

## Raiders Field First Women's Basketball Team



Basketballs are bouncing, and sneakers are squeaking as the Murray Ridge Raiders prepare to wrap up yet another great season on the court.

This year, for the first time, Murray Ridge Center had an exhibition women's basketball team made up of 10 athletes. These ladies worked very well together as a unit, and the recreation department plans to continue this team in the coming year. Murray Ridge looks forward to more involvement and interest in the women's team in future seasons.

The Murray Ridge Special Olympics basketball teams have had a busy and exciting competition schedule. This season nearly 80 athletes, ages 18 and up, participated in the Special Olympics basketball programs at Murray Ridge Center.

College's (LCCC) Field House. More than 25 teams are expected to participate in this regional competition. In addition, 38 Murray Ridge Center consumers participated in the basketball skills program in an effort to gain a basic foundation of basketball techniques. This program is always a success with participants.

Judy Hartung, Habilitation Manager of Recreation, believes, "Special Olympics is a great year-round program because it gets consumers moving. Working out and being physically active is good for everyone!"

Many Raider fans express their support by attending games. If you have not yet had a chance to see the Raiders in action, be sure to attend a game during their upcoming tournament, February 23-25 at LCCC.



### Inside this Issue

Informational Presentation	2
Special Olympics Update	2
Fetal Alcohol Spectrum Disorder Series	3
Love Your Heart	4
Upcoming Events	4
Employee News	5
Menus	6

Each year the Raiders Basketball teams compete against peer teams across Northeast Ohio. During the 2006-2007 season, teams one and two, consisting of 24 athletes, played a total of 10 games. Both teams will wrap things up at the Special Olympics North Section Basketball Tournament, held February 23-25 at Lorain County Community

## Go Raiders!



*Clockwise, from left to right;  
Krystle Keener making a lay-up; Dominique Flores  
happy as can be to be on the women's team; Benji  
Lewis and David Zsigray cheer on their teammates.*

## Annual Action Plan Notice

The Lorain County Board of Mental Retardation & Developmental Disabilities has drafted the 2007 Annual Action Plan. A public hearing to discuss the 2007 Annual Action Plan will be held on March 5 at 10:00 a.m. at the Administration Building, 1091 Infirmary Road, Elyria. In addition, for your convenience, a copy of the draft will be available at the front desk of each Murray Ridge Center facility.

For more information on the Lorain County Board of MR/DD please visit our Web site at [www.loraincountymrdd.org](http://www.loraincountymrdd.org)

If you would like to receive future newsletters via e-mail, contact Katie Bevan at [kbevan@loraincountymrdd.org](mailto:kbevan@loraincountymrdd.org)



## Child Development Presentation: Birth through Five

Stephanie Bondra and Bethany Springer, certified developmental specialists from the Lorain County Board of Mental Retardation and Developmental Disabilities, will host an informational session on childhood development from birth through five years of age. The session will take place on February 22 at 7:00 p.m. at the Old Firehouse in Avon Lake located at the corner of Rt. 83 and Lake Road.

The speakers will discuss developmental milestones and warning signs during this critical time of development, and

how to best handle the transition from home to school. The Murray Ridge staffers will also present activities and toys that are most appropriate for your child's developmental needs. Following the presentation there will be time for questions and answers. Contact the Early Intervention department at Murray Ridge School for more information at 440/329-3760.



## A New Spin on Charitable Giving for 2007

Individuals and businesses making contributions to charity should keep in mind some new and important tax law changes in 2007. We appreciate that many of our readers may make monetary donations to Murray Ridge Center or to other organizations in need. You might find helpful the following new guidelines, as established by the Internal Revenue Service:

- In order to deduct charitable monetary donations, taxpayers must either have a bank record, such as a canceled check, bank, credit union, or credit card statement, or the individual may submit written verification from the organization, including the charity name, and the date and amount of the contribution
- Donations of money include those made in cash or by check, electronic funds transfer, credit card, and payroll deduction

Contributions to Murray Ridge Center are always welcomed. If you are interested in making a donation please note that checks should be made out to *Friends of Murray Ridge* and, if appropriate, please indicate a specific Agency program or service toward which you would like the funds to be used. All donations can be mailed to the Administration Building, 1091 Infirmary Rd., Elyria, OH, 44035.

### Emmanuel's Gift... A True Inspiration

Lorain County Community College will be hosting Emmanuel Ofose Yeboah at Stocker Center on February 8, 2007 at 6:30 p.m. Born in Ghana with a severely deformed right leg, Yeboah's mission has been to change the destiny of individuals with disabilities in his country forever. To focus the attention of his countrymen on this issue, Yeboah decided to ride a bike across Ghana. In July 2002, on a bicycle provided by the Challenged Athlete Foundation, he embarked on his journey.

His story has been recorded in the documentary, *Emmanuel's Gift*, narrated by Oprah Winfrey. Yeboah's story has impacted the hearts and minds of millions worldwide. This event is sure to inspire and encourage those in attendance to persevere through all obstacles.

A meet and greet with Emmanuel Yeboah and refreshments will be available prior to the event. While the presentation is free, reservations are requested. To register for this event or for more information, contact Nadia Leary at 440/366-4722.

### Gratitude and Congratulations...

After 14 years, Donald Lappin has stepped down from his duty as a consumer representative on the Human Rights Committee. Murray Ridge Center applauds Donald for his many years of valuable contributions to the committee on behalf of our consumers. Thank you and best wishes in your 'retirement!'



**Jeff Neal (left) presented Donald Lappin (right) with a certificate noting his tenure and dedication to the committee.**



## Love Your Heart

The American Heart Association asked everyone to support the fight against heart disease, the leading cause of death for women in the United States, by wearing red on February 2, 2007—*National Wear Red Day*. This was a simple, yet powerful way to raise awareness of heart disease and stroke, and empower women and men to make changes for their heart health.

According to the American Heart Association, cardiovascular disease claims more lives than the next four most common causes of death combined. But, when you take action to reduce your risk, much of heart disease can be prevented. It is important to love your heart.

### Actions Today for a Healthier Heart Tomorrow

- **Don't smoke, and if you do, quit**  
Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.
- **Aim for a healthy weight**  
It's important for a long, vigorous life. Excess weight contributes to many preventable deaths.
- **Get moving**  
Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.
- **Eat for heart health**  
Choose a diet low in saturated fat, trans fat, and cholesterol, and moderate in total fat.
- **Know your numbers**  
Ask your doctor to check your blood pressure, cholesterol, and blood glucose levels. Work with your physician to improve any numbers that are not within normal ranges.

Join the fight against Cardiovascular Disease year-round and encourage others to make some "heartfelt" lifestyle changes.



## Triumph Through the Challenges of Fetal Alcohol Spectrum Disorder

The Lorain County General Health District is once again offering *Triumph Through the Challenges of Fetal Alcohol Spectrum Disorder*, a four-week course for parents, grandparents, guardians, caregivers, and those who work with children who may have had prenatal exposure to alcohol or drugs. By attending this 12-hour series, you can learn more about what fetal alcohol spectrum disorder is, and how you can help your child succeed. The course will be held on March 6, 12, 20, and 27, with two class times to choose from at 9:30 a.m.-12:30 p.m., or 6:00-9:30 p.m. There is no cost to attend the series. Workbooks will be available for loan or to purchase for \$15. Continuing Education Credits (12 hours) are available to foster caregivers, social workers, counselors, BRCH, MR/DD, and certificates of attendance will be given.



Space is limited, so be sure to reserve your spot by March 2! For more information or to register, contact Judy Petricevic at 440/322-6367, 440/244-2209, or by e-mail at [jpetricevic@loraincountyhealth.com](mailto:jpetricevic@loraincountyhealth.com).

## Murray Ridge School News

- Unfortunately, due to lack of participation, the Parent and Educator Team (PET) will no longer be in existence. The Market Day fundraiser, however, will continue through June 2007.
- There has been an addition to the Early Intervention evening playgroups. We will now be providing two evening playgroups, offered from 5-6:00 p.m. and also from 6-7:00 p.m., twice a month at Murray Ridge School. Below are the evening playgroup dates for 2007:

February 8 and 22  
March 8 and 22  
April 12 and 26  
May 10 and 24  
June 14 and 28

August 9 and 23  
September 13 and 27  
October 11 and 25  
November 15  
December 13










For additional information on the Early Intervention program, contact Valerie Deptula at 440/329-3760.

- A presentation on Spasticity will be given on February 23 at 1:00 p.m. at Murray Ridge School. Presenter, Carolyn Green, M.D. from the Department of Pediatric Neurology at Rainbow Babies & Children's Hospital will discuss treatment options available for individuals with Spasticity. All are invited to attend this session. Please R.S.V.P. to 440/329-3760.



# February 2007

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		21	22 	23 	24
25	26	27	28			

## Attention Special Olympic Athletes:

With Spring quickly approaching, be sure to check your mailboxes for details about participating in upcoming spring sports including, bocce, cycling, track, volleyball, soccer and swimming.

Special information regarding Spring bowling opportunities will arrive by mail in the coming months.

For additional Special Olympic information, contact Judy Hartung at 440/329-3734.



## Mark Your Calendar: 2007 Family Fun Fair & Safety Fest

Beat the winter blahs by attending Murray Ridge Center's 6th annual Family Fun Fair & Safety Fest on Saturday, March 24, from 11:00 a.m.- 3:00 p.m. at Murray Ridge School, 9750 S. Murray Ridge Rd., Elyria. This is a community event where kids of all ages can play games, and learn safety tips from Lorain County safety service personnel. There will be raffle prizes and food galore! The Lorain County Metro parks will also offer informational nature sessions. Art creations by Murray Ridge consumers will be on display. Identification kits for children will also be available. Don't miss this family-friendly event! There is no admission fee to attend. For more information, contact Steve Harder or Sue Ward at 440/774-7400.



## Murray Ridge Center Events

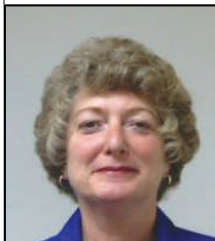
- 2/8- Murray Ridge Support Group Meeting, Lorain Work Activity Center, 4360 Oberlin Ave., Lorain, 4:15 p.m.
- 2/8- Early Intervention Evening Playgroup, Murray Ridge School (MRS), 9750 S. Murray Ridge Rd., Elyria, 5-6:00 p.m. and 6:00-7:30 p.m.
- 2/9- Valentine's Day Dance, MRS, 7-9:00 p.m.
- 2/14- Market Day Pick-Up, MRS, 3-4:30 p.m.
- 2/19- Agency Facilities Closed in Observance of President's Day
- 2/20- Family Support Parent Committee Meeting, Administration Building, 1091 Infirmary Rd., Elyria, 6:30 p.m.
- 2/20- LCBMR/DD Meeting, Administration Building, 7:30 p.m.
- 2/22- Early Intervention Evening Playgroup, MRS, 5-6:00 p.m. and 6:00-7:30 p.m.
- 2/23-25- Special Olympics North Section Basketball Tournament, Lorain County Community College, Friday 4-8:00 p.m., Saturday, 8:00 a.m.-4:00 p.m., and Sunday 9:00 a.m.-4:00 p.m.



**Preschooler at Murray Ridge School, Kacey Meredith enjoyed playing outside on a snowy day in January.**



## New Positions Assumed



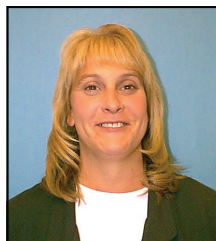
For more than 10 years, **MJ Allen** has worked part-time at Murray Ridge. She will now be assuming full-time duties as the receptionist at Murray Ridge School. Spencer resident, Allen and her husband Jim have two daughters. She enjoys to travel, sew and shop. Allen also assists in her husband's business.

During **Terri Osborn's** five years with the Agency, she has worked as a Program Manager- QMRP and a Service and Support Administrator. She recently filled a new position as Behavior Support Specialist at SSA. Osborn earned a Masters degree in Art Therapy from Ursuline College. She resides in Lorain with her family and dog. In her spare time, Osborn enjoys participating in karate and kickboxing.



Former Service and Support Administrator, **John Syrowski** has been with Murray Ridge for nearly two years and was recently promoted to Investigative Agent. A Tiffin University alumnus, Syrowski holds a Bachelor Degree in Criminal Justice. He resides in Amherst with his wife, Kayla and daughters, Allie and Emma. In his spare time, Syrowski keeps physically fit, and enjoys coaching his children's sport teams. His love for sports extends into his work as a basketball official for the Ohio High School Athletic Association.

Lorain County resident, **Joanne Wolfe** has been on our staff for more than 25 years. She recently was promoted from Service Support Administrator to Waiting List and Emergency Placement Coordinator. She holds a Bachelor Degree in Criminology from The Ohio State University. Wolfe and her husband are avid motorcyclists and enjoy Harley riding cross-country. She is an advocate for animals, and is a member of the Humane Society and PAWS.



## Upcoming Conferences & Workshops

### **Saving for Retirement\***

Presented by Kathy McCully, Ohio Public Employees Deferred Comp Program  
February 15, 4:30-5:30 p.m.  
Elyria Work Activity Center

### **Communication: Make It/Take It\***

Presented by Marlene Jones, Speech & Language Pathologist  
March 22 and 29, 4:30-6:30 p.m.  
Elyria Work Activity Center

### **Domestic Violence & MR/DD\***

Presented by Peg Calvey and Jeff Camp  
AVERT Program  
April 19, 4:30-6:40 p.m.  
Elyria Work Activity Center

\*For questions or to register for any of the above educational workshops, please contact Laura Barney at 440/329-3734.



## Board Room Briefing

The Lorain County Board of MR/DD convened at 7:30 p.m. on January 31.

At the **Organizational Meeting**, the Board elected to retain its present slate of officers for 2007. President Dan White maintained all existing Committee Assignments for 2007, and added new Board Member Michele Hunt to the Finance Committee. President White also continued the roles of Don Gehlmann as liaison to the Family Support Committee and to Murray Ridge Production Center, Inc., and Jim Uldrich, as liaison to the Murray Ridge Housing Corporation.

At the **Regular Meeting**, the Board approved the Resolution to Continue Services to Children Ages 6 through 21; approved a revised version of the Organizational Policies and Procedures Compliance Policy and voted to adopt a policy concerning the Federal Deficit Reduction Act Requirements. In other actions, the Board approved for public review the draft of the 2007 Annual Action Plan; approved the Public Forum for review of the Action Plan at 10:00 a.m. on March 5 at the Murray Ridge Administration Building, and (providing there are no changes upon public review), approved the adoption of the 2007 Action Plan with an effective date of March 6. Superintendent Fisher also updated the Board on major events in the MR/DD field, including the appointment of John Martin as the new Director of the Ohio Department of Mental Retardation & Developmental Disabilities.

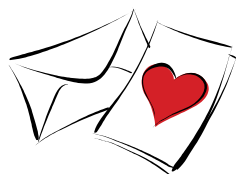


Lorain County Board of Mental  
Retardation & Developmental Disabilities

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[www.loraincountymrdd.org](http://www.loraincountymrdd.org)



## Lunch Menus for Murray Ridge Center

Cost Per Day: Youth = \$2.45, Adults = \$2.50

### Week of February 5-9 and February 26- March 2

**Monday-** Ham, 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

### Week of February 12-16

**Monday-** Chicken Patty on a Bun,  
Potato Wedges, 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, Jelly, Cookie

**Thursday-** Pepperoni & Cheese Pizza,  
Fresh Fruit, Nutri-Grain Bar

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

### Week of February 19-23

*\*Agency Facilities Closed on February 19  
in Observance of President's Day\**

**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, Ba-  
nana, Nutri-Grain Bar

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