

FALL 2011

THERAPY CENTER:
2075 MAX LUTHER DRIVE
HUNTSVILLE, AL 35810
(256) 852-5600

TECHNOLOGY & TRAINING CENTER:
1856 KEATS DRIVE
HUNTSVILLE, AL 35810
(256) 859-4900



Newsletter for our Families and Friends

For further information and updates, please visit www.ucphuntsville.org

COMING EVENTS:

- Nov. 7 ~ UCP Golf Tournament at The Ledges
- November 15-17 ~ Early Intervention/Preschool Conference, Birmingham
- November 19 ~ Krispy Kreme Challenge and Fun Mile, 8 a.m.
- December 1 ~ Mosaic of Hope Mural Dedication and Celebration, UCP Technology & Training Center, 5:30-7:30 p.m.
- December 11 ~ Family Holiday Party, ADRS, 2-4 p.m.
- December 12 ~ Toy Adapting for Dads, UCP Training and Technology Center, 5-8 p.m.

Special Parent Training

Trish Switzer with Family Voices of Alabama (FV of AL) will present to UCP's parent groups on Monday, Nov. 28, 9-10:15 a.m. and 10:30-11:45 a.m., at the UCP Therapy Center. FV of AL aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. Switzer will provide information about resources for parents, including the Care Notebook, developed through FV of AL's Family-to-Family Health Information Center project. It provides a framework with easily fillable forms for creating your own Care Notebook. All parents who have children with special needs are invited and will find this information beneficial.

For more information about FV of AL, visit their website at www.familyvoicesal.org.

KRISPY KREME CHALLENGE AND FUN RUN NOV. 19

Huntsville's 3rd annual **Krispy Kreme Challenge to Benefit UCP** will take place Saturday, Nov. 19, at 8 a.m. at Blossomwood Elementary School (former East Clinton Elementary School campus), located at 200 White Street.

The Challenge: Run 2 miles from the start line in beautiful downtown Huntsville to Krispy Kreme on North Memorial Parkway; Eat 1 dozen doughnuts; Run 2 miles BACK to the finish line...ALL IN ONE HOUR! The Challenge begins at 8 a.m.

The Fun Mile: Run, jog, walk, or stroll the 1-mile Fun Run route at your own pace in support of UCP. The Fun Mile begins at 9:15 a.m. Enjoy doughnut decorating, music,

games, inflatables and more in the family-friendly Fun Zone beginning at 8 a.m. *Sponsored by Booz Allen Hamilton.*



New this year is the Doughnut Scramble Team Competition and a Doughnut Eating Contest!

All proceeds benefit UCP client services.

For questions or additional information, contact Tracy Cieniewicz at 256-859-4900 or email tracyc@ucphuntsville.org.

To register, visit www.ucphuntsville.org or imathlete.com.

FAMILY FALL FESTIVAL

UCP's 2nd Fall Festival was Sept. 17 at the UCP Therapy Center. Families participated in crafts and games and enjoyed refreshments. Entertainment was provided by Dana and Gracie of Sunny 98.1 FM Morning Show.

Thanks to all the families, board members, staff, and volunteers who participated!

Holiday Closures for UCP

UCP will be closed Dec. 26, 2011-Jan. 2, 2012 for the holidays. We will re-open on Tuesday, Jan. 3 at 8 a.m.

FAMILY HOLIDAY PARTY

UCP's annual holiday party for client families will be Sunday, Dec. 11, 2-4 p.m. at the Alabama Department of Rehabilitation Services (ADRS) building, located at 3000 Johnson Road. All UCP clients, families, siblings, staff, and board members are invited to drop by.

crafts, cookie decorating, fun activities, snacks, and pictures with Santa!



For more information, please contact Julie Carden at 256-852-5600 or email jcarden@ucphuntsville.org.

Join us for an afternoon of

Have you liked us?

For updates and information, be sure to "Like" UCP Huntsville on Facebook! Visit facebook.com/ucp.huntsville.

For additional information about programs and events, you can always visit our website at www.ucphuntsville.org.

YOUNG ADULT CONNECTIONS GROUP

UCP invites young adults (ages 18 and older) to join Marilyn Lands, Licensed Professional Counselor, for the Young Adult *Connections* Group. The group meets on the first Wednesday of each month, 11:30 a.m.-1 p.m., at the UCP Therapy Center. For more information, please contact UCP at 256-852-5600.

This project is made possible and funded through an Alabama State Grant obtained by Rep. Mike Ball, Ala. House District 10.

Toy Adapting for Dads

Dads are invited to join us Monday, Dec. 12, 5-8 p.m. at the UCP Technology & Training Center for an evening of toy adaptation. Toys can be adapted for your own children or others. T.A.S.C. will provide tools, toys, pizza and soft drinks. If you have a toy that needs to be adapted but you are unable to attend, please drop it by UCP before Dec. 12 (be sure to include your name and phone number). If you are a mom or grandparent who is interested in toy adaptation, or for more information, contact Laura Parks at 256-859-8300 or lparks@ucphuntsville.org.

Childcare Enhancement with a Purpose (CCEP)

Free training for childcare providers!
On-site training, consultation and technical assistance to preschools, daycares, and other childcare providers.

Assistance is also available through developmental screenings to identify special needs of children enrolled in area programs. Call CCEP for more information at 256-859-4900.

Preschool Readiness at UCP

UCP's Preschool Readiness Playgroup meets Wednesdays, 9-11 a.m. Playgroup is staffed by teachers with consultation and participation by PTs, OTs, and SLPs. Basic skills needed for preschool are targeted. It is also a great opportunity for social interaction among same-aged peers. This group is open to ages 2½ to 4. Cost is \$60 per month. For more information, please contact Wendy Pittard at 256-852-5600 ext. 105.

Early Intervention and Preschool Conference

The Early Intervention and Preschool Conference is designed for professionals at all levels and families who want to grow in their knowledge and skill on behalf of children with disabilities, ages birth to five years. This year's conference will be held Nov. 15-17 at the Birmingham-Jefferson Convention Center and Sheraton Hotel.

Contact UCP at 256-852-5600 for more information, or visit the conference website at www.ucpconference.org.

WASTE NOT PROGRAM

Waste Not cleans, repairs, and recycles donated assistive technology and durable medical equipment then redistributes it free of charge. Donations accepted and redistributed include wheelchairs, scooters, walkers and canes, shower chairs, hospital beds, computers, and miscellaneous medical equipment and supplies.

For additional information, contact Schara Davis-Spratlen at 256-852-5600.

UCP has the "Santa Connection" again this year!

Christmas is just around the corner and what better way to delight your child, grandchild, niece, nephew, or family friend than with a letter from Santa.

Each letter is personalized with the child's name, acknowledgement of an accomplishment for the year (i.e. going to the dentist, playing a sport, learning ABC's, etc.), and mention of a gift they will *definitely* be receiving from Santa. The letter will also include magic reindeer food and a Santa signature!

Cost is \$5 per letter. All proceeds benefit local client services at United Cerebral Palsy of Huntsville and Tennessee Valley, Inc.

Forms and complete details are available at www.ucphuntsville.org and at our local centers.

Deadline for all submissions is Monday, Dec. 12. All letters will be mailed the week of Dec. 12, 2011.

News from Alabama Lifespan Respite Resource Network

We are pleased to announce that the Department of Mental Health has once again contracted with us to provide Voucher Respite funds for caregivers of those with intellectual disabilities. A letter containing a request for a voucher for this year, 2011, has been mailed to our caregivers who participated in the voucher program last year. The mailing also contains a survey to help us determine how respite is working for you and what we can do to make the program better. If you would like more information about this respite program, please call or email Jennifer Formby at 256-859-4900 or jformby@ucphuntsville.org.

Early in November, members of our staff will travel to the National Respite Conference in Arizona. We will be presenting a break out session on our voucher respite program. We would like to video a short interview with a caregiver who has used our voucher program. If you are interested in being that featured caregiver, please let us know!

Caregivers are invited to Alabama Respite's Salute to Caregiving and Respite Awareness in Montgomery on Nov. 14. If you would like to attend, there is a limited travel stipend for caregivers to travel. Contact Alabama Respite at 256-327-3683 or alabamarespite@aol.com for more information.



Our UCP HEARTS Voucher Respite program is in full swing thanks to funding in August from the Department of Child Abuse Neglect and Prevention. HEARTS serves caregivers of children birth to age 19 who do not have intellectual delays, but do have a disability or chronic illness. For more information about this respite program, please call or email Stephanie Wright at 256 852 5600 or ucphearts@bellsouth.net.