



## Trish Talk

February, 2014

### Inside This Issue

- 1 Trish Talk
- 1 Employee News
- 2 Focus on Wellness
- 2 Agency Highlights & Historical Facts
- 3 Employee Profile
- 3 HR News and Notes
- 4 Birthdays
- 5 Anniversaries

As a non-profit organization that raises over a million dollars each year, UCP must be transparent and honorable in all we do. Every dollar donated is critical to our ability to pay all of our expenses including your salaries and benefits. The individuals and groups donating these dollars have faith in us and we must respect that by operating under our core values of client-centered, collaborative, compassionate, excellence and integrity. We hold all of you to very high standards and I am always amazed by how frequently you meet and exceed those standards. It makes my job and the job of our Development staff very easy in representing your work to the community. While we may not praise you for your efforts enough, please know that we are regularly bragging to those outside the agency about the work you do.

As we answer to donors, we also obviously answer to our clients, our families and our supervisors. We, as your employer, must answer to you as well. In the end, we are all accountable to one another in some sense. Most importantly, we are accountable to ourselves. At the end of the day, we should all feel good about the work we've done and the way in which we've treated each other.

I answer to UCP's Board of Directors made up of 25 professionals who, during their volunteer service of two three-year terms, oversee my performance as well as the agency's finances. They represent us to the community and greatly assist us in raising that million dollars on an annual basis. They volunteer their time, talents and dollars in order to support the work that you do. Just as our donors, our board members have faith in you and respect your work tremendously...as do I.

Wishing you and your families a wonderful 2014, Trish

---

*"Just as our donors, board members have faith in you and respect your work tremendously...as do I".*

---

## Employee News

As employees of UCP we are generally aware of what is going on in our own Program and/or Department, but often we are not aware of all the "good news" of what is happening elsewhere in the Agency. This section will spotlight the positive outcomes or information on what is happening in each Program so we can all take pride in our Agency's accomplishments.

Administration Department - We just completed a successful transition to Solana payroll which will result in time efficiencies for the entire Agency as well as comprehensive compensation and benefits information e-mailed directly to you.

Children's Services - We offer therapy services in six schools/districts throughout Cuyahoga County in inter-disciplinary teams of occupational, physical and speech therapists and Assistive Technology professionals. We serve over 300 students in these schools/districts.

Development Department - It's time to get ready for UCP of Greater Cleveland's 2<sup>nd</sup> Annual Race to Empower 5K and 1 Mile Fun Run! Mark your calendars for Sunday, May 4, 2014 and let's see who can create the biggest Department Team! Last year we had over 500 racers and this year promises to be even bigger! Register online at: <http://www.hermescleveland.com/roadracing/events/empower.asp>.

If you prefer not to race but would like to be involved, volunteers are needed for registration, water stations, photography and general race activities. Please contact Emily Hastings at [ehastings@ucpcleveland.org](mailto:ehastings@ucpcleveland.org) or extension 1232 to sign up as a volunteer!

Residential Services - Did you know we offer nursing services to 60 clients in our Independent Living Program and Group Homes? We also offer on-call services in addition to scheduled services - including multiple medical needs; scheduling MD appointments; monitoring medications; etc. Our nursing team is made up of 5 nurses --- 2 RNs and 3 LPNs.

Vocational Services - We expanded Project SEARCH, the school-to-work transition program, to serve 14 clients at the Cleveland Clinic main campus. We also began a partnership with Sherwin Williams to provide work in the wellness center for one client. In addition, we expanded the Adult Day Support Program in Westlake to meet the needs of more clients

## Focus on Wellness

At the beginning of each new year, many of us find ourselves making some New Year's resolutions to live a happier and healthier life. A study done by the U.S. Department of Health and Human Services found that the most common New Year's resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These goals can be achieved through gradual lifestyle changes and dedication and can not only lead to a happier, healthier, and more productive lifestyle, but also lowered health care costs for UCP which flows down to you as an employee.

### 16 Healthy Habits the Experts Live By And Why You Should Too!

A series of studies have shown that doctors, on the whole, are healthier and live longer than the general population. One big reason: their healthy lifestyles. And doctors who practice what they preach are more likely to counsel their patients to follow such preventive measures, from watching their weight to eating the recommended amounts of fruits and vegetables. Perhaps most importantly, doctors' own healthy behaviors seem to motivate their patients to make lifestyle changes. That's great news, provided you know what those healthy behaviors are. To find out, six Cleveland Clinic experts were asked to share their everyday health habits. They offered 16 ways to make 2014 your healthiest year yet!

We spotlight the first 4 below and will feature the remaining 12 healthy tips in newsletters to come. :

1. Write It All Down - Mike Roizen, M.D., Chief Wellness Officer at the Cleveland Clinic said "I write down everything I eat and do for physical activity every day." It keeps you honest. There's no way you can pretend you didn't eat those potato chips or M&M's if you keep a food log.
2. Eat Breakfast Every Day - Why you should do it: Starting the day with a healthy breakfast means more energy, a calmer, more focused mind, and a healthier body. Plus, skipping meals drains your energy and leaves you extra hungry, which means there is a greater chance that you will overeat or reach for unhealthy foods.
3. Exercise With Friends - Numerous studies show that social support from a significant other or a meaningful friend is highly associated with sticking to an exercise routine. Another motivator is seeing how exercise improves your quality of life when you're enjoying physical activity with a friend.
4. Practice Deep Breathing - The quality and rhythm of your breath affects your nervous system, including the portion of the brain that influences your feelings of calm or stress. When we breathe fully and deeply, our lungs and chest send signals to our brain and we begin to feel calmer. It also has physical benefits, such as improving posture and helping to ease pain.

## Agency Highlights & Historical Facts

### DID YOU KNOW?

UCP once raised \$1 million in one evening at "Sea World is Ours for the Night!" Sea World was opened just for UCP donors, employees and clients to raise money and celebrate 50 years of service to the community!

The largest fundraiser for UCP used to be a telethon including both national and local celebrities!

UCP of Greater Cleveland became a United Way partner agency in 1958 - and continues that relationship today!

## Employee Profile: Laurene Sweet

Laurene has been a Physical Therapist for 20 years. She went to Ohio State and is definitely a Buckeye fan! She received her Master's Degree in Special Education with a dual concentration in Autism and Assistive Technology. And she is proud to announce that she finally finished her Doctorate in Physical Therapy in November, 2013.

CONGRATULATIONS, Laurene!! She is a Certified Assistive Technology Professional as well.

Before coming to UCP, she worked with children with Autism and severe behavioral disorders for many years and has been with UCP for the past 7 ½ years. She loves working at UCP because of the great families as well as her energetic and committed co-workers and she says they learn from each other every day!

Laurene has been married for 24 years to Matt and they have 4 children (Zack, Emily, Thomas, and Anthony) who range in age from 23 on down to 13 as well as a really great dog named Abby. They love to hike and camp as a family. She really enjoys running and yoga. And in her "spare time" she is a cross country and track coach for an energetic group of middle schoolers and loves it!

Laurene also co-authored with Lindsey O'Neill, MPT and Dr. Matthew Dobbs, an orthopedic surgeon from St. Louis Children's Hospital an article titled "Serial Casting for Neuromuscular Flatfoot and Vertical Talus in an Adolescent with Hereditary Spastic Paraplegia". This will be published in the next few months in the Pediatric Physical Therapy Journal, the official international journal for the pediatric physical therapy professional organizations.



*Laurene Sweet, Specialized Services Manager*

## HR News and Notes

### **SAVE THE DATE FOR UCP'S ANNUAL EMPLOYEE APPRECIATION DAY!!**

**WHEN:** Friday, May 9<sup>th</sup> **WHERE:** Freeway Lanes, 12859 Brookpark Road (West 130<sup>th</sup> and I-480 area) **TIME:** 6pm - 9pm

Employees are allowed to bring guests to the bowling event if they are living in the same household and/or a spouse/date. The cost will be \$1 per person. If you would like to bring a guest from outside your household, the cost will be \$8 per guest and money will be due upfront.

The event includes shoe rental, 2 games of bowling, pizza, soda and a prize raffle. Money is due at the time of sign up and no cash will be accepted at the event. Signups will begin on March 12<sup>th</sup> and run through Wednesday April 30<sup>th</sup>.

Please note that Freeway Lanes' rules state that guests must be at least 6 years old to bowl. Guests under 6 are welcome to attend and there will be \$1 charge to cover their food and drinks.

Below is a list of employees who will be collecting sign ups and money

- Administration - Joe Wood
- Residential - Michelle Crowley
- Memphis - Bianca Carter
- Edendale - Gervia Lane
- Vocational Wolstein - Renee White
- Highland Hills - Kelly Spears
- Westlake - Natalie Kutina (Megan on Leave)
- Children's Services - Pam Butler

### **Make It A Memorable Mardi Gras with UCP!**

Everyone loves a parade! Come and kick off Disability Awareness month with us at the Wolstein Center Tuesday, March 4<sup>th</sup> with an intergenerational parade and festivities starting at 10:00am. We could use some spectators to line our in-door parade route and also some volunteers to help push our clients along the route. Please RSVP to Amy Vedova, 216-791-8363 ext1244, [avedova@ucpcleveland.org](mailto:avedova@ucpcleveland.org), if you can come and help make the event a success!

(P.S.: There will be beads!!!)

## Birthdays – Happy Birthday to All of You!!!

### January

Raoul Allen - January 1  
Norquetta Smith - January 2  
Leslie Dick - January 3  
Maria Stearns - January 3  
Charletta Hill - January 4  
Arleen Sharp-Linton - January 4  
Carolyn Robinson - January 7  
Lauren Siner - January 9  
Colleen McKenna - January 11  
Tami Hanna - January 13  
Michelle Lee - January 14  
Amy Vedova - January 14  
Denise Edwards - January 22  
Katherine Fortuna - January 22  
Amanda Stohrer - January 22  
Sonia Tye - January 25  
Andrea McMuldren - January 26  
Richard Falconer - January 27  
Candace Seroyer - January 28  
Patricia Philpotts - January 31

### February

Kali King - February 2  
Michele McDuffie - February 2  
Candy Davis - February 2  
Clara Mahon - February 4  
Anthony Lampkin - February 5  
Louise Stewart - February 5  
Charis Parr - February 6  
Cecily Bryant - February 6  
Aramis Woody - February 6  
Ebony Colvin - February 11  
Monique McDonald - February 15  
Joselyn Pelima - February 15  
Beverly Teague - February 15  
Sharon Thornton - February 16  
Janell Clements - February 18  
Kristina Rawls-O'Neal - February 19  
Talenna Brown - February 23  
Timothy Kilbane - February 23  
Amber Morgan - February 23  
Natalie LaPorta - February 24  
Lageina Ann Davis - February 27  
Doreen Hanna - February 27  
Emily Hastings - February 27  
Kelley Knight - February 27  
William Jones - February 28  
Sylvia Munodawafa - February 28

### March

Rahnesha Merritt - March 3  
Ericka Coleman - March 5  
LaWanda Crawl - March 5  
Tammy Gibson Willet - March 6  
Tamika Banks - March 7  
Regina Jackson - March 7  
Daneen Crawford - March 8  
Ardys Worship - March 8  
Annie Wilson - March 10  
Deborah Boyd - March 14  
Tracy Lee - March 17  
Philipa Myers - March 18  
Shanita Dozier - March 22  
Tiara Davis - March 23  
Nafia Matthews - March 27  
Laurene Sweet - March 31

## Anniversaries – Congratulations to All

### January

Timothy Kilbane - 1/1 - 14 years  
 Crystal Winters - 1/2 - 13 years  
 Austin Graham - 1/3 - 3 years  
 Karyn Carrick - 1/7 - 1 year  
 Lakissha Cloud - 1/7 - 1 year  
 Laveshia Cook - 1/7 - 1 year  
 Lageina Ann Davis - 1/7 - 12 years  
 Charlotte Hill - 1/7 - 1 year  
 Vickie Johnson - 1/7 - 12 years  
 Jelena Kirkland - 1/7 - 6 years  
 Tomeko Mithcell - 1/7 - 1 year  
 Lana Davis - 1/10 - 3 years  
 Shawn Dunnican - 1/10 - 3 years  
 Tara Hollowell - 1/10 - 3 years

Raoul Allen - 1/11 - 4 years  
 Denise Edwards - 1/11 - 4 years  
 Angela Dawson - 1/12 - 10 years  
 Carmen Martinez - 1/12 - 10 years  
 Lanise Priah - 1/12 - 5 years  
 Mikki Freeman - 1/14 - 6 years  
 Lori McGowan - 1/18 - 14 years  
 Michelle Polk-Ferguson - 1/18 - 14 years  
 Sharon Schwartz - 1/18 - 8 years  
 Kelly Spears - 1/23 - 2 years  
 Keturah Thompson - 1/23 - 2 yrs  
 Albert Hawkins - 1/26 - 10 years  
 Paresa Cox - 1/28 - 1 year  
 Ladasha Howard - 1/28 - 1 year  
 Erica Capito - 1/31 - 9 years  
 Celia Chesnick - 1/31 - 9 years  
 Michele Hill - 1/31 - 9 years  
 Raynetta Jenkins - 1/31 - 9 years

### February

Donna Woods - 2/1 - 4 years  
 Megan Lupica - 2/5 - 7 years  
 DeAnna Daniels - 2/6 - 2 years  
 Daneen Crawford - 2/7 - 3 years  
 Allen Smith - 2/8 - 4 years  
 Sonya Boyd - 2/9 - 5 years  
 Regina Dublin - 2/9 - 5 years  
 Rebecca Guenther - 2/11 - 6 years  
 Kelley Knight - 2/11 - 6 years  
 Willonda Nicholson - 2/11 - 1 year  
 AlvaMarie Pore - 2/11 - 1 year  
 Barbara Lackey - 2/20 - 2 years  
 Tiona Wise - 2/20 - 2 years  
 Elizabeth Cruz - 2/21 - 3 years

Sharon Meixner - 2/24 - 11 years  
 Donna Brooks - 2/25 - 1 year  
 Sheila Woods - 2/25 - 6 years  
 Renee White - 2/26 - 7 years

### March

Lindsey O'Neill - 3/3 - 5 years  
 Kathleen Haxton - 3/5 - 2 years  
 Yatanya Humphrey - 3/5 - 2 years  
 Carianne Raymond - 3/5 - 2 years  
 Michelle Sprinzl - 3/5 - 2 years  
 David Modic - 3/6 - 8 years  
 Aretha Johnson - 3/7 - 3 years  
 Romeshya James - 3/8 - 4 years  
 Tamika Banks - 3/11 - 1 year  
 Robert McClain - 3/11 - 1 year  
 Andrea McMuldren - 3/11 - 1 year  
 Natanya Thompson - 3/11 - 1 year  
 Colleen Bennett - 3/19 - 2 years  
 Sonya Brown-Washington - 3/19 - 13 yrs  
 Sylvia Munodawafa - 3/19 - 2 yrs.  
 Beth Lucas - 3/24 - 6 years  
 Jill Wozniak - 3/24 - 6 years  
 Miranda Dean - 3/25 - 1 year

Please advise me at [cbennett@ucpcleveland](mailto:cbennett@ucpcleveland) or at extension 1327 if you prefer to not have your birthday listed in this newsletter.