



MurrayRidgeCenter
HELPING PEOPLE... FOR A LIFETIME

The Murray Ridge Courier

July 2020

Murray Ridge Providing 'Virtual' Adult Day Services



Murray Ridge Adult Services has launched a new initiative designed to enable staff to better stay connected to program participants during the ongoing COVID-19 pandemic.

Adult Services staff worked with the agency's Information Systems team to create Zoom accounts on iPads and laptops to teach skills to program participants in their homes. Classes on self-advocacy are being provided to program participants who have received Steps Toward Independence and Responsibility (STIR) training. Other topics for the hour-long classes include: socialization, communication and community awareness, physical fitness and leisure/recreation.

One of the staff members who worked on development of these online classes, **Jim Ward**, an Adult Program Instructor at the Lorain Opportunity/Vocational Center (LOVC) feels that this program will provide many positive benefits. "Being connected is important," Ward said. "Since we aren't able to offer 'in person' services like before, this is a great way to fill the gap. These classes will enable those taking part to stay connected with our program, with other program participants, and with the community."

To participate, program participants must have the ability to sit at a computer and engage in the class, must have an iPad, phone or laptop with video and audio capabilities and have the basic skills for using the devices, must have Internet services and an email address, and must have someone in the home that can assist them to connect to the Zoom classes, if help is needed. Anyone interested should call his/her Service and Support Administrator (SSA) to learn more about this new program.

Special Olympics Program Update

Greetings Raider Nation! We hope that as you are reading this message you ALL are safe and healthy. 2020 is definitely a year that none of us will soon forget. Here is an update for all Murray Ridge Raiders Special Olympics athletes on the status of our program at this time.

Special Olympics Ohio announced several weeks ago that it was planning to allow organized activities (practices) to restart on Monday, July 6, 2020. Because of COVID-19 there are many rules and guidelines (posted on the Special Olympics Ohio website) that must be followed in order to conduct any practices or competitions. Although we at Murray Ridge want to get back to sports and competition as much as you – our athletes – want to play, we have made the difficult decision to NOT organize and field our Softball and Soccer Teams for the 2020 season.

Please know that you, the Murray Ridge Raider athlete, and your health and safety are our primary concern. We will return to team sports when the time and conditions to do so favor your health, and your safety.

To end this update on a positive note, we are very excited to announce that we are planning to have Unified Golf this year! A link to the golf registration sheet is posted on the Special Olympics page of the agency's murrayridge-center.org website.

Shawn Hatcher
Special Olympics Coordinator



Special Olympics
Ohio

Helpful Resources Available During COVID-19 Crisis

Tele-Friend Program

The Ohio Self Determination Association (OSDA) and its advisory **Council of Ohio Leaders (COOL)** are excited to announce its "Reach Out/Tele-Friend" Program.

Tele-Friend was started to make sure connection to others was available to a person living with a disability who is home more than usual due to the recent coronavirus pandemic, illness, or any other reason. OSDA volunteers provide this connection by calling once a week or once a month or other times that work best for the person and the volunteer.

For more information, including program guidelines and a form to request a Tele-Friend, go to:
dodd.ohio.gov/wpsportal/gov/dodd/about-us/communicationsnews/reach-out-tele-friend-opportunity



COVID-19 Test Sites

Coronavirus.ohio.gov — the website created by the State of Ohio to provide a one-stop shop for all information about the COVID-19 crisis is also a great resource for you to find your closest COVID-19 test site.

COVID-19 testing sites throughout Ohio are shown on a state map. It's a combination of private companies and retail sites, Community Health Centers, and pop-up sites that offer testing. To find the location nearest you, please search by county and zip code to get a list. Most of the locations listed require individuals to complete a screening process before being tested.

NOTE: when a Community Health Center near you is found, it's important to call in advance. The Community Health Center may not be offering testing at their location but can direct you to a location close by where you may be tested. To access this test site information, go to:
coronavirus.ohio.gov/wps/portal/gov/covid-19/testing-ch-centers/



Focus Group Participants Sought To Discuss "Emergency Preparedness"

Services for Independent Living is currently looking to hear from individuals with Disabilities in the Aging and DD Communities to take part in a grant-funded focus group to gather thoughts and concerns about "Emergency Preparedness."

The group meeting that will be planned should last about an hour and will be held via Zoom. Individuals taking part and completing a "needs survey" will be given a \$25 gift card.

For more information, contact **India Jones**, Community Services Manager for Services for Independent Living **by July 15** at: ijones@sil-oh.org / (216) 731-1529 x319 / 711 Ohio Relay Service.

Consumer Profile — David Brill



David is a fun person who likes to be around people who are having a good time! David is supported by his **Murray Ridge Center Service and Support Administrator (SSA)**, Terri Osborn. Terri assists David with the development of his Individual Service Plan (ISP) that identifies the services and supports that help David live the life he chooses. Terri also monitors his services and updates his ISP as David's needs and desires change.



David enjoys vacationing with his family

A lifelong resident of Oberlin, David attended **Murray Ridge School** as a young man. David's family is very important to him – especially his mother, Mary, and his sisters, Cheryl and Wendy. He lives with his sister/guardian, Cheryl, and her husband and children. David is interested in cars and trucks and enjoys attending car shows and talking to people about all different kinds of cars and trucks! He also enjoys going on vacation and camping with his family. At home David likes watching TV shows (especially car shows) and listening to music.



Trucks are one of David's favorite things.

David has an Individual Options (I.O.) waiver which he uses to attend Medina Creative Pet Play and receive **Homemaker Personal Care (HPC)** services from his **Independent Provider**, Jessica. David likes going to Splash Zone, going out to eat, taking walks and riding his bike with his provider and family. David's provider is helping him to learn new skills to help him become as independent as possible, including completing household chores and using technology. During the COVID-19 pandemic, Jessica has been working with David on how to keep himself safe while out in the community by doing such things as wearing a mask, washing his hands and keeping socially distant from others.



David loves working around the animals.

David works every day at Medina Creative Pet Play in Medina. Pet Play is part of Medina Creative Accessibility's adult day program called **Medina Creative Dynamic Day Supports**. According to its website, Medina Creative Dynamic Day Supports, "strives to provide an adaptive learning environment that helps each individual that we serve to develop skills, achieve personal goals & grow socially. Dynamic Day Supports is individualized to meet the needs of each individual, providing a uniquely personalized experience, unlike any other."

"Medina Creative Pet Play is a unique full-service doggie day care and boarding experience. Pet Play supports individuals with disabilities through its supportive employment and vocational training programs." When working at Pet Play, David's job is to sweep, wipe down cushions, clean up after the dogs after any 'accidents' and give the dogs all his attention and love! Staff at Pet Play teach David the skills needed to take care of the dogs at the doggie day care. David says his favorite part of his job is being able to pet the dogs! He really enjoys working with the dogs and learning the skills needed to care for them!



David cleaning at Medina Creative Pet Play.



David relaxing with a special friend.

David likes making choices about his life with the support of his providers and family. Living his life to the fullest is very important to David!

EXPANDED HOMEBOUND DELIVERY SERVICES

During the pandemic, we are expanding our homebound delivery services to include at-risk senior citizens and immunocompromised individuals on a temporary basis while the need for social distancing remains in effect. Eligible patrons can receive up to ten library items in each monthly delivery.

To apply for the program, please call the Outreach Department at **440-324-9831** or email us at **outreach@elyrialibrary.org**.



**ELYRIA PUBLIC
LIBRARY SYSTEM**



Murray Ridge Service and Support Administration (SSA) Staff Continue to Support Families

Just one of the many ways Murray Ridge Center's Service and Support Administration (SSA) Department is helping those we serve during the current pandemic is by providing information about local food banks and assisting families with picking up food.

Pictured (right) is **Kenny Bulfinch**, one of several Lorain County residents who recently obtained food with the help of SSA staff.

Check out the Murray Ridge Center Facebook Page for regular posts about the many food distribution opportunities available throughout Lorain County.



Tom Dammeyer



May the Force Be With You . . .

On his way to drop off some paperwork, SSA **Robert DeVenny** decided to pick up some of **Tom Dammeyer's** favorite goodies. Prior to Robert's visit, Tom mentioned his interest in Star Wars. Tom has worked hard during the pandemic to help his mother around the house with various chores, so the surprise from Robert was well-deserved! Robert delivered to Tom a combination of pizza to share, Star Wars coloring books, and Star Wars themed plates (pictured left). Thank you Robert for your commitment to the Lorain County residents and thank you Tom for being awesome. May the force be with you!

Murray Ridge to Operate a Point of Distribution In the Case of Certain Emergencies

In the event of a county-wide health emergency requiring the distribution of medicine or treatment, Murray Ridge Center, in conjunction with Lorain County Public Health, will operate a temporary Point of Distribution (POD) to provide medicine or treatments to consumers (people with developmental disabilities who have been determined eligible for services from the Lorain County Board of Developmental Disabilities), and their immediate caregivers.

Family members who live in households with children and adults with developmental disabilities will be eligible to receive medication/treatment from the Murray Ridge Center closed POD. Caregivers assigned at the time of POD operation to work with individuals with developmental disabilities who do not live with family will also be eligible to receive medicine/treatment from the Murray Ridge Center POD for themselves and members of their immediate households.

Should the need to operate a Murray Ridge Center POD occur, specifics will be communicated on the Murray Ridge Center Facebook page, on our website, and/or through other local media and other communications.

Murray Ridge School Students End Year with Virtual Chick Project

Murray Ridge helped welcome some baby chicks into the world after completing "ChickQuest," a STEM (science, technology, engineering, and mathematics) curriculum developed by GrowNextGen, The Ohio Soybean Council, and OSU Lorain County Extension office.

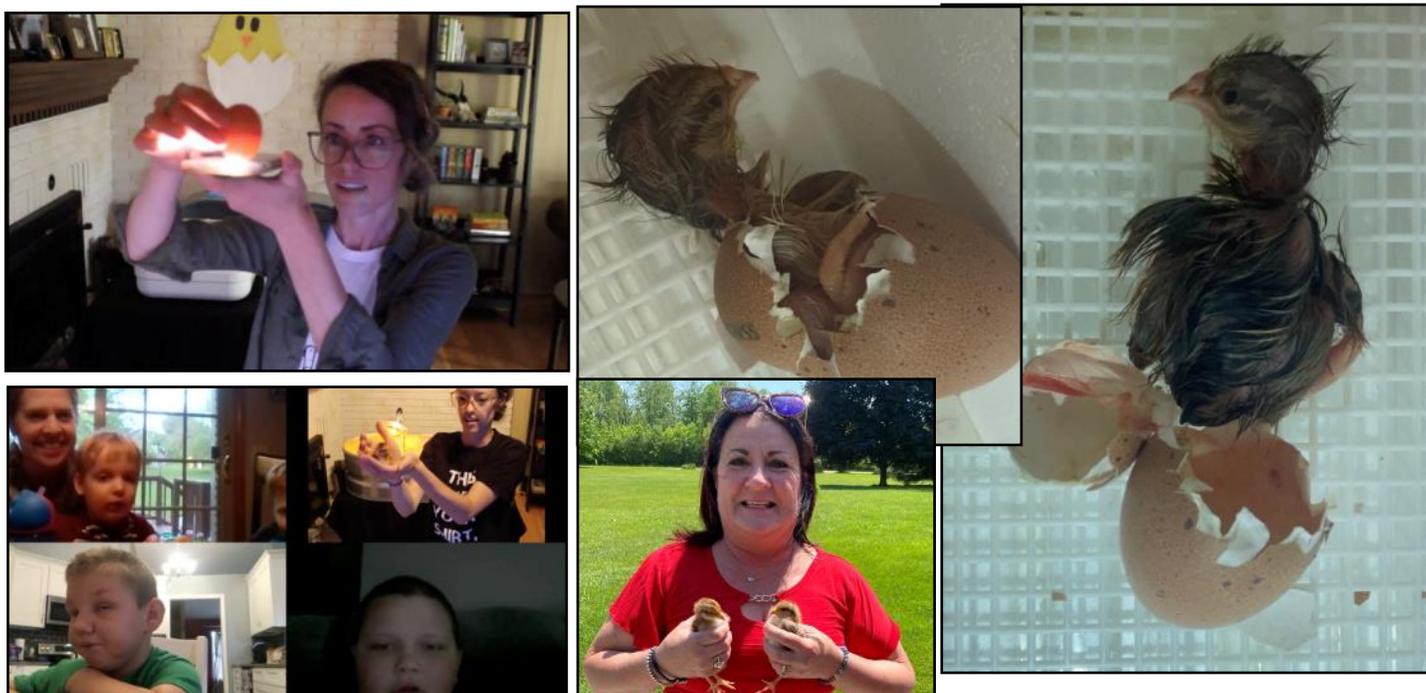
Inspired by hatching butterflies, students and staff from Murray Ridge School's Room B sought out advanced science related hands on learning. ChickQuest offers students an opportunity to learn about eggs, the chicken lifecycle, and opportunities to study and work in agriculture. Ohio is a leader in soy bean production which is a chicken's main food source. This makes Ohio also a leader in egg production!! Training was free and more than \$400 in curriculum materials were provided to Murray Ridge School Teacher **Samantha Polczynski (Ms. Sam)** upon completion of the training.

ChickQuest was first introduced in school the week of the mandated school closure and the journey came to an abrupt pause. The incubator and eggs traveled a distance when Ms. Sam took them home to finish the journey and share updates. Six chicks were successfully hatched, but the hands on journey of STEM based experiments had not been fulfilled.

The second hatch was scheduled and this time ChickQuest moved online. Ms. Sam modified workbook materials and provided visual supports in order to meet student needs electronically and support family based interventions. Students met weekly using Zoom and completed assignments and experiments, and were asked questions to challenge their understanding. Class was opened to all and family, friends, and other staff joined to learn. Chicks were rehomed to farms of Murray Ridge School staff and friends.

Participants learned the many parts of an egg and their function. Did you know chicks actually *eat* the egg white during development and the yolk right before their hatch? Students and families also completed experiments to understand porosity and strength of the shell. Students were able to recall critical information about the incubation cycle and the life cycle. Agricultural opportunities were explored to discover new areas of interest and career opportunities.

For more information about ChickQuest and other resources on the area of agriculture, visit <https://grownextgen.org>. A huge thanks to Sally Hennessey at the OSU Extension office for round the clock assistance and support in troubleshooting any and all questions along the way.



Totally Normal Things to Feel Right Now (According to Therapists)

SELF Magazine recently published an article by Anna Borges discussing the wide range of feelings individuals are experiencing due to the unprecedented pandemic we're going through. Borges asked therapists and other mental health professionals what feelings and worries are coming up a lot in their sessions with clients right now. "If you're dealing with any of the following emotional experiences, more people than you might think can probably relate — and it is 100% valid," Borges wrote.

- ***You're burned out***
 - ***You're angry***
 - ***You're . . . surprisingly calm***
- ***You're spiraling about what might happen***
- ***You're struggling with working from home***
 - ***You're mourning canceled events***
- ***You're yo-yoing between hopefulness and hopelessness***
 - ***You're stuck and unsure***
- ***You're guilty about your relative safety, security, or privilege***
 - ***You're deep in some existential regret***
 - ***You're grieving***
 - ***You're feeling inadequate about your productivity***
 - ***You're in over your head with your kids***
- ***You're dealing with a resurgence of unrelated past trauma***
 - ***You're numb***
 - ***You're feeling something else entirely***
 -

To read the entire article, go to https://apple.news/AW5Az5U-ZQfi9DmYB_vWUhQ

BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 6:30 p.m. on June 29, 2020:

The Board unanimously approved the initiation in 2020 of forty-five (45) Level 1 Medicaid Waiver enrollments that were originally planned for CY 2021. Director of Adult Programs Pam Sebastian and Information Systems Coordinator Michele Bartow presented on 'Virtual Adult Day Support' that will be provided by Murray Ridge Adult Services to many consumers who attended Murray Ridge Opportunity & Vocational Centers before the closure. Some of the curriculum to be offered through this new Medicaid waiver service includes: Socialization, Communication, and Community Awareness; Physical Fitness; Self Advocacy; and Leisure/Recreation. The Board established Murray Ridge School meal pricing (for student breakfasts, lunches and extra milk), as applicable, for the 2020/2021 school year. The next regular meeting of the Board and Ethics Council was scheduled for July 13, 2020 at 6:30 PM. Superintendent Fisher and the Board established topics for the Board's 2020 continuing education credits. Board training topics will include: Statutory Reporting Requirements, Overview of OAC 5123-17-02, and Ohio Department of Developmental Disabilities (DODD) Health & Safety Alerts; Person Centered Planning and Other Core SSA Functions, and DODD Initiatives.

Lorain County Board of
Developmental Disabilities

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Special Olympics Banquet Cancelled

Murray Ridge Center's Annual Special Olympics Banquet, originally scheduled for Monday, November 2, 2020 at Lorain County Community College has been cancelled.



News You Can Use

Obtaining food during the COVID-19 Pandemic has continued to be a major challenge for many families, and one local organization is doing its part to help provide much-needed food to those in need.

The Second Harvest Food Bank of North Central Ohio is sponsoring an ongoing series of drive-through food distributions at various locations throughout Lorain County.

To find out the latest information about food distributions available near you, go to the Second Harvest Food Bank's Facebook page, or go to its website at secondharvestfoodbank.org.

