



MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

The Murray Ridge Courier

October 2018

October Is National Disability Employment Awareness Month

Murray Ridge Center is once again pleased to participate in **National Disability Employment Awareness Month** — an annual awareness campaign that takes place each October. Murray Ridge Center's Supported Employment Program provides services to assist individuals to choose, obtain, and maintain employment in the community. We're proud to salute the nearly 1,000 Lorain County citizens with developmental disabilities who are part of the local workforce, and the more than 100 local businesses that provide jobs for these individuals. Through our three Opportunity and Vocational Centers (OVCs) and Supported 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. Anyone interested in more information on the Murray Ridge Supported Employment program can call (440) 324-4993.

Check out the stories below for just a couple examples of how our program participants are making a huge difference in our local business community!

Ashley Spradling — Ashley has worked at Nutrition Group in Lorain for almost two years. Nutrition Group is a warehouse that prepares lunches for schools in Lorain County. She washes and sanitizes pots and pans, and does light cleaning of the kitchen and bathroom. She also transfers food from the coolers to the kitchen staff who prepare the lunches. Murray Ridge Supported Employment Staff transport Ashley to and from the Nutrition Group every day. Her shift is 9 a.m.-1:30 p.m. Since it prepares school lunches, the Nutrition Group operates during the school year from late August through late May, and is closed for the summer. However, Ashley refuses to take the summer off and instead opts to go to the Lorain OVC and work at the Port Authority and Cutting Dynamics Incorporated, as needed.



Janet Kleve — Janet began receiving Murray Ridge services in August 2012. She started by attending the Elyria OVC doing assembly, labeling and packaging job tasks. She then began participating in supported group employment. She has since worked at a variety of sites on mobile cleaning crews, groundskeeping crews, and a dishwashing crew. She has also volunteered at the Elyria Salvation Army, Lorain Neighborhood Alliance, Avon Lake Community Resource Center, Carlisle Metro Parks Halloween Fair, Lorain County Fair, Friendship Animal Protective League, and Habitat for Humanity. This year, Murray Ridge Supported Employment staff assisted her in obtaining employment as a dishwasher at Nick's Family Restaurant in Elyria. Janet's supported living staff provide her with the transportation needed to travel to and from her job. She enjoys attending dances, going shopping, eating out at restaurants and visiting friends and family. She has lots of energy and is enthusiastic about everything she does!



SPECIAL OLYMPIC BASKETBALL

TEAM TRYOUTS

October 25, 2018

3:00 - 4:00

(Tryouts are held at Murray Ridge School)



To qualify for tryouts:

- ☐ You must have a current Athlete Application / Physical on file in the Recreation Office
- ☐ You must have transportation home from the tryout (and all practices, all games)
- ☐ You must have returned your uniform from any previous sport season (softball, golf, etc)
- ☐ You MUST return the form below before **Tuesday, October 16, 2018**
- ☐ **DO NOT ATTEND THIS SESSION IF YOU ONLY WANT TO BE ON THE SKILLS TEAM.**

Questions? Contact the Rec Staff @ any OVC:

EOVC: Tyler/Noreen 440-284-2720 **LOVC:** Karen/Rick 440-282-2131 **OOVC:** Walter/Renee 440-774-7400

BASKETBALL TRYOUTS 2018



Deadline to return: Tuesday, October 16, 2018

Athletes Name: _____ Phone: _____ Email: _____

Provider's Name: _____ Phone: _____ Email: _____

Please circle which day program the athlete attends:

Elyria OVC Lorain OVC Oberlin OVC Supported Employment Other _____

_____ **YES**, I plan to attend the tryouts on Thursday, 10/25/18.

_____ **NO**, I do not wish to participate on the basketball team, or the skills team.

_____ I am only interested in the basketball **SKILLS** team (You do **NOT** attend tryouts)

Please return this form to the Recreation Staff at your OVC

You may also return by mail to: Murray Ridge Center 1091 Infirmary Rd. Elyria, OH. 44035 Attn: Shawn D. Hatcher

9/21/18

Murray Ridge Center Consumers — Out and About

Helping Animals . . .



Once a month, consumers from Murray Ridge Center's Lorain Opportunity/Vocational Center (LOVC) volunteer at the Animal Protective League. **Above, Eli Fisher and Kenneth Martin** are shown playing with some of the cute kittens at the APL.

Bringing Home Gold. . .



Congratulations to the 10 Murray Ridge athletes who recently competed in the Ohio Special Olympics Softball Skills Competition in Oregon, OH. Winning Gold Medals were **Casey West (above)**, Sarah Ward, Grant Holbrook and Brandon Varner. Winning Silver were Donna Wolfe and Pamela McClain. Bronze Medal winners were Linda Brewer, Alicia Lawrence and Kenny Martin, while Kathryn Weaver took 4th place in her division. Great job everyone!

Apple Picking at the Farm. . .



Students from Room B at Murray Ridge School (above) recently visited Miller's Apple Hill in Amherst. They met with the leader of the orchard, Miss Jenny, who discussed her role as a community business leader, then took a wagon ride to pick Macintosh, Gala and Fuji apples, enjoyed a picnic lunch and played in the straw maze. The class paid for the trip in full by selling dog treats.

Congratulations to **Austin Carpenter (right)** a consumer at Murray Ridge's Elyria Opportunity/Vocational Center (EOVC) who recently finished in 5th place in the miniature horse category at the Oklahoma National Competition. Austin showed two of his miniature horses, demonstrating the horses' skills in trotting, walking stance and attention.

Competing Nationally . . .



Triumph through the Challenges Fetal Alcohol Spectrum Disorder

Who should attend?

This course series is for nurses, social workers, counselors, physicians, educators, parents, and caregivers who work with individuals that may have had prenatal exposure to alcohol/drugs.

2018 Fall Course Series

Evening Sessions:

October 16, 2018: Section 1, 6-9 p.m.

October 18, 2018: Section 2, 6-9 p.m.

October 23, 2018: Section 3, 6-9 p.m.

October 25, 2018: Section 4, 6-9 p.m.

Location:

Murray Ridge Center LCBDD
Lorain County Board of Developmental
Disabilities Service & Support Administration Bldg.
9740 Murray Ridge Road, Elyria, 44035
Building at the rear of Murray Ridge School
*Evening parking available at Murray Ridge SSA
lot. Please enter in back door.

Register

Contact : Kathy Bevaque, M.Ed., D.S. w/LCBDD
(440) 284-3655
e-mail: kbevaque@murrayridgecenter.org

No fee to attend. Space is limited.

Bring your own personal refreshments and food.

Facilitator:

Kathleen Bevaque, M.Ed., D.S. w/LCBDD



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Learn about Fetal Alcohol Spectrum Disorder (FASD) and how to best work with those affected in order to reach his/her fullest potential.

Gather useful tips and local resources!

Discover ways to succeed!

Series Details

- **Section 1:** FASD Basic Facts; Characteristics; Chronological vs. Developmental Age
- **Section 2:** Neurological Issues & Behaviors of FASD: Coping Skills
- **Section 3:** Developing Effective Strategies for FASD: Advocacy & Finding Resources
- **Section 4:** Advocacy in Schools; Discipline; Daily Living & Future Planning for Individuals with FASD

Contact Hours Available

- Social workers, counselors, and chemical dependency RCH: provided by the ADAS Board of Lorain County
- Developmental Disability hours provided by Lorain County Board of Developmental Disabilities
- Certificate of Attendance for contact hours
- Ohio Approved Specialized Training for Early Childhood SUTQ, ODE, ODH (pending)



Is it a Cold . . . Or is it the Flu?

How do you know if you have the symptoms of a cold or of the flu? Here is a helpful guide!

Symptom

Fever
Cough
Chest Discomfort
Sore Throat
Sneezing
Stuffy Nose
Exhaustion
Fatigue
Aches/pains
Headache

Cold

rarely
hacking
mild to moderate
common
common
common
never
mild
mild
rarely

Flu

100-102 degrees (lasting 3-4 days)
severe cough
mild to moderate
sometimes
sometimes
sometimes
early and severe
can last several weeks
severe
can be severe and last several weeks



Recommendations to stay healthy and prevent the spread of illness:

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

Murray Ridge Continues "Giving Back"

The consumers at the Oberlin Opportunity/Vocational Center had another great gardening season this year and were able to donate fresh produce to a local food bank in Oberlin. Donations included green beans, cucumbers, tomatoes, onions and green peppers grown through their 'Plant a Row' program. The delicious donation prompted a special 'thank you' letter from Margaret Flood, Executive Director of Oberlin Community Services which included this handwritten message: "Thank you for sharing your garden's abundance! You really make a difference." Special thanks go to program participant Ed Perry who took on the garden planting from the beginning, and to all those who helped it prosper.

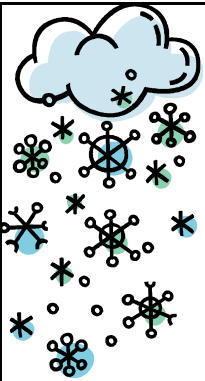


Angela Murphy (above) stands in front of the garden at OOVVC. At right, just a small sample of the delicious produce that was collected this season.



Now Accepting Nominations for the Murray Ridge Center Exceptional Service Award

Do you know a Murray Ridge employee whose work efforts reflect remarkable dedication and have significantly contributed to the well being of people with developmental disabilities? Nominate that employee for an Exceptional Service Award! If you are a community member; consumer; or parent, guardian, sibling or other relative of a Murray Ridge program participant, submit your nomination to Chris Vasco, Community Education/Volunteer Director. Include a brief paragraph outlining your reasons for nominating the employee. All nominations will be forwarded to the Board for consideration. If you have any questions, contact Chris at (440) 329-3734 or cvasco@murrayridgecenter.org.



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 Activities 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 Activities Centers."

If "Open—No Transportation" follows the announcement for "Murray Ridge—Adult Activities 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 buses 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, even if school is in session.

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 Supported Employment Department.

First Student bus company can be reached at 288-2222

2018 Woollybear Festival Parade

What better way to say goodbye to summer than to be surrounded by Woollybears! A big 'thank you' goes out to the Murray Ridge Center program participants, staff, caregivers, family, and friends who represented Murray Ridge Center at this year's Woollybear Festival Parade in Vermilion on September 23.





The huge parade was one of the major highlights of this year's 46th Annual Woollybear Festival — the largest one-day festival in the state of Ohio.





October 2018

Activities & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	10/8 - Columbus Day, Agency Closed for Holiday
							10/12 - Agency In-service Day, Agency Closed
7	8 	9	10	11	12 	13	10/26 - Murray Ridge Dance 7-9 p.m. at Murray Ridge School*
14	15	16	17	18	19	20	*A Statement of Understanding with required signatures is an admission requirement for the dance. Contact Jill Camp at 282-2131 with any questions.
21	22	23	24	25	26 	27	
28	29	30	31 				

NOTE: There is no Board Meeting this month.



Murray Ridge Annual In-service is October 12!

The annual employee in-service promises to be an entertaining and educational day for all. The agency offices will be closed.

BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 6:30 p.m. on September 24, 2018:

Tim Neville and Rick Brown of Echoing Hills presented on 'echoingU,' a four-year post-secondary transition program designed to help young people with developmental disabilities continue their social and personal growth beyond high school. The Board appointed Board Member Beverly Gedid as delegate and Superintendent Amber Fisher as alternate to the 2018 delegate assembly of the Ohio Association of County Boards Serving People with Developmental Disabilities. The Board also unanimously approved revisions to its policies on: 1.) non-medical transportation; 2.) drug and alcohol use; 3.) retention of Board records; 4.) personnel records; and 5.) public records. Due to clear communication of expectations from the Ohio Department of Developmental Disabilities, the Board passed a motion that, effective 11/1/18, it will neither admit nor re-admit into the County Board-operated adult program individuals enrolled on a Medicaid (Individual Options, Level I or SELF) waiver. Those individuals will be assisted to choose a provider other than the County Board, and will receive service and support administration (SSA) from the County Board. SSA will explain this decision to those impacted. This decision does not impact waiver enrollees who attend Murray Ridge Adult Services.

Lorain County Board of
Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
Elyria, OH 44035

Visit our Web site
murrayridgecenter.org



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Further News You Might Use . . .

We are often in receipt of information from external sources on offerings that may be of interest to those we serve. 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 events and opportunities, please contact Heather Gurchik, Director of Service & Support Administration. You may reach her by telephone at 440-324-2366. —
The Editor

Here's an Example . . .

Harmonic Journeys is hosting a Fall Festival at the Chalet in Strongsville. This holistic family event features talks on conscious parenting, guided meditation for all ages, family nutrition, and more! Enjoy activities for the whole family.

Cleveland Metroparks Chalet

16200 Valley Pkwy, Strongsville, OH 44136

Sunday, October 14th 1:30 - 4:30 p.m.

Admission Includes:

- > Hayrides
- > Slime Table
- > Crafts
- > Games & Prizes
- > Holistic Talks

For details and ticket information, go to the Harmonic Journeys Facebook page.