



The Murray Ridge Courier

Lorain County Board of
Mental Retardation &
Developmental Disabilities

January 2007

Murray Ridge Housing Corporation Continues Opening Doors



New supported living residence in Elyria.

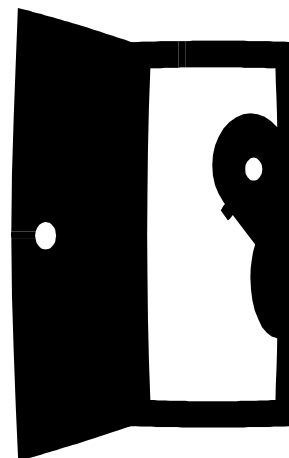
The Murray Ridge Housing Corporation (MRHC) recently purchased its 20th community-based home. This home will be rented to four women with developmental disabilities who will receive support services in this setting. A non-profit Housing Board, MRHC, was established in January 1992 for the purpose of providing financing, acquisition, and management of housing dedicated to individuals with developmental disabilities. MRHC was initiated by Murray Ridge Center, which accessed capital assistance funds from the Ohio Department of Mental Retardation and Developmental Disabilities. Since its inception 15 years ago, MRHC has energetically pursued the goal of ensuring the availability of community-based living arrangements for consumers.

Collectively, the homes owned by MRHC provide safe and affordable housing opportunities to nearly 80 individuals with disabilities. All 20 supported living homes are located in traditional residential neighborhoods throughout Lorain County. Murray Ridge Center and MRHC are dedicated to the philosophy that people with developmental disabilities should be given every opportunity to live successfully in community-based settings.

For some of the tenants, the homes can mean the opportunity to move out of large residential settings where they exercise less control over their home environment; many have relocated from homes where their basic needs could not be fully met.

As the New Year ushers in a new sense of hope for four Murray Ridge Center consumers moving to their new home, MRHC looks forward to a new year of continuing to meet the housing challenges of individuals in Lorain County with developmental disabilities.

A New Year for Helping People! 2007



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on the Lorain County Board
of MR/DD please visit our
Web site at,
www.loraincountymrdd.org

If you would like to receive
future newsletters via
e-mail, contact
Katie Bevan at,
kbevan@loraincountymrdd.org

Rockin' Around the Christmas Tree... at the Annual Christmas Dance



Chrissy Brandt and Chuck Hoover enjoyed a jolly evening together at the annual Christmas dance, hosted by the Murray Ridge Support Group.



Scott Pennington and Roberta Whitesal danced the night away to favorite Christmas tunes.



Wendy and Eric Johnson celebrated the Holiday Season together.

Two Decades of Holiday Cheer at Liberty Lane

On December 14, 2006, Liberty Lane group home and the Midview Women's Club held their annual Christmas party. For two decades, members of the Midview Women's Club have been hosting this special event for Liberty Lane residents and their families. Each year Santa joins the party to distribute gifts to each of the residents. At this year's party, everyone enjoyed singing Christmas carols, visiting with Santa, opening gifts, and eating dinner with friends and family.

These special ladies spread Holiday cheer throughout the year at Liberty Lane group home. Each spring, club members put on a puppet show, and at various times during the year the women will stop by just to say hello and bring baked goods to share. "They are a wonderful group of women who really care for everyone at Liberty Lane group home," said Bernadette Arnoczky, program manager at the residence.

*Thank you to the
Midview Women's
Club for their
continued
dedication and
commitment to
our consumers!*



Doug Mims was all smiles at the Christmas Celebration!



Liberty Lane residents,, Santa, and members of the Midview Women's Club enjoyed a festive evening together.

Ohio Camp Offers Year Round Respite Opportunities

Recreation Unlimited provides recreational activities for youth and adults with disabilities through its respite camp programs. The Recreation Unlimited campus is centrally located in Ashley, Ohio, just 35 minutes northeast of Columbus, and is fully accessible on 165-acres.

The Respite Weekend Camp program allows youth and adults, ages eight and up, with a developmental or physical disability and their caregivers the opportunity for a unique get-away. Campers experience the week-end exploring a variety of activities, while their caregivers have a chance to unwind and renew themselves.

For more information, please contact Laura Smith at 740/548-7006.

Editor's Note: From time to time, the Courier receives information that may be of interest to our readers. In sharing this information, we are not endorsing this program.





Murray Ridge Support Group: A History of Helping People

For 18 years, the Murray Ridge Support Group (MRSRG) has provided encouragement, education, special events, and support to Murray Ridge Center consumers and their families. Over the years this group, made up mostly of parents and advocates, has worked tirelessly on behalf of our consumers.

Prior to the start of the MRSRG, many parents and caregivers were involved in Parent Teachers of Retarded Children (PTRC), a group which began in the 1960's. After some time, the core members' children finished school and transitioned to the adult work activity center, thus dissolving the group.

In 1989 the MRSRG was established when former Superintendent Dr. Ellen Payner suggested that there be a group for parents and caregivers to generate resources for initiatives and support for one another. Her wise foresight, combined with the dedication of many families, has led to nearly two decades of significant benefits for our consumers and their families.

It is probably safe to say that nearly every consumer in our Agency has benefited from the MRSRG in one way or another. Without the generous support of this fellowship many special services and events would be difficult to put together.

Each year the group assists with funding the following events: Santa's Shop, Bring A Child to Work Day, and Prom. Undoubtedly, without their monetary support these events would not be the successes they have become.

In addition to funding, the MRSRG also sponsors several dances annually for adults with disabilities in Lorain County, and hosts the Transition Ceremony Luncheon at the end of

each school year. The fellowship organizes the Annual Spaghetti Dinner, and it has become their largest fundraising event. Additional funds are raised through the sale of Murray Ridge Center apparel.

Parent and advocate, Nadyne Hamner said, "People think the group is in existence to simply raise funds, but we do much more." Examples abound, including educational seminars for Lorain County families and caregivers of individuals with disabilities. These sessions are held year round, and cover a variety of topics revolving around the MR/DD community. By participating in the MRSRG fellowship, individuals are able to tap into unknown resources, while learning from those who have traveled down the same road.

Marge Winemiller who was a part of PTRC and is very involved in the MRSRG said, "I never mind or regret doing things for the kids [consumers]. Everything you do for them they love."

When the group began nearly two decades ago, no one could have imagined how many lives would be touched through the services and support provided by this non-profit organization.






Today, replenishing membership is considered key to the future of the group and services that they offer. "Finding new members willing to give time and intellect to administration of the group is essential," said parent and Murray Ridge Center employee Andrea Elek.

If you are interested in learning more about how you can get involved in the MRSRG and help continue their good works, please contact Nancy Prokupek at 933-6400, or George Gedid at 282-2131.



At the December planning meeting, from left to right, Andrea Elek, Nancy Prokupek, Marge Winemiller and Nadyne Hamner work out details for upcoming functions in the New Year.

January 2007

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|-----|-----|---|-----|-----|
|  |  | 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 | | | |

Murray Ridge Center Events

- 1/2- All Agency Programming Resumes
- 1/3- Raiders Basketball vs. Summit County, Murray Ridge School (MRS), 9750 Murray Ridge Road, Elyria, 6:00 p.m.
- 1/9- Raiders Basketball vs. Erie County, MRS, 6:00 p.m. and 7:00 p.m.
- 1/11- MRS meeting, Lorain Work Activity Center, 4360 Oberlin Ave., Lorain, 4:15 p.m. ALL ARE WELCOME!
- 1/11- Early Intervention Evening Playgroup, MRS, 6:00-7:30 p.m.
- 1/15- Agency Facilities Closed in Observance of Martin Luther King Day
- 1/17- Market Day Pick-Up, MRS, 3-4:30 p.m.
- 1/17- Parent Educator Team Meeting, MRS, 1:00 p.m. Come Support Our Students!
- 1/17- Raiders Basketball vs. Wayne County, MRS, 5:30 p.m.
- 1/23- Family Support Parent Committee Meeting, Administration Building, 6:30 p.m.
- 1/25- Early Intervention Evening Playgroup, MRS, 6:00-7:30 p.m.
- 1/23- Raiders Basketball vs. Stark Red, MRS, 5:30 p.m.
- 1/27- Raiders Basketball vs. Geauga County, MRS, 10:00 a.m. and 11:00 a.m.

Santa's Creations Visit Workshops

Adult consumers at the Elyria, Lorain and Oberlin Work Activity Centers had the chance to shop till they dropped at Santa's Shop held at each facility. The annual Santa's Shops give consumers the opportunity to purchase Holiday gifts for their friends and families.

Thank you to Murray Ridge employees who donated items to be sold at the Santa's Shops. Also, a great big "thank you" to the Murray Ridge Support Group for helping to make the event possible with a generous monetary donation.



Barry Fisher shows off his lovely purchase.

Thoughtful Donations for Our Consumers



Betty Francis, right, with her oldest child, James.

In December, consumers from Area Four at the Oberlin Work Activity Center each created a "Wish List" of things they would like to receive this Holiday Season. Murray Ridge Center employee, Betty Francis told her family about the "Wish List" activity, and her five children decided that they would like to generously give one item from each list as a Christmas gift to those consumers. The Francis family's random acts of kindness were greatly appreciated by the consumers in Area Four.

Thank you to the Francis family for spreading the joy of the Season to some of our consumers!



Santa brought Holiday wishes to students at Murray Ridge School, including Michael Fitzgerald pictured above.



New Faces in Murray Ridge Places

Please welcome the newest members of the Lorain County Board of MR/DD family. We wish you the best as you begin your career with our organization!



Beth Horan joins Murray Ridge Center as the new Program Manager of Meister Road Group Home. As a licensed social worker, she has a variety of experience working as a counselor and case manager. She and husband, Scott have a daughter, Amanda. Currently, Horan is taking classes at Cleveland State University toward a Masters in Adult Education. In her spare time, Horan enjoys taking art classes, hiking, kayaking, and spending time with her family.



Another Meister Road Group Home addition, **Bill Szabo**, joins the staff as a residential assistant and cook. Formerly, Szabo worked as a substitute workshop aide at the Oberlin Work Activity Center. A North Ridgeville resident, Szabo enjoys staying physically fit by working out, and when the weather is cooperative he spends time riding Harleys.

Conferences & Workshops

Dealing with Financial Stress

Presented by Keith Rawlinson
January 11, 4:30-5:30 p.m.
Elyria Work Activity Center
1095 Infirmary Rd., Elyria

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

For questions or to register for any of the above educational workshops, please contact Laura Barney, HR Coordinator at 329-3734 ext. 72.

Holiday Sweet Overload?

If you went overboard this Holiday Season on sweets and treats, you're not alone! Would you like a support system and nutrition guidelines to help you get back on track? If so, the Weight Watchers at Work program might be just what you're looking for.

Murray Ridge Center employees, their family and friends are invited to participate in this program, which is sure to get you headed in the right direction to making wise food choices. Plans are for the 12-week program to begin on Tuesday, January 9 in the Elyria Work Activity Center cafeteria from 4:15 - 5:15 p.m., and thereafter each Tuesday throughout the session.

Please note: In order to provide this program at Murray Ridge Center, we must have 15 participants. The cost of the Weight Watchers at Work program is \$144, which includes materials, weekly weigh-in, and lectures by trained Weight Watcher professionals. This fee can be paid in three separate installments.

Contact Mandy Vernon, at 324-2366, for further information on the program and payment options.

Board Room Briefing

At the December 19 meeting of the Lorain County Board of MR/DD:

Dr. Fisher delivered an overview and update on the case of Thompson V. Hayes, which addresses the right of county boards to enter into service contracts with providers of waiver services. Dr. Fisher also reviewed the details of the final 2001-2003 CAFS mass audit settlement. Steve Tucker presented a strategic approach to risk management planning, which incorporates the input of existing agency subcommittees to identify and address risk areas in an ongoing manner. In other business, the Board adopted the "Organizational Policies and Procedures Compliance Policy," which formalizes and underlines the need for staff to follow established policies. In reporting on the December 6 Assembly of the Ohio Association of County Boards of Mental Retardation and Developmental Disabilities, Dr. Fisher, (who attended as the alternate delegate) noted that a proposed resolution concerning restoration of state funds previously earmarked for MR/DD, and a resolution concerning Developmental Center Admissions Criteria were passed at the assembly. Staff member James Ward addressed the Board, thanking them for sponsoring his attendance of the 6th Annual Ohio Adult Sibling Conference, which focused on special initiatives and opportunities available to the sisters and brothers of MR/DD consumers.



Lorain County Board of Mental
Retardation & Developmental Disabilities

Murray Ridge Center
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Elyria, OH 44035

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Visit our Web site,
www.loraincountymrdd.org



Lunch Menus for Murray Ridge Center

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

Week of January 8-12 and January 29- February 2

Monday- Salisbury Steak w/Gravy, Scal-
loped 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, Ba-
nana, Nutri-Grain Bar

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

Week of January 16-19

**Agency Facilities Closed on January 15
in Observance of Martin Luther King Day**

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, Ba-
nana, Nutri-Grain Bar

Friday- Macaroni & Cheese, Cooked Car-
rots, Diced Pears

Week of January 2-5 and January 22-26

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