



**of Sacramento and Northern California**  
*Life without limits for people with disabilities*

**Communicate ♦ Serve ♦ Grow ♦ Sustain**

# 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 - Transportation - Twin Rivers Adult  
 Growth Experience 1 - Twin Rivers Adult Growth Experience 2 - UCP  
 Shuttle - Woodland Community Options

UCP of Sacramento and Northern California is the leading provider of comprehensive services to children and adults with all developmental disabilities and their families. UCP works with 2,600 people a month in our eight-county area, empowering children and adults who – without support – would be isolated from community.

**A newsletter for and about the people of UCP of Sacramento and Northern California**

**ISSUE:** April, 2011

## MESSAGE FROM THE PRESIDENT & CEO

*By Doug Bergman*

On April 6, we held the 18th Annual Humanitarian of the Year Award Dinner. This year's honoree was Sarah Krevans, Regional President of Sutter Health Sacramento Sierra Region. A record crowd attended this year's event, at almost six hundred people! They all opened up their hearts to help UCP continue to provide services for our clients. Steve Horton, Director of Development and Samantha Garcia, Marketing Assistant, did an excellent job in executing the direction of the Tribute Committee.

With the help of our dedicated Board Members, incredibly supportive community leaders, and a community that really cares, we surpassed our budgeted goal for this year's event of \$170,000, by raising an outstanding \$220,000!! This money goes to support all of the UCP programs and services.

We can see that by the excellent job you all do each day, the UCP name is recognized and supported by our community.

## CONGRATULATIONS! MAY ANNIVERSARIES

Roberta Hurtado, SJ 27 yrs.  
 Rebecca Mayo, Respite 13 yrs.  
 Verlene Nakatani, Admin. 12 yrs.  
 Tanya Vallad, Respite 10 yrs.  
 Gilberto Huerta, Trans. 8 yrs  
 Tyson Palmer, DO 7 yrs.  
 Martha Lozano, SacAGE 6 yrs.  
 Sorito Oriyavong, SAAGE 6 yrs.  
 Patrick Fitzgibbons, SP 5 yrs  
 Diana Rios, SAAGE 4 yrs.  
 Leann Sindle, SAAGE 4 yrs.  
 Tina Jones, Respite 4 yrs.  
 Michael Ware, Shuttle 4 yrs  
 Leticia Camargo, SAAGE 3 yrs.  
 Sandra Hostetler, SJ 3 yrs.  
 Edward Cochran, Shuttle 3 yrs.

## UCP WORKERS COMP RECORDABLE RECORD

2010/2011 Organization Recordable Targets = 20														
Program	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Target	YTD
Admin	1												1	1
CLASP													1	
Shuttle													1	
DO			1										1	1
Twin Rivers I			1	1									1	2
Twin Rivers II													2	
Respite	1		1										1	2
SAAGE													2	
SACAGE													2	
Saddle Pals													1	
San Juan/OG													1	
Transportation						1							3	1
WCO													2	
Project ACE													1	
<b>Total</b>	<b>2</b>	<b>1</b>	<b>3</b>			<b>1</b>							<b>20</b>	<b>7</b>

## Development & Marketing News

By Steve Horton

At our Humanitarian dinner we honored Sarah Krevans, president of Sutter Health Sacramento Sierra Region for her passion for life and desire to work toward enhancing the lives of others.

We saw what a remarkable and genuine woman she was as she accepted the award for her work to ensure more people have access to health care and to renovate a local playground so it would be accessible to children of all abilities.

Throughout the night, guests enjoyed dinner, videos, speakers, a silent auction, live auction and the Fund-a-Success auction.

Thank you to everyone who attended the event and to everyone who helped make this night possible. You have made a phenomenal difference in the lives of people with developmental disabilities and their families.

## CONGRATULATIONS! MAY ANNIVERSARIES cont.

Vickie Smith, Respite	3 yrs.
Claudia Edwards, Respite	3 yrs.
Cheylene Cowgill, Respite	3 yrs.
vira Oates, Respite	2 yrs.
Renee Henry, Respite	2 yrs.
Daisy Gamez, Respite	1 yr.
Marcella Rojas, Respite	1 yr.
Randall Dorn, TRII	1 yr.
Angelina Cuevas, TRI	1 yr.
Rashanda Bragg, WCO	1 yr.

## 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.

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 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.

## OPEN POSITIONS

Respite Workers—PT

