



MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

The Murray Ridge Courier

August 2012

Summer Internship Shapes Career of Kent State Graduate

Like many of the people who visit the Murray Ridge Opportunity/Vocational Centers, Brianna Vargo can't say enough good things about the consumers who attend our Adult Services programs. However, Brianna isn't simply a visitor; she is a college intern who dedicated her summer to helping at the Oberlin Opportunity/Vocational Center (OOVC) as a way to gain real-life working experience. What she ended up gaining was a new perspective on what Murray Ridge does for the community and a whole new career direction for her future.

Brianna, 21, a 2009 Midview graduate who grew up in Grafton, learned about Murray Ridge Center through her mother, who works as an Intervention Specialist at JVS. After discovering all MRC had to offer, Brianna contacted Steve Harder, Director of the OOVC, and inquired about a possible internship. Steve agreed, but warned Brianna that her work at the OVC would be different from her established career goals.

When she first started college, Brianna had her sights set on a different career. "At first, I wanted to do things with the elderly population," Brianna said, which is the reason she will be receiving her Gerontology degree from Kent State in August.

But working at MRC has changed her perspective on where she sees herself after completing her Masters Degree in Arts and Human Development and Family Studies, which she begins working on this fall. "After I began this internship at Murray Ridge, I became more interested in working with lifespan development, and I particularly enjoy working with the developmentally disabled population."

Her interest and desire to make this change didn't happen immediately. When she began her internship in May, Brianna had doubts, and wondered if she had the right skills to work in the OVC. "I was so afraid that I wouldn't know how to interact with this population, whom I've never worked with before. I wondered if I'd know how to understand their behaviors or how to handle myself in difficult situations."

However, within her first week, that perception changed, and Brianna discovered that her doubts were unfounded. "You see how amazing these people truly are. You can see their unique talents and abilities." Brianna was also impressed with the Murray Ridge staff. "Everybody loves working here – their love for the consumers and love for their jobs are what makes it a fun and exciting place to work."

Unfortunately for the consumers and staff at the OOVC, Brianna ended her internship on July 26, but can envision a return to the Murray Ridge family. "I love what the agency does," Brianna commented about MRC. "It's so geared towards helping the consumer – not giving them boundaries, but helping them set and reach goals each and every day."

And that is the mission of Murray Ridge Center. Helping people address and overcome barriers that they face because of developmental disabilities. Helping eligible individuals earn an income in safe and stimulating environments, where they have opportunities for personal growth and socialization. Helping young students learn and thrive at our school. And, continually working towards our goal of *Helping people...for a lifetime.*



Brianna (right) reads with Andrea Frcka, a consumer at the Oberlin Opportunity/Vocational Center.

New to the LCBDD Crew

Please Welcome the Newest Members of the Murray Ridge Team!



Kayla Resar will be working as a part time group aide at the Liberty Lane home. Kayla graduated from Wellington High School and attended JVS where she was certified in Medical Assisting. She previously worked at Kendal at Oberlin and Welcome Nursing Home. Kayla enjoys spending time with her family, especially her niece and nephew.

Julie Ferguson will be working as a part time Community Education Specialist. Julie graduated from The American Intercontinental University with a BFA in Visual Communications, and previously worked as a Coordinator in the Internal Communications Department at Sherwin-Williams. She lives in Avon Lake and enjoys spending time with her family.



Lisa Forbush recently took the position of part time Residential Nurse. Lisa has extensive background working with people with developmental disabilities. She currently lives in Lagrange with her husband Brian and daughters Paige and Brooke. Lisa enjoys golfing in her spare time.

Jill Carissimi will be working as a part time Early Intervention Specialist. Jill holds a BS in Social Work, and previously worked with Help Me Grow of Cuyahoga County for eleven years. She currently lives in Bay Village with her husband Mark and has a son, Michael, 27. Jill enjoys gardening, cheering on the Cleveland sports teams, and reading.



Brandon Larson will be working as a Service and Support Administrator. He graduated from Metropolitan State College of Denver and went on to receive his MA from Cleveland State University. Brandon and his wife, Sarah, have two sons; Westin, age 4, and Cole, 3 months. In his spare time, Brandon enjoys spending time with his family.

Mary Jenkins will be working at the East 9th Street group home as a part time group aide. Mary graduated from Elyria High School and has previously worked at the State of Texas Health and Human Services Commission. She currently lives in Elyria and has two grown children and seven grandchildren!



Sheffield Lake Community Days Parade



Consumers, staff, family, and friends marched in the Sheffield Lake Community Days Parade on July 12. Thank you to all those who support Murray Ridge throughout the community.

Pictured from left to right: James Peters, Rick Seagers, Jeffrey Boop, Tom Scizlowski, Stacey Smith, Larry Schuman, Jonathan Whitfield, Adrienne Machinski, Steve Tucker, Charles Johnson, Jr, Michelle Hunt, Shari Reitenbach, Robert Vogel, Katie Mihalik, Karen Pavelschak.

Murray Ridge Opportunity/Vocational Center

What's been happening at our OVCs

OBERLIN

On July 12, students from the Credo program through Oberlin College performed for the consumers at the Oberlin Opportunity/Vocational Center.

Credo (Latin for "I believe") is a three-week program for serious young musicians between the ages of 12 and 23, visiting from more than 35 states and several foreign countries.

Students stay on campus, live in dorms, and perform outreach concerts and service projects such as park site preparation and cleaning homeless shelters in the community throughout the course of their stay.



ELYRIA

On July 12th, the Elyria Opportunity/Vocational Center (EOVC) held its 3rd Annual Biker Day. This event featured approximately fifteen motorcycles and their riders. Consumers were treated to a tour of the bikes, a pick your favorite bike contest with 1st, 2nd, and 3rd place prizes, and games of horseshoes and cornhole. Afterwards, consumers and staff enjoyed an EOVC dance party! Thank you to the bikers who participated in this fun event!

Jonathan Allen and Lutz Fazekas check out some of the bikes that were part of the contest.



LORAIN

Consumers from the LOVC enjoyed a rather wild outing! Karen Pavelschak and Larry Schuman escorted a group to the Cleveland Zoo for a community integration outing. Participants enjoyed visiting with the elephants in their new exhibit, making fish faces at the aquarium, and monkeying around at the primate exhibits. They also loved the Australia Exhibit with the koalas and kangaroos! The zoo is always an enjoyable outing for all who attend!

L-R: Britiny Bennett, Lori Rhodehamel, Leslie Cirilo, Antoinette Cirilo, and Wilbert Persinger visit with the elephants.



It's August and that means it is time to take those last-minute vacations and get ready for kids to return to school. Here are a few simple safety tips to help make back-to-school less stressful for everyone:

- Keep backpacks light for safety. It is easy to overload a backpack with books, lunches, and supplies. Keep in mind that a backpack should not be heavier than 10-20% of a child's body weight.
- Sunscreen! Don't forget to send sunscreen to school so it can be applied for those outside activities while the weather is still nice.
- Getting plenty of sleep. Kids will perform better in school if they have plenty of rest. Now is the time to start back up with set bedtime habits to encourage adequate sleep and rest.
- Communicate with the school's nursing staff. Keeping the school nurses aware of what is going on with a child will ensure continuity of care and will allow closer monitoring of health related conditions. Be sure to let the nurses know of any

Eye On Health

Kevin Eye, Director of Nursing Services



changes in medications, allergies and/or treatments; and to let the nurses know if there are any health issues happening at home that may impact the health of the child or classmates (bed bugs, lice, fleas, flu, etc.). The nurses will work collaboratively with parents to get through any health-related crisis.

- Now that children will be co-mingling, the chance of passing on germs increases. Don't forget to encourage good hand hygiene and remember to keep your child home if he or she is sick.
- And for adult sanity, don't forget to give yourself a few extra minutes to get to where you are going. Remember, there will be some more traffic on the roads and a few more buses to get stuck behind!

Getting Ready to go Back to School!

I hope everyone has been having a great summer. It's hard to believe that it's time to start thinking about the 2012-2013 school year!

To make the transition easier from summer vacation to school days, please read the following information, which includes important dates and helpful reminders to get all parents and students started off in the right direction!

- First day of school is Tuesday, August 28th.
- Preschoolers start Tuesday, September 4th.
- The school-wide open house is scheduled for September 5th from 6-7 pm.
- Preschool parents will be invited to attend a preschool orientation (date and time TBA).

Parents should make sure that all school forms for their child have been filled out and submitted. If not, please mail them as soon as possible. Contact the school if you need to have a packet mailed to you.

We will be participating in the National Free/Reduced Lunch program. Free/Reduced Lunch applications will

go home the first week of school. However, you may purchase a lunch for your child before the application is processed. Prices are \$1.80 for breakfast and \$3.15 for lunch.

Parents can contact the bus company to find out bus routes and estimated times for pickup and drop-off. Please note that First Students has a new phone number: (440) 288-2222.

For any other information, please visit our website at www.murrayridgecenter.org or call the office at (440) 329-3760.

I look forward to seeing you this school year!

Sincerely,

A handwritten signature in black ink that reads "Dann Swift". The signature is written in a cursive, slightly slanted style.

Dann Swift
Director of Educational Services



A PRESCHOOL OPTION

The Murray Ridge Preschool Program offers students with a variety of developmental disabilities the advantages of in-room therapies, an array of state-of-the-art equipment, outstanding staff and an opportunity to learn alongside typically-developing peers.

Murray Ridge Preschool Offers:

- Individualized Speech, Occupational and Physical Therapy in the classroom
- An extensive collection of early childhood educational equipment
- Full-time nurse on site
- Behavior Support Services
- Music classes



- A well-rounded curriculum based on the Ohio Early Learning Content Standards
- Dynamic, ODE-certified staff
- Physical development through indoor/outdoor physical education classes
- Door-to-door transportation services

Did You Know...

The Murray Ridge preschool serves children with a wide range of developmental disabilities, from those with mild delays to those profoundly impacted, and Murray Ridge is a recognized leader in its comprehensive approach to teaching children with autism. The Preschool Program runs Tuesday through Friday. Children with disabilities must be referred to the Murray Ridge Preschool Program by their local school district. Applications for typically-developing children are available through Murray Ridge School (see below).

For More Information Contact:

Dann Swift
Director of Educational Services
Murray Ridge School
9750 Murray Ridge Road
Elyria, Oh 44035
440.329-3760
dswift@murrayridgecenter.org
www.murrayridgecenter.org



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Ohio SIBS Presents the 12th Annual Ohio Adult Sibling Conference

Ohio SIBS (Special Initiatives for Brothers and Sisters), a non-profit organization dedicated to supporting siblings of adults with developmental disabilities, will hold its annual conference on Friday and Saturday, October 26-27, 2012, at the Columbus Marriott Airport Hotel.

This conference addresses the needs and concerns of adult siblings who have brothers or sisters with a disability. The registration fee is \$100. Siblings with and without disabilities and other interested individuals are welcome to attend for an opportunity to meet and partner with other siblings, become better informed decision makers, and gain the tools to prepare for and secure the future health and well-being of individuals with a disability and their families.

Continuing education units/ certificates are pending for Social Work, LPC, Marriage and Family Therapy, and Developmental Disabilities. If you have any questions, please contact Linda Martens at 614-601-2221 or lmartens@ohiosibs.com.

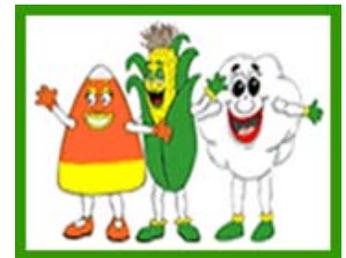
To learn more , visit the Ohio SIBS website at www.ohiosibs.com.



Join Murray Ridge Center at our upcoming events.
We will be marching in the North Ridgeville Corn
Festival Parade Sunday, August 12.

And come see us at the 167th Annual Lorain County
Fair August 20-26 in Wellington. Cheer us on, march
in the parade, or stop by our booth to learn more
about our services!

Thank you for helping make these events a success!



Global Company and MRC Customer Visits the EOVC

On Tuesday, July 31st, executives from Foseco Metals visited the Elyria Opportunity/Vocational Center for a tour and to meet with some of the consumers who work directly on their products.

Foseco, which is the EOVC's largest customer, has been associated with the metallurgical industry for more than 50 years and has operations in more than 30 countries. On a quality audit conducted in June at the EOVC, staff from Foseco remarked how impressed they were with Murray Ridge consumers and their ability to handle the company's large and detailed projects, calling the EOVC "the most organized of any facility we've been in worldwide."

After the quality audit, through which the EOVC received a rating of B+ (and were told that an "A" rating is impossible), the CEO and other top executives asked to come back and see all that EOVC and Murray Ridge has to offer its customers.



Cindy Janosko, Mark Kaminski (MRC staff), Kirk Garrett, and Billy Patterson from Foseco tour the EOVC.

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 	10	11
12	13	14	15	16	17	18
19	20	21	22	23 	24	25
Lorain County Fair						
26	27 	28 	29	30	31 	

Activities & Events

- 8/9 - Early Intervention Playgroup, 5:30 - 6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 8/20 - 8/26 - Lorain County Fair
- 8/23 - Early Intervention Playgroup, 5:30 - 6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 8/23 - LCBDD Finance Committee meeting, 12:00 p.m., SSA Bldg., 9740 Murray Ridge Rd, Elyria
- 8/27 - First day of school for staff
- 8/28 - First day of school for students
- 8/29 - Family Support Parent Committee meeting, 6:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
- 8/31 - Regular Meeting of the Board and Ethics Council, 12:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria



Lunch Menu



Cost Per Day: Youth = \$3.05, Adults = \$3.25

August 6-10
August 27-31

August 13-17
September 3-7

August 20-24
September 10-14

Monday- Salisbury Steak w/Gravy, Scaloped Potatoes, Corn, Peaches, Cookie

Tuesday- Turkey or Bologna with Cheese on Wheat Bread, Peas & Carrots, Pears, Nutri-Grain Bar

Wednesday- Meat Lasagna, Green Beans, Tossed Salad w/Low fat Dressing, Wheat Bread, Cookie

Thursday- Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Banana, Nutri-Grain Bar

Friday- Fish Patty, French Fries, Cole Slaw, Apple Slices, Wheat Bread, Cookie

Monday- Ham, Wheat Bread, Rice Pilaf, Diced Carrots w/Herbs, Applesauce

Tuesday- Hamburger on a Bun, Potato Wedges, Corn, Crushed Pineapple, Cookie

Wednesday- Chicken Patty w/Gravy, Au Gratin Potatoes, Green Beans, Fruit, Wheat Bread, Cookie

Thursday- Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Banana, Nutri-Grain Bar

Friday- Macaroni & Cheese, Cooked Carrots, Diced Pears, Cookie

Monday- Chicken Patty on a Bun, Potato Rounds, Corn, Crushed Pineapple, Cookie

Tuesday- Meat Lasagna, Tossed Salad w/Low fat Dressing, Diced Peaches, Nutri-Grain Bar

Wednesday- Rigatoni w/Meatballs, Green Beans, Tossed Salad w/Low fat Dressing, Wheat Bread, Cookie

Thursday- Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Fresh Fruit, Nutri-Grain Bar

Friday- Meat/Cheese Burrito, Spanish Rice, Cole Slaw, Applesauce

Lorain County Board of
Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
Elyria, OH 44035

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Elyria, OH 44035

Visit our Web site
www.murrayridgecenter.org



Further News You Might Use...

We are often in receipt of information from external sources on offerings designed for people with DD. Some examples include summer camps and special interest classes. Many such offerings have an associated cost to the participant. Although we are not in a position to "vouch for" or promote such offerings, we recognize that these opportunities may be of interest to our consumers, their families and/or guardians. If you are interested in learning more about such consumer-oriented events and opportunities, please contact Jeff Neal, Director of Service & Support Administration. You may reach him by telephone at 440-324-2366.

—The Editor

Volunteer This Summer

Have fun and educate the community about Murray Ridge Center. We need volunteers to help us staff booths and participate in parades at several events throughout Lorain County this summer. If you are interested in representing Murray Ridge at an event, please contact Jennifer Judkins or Tracey Carroll at 329-3734.



If you wish to receive future newsletters by email, please visit www.murrayridgecenter.org and click on the Sign Up for Our Email Newsletter link.