



May, 2014

Trish Talk

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Did you know that a Daniels Furniture Store once stood where the Wolstein Center is now? With the help of many generous donors including Bert and Iris Wolstein, Wolstein Center was built and opened for business in June, 1999. Happy 15th Anniversary Wolstein Center! UCP of Greater Cleveland owns the building and leases the land from the Cleveland Clinic. We are served by Cleveland Clinic's Police Department and use their security system for building entrance and surveillance. Many visitors assume UCP is a business partner with the Cleveland Clinic, however, we are independent of them.

You will see some disturbance to our parking lots when the Illuminating Company arrives on June 9th to continue their digging as they install underground electrical ducts and lines. Their work, which will last through the end of July, will allow for electricity to run from the Cleveland Clinic to their new medical school which will be constructed just to our west over the next couple of years. Their work will occupy a section of our front parking lot. As a result, we have arranged for 20 Wolstein Center employees to park in the Cleveland Clinic lot. This will allow visitors to park in the employee lot when they find our front lot full. Tim Kilbane and George Neundorfer of our Maintenance Department will help to direct visitors during this period of time.

At some point later this year, we may see the extension of E. 100th Street from Euclid (where it now dead ends) through to Chester. This extension will result in the loss of our employee parking lot. Our parking lease with the Cleveland Clinic requires that they offer reasonable alternative parking and they are currently holding meetings in order to determine what our parking options will be. They have committed that they will give us notice of at least 90 days of this change. In turn, I will communicate all information to you as soon as I have it.

I ask for your cooperation and flexibility in dealing with these logistical challenges. I will speak with Cleveland Clinic representatives at regular intervals and advocate for parking options that will continue to offer Wolstein staff safe and convenient parking. In the meantime, let's enjoy the summer that we thought we'd never see after a long, cold winter. Have a happy, healthy and safe summer!

*"Happy 15th
Anniversary
Wolstein Center!"*

Employee News

This section spotlights the positive outcomes or information on what is happening in each of UCP's Programs.

Administration Department - The UCP's annual Employee Appreciation bowling event was held Friday, May 9th and everyone that attended had a wonderful time. Raffles, pizza, beverages, and a lot of friendly competition among the bowling teams were seen around Freeway Lanes that evening. 40 employees and 53 guests attended, 38-40 pizzas were consumed, and \$300 worth of gift cards were raffled off. Thanks, Joe, for throwing such a great party for all of us!!!

Children's Services - Assistive technology evaluations are being conducted using an interdisciplinary team of our Physical Therapists, Occupational Therapists and Speech Language Pathologists. Assistive technology is any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain or improve the functional capabilities of individuals with disabilities. These items may include access to computers, iPads, use of walkers, wheelchairs, ramps, lifts, aids for Daily Living Skills, and/or access to driving and school work.

Development Department - The UCP of Greater Cleveland's 2nd Annual Race to Empower 5K and 1 Mile Fun Run on Sunday, May 4, 2014 was a great success. Last year we had about 500 racers and this year we had over 600 racers and/or walkers and raised over \$50,000. Outstanding job, Development Department, and thanks to all the UCP volunteers and participants that helped to make this event such a success!!!!

Residential Services - Although RS is not CARF accredited, the Group Homes must maintain compliance with Medicaid, Licensure and CCBDD rules and regulations. Medicaid surveys by the Ohio Dept. of Health conducted their annual review of our two Group Homes. These are unannounced visits and usually last 2-3 days. They select a sample of 4 individuals to survey and look for compliance in many areas, including medication administration, nursing, documentation, behaviors/psychotropic medication, client rights, staff interaction with clients, dietary, staff training, MUIs, etc. The two components of the survey are (1) Health Safety and (2) Life Safety. Memphis had only 7 Health Safety citations and no Life Safety citations. Edendale had only 2 Health Safety citations and 1 Life Safety citation. CONGRATULATIONS to our staff at both Group Homes!!

Vocational Services - Among all 3 locations, our Mother's Day Brunch this year brought in about 95 mothers/caregivers who enjoyed the afternoon with their loved ones. Stancato's catered all 3 events. Westlake's entertainment was violinist, Dan Anderson; Highland Hills was entertained by violinist, Mary Beth Ions; and Wolstein had the Rockin' Robots! Wolstein's mothers also had the special treat of being serenaded by our UCP Choir led by music therapist, Ruby Chen, from The Cleveland Music Settlement. It was a wonderful event orchestrated by Amy Vedova and all the VS staff.

Focus on Wellness

16 Healthy Habits the Experts Live By And Why You Should Too! - series continued from last newsletter edition

In the last quarter's employee newsletter the first 4 of 16 healthy habits practiced by doctors were spotlighted. This edition will focus on the next four healthy habits practiced by doctors who generally lead a healthy lifestyle and live longer than the general population.

1. Get Enough Sleep- Dr. Mike Roizen, Chief Wellness Officer at the Cleveland Clinic, records television programs he wants to see to watch another day rather than stay up and watch late-night television. Watching TV in bed hinders sleep because it is stimulating, and you end up associating being in bed with being awake. Adequate sleep is essential for your body to perform routine maintenance. It also helps immune system functioning and your ability to fight infection and stay healthy due to the immune system's increased production of certain proteins during sleep.
2. Laugh With Friends-While there is some controversy surrounding the claim that laughter improves health, it is clear that laughter does buffer you against the negatives of life that could lead to depression. It brings people together, thus stimulating social support, which has been proven to help combat stress. Laughter could be healthy for your heart too since some research shows that when you laugh, there is an increase in oxygen-rich blood flow in your body due to the release of endorphins.
3. Schedule in Exercise-Dr. Brenda Powell of the Center for Integrative Wellness at the Clinic, says that she designs her schedule to allow for exercise even if it is not the same time every day. She always strives to do something on Saturdays and Sundays and then just needs 2-3 other times in the week to round her weekly exercise out. Not only is exercise good for your overall health and fitness, but it also boosts your mental well-being. Scheduling time for exercise helps you stick to it. The U.S. Dept. of Health and Human Services currently recommends that adults engage in at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity spread out over the course of a week. Strength training should also be performed at least twice a week. And while more exercise brings even greater health benefits, less exercise is still better than nothing.
4. Spice Up Meals-Dr. Kristin Kirkpatrick, Manager of Disease Reversal at the Clinic, said she adds spices to foods that typically aren't spicy like eggs, popcorn, even peanut butter and jelly sandwiches. She likes the zip and great taste spices give to food in place of salt. Spices such as cinnamon, turmeric, ginger, rosemary, sage, cloves, mustard seed, cumin and oregano have concentrated amounts of antioxidants in them that help with decreasing your risk for heart disease, stroke, certain cancers, and even bacterial infections.

Agency Highlights & Historical Facts

DID YOU KNOW?

When UCP of Greater Cleveland was formed in 1950, services initially included a nursery school program, a children's summer camp, a social-recreational program for adults, and a mother's club.

In 1961, the first UCP Adult Workshop was established at Metropolitan General Hospital. In 1987 the Community Employment program was begun for adults.

In 1967, a Women's Committee was established to expand education about cerebral palsy, provide volunteer services, and raise funds for agency programs.

Employee Profile: LaKesha Porch

LaKesha has been the ADS Activities Coordinator for 5 years. Prior to joining UCP, she has had a very diverse and interesting career. She is a retired Army veteran, a professional licensed barber for 20 years, was the owner and operator of the business "The Art of Hair" for 12 years, and opened Ms. Kee Kee's Beverage and Deli in 2006. She is also the proud mother of two adorable boys, Montie (6) and Mason (1). LaKesha adds that a pet fish completes their family. She was familiar with people with special needs prior to coming to UCP since she has a special needs brother who is near and dear to her heart, Antoine, but she affectionately calls him "Eddy Boy".

LaKesha was born in Cleveland Ohio and at 18 she went traveling with the military to see the world. The military is where she learned that hard work, dedication, leadership and team work pay off. She enjoys cooking healthy meals for her boys and also enjoys wellness meditation, reading/learning, and traveling. She is also very creative, an asset she brings to her position as Activities Coordinator every day.

LaKesha feels the best part of her job is the fact that it does not feel like a job because it is so rewarding. Her job makes her feel that she is making a difference in the lives of people with special needs. She feels she works hard and plays hard because her work consists of having fun with the clients. She does all sorts of fun things like activities planning, scrapbooking, making jewelry, crafts, gardening, learning or just being silly. Just a few of the activities are taking clients on outings to the Aquarium, Zoo, and shopping. LaKesha takes pride in ensuring each client is given the opportunity through her assistance to live full and enriching lives and are treated with respect and courtesy in their interaction here at UCP and within the community.



*LaKesha Porch, ADS
Activities Coordinator*

HR News and Notes

Know Your Benefits. 136 UCP employees signed up for health benefits through the Gallagher Marketplace. Therefore, we would like to take the opportunity to inform new enrollees and remind existing participants of some plan highlights that are available:

1. Except for the two Health Savings Account plans offered this year, a preventative service like an annual physical is covered at 100% and you will not pay a deductible or any other expenses related to this service. We encourage you to make that appointment and have your doctor give you an overall health check in 2014.
2. Under the Affordable Care Act, this year the co-pays that you pay when you visit your doctor or other health provider are applied to your deductible. What this means is that once you meet your deductible (based on the plan you selected), you will no longer need to pay a co-pay when you visit your doctor for the remainder of this calendar year. Be aware that co-pays, deductibles, and co-insurance run on a calendar year, not on our May 1st -April 30th renewal year. All co-pays that you paid since January 1: 2014 have been applied to your 2014 deductible.

Employees are encouraged to understand their benefit programs to get the full value. Please contact the HR Department if you have any questions related to your benefits.

Congratulations to Jessica Metz - Jessica, our Accountant, graduated from Baldwin Wallace on May 10th and received her MBA with an emphasis in Accounting. WAY TO GO, JESSICA!!!!

2015 Employee Appreciation Event - Even though last Friday's bowling event was well attended, we want to know what YOU would be interested in doing for next year's event. This event is meant for YOU!! So we are looking for YOUR ideas and suggestions to show our appreciation for all that you do every day throughout the year for our clients and for UCP. Please see Lori McGowan, our Wolstein Receptionist, if you have any ideas or suggestions. A Block Party here at Wolstein is the front runner idea right now.

Monthly e-Wellness Newsletter from Joe Wood, our HR Generalist, will be sent to your e-mails each month from our insurance broker, Gallagher Benefits, which contain suggestions on easy ways to improve your health and wellnesswatch for it!!

Upcoming summer events: There will be a cookout on July 2nd for our clients in celebration of the 4th of July and a "Dog Days of Summer" event with a dog show in August (date still to be determined). Our clients' annual Luau parties will be held on August 20th with steel drum music from Island Jeff and plenty of fun activities for our clients and the UCP staff that support them.

Birthdays – Happy Birthday to All of You!!!

April

Nick Holton - 4/3
 Katherine Torres - 4/3
 Jasmine Harwick - 4/4
 Natalie Kutina - 4/4
 Jennifer Poole - 4/5
 Nicole Grice - 4/8
 Porche Jamerson - 4/8
 Mae Logan - 4/10
 Rose DiIonna - 4/11
 Vanessa Bell - 4/12
 Ida Kwassi - 4/12
 Keturah Thompson - 4/13
 Cartelia Shelby - 4/14
 Paul Soprano - 4/14
 Tiona Wise - 4/14
 Patrice Bates - 4/15
 Anita MacGregor - 4/15
 Mary Brown - 4/19
 Shameeka Arnold - 4/20
 Michael Mora - 4/21
 Barbara Lackey - 4/23
 Carla Weaver - 4/26
 Heather Hoffman - 4/27
 Raynetta Jenkins - 4/27
 Vickie Johnson - 4/28
 Jennifer Soros - 4/29
 DeAnna Taylor - 4/29
 Ana Watson - 4/29
 Jonathan Johnson - 4/30

May

Lakesha Porch - 5/1
 Enaasha Clay - 5/3
 Cynthia Johnson-Grant - 5/4
 Maleeka Lewis - 5/5
 Vera Schneider - 5/9
 Kathleen Haxton - 5/11
 Sharon Richardson - 5/11
 Renee White - 5/11
 Lanise Priah - 5/15
 Austin Graham - 5/18
 Miriam Mercado - 5/19
 DaShundra Myrick - 5/20
 Pamela Ford - 5/20
 Linda Mays - 5/21
 Lana Davis - 5/22
 Jeanette Haralson - 5/25
 Sheila Woods - 5/25
 Sierra Lockett - 5/26
 Elizabeth Cruz - 5/31
 Michelle Polk-Ferguson - 5/31

July

Romeshya James - 7/1
 Kashina Minor - 7/3
 Shawn Dunnican - 7/6
 Bessie Green - 7/8
 Lindsey Sykora - 7/8
 Greg Zaryk - 7/11
 Robert McClain - 7/12
 Queen Collins - 7/14
 Esther Winn-Billingslea - 7/16
 Michelle Crowley - 7/17
 Carmen Martinez - 7/18
 Tiara DosReis - 7/20
 Nancy Rodriguez - 7/20
 Desmond Robinson - 7/21
 Senequa Thomas - 7/23
 Elisabeth Bullock - 7/26
 Alexis Vaitekunas - 7/29
 Jane Harrington - 7/30
 Kristie Stradtman - 7/31

June

Jamekia Cutwright - 6/1
 Trish Otter - 6/1
 Denise Maher - 6/4
 Donna Leader - 6/4
 Margie Troupe - 6/6
 Lakissha Cloud - 6/6
 Miranda Dean - 6/6
 Allyson Coleman - 6/8
 Kelly Spears - 6/9
 Rebecca Ravas - 6/10
 Donmonquice Hackney - 6/11
 Marleia Brown - 6/12
 Joe Wood - 6/12
 Sonya Brown Washington - 6/14
 Jamal Sanni - 6/16
 Eric Tate - 6/18
 Stefanie Koller - 6/20
 Erika Dicken - 6/26
 Samuel Taylor - 6/28

August

Winifred Tubbs - 8/2
 Lillian Guerra - 8/4
 Albert Hawkins - 8/4
 Celia Chesnick - 8/6
 DeAnna Daniels - 8/6
 Mietta Roberts - 8/8
 Donna Woods - 8/8
 Tom Donovan - 8/9
 Karen Jones - 8/9
 Christine Perry - 8/9
 Carrienne Raymond - 8/11
 Ina Bailey-Bryan - 8/14
 Jill Wozniak - 8/17
 Aretha Johnson - 8/18
 Eula Ott - 8/21
 Michelle Sprinzl - 8/22
 AlvaMarie Pore - 8/23
 Adrienne Blair - 8/24
 MaryRose Pieffer - 8/24
 Katie Schultz - 8/24
 Martha Johnson-Banks - 8/25
 Mary Ellen Rhein - 8/25
 Orleana Smith - 8/26
 Carla Stafford - 8/26
 Kate Adkins - 8/27
 Brittanni Burgess - 8/28
 Jean Ezelle - 8/29

Anniversaries – Congratulations to All

April

Randy Simmons - 4/1 - 6 yrs.
 Iris Craig - 4/2 - 2 yrs.
 Ebony Colvin - 4/3 - 8 yrs.
 Mary Ellen Rhein - 4/4 - 3 yrs.
 Maleeka Lewis - 4/16 - 7 yrs.
 Lawaza Jackson - 4/18 - 9 yrs.
 Miriam Mercado - 4/18 - 9 yrs.
 Jackson Seo, Sr. - 4/20 - 5 yrs.
 Raheem Merritt - 4/21 - 6 yrs.
 Lora Onafuwa - 4/22 - 1 yr.
 Candacr Seroyer - 4/22 - 1 yr.
 Rebecca Ravas - 4/23 - 12 yrs.
 Kashina Minor - 4/28 - 11 yrs.

May

Sharon Thornton - 5/1 - 8 yrs.
 Colleen McKenna - 5/5 - 6 yrs.
 Denise Maher - 5/6 - 1 yr.
 Nick Holton - 5/7 - 2 yrs.
 Shameeka Arnold - 5/8 - 8 yrs.
 Winifred Tubbs - 5/8 - 8 yrs.
 Vera Schneider - 5/14 - 7 yrs.
 Shatai Jefferson - 5/16 - 3 yrs.
 Deborah Boyd - 5/17 - 1 yr.
 Chris Stafford - 5/18 - 5 yrs.
 Enaasha Clay - 5/20 - 1 yr.
 Aziza Gray - 5/20 - 1 yr.
 Vanessa Hicks - 5/23 - 9 yrs.

June

Cynthia Marks - 6/1 - 8 yrs.
 LaWanda Crawl - 6/2 - 6 yrs.
 Juanita Darden - 6/3 - 1 yr.
 Nafia Matthews - 6/3 - 17 yrs.
 Carolyn Robinson - 6/3 - 1 yr.
 Lindsey Sykora - 6/3 - 1 yr.
 Lillian Guerra - 6/4 - 7 yrs.
 Marleia Brown - 6/6 - 3 yrs.
 Brenda Richardson - 6/7 - 10 yrs.
 Alexis Vaitekunas - 6/10 - 1 yr.
 Michelle Kristoff - 6/16 - 6 yrs.
 Louise Stewart - 6/16 - 11 yrs.
 Haley Berman - 6/17 - 1 yr.
 Katherine Fortuna - 6/17 - 1 yr.
 Tami Hanna - 6/17 - 1 yr.
 Rashesha Merritt - 6/17 - 1 yr.
 Ida Kwassi - 6/18 - 2 yrs.
 Intesar Taye - 6/18 - 21 yrs.
 Tom Donovan - 6/20 - 26 yrs.
 Maple Bell - 6/24 - 17 yrs.
 Michelle Crowley - 6/30 - 11 yrs.

July

Pamela Ford - 7/8 - 1 yr.
 Natalie LaPorta - 7/8 - 1 yr.
 Jean Ezelle - 7/9 - 7 yrs.
 Katricia Wheeler - 7/9 - 7 yrs.
 Talenna Brown - 7/12 - 4 yrs.
 Michelle Lee - 7/13 - 5 yrs.
 Lakesha Porch - 7/13 - 5 yrs.
 Jennifer Poole - 7/19 - 10 yrs.
 Doreen Hanna - 7/22 - 1 yr.
 Philipa Myers - 7/22 - 1 yr.
 Jacqueline Quinones - 7/22 - 1 yr.
 Ana Watson - 7/22 - 1 yr.
 Stephanie Dimmings - 7/23 - 2 yrs
 Charis Parr - 7/23 - 2 yrs.
 Maria Stearns - 7/23 - 2 yrs.
 Sonia Taye - 7/23 - 18 yrs.
 Ina Bailey-Bryan - 7/24 - 28 yrs.
 Desmond Robinson - 7/25 - 3 yrs.
 Donna Leader - 7/28 - 11 yrs.

August

Samuel Taylor - 8/5 - 1 yr.
 Pamela Carter - 8/6 - 7 yrs.
 Annie Wilson - 8/9 - 15 yrs.
 Paul Soprano - 8/12 - 12 yrs.
 MaryRose Pieffer - 8/13 - 2 yrs.
 Jennifer Soros - 8/15 - 3 yrs.
 Ed Brito - 8/19 - 1 yr.
 Toni Petersen - 8/19 - 1 yr.
 Ericka Coleman - 8/20 - 7 yrs.
 Eula Ott - 8/20 - 2 yrs.
 Kali King - 8/22 - 3 yrs.
 Tracy Lee - 8/22 - 9 yrs.
 Erika Dicken - 8/23 - 4 yrs.
 Richard Falconer - 8/23 - 4 yrs.
 Heather Hoffman - 8/23 - 4 yrs.
 Cynthia Johnson-Grant - 8/23 - 4 yrs.
 Natalie Kutina - 8/26 - 12 yrs.
 Josh Whitely - 8/26 - 1 yr.
 Trish Otter - 8/27 - 13 yrs.
 Tammy Willet - 8/27 - 6 yrs.

Please advise me at cbennett@ucpcleveland or at extension 1327 if you prefer to not have your birthday listed in this newsletter.