



MurrayRidgeCenter
HELPING PEOPLE... FOR A LIFETIME

The Murray Ridge Courier

October 2013

National Disability Employment Awareness Month

Murray Ridge Center will once again be participating in National Disability Employment Awareness Month, an annual awareness campaign that takes place each October.

The purpose of National Disability Employment Awareness Month is to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.

Murray Ridge Center is proud to salute the nearly 800 Lorain County citizens with developmental disabilities who are part of the local workforce, and the more than 100 local businesses that provide jobs



Staff from the Community Employment Department

for these individuals. Through its three Opportunity and Vocational Centers, supported employment sites, and community employment program, Murray Ridge Center continues to focus on finding and placing individuals in positions where they can grow and excel in today's competitive job market.

"Reliability, positive outlook, and quality performance are just a few examples of what people with developmental disabilities bring to the local workforce," said Murray Ridge Center Superintendent Amber Fisher. "I hope that opportunities for those we serve to be employed within our community continue to grow in the years ahead."

Increasing Work Skills/Experience for Longtime MRC Program Participant

Tom Fagan has become a collector of skills. Spanning a long career with many different companies, Tom's ability to learn new roles and adapt to new environments has contributed to his success in the workforce.

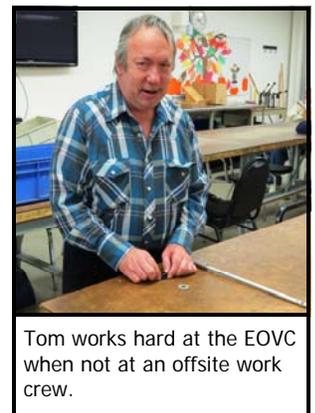
Tom graduated from North Ridgeville High School in 1982. After high school, he worked at Applebee's in Fairview Park, Hometown Buffett in Elyria and Rocky River, and Michelle's Café in LaGrange. In 1983, he began working at Murray Ridge Center's Elyria Opportunity/Vocational Center, and within our Community Employment program.

Throughout his time with Community Employment, Tom has worked with several different site-based work crews: landscaping at Lorain County Community College, doing custodial work at the Big Splash, and banding and packaging at Envelope Mart.

Today, Tom continues to learn new and valuable skills through his cleaning jobs at the Lake Erie Crushers stadium, the Lorain Port Authority, and Oberlin ODOT; CDI Shipping, where Tom works in part inspection and packaging; and Westlake Tool and Die, where he assembles parts for various customers.

When not offsite working, Tom attends the Elyria Opportunity/Vocational Center.

Congratulations to Tom on his varied work experience, and to all of the Lorain County workers with developmental disabilities who are honored this month!



Tom works hard at the EOVC when not at an offsite work crew.

MRC Raiders Take Second Place at State Tournament



Above: The Murray Ridge Softball Team 1 at the State Softball Tournament on September 14, 2013. Below: The Murray Ridge Skills Team cheers after a very successful afternoon.

The Murray Ridge Raiders Softball Team 1 finished second place in Division 1 at the State Tournament in Oregon, Ohio on September 14, 2013.

In the Division 1 semi-finals, the Raiders defeated the Erie County Bucks by a score of 5 to 3. Hector Lozano was the winning pitcher; Jon Torres hit a homerun and Isaiah Wicks drove in two runs.

The Raiders lost to the Dark County Diamond Dawgs 18 to 9 in the championship, finishing second in Division 1, and earned Silver Medals for second place.

Twelve athletes also represented Murray Ridge in the Softball Individual Skills Competition that same weekend, bringing home many medals for the Agency.

Tom Dammeyer and Maria Poling each earned Gold Medals; Pamela McClain and Torie Ambers each earned Silver Medals; and Katie Kellogg, Cassandra West, Kari Dolan, and Alexshawn Averett each earned Bronze Medals. Alyssa DeAngelis, Dennis Johnson, and Linda Brewer also competed in the event.

Congratulations to all the athletes who represented Murray Ridge Center!



Murray Ridge Boy Scout Camp



The 2nd Annual Murray Ridge Boy Scout Camp was held on July 13th and 14th at Camp Avery Hand at the Firelands Boy Scout Camp.

Murray Ridge Troop 112 had 13 scouts participate. Each of our scouts was paired with a buddy from a local Scout troop. The boys participated in a wide variety of scout activities including fishing, swimming, boating, crafts, a nature hike, paintball art, making and launching bottle rockets, making and racing Regatta boats, and a campfire with skits.



Bob Gajdos and Josh Ivancic at the Rain Gutter Regatta.

The camp was made possible through a partnership with the Heart of Ohio Council, local Boy Scout volunteers, Murray Ridge staff volunteers, and Troop 112 and their families.

Julie Kraker, Murray Ridge School Liaison, received the Exceptional Employee Award at last month's LCBDD meeting for her outstanding efforts to make this experience happen. Congratulations Julie on expanding the scouting experience for the boys of Murray Ridge Troop 112!



Sean McCaffrey and a camp volunteer (above) watch as a bottle rocket soars through the air. Matthew Maraldo and Cheryl Bieri (right) take a swim in the lake.



'Tis the Season for the Cold and Flu

How do you know if your symptoms might be a cold or the flu? Here is a helpful guide!



<u>Symptom</u>	<u>Cold</u>	<u>Flu</u>
Fever	rarely	100-102 degrees (lasting 3-4 days)
Cough	hacking	severe cough
Chest Discomfort	mild to moderate	mild to moderate
Sore Throat	common	sometimes
Sneezing	common	sometimes
Stuffy Nose	common	sometimes
Exhaustion	never	early and severe
Fatigue	mild	can last several weeks
Aches/pains	mild	severe
Headache	rarely	can be severe and last several weeks

Recommendations to stay healthy:

1. Wash hands frequently and thoroughly.
2. Encourage others to wash their hands frequently and thoroughly.
3. Cough or sneeze into a tissue. You can use your sleeve on your upper arm.
4. Regularly disinfect surfaces and items, such as door knobs, phones, and items people touch often.
5. Keep alcohol based sanitizers nearby.

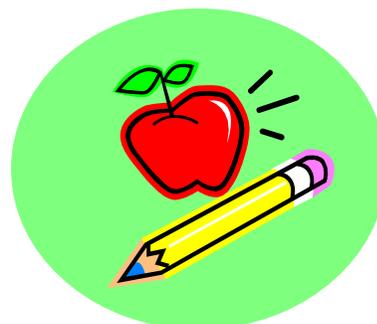
Eye On Health

Kevin Eye, Director of Nursing Services



Back to school time. 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.
- 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 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!





Important Weather-Related Announcements

Murray Ridge program closing information will be available on TV station Fox 8, on the Fox 8 website fox8.com, and on radio stations WEOL 930 AM and WOBL 1320 AM, as it has in the past. **There will be two separate listings for Murray Ridge Center:**

- **Murray Ridge—Adult Activities Centers**
- **Murray Ridge School**

Parents and caregivers of school students should disregard the “Murray Ridge—Adult Opportunity/Vocational Centers” listing, and follow only the listing for “Murray Ridge School.” Conversely, adult consumers who attend our Opportunity/Vocational Centers and their parents/caregivers should disregard the “Murray Ridge School” listing, and follow only the listing for “Murray Ridge—Adult Opportunity/Vocational Centers.”

If “Open—No Transportation” follows the announcement for “Murray Ridge—Adult Opportunity/Vocational Centers,” parents/caregivers are welcome to transport adult consumers to their day service sites. Regular programming will be provided. Consumers should be dropped off no earlier than 8:30 a.m. and must be picked up by 3:45 p.m.

In the event of bad weather, the decision to transport individuals to Murray Ridge Center will be based on the ability of our busses to travel safely on city and county roads. Regardless of whether or not transportation is available through Murray Ridge Center, if our Opportunity/Vocational Centers are open, but there is an individual concern about the weather, adult consumers should feel free to stay home. Likewise, parents/caregivers of Murray Ridge School students who have individual concerns regarding the weather should feel free to keep their child at home.

Please be aware that transportation to enclave sites is generally available even if transportation to the Opportunity/Vocational Centers is cancelled. Murray Ridge Center does not broadcast the status of enclave transportation on the television or radio. Consumers should assume that enclave transportation will be available unless they receive a phone call from a member of our Community Employment program.

First Student bus company can be reached at 288-2222



BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 12:30 p.m. on September 27, 2013:

The Board unanimously established the dollar amount that the Family Support Parent Committee is authorized to approve for the fourth quarter of 2013. Superintendent Amber Fisher presented on the Medicaid Match costs of the Agency for 2014; included in the cost projection was the Medicaid Match associated with the expansion of the Individual Options waiver to seven additional individuals on the waiver waiting list who have aged caregivers, and to eight additional individuals on the waiting list who have both aged caregivers and intensive needs. Revisions to policies on *Title XX* and *Handling of Consumer Incidents Adversely Affecting Health and Safety* were unanimously approved by the Board, and Superintendent Fisher reviewed reporting requirements of Board members. The 2014 Organizational Meeting date was set for Jan. 31, 2014, and meetings of the Budget and HR Committee, the Special Olympics Committee, and the Public Relations Committee were scheduled.

BOOK SIGNING AT MURRAY RIDGE SCHOOL!

Thursday, October 17
1:00 pm - 3:00 pm

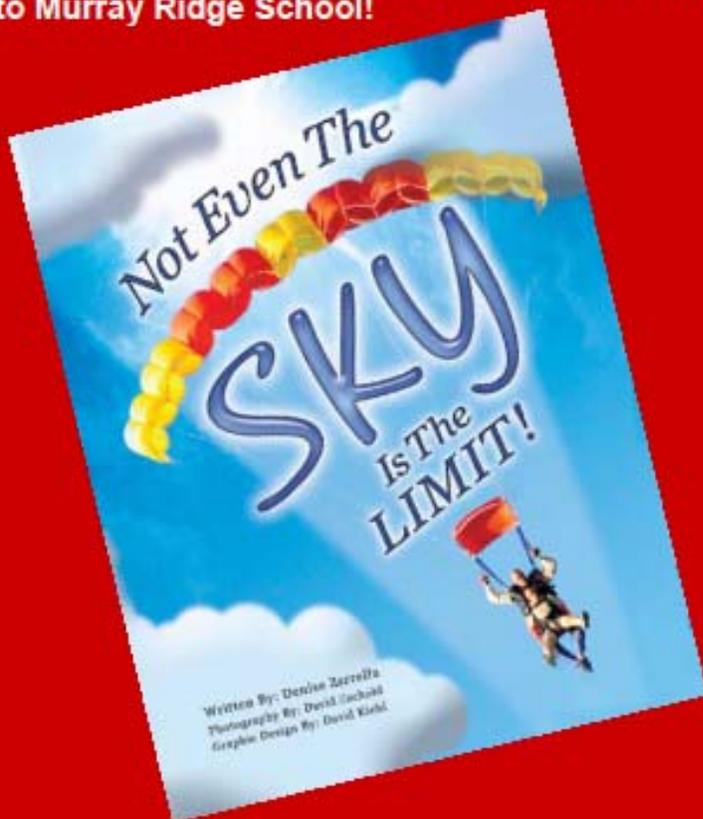
9750 Murray Ridge Road, Elyria
440-329-3734 | www.murrayridgecenter.org

Not Even The SKY Is The LIMIT! showcases the abilities of children and adults with Down Syndrome. The book is the result of Lorain County resident and 19 Action News reporter Denise Zarrella's own beautiful journey to find out what life with her daughter, Gianna, would be like.

A portion of the proceeds from the book will be donated to Murray Ridge School!



Meet author Denise Zarrella!



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October 2013							Activities & Events
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3 	4	5	10/3 - Murray Ridge Parent Support Group Meeting, 4:15 p.m. at the EOVC, 1095 Infirmiry Road, Elyria
6 	7	8	9	10	11	12	10/6 - Woollybear Festival Parade, downtown Vermilion, Parade begins at 1:30 p.m.
13	14 	15	16	17	18	19	10/14 - Columbus Day, Agency Closed for Holiday
20	21	22	23	24	25 	26	10/23 - Family Support Parent Committee meeting, 6:30 p.m., Administration Bldg., 1091 Infirmiry Road, Elyria
27	28	29	30	31 			10/25 - Agency Inservice Day, Agency Closed (No Board Meeting or Dance this month—Halloween Dance on 11/1)

Barn Full of Tunes!

On August 29th, consumers from Community Employment (CE) visited **Barn Full of Tunes** in Avon Lake, where local and regional performers of all genres perform to benefit *Music On A Mission, Inc.*

Consumers look forward to the monthly outings not only as opportunities to visit great places in the county, but also to socialize and discuss their jobs.

CE consumers had a blast listening to the music performed by the band "Just Us" at the Barn Full of Tunes. For more information on Music On A Mission, visit musicmissioninc.com.



Car Show at the EOVC

The Elyria Opportunity/Vocational Center held a car show on September 18th from 11:00 a.m. to 2:00 p.m. The classic cars were provided by car club, "The Mob" which stands for The Men of Breakfast, who received a tour of the facility and lunch.

The consumers had a great time looking at and judging the cars. Some individuals even got to take a close look at the inside of some of these fabulous classic cars. Thank you to "The Mob" for a wonderful event!



Ron St. Peter voting for his favorite car.

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



HALLOWEEN AT HOLLSTEIN

Saturday, Oct. 26, 4-6



Families are invited to enjoy the fall festivities at the Hollstein Reservation and Mercy Health & Recreation Center! Event will include music, trick-or-treat lane, costume contests, arts & crafts, movies, and more!

Concessions will be open for additional purchases. Swimming and slide are also available for discounted price of \$3.50.

Murray Ridge Annual In-service is October 25!

The annual employee In-service promises to be an entertaining and educational day for all.

The agency offices will be closed.