

Honoring People Who Help People

Recently, Murray Ridge Center took a moment at its annual In-service to recognize staff members who commit themselves daily to meeting the needs of individuals with developmental disabilities. Special recognition was bestowed on 81 employees who as of November 1st, had dedicated themselves to the mission of Murray Ridge Center for 5, 10, 15, 20, 25 or 30 years.

Among these 81 employees, two have devoted 30 years of service to the organization. **Pat Novotny** joined Murray Ridge on December 31, 1979, as the Coordinator of Respite Care in Oberlin. From 1981-1985, she served as a supervisor for two group homes, sometimes working 16 hour days. During this time, she also began working on her Masters degree in Special Education and Supervision from Cleveland State University. In 1985, Pat took a position as a Habilitation Specialist, which was subsequently converted to Program Specialist, a position which Pat holds to this day. In her 30 years of working for Murray Ridge, Novotny stated that she has received the most enjoyment on the job from knowing that she is meeting the needs of our consumers, which comes as no surprise to her co-workers.

Another staff member, **Brenda Thompson**, has also committed 30 years to Murray Ridge Center. Thompson joined Murray Ridge in 1979 as a secretary for the Elyria Work/Activity Center (EWAC), and became a Workshop Specialist there in 1986. Ten years ago she transferred to the Lorain Work/Activity Center (LWAC), also as a Workshop Specialist II, and still serves in this capacity today.



Pictured Left-right: Amherst Eagles #1442 members Frank Reddinger, Tom Hardy, Dan Campbell, Terry Harper, Don Feist

This annual In-service also serves as an opportunity to recognize community members and organizations who have significantly supported Murray Ridge Center in fulfilling its mission of helping others. The 2010 Community Awareness, Recognition,

Education and Service, or C.A.R.E.S. Award was presented to the Amherst Eagles #1442 for the organization's commitment to helping Lorain County citizens with developmental disabili-



Murray Ridge staffer, Patricia Novotny (left) displays her 30-year award plaque with supervisor George Gedid (right).

This summer, the Eagles organized a Poker Run to raise money for Murray Ridge Special Olympics. Nearly 150 individuals rode motorcycles more than 100 miles across northeast Ohio, stopping at several Eagles clubs to pick up playing cards. The individual with the best "Poker Hand" at the end of the race was the winner. The event raised \$3,700 for our Special Olympics program, and was deeply meaningful to and appreciated by Murray Ridge Center and its Olympians. And that good deed brought about another. On hearing about the event, the Nordson Corporation then generously matched the Eagles' donation, for a total of \$7,400 raised for Murray Ridge Center Special Olympics.

Celeste McKissick, a Murray Ridge Center staff member who knows several members of the Amherst Eagles, said "This is one of the most generous, and most humble group of individuals you could ever know. They give everything they can to people who need it, and

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Honoring People... *...Continued from page 1*

never seek recognition. In fact, they generally avoid recognition because for them, it's all about doing good things for other people."

At the end of the day, everyone in attendance could reflect on the fact that it takes people helping people to get things done, and at Murray Ridge Center that means a commitment to help the individuals we serve, not for a moment, but for a lifetime.

Support the Raiders!

Come cheer for the Murray Ridge Raiders Basketball Teams at the Murray Ridge School as they gear up for another exciting season!

Home games this season are as follows:

- 12/14/10—Team 3 vs. Elyria Vipers, 6:00 p.m.
- 12/15/10—Team 2 vs. Lake 1, 6:00 p.m.
- 12/20/10—Team 1 vs. Middleburg Grinders, 6:00 p.m.
- 12/22/10—Team 1 vs. Erie 1, 6:00 p.m.
- 12/22/10—Team 3 vs. Erie 2, 7:00 p.m.
- 1/5/11—Team 3 vs. Grinders 2, 6:00 p.m.
- 1/6/11—Team 2 vs. Huron, 6:00 p.m.
- 1/8/11—Team 2 vs. Geauga, 10:30 a.m.
- 1/8/11—Team 3 vs. Geauga, 11:30 a.m.
- 1/8/11—Lady Raiders vs. Stark, 1:00 p.m.
- 1/12/11—Team 1 vs. Summit 1, 6:00 p.m.
- 1/13/11—Team 2 vs. Summit 2, 6:30 p.m.
- 1/15/11—Team 1 vs. Stark 1, 11:00 a.m.
- 1/20/11—Lady Raiders vs. Geauga, 5:30 p.m.
- 1/27/11—Lady Raiders vs. Sandusky, 5:00 p.m.
- 1/27/11—Team 3 vs. Sandusky, 6:15 p.m.
- 1/29/11—Team 1 vs. Cuyahoga Rockets, 10:00 a.m.
- 2/10/11—Team 2 vs. Medina 1, 5:00 p.m.
- 2/10/11—Team 3 vs. Medina 2, 6:15 p.m.
- 2/15/11—Lady Raiders vs. Medina, 5:30 p.m.



Fish Therapy



Murray Ridge School Student Athyna Rivera happily feeds the fish in the school library.

There's something fishy going on at the Murray Ridge School. A 55-gallon aquarium full of fish, frogs and shrimp, to be exact. Donated by the Mowcomber family in 2006, the aquarium provides relaxation and sensory stimulation, as well as opportunities to complete tasks such as feeding the fish and cleaning the tank. According to Behavior Support Specialist **Gigi Novak**, it "is extremely therapeutic for students having a difficult day to take some time to watch the fish." Said Gigi, "unequivocally, the aquarium has been an asset to Murray Ridge School students!"

The maintenance expenses and re-stocking of fish is made possible through fundraisers and donations. Recently, \$350 was raised for the aquarium, which is expected to cover expenses for the next three years.



If you would like to receive The Murray Ridge Courier via email, contact Racheal Seibert at 329-3734 or email her at rseibert@murrayridgecenter.org. You may also sign up on our website at www.murrayridgecenter.org.

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 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 Adult Activities 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 Adult Activities 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.

Things Are Going Swimmingly



Lady Raiders, top row, left-to-right: Jennifer Moccabee, Stephanie Budweg, Martha Lombeida, Joann Gall, Doreen Alaksa, and Vivian Gongaware; front row, left-to-right: Cathy Bower, Lori Norton, Kim Nadolski, Amy Trigilio, and Sarah Ward

The Murray Ridge Raiders Swim Teams dove right into the competitive spirit this season and will be competing at the Special Olympics State Aquatics Meet at The Ohio State University December 18-19. For more information, contact Judy Hartung at 284-2720.

Men's Team, top row, left-to-right: Kenny Martin, Marko Govich, Marty Hahn, Dustin Mitchell, and Terry Scott; front row, left-to-right: Ryan Eliason, Mike Ward, Kevin Plata, and Mike Urban





Medication Notes

As a consumer, parent, guardian or service provider, you have certain responsibilities for your own medical care, or for the care of the consumer. As discussed in the booklet Patient Rights and Responsibilities. An easy-to-read guide for people taking medications, adhering to the following patient responsibilities will help to ensure that you or the consumer are receiving the appropriate care or treatment.

- Talk honestly with the doctor. Even if you are not comfortable with the questions the doctor is asking, you must answer him/her honestly so that he/she can provide the best possible treatment.
- Bring any medications you are currently taking to your initial doctor visits so that the doctor can avoid prescribing medications that may interact negatively.
- You must take medications as prescribed. If you do not, the doctor will be unable to determine the effectiveness of the treatment. You should never alter the way the medications are taken without first consulting the doctor.
- Contact the doctor if you suspect or experience any negative side effects with recently prescribed medications.
- Be sure to keep all follow-up visits.



**Murray Ridge Center
wishes all Lorain
County residents a
safe and joyous holi-
day season!**

“Exceptional Service Award” Nominations Sought by Board

If you are a consumer, parent, guardian, sibling or other relative, or a community member and would like to participate in recognizing a Murray Ridge Center employee whose work efforts reflect remarkable dedication in meeting the needs of Murray Ridge consumers, you are encouraged to nominate those staff members who, in your opinion, have made significant contributions to the lives of those we serve. The nominating criteria are purposefully wide to reflect the diversity of staff duties and contributions, but in general, the nominees will reflect a standard of service that exceeds, *in the opinion of the one making the nomination*, the already high standard of service set by the agency.

Nominations for this award should be submitted to Racheal Seibert, Community Education and Volunteer Manager (rseibert@murrayridgecenter.org) by December 10, 2010. When making a nomination, it is requested that you write a brief narrative (of at least one paragraph), outlining your reasons for nominating the employee.

All nominations will be forwarded to the Board for selection at its discretion.

It is the intention of the Board to present this quarterly award to its recipient (s) at one of its regularly scheduled meetings, which will normally be held on the last Friday of each month at 12:30 p.m. in the Board Room.

If you have any questions, contact Racheal Seibert, Community Education and Volunteer Manager, or Tim Donohue, Director of Communications, at 440-329-3734.

BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 12:30 p.m. on November 19, 2010:



Superintendent Fisher informed the Board that the renewal of the agency’s general health insurance plan for 2011 would not result in an increased cost. The dental portion of this plan, however, would result in an 8% increase in cost. The Board unanimously approved the renewal. Board member Vassie Scott then presented the 2011 projected budget for Special Olympics and informed the Board that the new budget amount included the purchase of a new score board for the gymnasium to replace the broken one. The Board unanimously approved the 2011 Special Olympics budget. Following this, the Board unanimously approved the 2011 operating budget. In other business, Dr. Fisher informed the Board on the result of local levy outcomes and also reported that levies passed for all county DD systems in Ohio that had them on the ballot. Finally, the Board unanimously approved that President Michelle L. Hunt serve as Delegate at the Ohio Association of County Boards Serving People With DD Assembly on December 1, 2010. Superintendent Fisher was selected to serve as the Alternate Delegate.



December 2010

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 	25
26	27	28	29	30	31 	

Winter break for Murray Ridge Preschool and School

Agency Program Closing Days, 12/27-12/30

Winter break for Murray Ridge Preschool and School

Activities & Events

- 12/3—Murray Ridge Support Group Dance, 7:00 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 12/9—Murray Ridge Support Group meeting, 4:15 p.m., Elyria Work/Activity Center, 1095 Infirmary Road in Elyria
- 12/9—LCBDD Finance Committee meeting, 12:00 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 12/9—Early Intervention Playgroup, 5:30—6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 12/14—Family Support Parent Committee meeting, 6:00 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
- 12/17—LCBDD Meeting, 12:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
- 12/18-12/19—Special Olympics Ohio Swim Meet, OSU Campus, 12:00 p.m. Saturday—12:00 p.m. Sunday
- 12/20—12/31—Murray Ridge Preschool and School Closed for Winter Break; School classes resume 1/3/11; Preschool classes resume 1/4/11
- 12/24—Agency Closed in Observance of Christmas
- 12/27-30—Agency Program Closing Days
- 12/31—Agency Closed in Observance of New Year's Day



November 29-December 3
December 20-24
January 10-14

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

Tuesday- Ham & 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

Lunch Menus

Cost Per Day: Youth = \$2.80, Adults = \$2.80

December 6-10
December 27-31
January 17-21

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



December 13-17
January 3-7
January 24-28

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

Lorain County Board of
Developmental Disabilities

Murray Ridge Center
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Elyria, OH 44035

Visit our Web site
www.murrayridgecenter.org

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If you have a news item that you would like to include in the Murray Ridge Courier, please email relevant photos, stories or event information to Racheal Seibert at rseibert@murrayridgecenter.org.

Submissions are due by the 20th of each month for the following month's newsletter.



Further News You Might Use...

We are often in receipt of information from external sources on offerings designed for people with DD. 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 consumer-oriented events and opportunities, please contact Albert Sprague, Director of Residential Service & Support Administration. You may reach him by telephone at 440-324-2366.

Horsing Around



Alexis Throckmorton, above, enjoys the company of a furry friend who came to visit students at Murray Ridge School. Oberlin dentist Jeffrey Buckley and his team of volunteers delighted students at the school with a visit from five miniature horses and an enormous Belgian Horse.