



**MurrayRidgeCenter**  
HELPING PEOPLE...FOR A LIFETIME

# The Murray Ridge Courier

December 2011

## ***Real Heroes at Murray Ridge Center*** **Jim Ward Recognized at Annual Red Cross Ceremony**

Each year, the American Red Cross awards Lorain County citizens who have acted courageously by reaching out to those in need. This November, one of Murray Ridge's own staff members, Jim Ward, was honored at the annual Red Cross *Real Heroes Award* banquet.

Typically when we think of a hero, we picture a cape, tights, and leaping buildings in a single bound. But real heroes are much more than that; they are ordinary men and women who do extraordinary things. Those individuals who, through a single act of selflessness, heroically save or change a life – individuals like Jim Ward.



Jim Ward receives the Real Heroes Award from the Red Cross.

In April of 2011, Jim and fellow staff member Anne Born took a group of Murray Ridge consumers bowling at Oberlin College Lanes. During the physical fitness outing, a class participant began feel-

ing ill, and his symptoms soon worsened. Jim, who has been trained in CPR and First Aid for more than 20 years, acted quickly to escort this individual to Mercy Hospital, where his condition quickly deteriorated. Ultimately, the consumer was diagnosed with a split aorta, a situation that could've been deadly if not treated immediately. Jim's training and dedication to the individuals we serve enabled the patient to receive life-saving medical intervention.

Jim has been a part of the Murray Ridge staff for almost eight years, seven of those within our Adult Services Program, but his interest in MRC began when he and his family moved to Lorain County when Jim was only 11. His brothers Bobby and Michael, and sister Sarah are all MRC consumers. Jim's mom, Sue, and

two other sisters, Kelly and Jennifer, have also worked for Murray Ridge. "I have volunteered here since I was 12, and I remember walking

door to door for the levy campaigns as a kid. This place and the consumers mean a lot to me; I have dedicated my life to keeping [Murray Ridge] a place where consumers can live life to their fullest potential."

Today, the consumer Jim saved continues to recuperate and is spending time with his family. Mere minutes were the difference between life and death, and Jim's quick thinking and training made the difference. Fellow Murray Ridge employee Diane Smith, who nominated Jim for the award, felt this act of heroism deserved to be honored. "He is a dedicated employee and treats the consumers with the respect and attention that they deserve," Diane said.

When asked about the Real Heroes award, Jim explained, "I am very honored to receive the award, but I feel I just accepted it for all of the staff at Murray Ridge Center. Every day we make a difference in the lives of our consumers, whether it's officially recognized or not. It's what we do at Murray Ridge Center because we do what we love."

We agree with the Red Cross, Jim truly is a hero, and we are proud that he is a part of the Murray Ridge staff. Congratulations, Jim! Thank you for your continued dedication to those we serve.



Jim's family and Murray Ridge Staff share his big day. From l-r: Sue Ward, Michael Ward, Jim Ward, Sarah Ward, and Diane Smith.

# Athletes Honored at the 2011 Sports Awards Banquet

At Murray Ridge Center's annual Special Olympics awards banquet on November 7, athletes were honored for their participation throughout the year in more than nine sports.

The evening's keynote speaker, former Cleveland Browns player Al "Bubba" Baker, spoke of the need to always have fun in sports and in life. His inspirational speech cited memories from his childhood, his years playing professional football, and all the wonderful things he's encountered through hard work and dedication to all his interests, including those outside of athletics.

At Murray Ridge, there is no shortage of good times on and off the playing field. We strive to assist all of the individuals we serve to discover and master skills, and we are thankful to the staff members and volunteers who take the time to coach, mentor, and support our athletes in the many competitions throughout the year.

Congratulations to our Special Olympics athletes! Murray Ridge is proud of all you've accomplished and looks forward to celebrating many victories in the years to come!



Keynote speaker Al "Bubba" Baker and Board President Michelle Hunt.



Charles Johnson, Jr. and Al "Bubba" Baker.



Al "Bubba" Baker and Board President Michelle Hunt present Donna Wolfe with her award.



Lori Norton proudly displays her certificate.



Danny White, Board Member Dan White (Danny's father), and Board Member Keith Boey enjoy dessert.

# Exceptional Teacher Awarded

Congratulations to Murray Ridge School teacher Cheryl Bieri, who was awarded the Murray Ridge Center Exceptional Service Award at the regular meeting of the Board and Ethics Council on November 18.



Board Member Dan White presents Cheryl Bieri with her award.

Cheryl was nominated by a student's mother, Anita Maraldo. Anita's son, Matthew, is in his first year at Murray Ridge School, and has excelled with Cheryl as his teacher. Above and beyond her duties in the classroom, Cheryl actively communicates

with Anita throughout the day, providing updates on Matthew's progress, pictures of what they are working on, and information about what is going on in the school.

In her nomination letter, Anita noted, "Cheryl is very dedicated to the kids and it really shows!! I can't say enough about how great she is! Matthew really seems to enjoy school this year."

During the award presentation, a slide show of Cheryl's years at the school, including pictures of her with students and staff, was shown to the audience.



Cheryl expressed her thanks to the school and the Board on receiving her award.

In a heartfelt acceptance speech, Cheryl noted how much she loves her job, her students, and the work she gets to accomplish with them every day. "My favorite part of my job is being able to witness my students' successes - it is wonderful being able to watch their joy from accomplishing a task-no matter how big or small," Cheryl noted. "I also love taking my students out in the community and I love how everyday is different...I also work with a wonderful team of teachers and classroom assistants who I have learned so much from."

Cheryl truly demonstrates Exceptional Service and is a valued member of the Murray Ridge School staff. Congratulations Cheryl!



## BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 12:30 p.m. on November 18, 2011:

The Board presented Murray Ridge School teacher Cheryl Bieri with an Exceptional Service Award. A new policy on *Electronic Signatures*, *Digital Signatures*, and *Electronic Sign-Offs* was passed and a revision to the Agency's *Drug Free Workplace* policy was approved. Special Olympics funding and the 2012 budget were also reviewed and approved. The Board approved a request by Pam Sebastian, Director of Adult Services, to decline recertifying with Commission on the Accreditation of Rehabilitation Facilities (CARF) in 2012, with the option of recertification at a later date if deemed advantageous. The Inland Trail marathon had 370 participants and raised \$6,500 for the levy committee. The second Strategic Planning sub-committee meeting was scheduled for December 16 at 11:30 a.m. at SSA, where the Board Meeting will be held immediately following.



The holidays are fast approaching! That means food, fun with family and friends, snow, and hanging out indoors with others. Here are a few strategies to staying healthy, and helping others do the same, when the snow starts to fly:

## Eye On Health

*Kevin Eye, Director of Nursing Services*



- Get a flu shot: They don't cost much, don't hurt much, and really help to prevent you from getting sick.
- Wash your hands: Wash your hands vigorously with hot water and soap while quietly singing one verse of "Mary Had a Little Lamb." That will drown away most germs.
- Get plenty of rest: Good sleep at night will do your body good.
- Think of others: If you are sick, limit your contact time with others as much as possible.
- Drink plenty of fluids: Try to drink around 2 liters of water each day, preferably broken up into seven or eight servings.
- Take a multi-vitamin: Make this a daily ritual to help ensure that you are getting enough vitamins and minerals.
- Cover your mouth when you cough or sneeze: This seems to go without saying. If you don't have a tissue, protect others by sneezing into the sleeve of your shirt.

And if all else fails, have a warm cup of chicken noodle soup and read a good book. It will do your body and mind good.

## 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 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 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.



# December 2011

## Activities and Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4	5	6	7	8 	9 	10
11	12	13	14	15	16 	17
18	19	20	21	22	23	24
Winter break for Murray Ridge Preschool and School						
25 	26	27	28	29	30	31
Winter break for Murray Ridge Preschool and School Agency Holiday/Program Closing Days, 12/26-12/30						

- 12/1— Murray Ridge Support Group meeting, 4:15 p.m., Elyria Opportunity/Vocational Center, 1095 Infirmary Road in Elyria
- 12/8— LCBDD Finance Committee meeting, 12:00 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 12/8— Early Intervention Playgroup, 5:30—6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 12/9— Murray Ridge Support Group Dance, 7:00 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 12/16— Regular Meeting of the Board and Ethics Council, 12:30 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 12/19—12/30—Murray Ridge Preschool and School Closed for Winter Break; School classes resume 1/1/12
- 12/26—Agency Holiday
- 12/27-30—Agency Program Closing Days



## Lunch Menu

Youth = \$3.05 Adults = \$3.25\*



Dec. 12 - 16

Jan. 9 - 13

**Monday-** Salisbury Steak w/Gravy, Scalloped Potatoes, Corn, Peaches, Cookie

**Tuesday-** Turkey or Bologna with Cheese on Wheat Bread, Peas & Carrots, Pears, Nutri-Grain Bar

**Wednesday-** Meat Lasagna, Green Beans, Tossed Salad w/Low fat Dressing, Wheat Bread, Cookie

**Thursday-** Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Banana, Nutri-Grain Bar

**Friday-** Fish Patty, French Fries, Cole Slaw, Apple Slices, Wheat Bread, Cookie

Nov. 28 - Dec. 2

Dec. 19 - Dec. 23

**Monday-** Ham, Wheat Bread, Rice Pilaf, Diced Carrots w/Herbs, Applesauce

**Tuesday-** Hamburger on a Bun, Potato Wedges, Corn, Crushed Pineapple, Cookie

**Wednesday-** Chicken Patty w/Gravy, Au Gratin Potatoes, Green Beans, Fruit, Wheat Bread, Cookie

**Thursday-** Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Banana, Nutri-Grain Bar

**Friday-** Macaroni & Cheese, Cooked Carrots, Diced Pears, Cookie

Dec. 5 - Dec. 9

Jan. 3 - Jan. 6

**Monday-** Chicken Patty on a Bun, Potato Rounds, Corn, Crushed Pineapple, Cookie

**Tuesday-** Meat Lasagna, Tossed Salad w/Low fat Dressing, Diced Peaches, Nutri-Grain Bar

**Wednesday-** Rigatoni w/Meatballs, Green Beans, Tossed Salad w/Low fat Dressing, Wheat Bread, Cookie

**Thursday-** Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Fresh Fruit, Nutri-Grain Bar

**Friday-** Meat/Cheese Burrito, Spanish Rice, Cole Slaw, Applesauce

\* Price increase effective January 1, 2012.

# Lorain County Metro Parks Survey

## *Your Input is Needed!*

Lorain County Metro Parks is building a new well-ness/recreation facility in the Amherst area. The survey below will help them identify ways their new design can better accommodate individuals with developmental disabilities. To complete the survey, please follow the link and answer the short questionnaire before January 15, 2012. Your input will allow the Lorain County Metro Parks to better serve you and your family. Thank you for your time!

<http://www.surveymonkey.com/s/wellnesszone>



## Thanksgiving Feast at Murray Ridge School

On November 22, Murray Ridge School held the first ever Progressive Thanksgiving Lunch for students and parents.

The luncheon was organized by teacher Kristin Dickhoff. Nine classes were involved, with different food items in each classroom. Parents and students "progressed" from room to room, selecting different parts of the meal in each room. School staff provided the usual Thanksgiving fare, with many parents bringing in side dishes to share.

Families were asked to donate canned food items that were given to a local church food pantry.

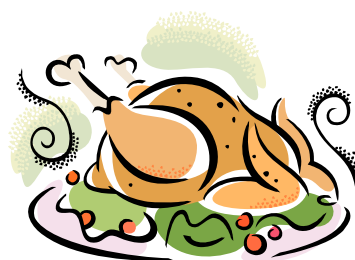
This successful meal was fun for staff, students, and parents! Thank you to all those who donated to this wonderful event!



Chris Dodson enjoys his Thanksgiving feast.



School staff Julie Peterson and Leah Buzzelli serve food in their classroom.



## Raffle to Benefit Young at Heart

Crafted by Jeff Christopher, this 16"x 20," mission-style hall mirror with bronze finished coat hooks is made of solid white and red oak with traditional design and true one inch thick boards.

All proceeds will benefit the OOVC Young at Heart Program and the Daily Activities/Community Integration Programs at OOVC.

The drawing for this artisan piece will take place on Tuesday, December 20, 2011 at OOVC. Tickets are 1 for \$1 or 6 for \$5. Contact Lisa Lee or Leroy Keen at the OOVC with any questions.



## Support the Team!

MURRAY RIDGE RAIDERS HOME GAMES  
9750 S. Murray Ridge Rd., Elyria

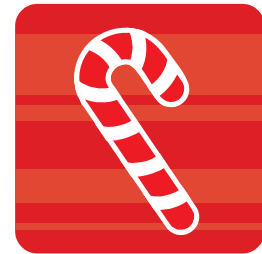


Date:	Time:	Team:
December 7	6:00 pm	Men's Team 2 vs. Summit 2
December 10	10:00 am	Men's Team 3 vs. Portage 2
	11:30 am	Men's Team 2 vs. Portage 1
December 14	6:00 pm	Lady's vs. Summit Lady's
December 17	11:00 am	Men's Team 3 vs. Stark Public 2
	12:30 pm	Men's Team 2 vs. Stark Public 1
January 4	6:30 pm	Men's Team 1 vs. Stark DD Red
January 7	10:00 am	Men's Team 1 vs. Cuyahoga Betterway
January 10	6:30 pm	Lady's vs. Stark Lady's
January 11	5:45 pm	Men's Team 3 vs. Erie Bucks 2
	7:15 pm	Men's Team 1 vs. Erie Bucks 1
January 18	6:00 pm	Men's Team 2 vs. Geauga DD
January 19	6:00 pm	Men's Team 1 vs. Summit DD 1
January 21	10:00 am	Lady's vs. Medina Lady's
	11:30 am	Men's Team 3 vs. Medina DD 2
January 25	6:00 pm	Lady's vs. Sandusky DD Co-Ed
	7:30 pm	Men's Team 3 vs. Sandusky DD 1
January 28	10:00 am	Men's Team 1 vs. Cuyahoga Rockets
	12:00 pm	Lady's vs. Geauga DD Lady's
February 1	6:30 pm	Men's Team 3 vs. Cuyahoga Grinders
February 8	5:30 pm	Men's Team 2 vs. Medina DD 1
February 22	6:30 pm	Men's Team 2 vs. Lake DD 1

## Special Visitors



On November 29, the Murray Ridge School welcomed Judge James Burge and his wife, Susan Cruzado Burge, for a school tour. Pictured l-r: Gigi Novak, Susan Cruzado Burge, Hon. James Burge, Lenni Oeftering, and Superintendent Fisher.



## Fun & Wellness Celebrated in November



Consumer Rick Ross and staff member Jim Ward sing karaoke.



Members of Mega Championship Wrestling and MROCA volunteers pose for a picture with the championship belt.

On Saturday, November 5, Murray Ridge Center kicked off the Fun & Wellness Expo at Murray Ridge School. Face painting, games, food, and fun were open to all Lorain County residents. The next day, we continued the "healthy" theme by supporting the Murray Ridge Center Inland Trail Marathon, organized by the Murray Ridge Levy Committee and sponsored by Medical Mutual and Sherwin Williams. Thank you to all who volunteered and attended both events!



Marathon runner Jackie Tillman completes her first marathon.



Lorain County Board of  
Developmental Disabilities

**Murray Ridge Center**  
1091 Infirmary Road  
Elyria, OH 44035

Visit our Web site  
[www.murrayridgecenter.org](http://www.murrayridgecenter.org)

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#### **More News You Might Use...**

We often receive information from external sources about offerings designed for people with DD (e.g., summer camps and special interest classes). Many 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 these consumer-oriented events and opportunities, please contact Albert Sprague, Director of Residential Service & Support Administration at 440-324-2366.

If you wish to receive future newsletters by email, please visit [www.murrayridgecenter.org](http://www.murrayridgecenter.org) and click on the Sign Up for Our Email Newsletter link.

**Murray Ridge Center wishes  
all Lorain County residents a  
safe and  
joyous  
holiday  
season,  
and best  
wishes for a  
wonderful  
new year!**

