or dehydration may be overlooked or confused with general mental status. Early signs include: nausea, vomiting, headache, weakness, altered mental state (confusion, aggressiveness, rambling incoherently), and red skin with no sweating, rapid pulse, or fever during hot weather. At the first sign of overheating, move the person to the shade, give sips of cool water, and fan the person. You may need to seek immediate medical attention. Follow the steps that you were trained in your American Red Cross First Aid class.

### Going on an outing?

- Water
- First aid kit
- Sun screen
- Cell phone
- Hats
- Emergency Medications

