



MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

The Murray Ridge Courier

September 2020

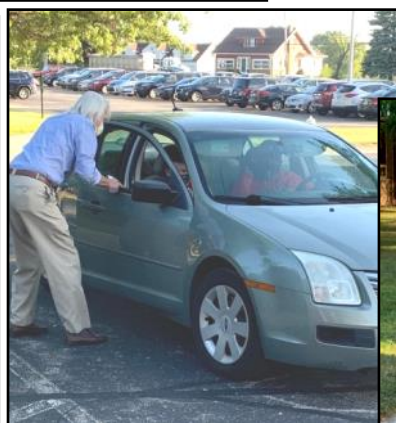
Murray Ridge School Begins a New Year of Classes



Murray Ridge School reopened August 31, featuring two educational options like many other local schools: a hybrid model (in-school two days/remote three days) and a totally online model.

Pictured clockwise from top left are:

- Aide **Matt Rositano** and **Robert (RJ) McGinnis**
- Owen Richardson** and Aide **Vanessa Medina**
- Staff members **Peggy Smith, Stacie Starr** and **Dann Swift**
- Sariah Lugo**
- Bentley Spooner**
- Dann Swift** welcoming **Bentley Spooner**
- Anastasia Teodecki**
- Jose Smith**
- Aide **Martha Hoyt** and **Jose Smith**



Slow the Spread of COVID-19



WHEN OUT WITH YOUR FRIENDS,
WEAR A CLOTH FACE COVERING



AND STAY
6 FEET APART
FROM OTHERS



CLEAN
FREQUENTLY
TOUCHED
OBJECTS



DO NOT
TOUCH YOUR
EYES, NOSE,
AND MOUTH

COVER
YOUR
COUGHS
AND
SNEEZES



STAY HOME IF YOU ARE SICK



cdc.gov/coronavirus

CS 318104-A 07/08/2020

Consumer Profile — Richard 'Ricky' Ross



Doing chores around the yard

Richard, or Ricky as he prefers to be called, is a wonderful and hardworking guy who loves spending time with his family and friends. Ricky is supported by his **Murray Ridge Center Service and Support Administrator (SSA)** Margo Mor-darski. Margo helps Ricky with the development of his Individual Service Plan (ISP) that identifies the services and supports that help Ricky live his life the way he chooses. Margo also monitors his services and updates his ISP as Ricky's goals change.

Ricky lives in North Ridgeville with his mother. Ricky's family and his cat, Callie, are very important to him. When at home Ricky enjoys chatting on the phone with his friends, watching his favorite TV shows (The Family Guy and Forensic Files), watching cartoons, and taking care of his cat. Ricky is also a huge fan of Cleveland sports teams, especially the Cleveland Browns. He enjoys supporting his teams by going to games or watching them on TV!

While Ricky was at home during the COVID-19 lockdown, he helped his mom with various activities around the house like taking out the trash, doing laundry, and taking care of other household chores.

Ricky has a Level One Waiver which he uses to attend **United Cerebral Palsy (UCP)** in Cleveland. Ricky participates in the **OakLeaf Partners Employment Program**. According to UCP's website, this program is "designed to foster personal financial independence for adults with disabilities. Individuals are supported and encouraged to accept vocational and social challenges within an integrated community setting with the least restrictions possible."



Ricky really enjoys his job.



Ricky helping out at church

Ricky attends one of OakLeaf's Supported Employment sites which, according to UCP's website, "utilize a group of individuals working together in a community setting with continual support from an on-site OakLeaf supervisor. OakLeaf Partners contracts with area businesses to develop work opportunities for individuals with disabilities."

Ricky really enjoys his job with OakLeaf. His job includes packing, labeling, and stamping boxes. Ricky is very dedicated to his job and excels in his job performance. He also enjoys helping out his coworkers. Ricky's long-term goal is to obtain a job in the community on his own. OakLeaf staff are helping Ricky develop the skills needed to achieve his goal!

Ricky also uses his Level One Waiver to access Homemaker Personal Care (HPC) services from his independent provider Ronda DeMarco. Ricky loves spending time in his community. He really enjoys going out to eat; and Taco Bell, Pizza Hut, Steak 'n Shake and Golden Corral are just a few of his favorites! Ricky also enjoys shopping (especially during the holiday season), and attending movies, concerts, county fairs, and sporting events with his provider. Ricky's provider helps him with handling his money and taking him where he wants to go.

Living his best life with the support of his family, friends, and providers is very important to Ricky. He is happy and enjoying his life to the fullest!



Spending some quality time with his brand-new nephew!

Virtual Adult Day Services Continue for Some Consumers

Although a phased re-opening of the Murray Ridge Adult Day Centers is currently underway for eligible individuals who reside in the family home, other consumers are still participating in programming remotely through the agency's Virtual Adult Day Services (VADS) service model.

One example of this new virtual programming was shared by **Lisa Lee** of the Oberlin Opportunity/Vocational Center (OOVC).

"I have been focusing on armchair travel for the past couple weeks. Each consumer shared his or her dream vacation destinations with the group. We are now working our way through everyone's favorite places. Last week we focused on California which was picked by consumer **Jacob Brooks**. Our Zoom session included virtual parasailing over Lake Tahoe, a virtual rollercoaster ride, name that tune (California songs), California trivia, and an educational video of California wildlife," Lee said.

"We had several guest speakers including staff members **Dale Lapp**, our resident rollercoaster expert, and **Tammy Stanley** who shared her personal parasailing adventure. Consumers and staff had a great time during this session. It was wonderful to share so many smiles and laughs!" added Lee.

According to Lee, "Consumers have also enjoyed materials being delivered to their homes. The materials include activities and information related to the topic of their upcoming Zoom session. Overall I feel the VADS program has been a beneficial experience for both consumers and staff."



Self-Care: Important for Everyone

Whether you're a caregiver, or just an individual coping with the current pandemic, it's important to remember that taking care of yourself should be a priority.

According to a website called Tulip & Sage, "Regularly taking the time, even in small and simple ways, to nurture and take care of yourself is crucial to your well-being. And, no, it's not selfish. The more you nurture yourself, the better you are at supporting others. There are different types of self-care, and depending on your particular need at the time, you may find yourself seeking a specific type more than others. All are important, and we should be practicing a little bit of each."

Infographic from: lisaberne.com

SSA Department Produces Self-Advocacy Video Series



The Service and Support Administration (SSA) Department has developed a series of eight videos on consumers' rights, entitled "**Knowing My Rights**." The video series is designed to help educate adults with developmental disabilities in Lorain County on the importance of self-advocacy.

The videos will showcase Lorain County consumers and several agency SSAs discussing a wide range of consumer rights. Throughout the rest of this year and early 2021, SSA plans to release the videos through small events where staff will lead discussions through Zoom about specific rights covered in each video. Among the topics covered will be rights surrounding personal choices, relationships, self-advocacy, voting, and housing and living conditions.

At the first event, scheduled for October 14 from 1-2 p.m., the video "Vocational Training and Citizenship" will be released with a 30-minute discussion through Zoom following the viewing. More information regarding the Zoom link will be on the agency's Facebook page and the agency calendar found on the agency's website homepage.

Are you interested in this special event? Contact the SSA Department at (440) 324-2366 or email Jaclina Rush at jrush@murrayridgecenter.org for more information. Funding for the project was provided through the Myrtle Endowment Fund of the Community Foundation of Lorain County.



Top: **Angel Rivera**

Center: **Diana Clement** and **Tim Dammeyer**

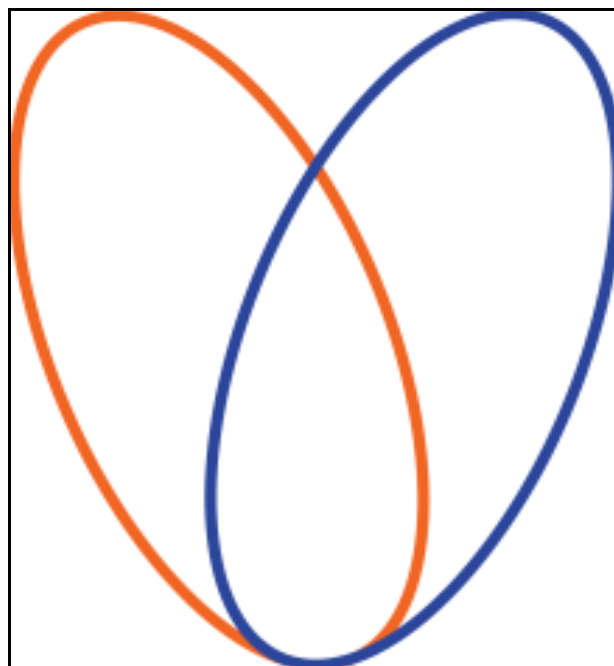
Right: **Diana Clement**

Far right: **Tim Dammeyer**

Direct Support Professional Recognition Week

Direct Support Professional Recognition Week (September 13-19, 2020) is a great opportunity to highlight the dedicated, innovative direct support workforce that is the heart and soul of supports for people with disabilities.

We hope that you will join us in this opportunity to highlight the important work of direct support professionals nationwide, but especially those in your life, whether they work for our agency or another agency, support you or a loved one, or simply work to make a difference in our community.



Who Is That Masked Man?



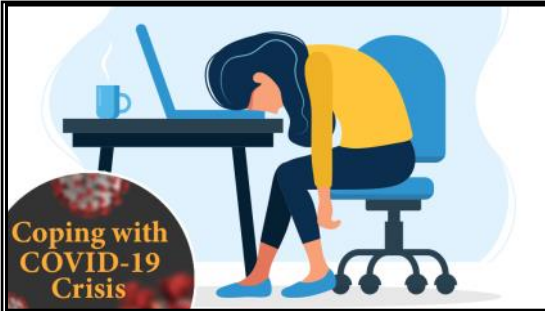
Shown at left is a unique reminder that was recently distributed by the **Ohio Department of Developmental Disabilities (DODD)** regarding the importance of wearing masks.

Phone. Keys. Mask.

*When **DODD Director Jeff Davis** leaves the house he grabs his phone, keys, and masks. Make masks a daily part of your routine too!*



Dealing With COVID Fatigue



Graphic: bingepost.com

"Maybe you feel lonely working from home, or sluggish after hours staring at Zoom. Maybe you're sad because you miss your family, or mad at the cancellation of yet another significant event. Or maybe you locked yourself in the bathroom to cry after picking up your kids' online school schedule. You may be angry or overwhelmed, sad or depressed. That's normal, psychologists, say," according to a recent *Cleveland.com* article by Laura Johnston.

For her article, entitled "**COVID Fatigue: Why you may be feeling down as we approach fall,**" Johnston interviewed several mental health professionals who shared a variety of suggestions as to how to cope with the stresses COVID has caused.

Visualize a new rope: "Part of it is trying to carve an unknown future into manageable time blocks," said Eileen Anderson-Fye of Case Western Reserve University. "When you reach the end of that rope, that's when you have to create a new rope in your mind."

Take care of yourself: "You take care of your mind, body and spirit every day," said Ohio State University's Barbara Warren. "Exercise, especially outdoors. To take care of your mind, escape in a book."

Embrace radical acceptance: "What radical acceptance teaches I might not like what's going on right now. I might hate it. But I am no longer going to tantrum or fight. I am going to go into a level of acceptance . . . creating a new perspective on life, new habits, new rituals and new routines," said Lisa Ruman from the Child & Family Counseling Center.

Make plans: "If you're finding it hard to live in the present, you can also find joy in planning the future — like thinking about the upcoming holidays," Johnston wrote.

To read the entire article, go to:

<https://www.cleveland.com/news/2020/08/covid-fatigue-why-you-may-be-feeling-down-as-we-approach-fall.html?fbclid=IwAR1rGOxmWDE9H0RizHK6OoHdp7XwwclFnmbdNtXA1ydGwgEUVFrmhw4LNg>

BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 6:30 p.m. on August 31, 2020:

Superintendent Fisher updated the Board on the status of Murray Ridge School, reporting that 48% of the students began the 2020-2021 school year with strictly remote instruction; while 52% choose to participate in the 'Alternative Schedule' option, which entails two days of on-site instruction each week (on either Mondays and Tuesdays, or Thursdays and Fridays) and remote instruction on the remaining school days. Director of Educational Services Dann Swift reported that the first day of school went well. Jeff Miller, Director of Vocational and Transportation Services, presented and the Board unanimously approved Murray Ridge School bus stops for the 2020-2021 school year, and Superintendent Fisher/ her designee(s) were authorized to relocate or designate additional bus stops during the school year, as needed. The Board unanimously approved revisions to the Murray Ridge School Face Covering Policy. Dr. Fisher reported on the phased re-opening of the Murray Ridge Adult Opportunity & Vocational Centers (OVCs) to individuals who reside in the family home and can supply their own transportation and follow COVID-19-related safety measures; the Board unanimously voted to remove the requirement, in place for the initial phase of re-opening, that returning individuals have an unmet need for supervision due to the job(s) of the family member(s) with whom they reside. The Board passed a resolution authorizing for public release a draft of the 2019 Strategic Plan Progress Report, and gave notice of a public forum on this report to be held on September 24, 2020 at 11:00 a.m. on the Zoom internet application.

The address for the September 24 (11 AM) public forum on the draft 2019 Strategic Plan Progress Report is Zoom internet application:

zoom.us/j/99344846088?pwd=V0FtemNBcW54MVNZMmVEcjJYRzliUT09 Passcode: 092020

or by phone at 1 267 831 0333 (Webinar ID: 993 4484 6088, Passcode: 092020); the draft Strategic Plan Progress Report can be accessed on our website, murrayridgecenter.org, or by calling 440-329-3734.

Lorain County Board of
Developmental Disabilities

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News You Can Use

Connecting for Kids recently released its September list of virtual programming for children and families. To check out the programs being offered, go to the registration link below.

<https://connectingforkids.org/register>

