

THE UCP PULSE

A Publication by UCP of Central Arizona.

Breakroom Broadcast

• COMING SOON!! •



Breakroom Broadcast is a digital compilation of valuable information that will display important reminders, events, engaging activities, and various HR related topics that will be available to all employees on the Intranet and in our breakrooms.

Coming Soon... UCP's Breakroom Broadcast, a new digital communication tool for all employees.

Stay Tuned!!

Upcoming UCP Events:

- UCP Closed November 28th & 29th in observance of Thanksgiving
- Breakfast with Santa: December 7th from 9:00am to 11:00am
- Holiday Spirit Days: December 16th - December 20th
- UCP Closed December 25th in observance of Winter Break
- UCP Closed January 1st in observance of New Years Day
- All Employee Meeting: January 15th from 10am to 11am

CELEBRATING LIFE'S MILESTONES | PG.2

BREAKFAST WITH SANTA | PG. 2

EMPLOYEE SPOTLIGHT | PG. 3

DID YOU KNOW? | PG. 3

FALL FUN AT UCP | PG. 4 / 5 / 6

PET'S CORNER | PG. 7

SAFETY TIPS | PG. 8

TRAINING TALK | PG. 8

FUN COMMITTEE | PG. 9

Celebrating Life's Milestones

Brittany McFadden, our OT at UCP Downtown recently came back from her 3 week mission in Honduras where she is a partner in running a medical clinic to help the citizens of the town with their medical needs. Not only is Brittany making a difference at UCP, she is also helping people around the world any way she can! Go Brittany!



Morgan Zoemisch, our SLP at UCP Downtown is celebrating a move to her brand new home in Gilbert! Congrats Morgan on such an important move! Pictured is Morgan with husband, Michael along with their fur babies, Dublin and Lokey in front of their new home.

Sofia Carreon, our Downtown Receptionist is currently fulfilling her internship at UCP! She is spending time with almost every department head at UCP and learning the ins and outs of our organization. Sofia recently graduated this past May with her Bachelor's Degree in Science of Healthcare Delivery and UCP is giving her the experience and exposure she needs to lead her in the direction of her passion. Thank you Sofia for trusting us and for your dedication. Congratulations!



Breakfast with Santa!

Join us December 7th as we host the 6th Annual Breakfast with Santa!!

Activity Details:

- Fun for the WHOLE family.
- Multiple craft tables
- Cookie Decorating
- Pictures with Santa and Mrs. Claus
- FREE Breakfast

We look forward to seeing you there!





Written by: Adrienne Diga, Director of Human Resources*

Jeanette's career as an institutional cook came quite by accident. When her daughter began pre-school in their small town located in Kansas, the school had an opening for "cook". Jeanette applied for the position and was HIRED! At that time Jeanette had no formal cooking experience, but her employer provided training and workshops and today Jeanette is responsible for our entire kitchen operations. Her duties include; developing the menus for our students, preparing special meals for children following individualized diet plans, ordering all food, prepping and cooking breakfast, lunch, and snacks for 75 students daily, and maintains daily clean-up duties. All while maintaining compliance with CACFP (Child and Adult Food Care Program) guidelines.

Jeanette also maintains a herb and vegetable garden in the Early Learning Center and incorporates the fresh ingredients into the meals. Jeanette stated that the children get very curious and excited when they see her working out in the garden and look forward to the meals that include her freshly grown herbs and vegetables!

Jeanette re-located to Arizona in 2013 to be near her daughter and grandchildren and shortly after, she became our cook!

Jeanette is a proud grandmother to 3 boys, ages 13, 7 and 5. One of her favorite things to do with the boys is take them fishing.

HEY KIDS!..... What is your favorite thing Ms. Jeanette cooks?

- Eshika: Refried Beans and Chicken Strips
- Landon: Spaghetti
- Stella: Mashed Potatoes
- JJ: Sandwiches and Burgers
- Lori: Chicken
- Maximus: Strawberries

Bucket List: Deep sea fishing for Marlin, going to the pyramids, and traveling to the rain forest in Brazil.

*Employee Spotlights are randomly selected. If you would like to be spotlighted, please contact Adrienne Diga..... OR just wait for a random phone call!!!

Name: Jeanette West
Department: Early Learning Center (ELC)
Position: Cook
Employed by UCP since May 28th, 2013



DID YOU KNOW?!?!

- UCP's Early Learning Center has recently licensed a new space in Building C of the Laura Dozer campus to expand it's Preschool classroom. The new Kindergarten Readiness Program opening will be in January 2020, hosting Preschoolers ages 4 - 5 years old.

Fall fun at UCP!!

In case you missed it.....

The UCP Fun Committe held its annual Halloween Costume Raffle for a \$25 Gift Card for two lucky winners. We had outstanding participation with Kiomi Kunugi and Mandy St. Clair winning the prize! CONGRATS, ladies! See below for some of the fun costumes.



Pictured from left to right: Dee Thies, Brittnay Dichraff, Morgan Zoemisch, Samar Aljishi, Zuly Velazquez, Laura Hazy, and Sofia Carreon



Pictured from left to right: Vicente Pagan Noriega, Nidhi Mathur, Miranda Brown, and Sydney Muller.



Pictured from left to right: Carrie Croner and Lindsay Federico.



Pictured: Valerie Pieraccini



Pictured: Danielle Romero



Pictured from left to right: Amanda DuBois, Rakay Gross, and Samantha Aguirre.

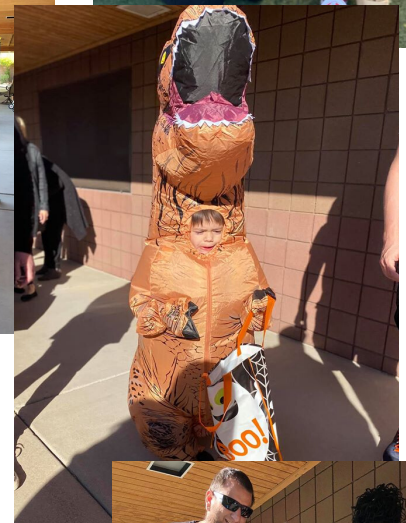


Pictured: Katy Moon



Pictured: Laura Hazy

The UCP Early Learning Center held its annual Halloween Parade and Carnival for the kids and their families to enjoy. They first paraded through campus in their costumes and trick or treated for candy, then they got to enjoy a carnival with activities like face painting, ring toss, and craft tables. Clyde the famous dog, also made an appearance. Check it out!!!!



The UCP Executive Team hosted a night dedicated to employee appreciation. Employees were recognized for their years of service, their dedication to UCP, and their commitment to UCP's Values. Thank you to those of you that were able to attend! For those that missed it, see below for some of the fun highlights of the night.



Special Recognition for 20 years or more of Service to UCP

21 Years

- Artemis Saxton - Laura Dozer Clinic
- Nancy Jackson - HCBS
- Vira Bohannon - HCBS

22 Years

- Atalie Ho Lem - Laura Dozer Clinic

25 Years

- Martin Arajuo - HCBS
- Valerie Pieraccini - Administration



Pictured from left to right: Artemis Saxton, Nancy Jackson, Brenda Hanserd, Martin Arajuo, and Valerie Pieraccini.

UCP Value Awards



Pictured from left to right: Shirley Hindle, Dionne Hackett, Laura Hazy, Karla Verdugo, Brenda Hanserd, Gina Ornelas, Kiomi Kunugi, and Diana Thies

Accountability: Laura Hazy - Laura Dozer Clinic

Commitment: Karla Verdugo - Marketing

Love and Compassion: William Kline - DTA

Teamwork: The Billing Team - Angie Boemker, Kiomi Kunugi, Michele Loyd and Gina Ornelas

Trust: Dionne Hackett- Human Resources and Shirley Hindle - Finance

Respect: Diana Thies - Downtown Clinic

PETS CORNER

Written by Dionne Hackett, Happy pets make Happy people!

HALLOWEEN PET COSTUME CONTEST

YOUR PICTURES WERE TOO CUTE NOT TO INCLUDE THEM ALL!!! TAKE A LOOK AT THESE CUTIES IN THEIR HALLOWEEN BEST....



Pictured from left to right:
The ELC's 2's Room guinea pigs
Beans and Mermaid Princess



Pictured from left to right:
Jammie Tschupp's fur babies and son.



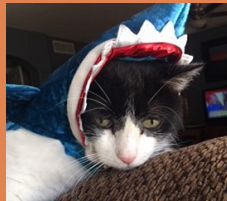
Mandy St. Clair's fur
baby Jet



Pictured from left to right:
Laura Hazy's fur
babies Phoebe, Simon, and
Ralphy



Samar Aljishi's fur baby Walter



Pictured from left to right: Lindsey Kohnert's fur babies Reagan, Harley, & Boomer



DRIVE THRU PET TREAT FINDER ALERT!!!!!!

Vroooooom-vroom.... Did you know that tons of places give out treats to pets for FREE?!?!?

Check out these local places the next time you are out and about with your furry friend!



- Dunkin Donuts - Biscuit Treat or Pup Cup whip cream
- Walgreens Pharmacy Drive-Up - Biscuit Treat
- Cane's - Bisuit Treat
- MidFirst Bank Drive-Up - Biscuit Treat
- Dairy Queen - Pup Cup ice cream
- Walmart Grocery Pick-Up - Biscuit Treat

If you have an idea or topic you would like to see highlighted in the Pet's corner, send your input to hr@ucpofcentralaz.org, Attention Dionne Hackett.



Fall Health and Safety Tips

Written by: Wayne Esposito, Facilities Manager

- **Take steps to prevent the flu**

The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze. Stay home if you get sick.

- **Wash your hands**

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It's best to wash your hands with soap and water for 20 seconds. If that's not possible, use hand sanitizer.

- **Be prepared for cold weather**

Exposure to cold temperatures can cause serious health problems. Infants and the elderly are particularly at risk, but anyone can be affected. Know how to prevent health problems and what to do if a cold-weather emergency arises. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning.

- **Keep food safe**

Food is center stage during the holidays. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often, separate foods to avoid cross-contamination, cook to proper temperatures and chill promptly.

- **Test and replace batteries**

Check or replace carbon monoxide batteries twice a year and replace smoke alarm batteries at least once a year. Test alarms every month to ensure they work properly.

- **Don't drink and drive**

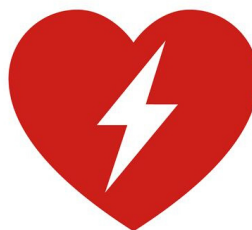
Alcohol use impairs skills needed to drive a car safely. It slows reaction time and impairs judgment and coordination. Alcohol-related motor vehicle crashes kill someone every 48 minutes. Don't drink and drive, and don't let others drink and drive.

TRAINING talk



Written by: Daniela Bonilla, Senior Trainer

Did you know that 360,000 people suffer from sudden cardiac arrest every year in the U.S.? What is most shocking is that 60% of cardiac arrests are witnessed by bystanders and less than 10% of people survive. Unfortunately so many people don't make it because bystanders are not trained in CPR and AEDs are not readily available. Research shows that immediate use



of an AED by a bystander can double the chances of survival. UCP's Development Team obtained two grants that will help us improve those chances. The grants were provided to UCP by Sundt and Thunderbirds Charities. The new AEDs will soon be installed at our Downtown and DTA location. This will ensure that UCP is a much safer place for everyone.

If you are interested in learning more about AEDs, please register for one of our CPR and First Aid trainings by contacting the Training Department.



UCP's 2nd Annual Holiday Spirit Days

The UCP Fun Committee is brightening up the holidays with it's 2nd annual week of Spirit Days. To kick off the fun, the Finance/HCBS Teams are hosting a White Elephant party and Ugly Sweater Raffle on Friday, December 13th. To wrap up the festivities, the Fun Committee will be hosting a Holiday Bake Off. Keep an eye out for more details to come!

Day	Icon	Spirit Day
Friday, December 13th	Ugly Sweater	Ugly Sweater Day
Monday, December 16th	Red and white mittens, Santa hat	Holiday Accessories
Tuesday, December 17th	Movie reel	Holiday Movie Day
Wednesday, December 18th	Red and white Santa hat, party horn	Holiday Hat
Thursday, December 19th	Red and green sweater, red and green mittens	Wear Your Red and Green