



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

September, 2010

MESSAGE FROM THE PRESIDENT & CEO

By Doug Bergman

Each year we look at our benefit plans and work very closely with our broker, Wells Fargo Insurance Services, to determine what options and plans are best available for all team members. We are looking for the best possible plans we can get, at a price both our team members and UCP can afford. We are in economic challenged times and again this year, UCP will see double-digit increases, especially for medical coverage.

This year we looked at several different plans, and feel that we have come up with a benefit plan that best fits UCP's team member's insurance coverage needs. As difficult as this process can be, for all of us, the outcome of having a comprehensive benefit package for our team members is our goal. As the benefit information is rolled-out to you this month, you will see that we had to pass a portion of the increase on to all team members, but please know, that we did our best to keep the increase as low as possible and still provide a high-quality plan for you and your family.

WAVE Camp 2010 - Perspective—Part II

By Scott Modell

You tried SCUBA before but could not do it because of your CP your mouth would not work with the regulator (that breathing thing). But wait. What do you see? You see some mask thing straight out of a James Bond movie. This guy Marv asks if you want to try it. "Sure" you say. Next thing you know.....you are 3 feet under the water.....for 15 minutes!!!!

Okay, now you are a little tired. It is a good thing they have this thing called BOB time. (Bodies On Bed means rest time). After BOB and dinner you find yourself singing a Justin Bieber song during karaoke. Another WOW!

The next day is filled with sailing, kayaking and swim lessons. The next night you perform "skit night" and get to sing your group song in front of the whole camp.

Time is flying by. You have another day of waterskiing and a swim meet at the end of the day.

Last night of camp. Social Dance. You have never been to a dance before. You get dressed up, the counselors help you style your hair to look like Justin Bieber. Wait, everyone's hair seems to look that way. Kooky. Anyway, the dance is awesome - really cool DJ, lights and lots of dancing.

After the dance, all the campers and counselors have the final camp meeting. This is where everyone gets a chance to talk about camp. You were a little homesick at first, but now you don't want to leave.

Only 360 days left till next year.....

CONGRATULATIONS OCTOBER ANNIVERSARIES

<i>Shannon Kemp, Respite</i>	<i>19 yrs.</i>
<i>Lisa Marie Pirtle, Respite</i>	<i>11 yrs.</i>
<i>Mai Xiong, SAAGE</i>	<i>6 yrs.</i>
<i>Cindy Rey-McKenzie, SJ</i>	<i>6 yrs.</i>
<i>Raquel Villa, TRI</i>	<i>5 yrs.</i>
<i>Robert Manoa, Trans.</i>	<i>5 yrs.</i>
<i>Krystal Ferguson, Respite</i>	<i>4 yrs.</i>
<i>Jacqueline Davis, Respite</i>	<i>4 yrs.</i>
<i>June D'aurora, Respite</i>	<i>4 yrs.</i>
<i>Dolly Vaughan, Respite</i>	<i>4 yrs.</i>
<i>Annette West, CLASP</i>	<i>3 yrs.</i>
<i>Catalina Puebla, Respite</i>	<i>3 yrs.</i>
<i>Aracelly Carlos, Respite</i>	<i>3 yrs.</i>
<i>Brittany Clifton, Respite</i>	<i>3 yrs.</i>
<i>Francessa Ayala, Respite</i>	<i>3 yrs.</i>
<i>Evon Duncan, Respite</i>	<i>3 yrs.</i>
<i>Christina Hooker, Respite</i>	<i>3 yrs.</i>
<i>Aileen Hooker, Respite</i>	<i>3 yrs.</i>
<i>Brandee Tracy, Shuttle</i>	<i>3 yrs.</i>
<i>Gerald Paular, Shuttle</i>	<i>3 yrs.</i>
<i>Joan Salyer, ACE</i>	<i>3 yrs.</i>
<i>Carmela Anderson, Respite</i>	<i>2 yrs.</i>
<i>Leticia Vasquez, Respite</i>	<i>2 yrs.</i>
<i>Tess Valenzuela, Respite</i>	<i>2 yrs.</i>
<i>Shenna Haan, Respite</i>	<i>2 yrs.</i>
<i>Shaina Harcourt, SJ</i>	<i>2 yrs.</i>
<i>Evangelina Ortiz, SJ</i>	<i>2 yrs.</i>
<i>Amanda Villines, WCO</i>	<i>2 yrs.</i>



Development & Marketing News

By Steve Horton

Community Support:

The J4 Foundation put on the 70's Disco Party and presented a check for \$3,500 to our CEO/President Doug Bergman.

Caty Rodriguez presented a check for \$7,800 to UCP, the result of her year long efforts to raise awareness about cerebral palsy and support for UCP in Winters.

UCP Team Member T-shirts will be for sale in September - comes in black with large, x-large and xx-large sizes. \$9.75 includes taxes.

Special Focus:

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.

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

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

Teamwork = Safety

By Verlene Nakatani

Effective teamwork and working safely on the job can reduce workplace accidents. Here are just a few examples of how you can be an exceptional team player:

- ⇒ Always have a teammate when lifting and transferring our clients. Use your communication skills, maintain eye contact with your teammate, and count out loud "1, 2, 3, lift!"
- ⇒ Help your team mates to remember our "buzz words" for back care-keep it close, keep the curves, build a bridge, and blink.
- ⇒ Clean up spills immediately, even if you were not the one who spilled it.
- ⇒ If you see your team mate needs help, please help them.

- ⇒ Inform our bus drivers and bus aides if your client has had a particularly bad day and is exhibiting interfering behavior or medical issues they may have had that day at program.
- ⇒ Inform our program staff and care home if the clients riding on your buses have had a particularly bad day and are exhibiting interfering behavior or medical issues they may have had en route.
- ⇒ Use your observation skills to assess unsafe acts and unsafe conditions and correct immediately.
- ⇒ Remind each other to take their time and avoid shortcuts.

Teamwork is the key for upholding a safe working environment!

OCTOBER ANNIVERSARIES CONT.

<i>Jennifer Toailoa, Respite</i>	<i>2 yrs.</i>
<i>Wayne Gaskin, Shutte</i>	<i>2 yrs.</i>
<i>Quaniesha Moore, Respite</i>	<i>1 yr.</i>
<i>Joseph Mensah, Respite</i>	<i>1 yr.</i>
<i>Akosua Dwumfuoh, Respite</i>	<i>1 yr.</i>
<i>Leticia Cruz, Respite</i>	<i>1 yr.</i>
<i>Anna O'Leary, Trans.</i>	<i>1 yr.</i>
<i>Angel Sanchez, Trans.</i>	<i>1 yr.</i>
<i>Dayayana Espinoza, SAAGE</i>	<i>1 yr.</i>
<i>Amanda Perez, SAAGE</i>	<i>1 yr.</i>
<i>Kirsten Hegge, CLASP</i>	<i>1 yr.</i>

OPEN POSITIONS

Program Coordinator — FT

Assist Program Manager in the daily operation of Program at Las Palmas Adult School. Supervisory experience required and previous experience working with people with developmental disabilities. In addition to job responsibilities as the Coordinator, this position also functions as DSP with clients of their own.

Please contact Laurie Gwinin by sending your resume to email lgwinin@ucpsacto.org, or fax to 916/283-8330.

Respite Workers—PT

