



UCP
 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: June, 2011

MESSAGE FROM THE COO

By Tanya Hartle

A Heartfelt Farewell...

It is with regret that I announce the resignation of Ms. Laurel Perry who has served as a Program Manager with UCP since September, 1992. It has been both a privilege and an honor to work alongside Laurel throughout these many years. Her passion and commitment to the individuals we serve has been unwavering. She has taught all of us to celebrate and embrace our diversity. When Laurel sees a client, she doesn't see the disability or their deficits instead she chooses to embrace their abilities and the promise of their future. Mentor, teacher, ambassador and friend, Laurel has been a tireless advocate for people with disabilities. Affectionately known by her colleagues as "mean Ms. Perry" it is a title that Laurel wears proudly as a badge of honor. I know I speak for all of those, whose lives she has touched throughout the years, when I say that she will be deeply missed. A valued colleague, her contributions have made a difference in the lives of many and it is a legacy that will continue long after she leaves.

As Oprah Winfrey once said "The more you praise and celebrate your life, the more there is of life to celebrate." I believe Laurel's life embodies the spirit of these words and she has much to celebrate. Laurel, thank you for your many years of service and we wish you well as you pursue your future endeavors.

CONGRATULATIONS! JULY ANNIVERSARIES

Chritie Copeland, Trans. 15 yrs.
 Shelley Pefley, SAAGE 14 yrs.
 Koy Sephanh, SacAGE 7 yrs.
 Adrienne Hatchett, Resp. 7 yrs.
 Priscilla Bryant, SAAGE 6 yrs.
 Celeste Vantine, CLASP 6 yrs.
 Susan Peek, Auburn 6 yrs.
 Jodi Wong, SP 6 yrs.
 Dainna McArthur, Admin. 5 yrs.
 Martine Booker, SAAGE 5 yrs.
 Denise Howell, Resp. 5 yrs.
 Joseph Domino, Shuttle 4 yrs.
 Deanna Gross, DO 4 yrs.
 Julie DeLuna, Trans. 4 yrs.
 Julissa Ayala, WCO 3 yrs.
 Shelley Aron, Resp. 3 yrs.
 Chau Quach, Resp. 3 yrs.
 Uzma Ishaq, Resp. 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	2
CLASP													1	
Shuttle													1	
DO			1				1						1	2
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								1					2	1
Project ACE													1	
Total	2		3	1	1		1	2					20	10

Development & Marketing News

By Steve Horton

Community Support:

If you are holding a yard sale this spring/summer instead of putting those unsold items back into storage arrange to have the UCP thrift store truck come by and pick up those items. You support UCP and get a taxable benefit for your donations - 1 (800) 860-0357.



Thank you to our new payroll giving donors! Your monthly support is much appreciated.

Be a part of sending a child from our Autism Center for Excellence at Sac State to camp. The camp provides special accommodations and a safe experience for the children.



Go to www.ucpsacto.org/acecamp and make a donation.

CONGRATULATIONS! JULY ANNIVERSARIES cont.

J. Gianquento, Resp.	2 yrs.
Sarah Davidson, Resp.	2 yrs.
Janeve Allen, Resp.	2 yrs.
Leroy Hedgpeth, Trans.	2 yrs.
Waltaleena Berry, Resp.	2 yrs.
Jaclyn Echegaray, Resp.	2 yrs.
Patricia King, CLASP	2 yrs.
J. Armstrong, Resp.	1 yr.
Elisabeth Burton, Resp.	1 yr.
Tessa Johnson, Resp.	1 yr.
Amy Yeager, ACE	1 yr.
Britney Geri, SJ	1 yr.
Adi Woldeasilase, TRI	1 yr.

HEART HEALTHY

By Verlene Nakatani

Heart disease is the number one killer in the US!

The relationship between diet and heart disease has been the focus of much debate and scientific research for over a century. Many foods and diet patterns have fallen in and out of favor almost in keeping with the change of seasons. With each new headline, manufacturers have responded with new products, from fat-free egg substitutes, omega-3 enriched eggs, cholesterol-free margarine to calcium-fortified spreads. If you find yourself a bit confused about what to eat, you are not alone!

There are modifiable risk factors for developing coronary heart disease, which can lead to a heart attack or stroke. Some of these risk factors, such as high blood cholesterol, high blood pressure, obesity, and diabetes, can significantly be influenced by the foods we eat and our lifestyle. This is especially important since, according to the American Heart Association, car-

diovascular disease is the leading cause of death in the US.

To achieve and maintain a heart-healthy eating pattern, the following guidelines are recommended:

- Eat a variety of fruits and veggies
- Eat a variety of grain products, especially whole grains
- Include low-fat or fat-free dairy products, fish, legumes (beans), poultry, and lean meat
- Limit cholesterol-raising fats such as saturated and trans fats
- Balance the total number of calories you eat with the total energy used each day to maintain a healthy body weight
- Maintain a level of physical activity that keeps you at a health body Weight
- Limit intake of foods that are high in calorie content and low in Nutrition; limit salt and alcohol
- Manage stress

OPEN POSITIONS

Respite Workers	P/T
Direct Support	
Professionals/Drivers	F/T

To apply, you may come into the Admin. Office at 4350 Auburn Blvd., or fax your resume to 916/283-8330.

