



MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

The Murray Ridge Courier

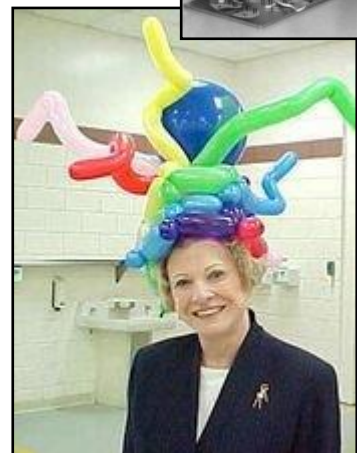
November 2020

Remembering Ellen Payner



It is with sadness and fond memories of an extraordinary woman and key figure in the Murray Ridge story that we report the passing of former superintendent Ellen Payner. Dr. Payner, who retired in 2004, led the Murray Ridge Center for nearly twenty-seven years, having started as superintendent in 1977. She was here in the early years of county boards of developmental disabilities, and both witnessed and oversaw many progressive changes to services for people with developmental disabilities.

It is truly not possible, in anything less a novel, to cover her contributions or do justice to the memory of Dr. Payner. Her dedication and presence were enormous, and she would tell you that she looked forward to getting to work each and every day. Godspeed Ellen (Dr. Payner). You will forever figure largely in our hearts and our history.



Contact tracing call?

5 things to know

A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.



Real contact tracers won't ask you for money.

Only scammers insist on payment by gift card, money transfer, or cryptocurrency.



Contact tracing doesn't require your bank account or credit card number.

Never share account information with anybody who contacts you asking for it.



Legitimate contact tracers will never ask for your Social Security number.

Never give any part of your Social Security number to anyone who contacts you.



Your immigration status doesn't matter for contact tracing, so real tracers won't ask.

If they do, you can bet it's a scam.



Do not click on a link in a text or email.

Doing so can download malware onto your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at ftc.gov/complaint.



FEDERAL TRADE
COMMISSION

For more information about contact tracing **visit your state health department's website** and

ftc.gov/coronavirus/scams

Consumer Profile — Robert Minnich



Robert relaxing at home.

Robert is a fun-loving guy who enjoys joking around! Robert has an I.O. (Individual Options) waiver and is supported by his **Murray Ridge Service and Support Administrator (SSA) Paul Doseck**. Paul helps Robert with the development of his Individual Service Plan (ISP) which lists the services and supports that assist Robert with living his life the way he wants. Paul also monitors his services and keeps his plan up-to-date as Robert's life goals and interests change. Recently, Paul helped Robert with getting a bathroom modification completed in his home so he could be more independent with his daily personal care!

Robert lives with two roommates in a small group setting in Lorain. Robert receives supports in his home from **REM Ohio**. REM Ohio is an agency that supports people to do daily life tasks such as personal care, household cleaning, cooking, shopping, scheduling medical appointments, paying bills, and taking medications. REM Ohio staff help Robert with his self-care, with cooking his meals, with taking his medications, with getting in and out of his wheelchair, and with a variety of other tasks on a daily basis. While at home Robert enjoys watching his favorite TV shows like "Property Brothers," playing baseball games on his tablet or his Game Cube, listening to country music, and watching the Cleveland Browns. This year, Robert got a bird feeder and also some plants for his porch that he has enjoyed taking care of! Robert takes a lot of pride in being able to do things on his own and being independent!



Enjoying flowers at REM.

Robert also likes getting out into his community as much as he can. He enjoys shopping at Walmart and Meijer, going for car rides anywhere, and going out to dinner. He goes to the same Subway restaurant every Saturday!

During the week, Robert attends **REM Opportunities Socialization Center**. He has been going there for more than six years! According to REM's website, the center "offers both recreation and social and work skill development activities in a nurturing social environment where adults can form lasting friendships, developing new skills that help them live life to the fullest."

At REM Opportunities Socialization Center, individuals "explore new possibilities in community life - all while enjoying fun, enriching activities of their choosing."



Robert going bowling.



Robert enjoys watching television.



Robert spending some quality time with Animals at REM.

When Robert is at REM Opportunities Socialization Center he likes doing arts and crafts like painting, building bird houses, playing games (checkers is his favorite), and joking around with staff. When he is able to, Robert also likes going out with his friends and staff from REM Opportunities Socialization Center. He enjoys when they are able to go bowling, go to the movies, and attend 'music in the park' concerts in downtown Elyria.

Robert is very happy with his life and is proud of being able to live the life he chooses. If Robert can do it on his own, then he will!

Basketball Clinics Held for Special Olympics Athletes



Although the ongoing COVID-19 pandemic has put a necessary halt to our usual Special Olympics competition, we are pleased that we have been able to help some of our basketball athletes stay on top of their game with weekly basketball clinics held in the Murray Ridge School gym. The activities at these clinics are specially designed so that athletes can hone important skills while maximizing distance and avoiding use of items that have been touched by others. Pictured above are **Robert Assanakis** (foreground) and **Sean Ware** working on fundamentals. Pictured at right, **Sarah Ward** is shown participating in a shooting drill.

As is the case with all of our current in-person activities, screening and sanitation are paramount at our basketball clinics. While nothing truly matches the excitement of a real basketball competition, we are delighted to see some of our Raiders back on the court, and we are all looking forward to the day when the thrills of Special Olympics game action will be back!

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.

News from Service and Support Administration (SSA)

The first three productions in our eight-part "Knowing My Rights" video series have been released, and covered the important topics of 'Vocational Training and Citizenship,' 'Respect and Choices,' and 'Mental and Medical Health.' **The next presentation – entitled 'Nutrition and Wellness' – will be shown via Zoom on December 10th from 1-2 p.m.**

Self-advocacy, or speaking up for one's self – can be especially important for people with developmental disabilities, and we hope that these videos will help eligible individuals develop that very important skill.

For more information on how to view the upcoming videos, go to the event calendar on the homepage of our murrayridgecenter.org website, or contact Jaclina Rush at (440) 324-2366. All previously shown videos may also be viewed on the murrayridgecenter.org website by clicking on the 'News' tab.

MY LIFE, MY RIGHTS KNOWING MY RIGHTS Video Training Series

Join the Lorain County Board of DD as we explore the rights of adults with developmental disabilities. Over the course of the next three months, we will discuss topics on housing, daily choices, health, nutrition, and more! Check the Murray Ridge Facebook page or our website for the Zoom link. Contact Jaclina Rush at (440) 324-2366 or jrush@murrayridgecenter.org for more information.

Upcoming Event Dates

December 10, 2020 from 1-2 PM
Nutrition and Wellness

January 7, 2021 from 1-2 PM
Advocating for Yourself

January 21, 2021 from 1-2 PM
Living Conditions

February 4, 2021 from 1-2 PM
Sexuality, Bullying, and Change

February 18, 2021 from 1-2 PM
Decision Making

View past topics on the Murray Ridge Center website

Contact: Jaclina Rush at
(440) 324-2366 or
jrush@murrayridgecenter.org

Sponsored by: Lorain County Board of DD with the support of the Myrtle Endowment Fund of the Community Foundation of Lorain County.

DSP APPRECIATION

Calling all Direct Support Professionals in Lorain County!
We want to say thank you for your continued support of individuals with developmental disabilities.

To participate in a very special thank you message from LCBDD, please send

- your name
- photo
- name of your agency
- years of services in Lorain County

to Jaclina Rush at [Jrush@murrayridgecenter.org](mailto:jrush@murrayridgecenter.org)
or Megan Kiss at Mkiss@murrayridgecenter.org

By Monday, November 30

Fall Fun with Murray Ridge School and Early Intervention



Murray Ridge's **Early Intervention (EI)** program recently held its annual fall outing at Miller's Apple Hill in Amherst. This year, the EI team made sure to add some special safety precautions for the outing, including time slots, limits on attendee numbers, and social distancing. The event had a great turnout and was a nice way for Developmental Specialists and families to see each other in person - and not on a computer screen - for the first time in months. Shown above are: (left) **Lucas Meno**; (center) **Norah Clarke** with her mom, **Sarah**, and Norah's Aunt, **Anna Taylor**; and (right) **Annalisia Payne**.

Murray Ridge School enjoyed a safe, yet fun Halloween. Below is Teacher **Laurie Davis** and her class having a virtual Halloween party, including carving pumpkins and making Halloween sweets.



Memories from Murray Ridge Past



While searching for photos for our Page 1 tribute to Ellen Payner, I came across several 'vintage' photos of past Administrative Teams.

Do you recognize anybody in these photos?

Chris Vasco
Editor



AND . . . while the photo at left is not a photo of a former Murray Ridge Administrative Team, does anybody happen to recognize the dapper young fellow pictured to the right??

Lorain County Board of
Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
Elyria, OH 44035

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Happy
Thanksgiving

#IN THIS
TOGETHER
Ohio

News You Can Use

Lorain County Public Health Offering Flu Shots This Month

Don't forget to get your flu shot each year in November for your best protection through the peak flu season in Northeast Ohio. Call Lorain County Public Health at (440) 284-3206 to make an appointment for a flu shot in November.



We don't have a vaccine for COVID-19,
but we do have one for flu.

It's possible to be sick with both flu and
COVID-19 at the same time.

Get the flu shot.

