

The Murray Ridge Courier

January 2008

Murray Ridge Center Turns 40!



Pictured above: Murray Ridge Center consumer **Terri Beckett**.

The Murray Ridge Center philosophy is based on the premise of the inherent worth of each human being. Its mission is to ensure the availability of services and supports that assist individuals in living the life they choose; to promote their health and safety and to assist and support the families of these individuals.

Annually, more than 2,000 individuals receive Murray Ridge Center services. Those services range from early intervention for infants and toddlers at risk of developmental delays, to special programs for senior citizens; from primary and secondary education for individuals with MR/DD, to Adult Day programs in our Lorain, Elyria, and Oberlin Work/Activity Centers. And, while most individuals with MR/DD reside in the family home, hundreds required and received the community-based residential care through Murray Ridge Center.

Forty years ago, in December of 1967, County Boards of Mental Retardation and Developmental Disabilities (MR/DD) were created by Ohio's General Assembly through Senate Bill 169. Since then, the Lorain County Board of MR/DD (more commonly known as Murray Ridge Center) has been privileged to serve tens of thousands of citizens with developmental disabilities living in Lorain County.

Inside this Issue:

Visit from Santa	2
Unsung Hero	2
Board Room Briefing	3
Basketball Schedule	4
MRSG	5
The Giving Tree	5
Incidental Column	5
Menus	6

If you wish to receive future newsletters by email, please contact Racheal Seibert at 440-329-3734 or rseibert@loraincountymrdd.org.

Carolina and encourage him to ensure that facilities such as Murray Ridge were built there.

For forty years of helping us to help others; for thousands of lives that may have been touched by developmental disabilities but are also transformed by opportunities, Murray Ridge Center thanks *you*.

Martin Luther King, Jr. Day

Passed by the U.S. Congress as a federal holiday in November 1983, and first observed in January 1986, Martin Luther King, Jr. Day honors the life and contributions of one of America's greatest champions of racial justice and equality, as well as his advocacy of non-violent methods for social change and conflict resolution.

Murray Ridge Center encourages all Lorain County citizens to join us in celebrating this extraordinary individual whose life was dedicated to helping people.



It is through the support of Lorain County citizens that Murray Ridge Center has been able to provide these quality services-services that have caught the attention of people such as Billy Graham, who visited Murray Ridge School in 1969. After his visit, he said he intended to call the governor of his home state of North



Pictured above: Murray Ridge Center consumers **Wolfgang Boos, Jennifer Toth and Charles Johnson**.

Cold and Flu Season



It is undoubtedly safe to say that no one enjoys being sick. But, with the cooler weather, we are reminded that it is, once again, cold and flu season. While there is no foolproof way to prevent either of these illnesses, there are a few simple things you can do to decrease your chances of getting sick. With respect to the flu, the best defensive measure is a flu shot. For prevention of *both* colds and flu, frequent and thorough handwashing is the key. To be most effective, hands should be washed with soap and water for 20 to 25 seconds. And, although handwashing is preferable, if it is not an option, alcohol-based sanitizers can be an acceptable substitute. Remember that, sometimes, the best of-fense is a good defense. So protect yourself from viruses by stopping them before they can make you sick.



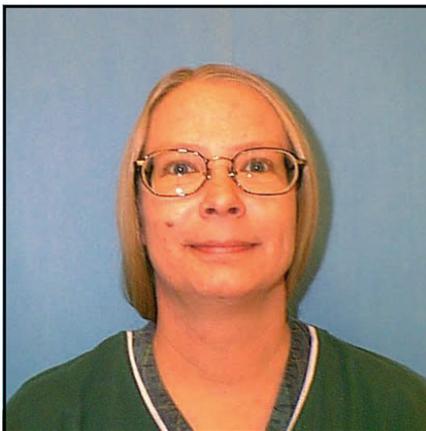
All I Want For Christmas....



Before loading up the sleigh and making his annual trip around the world, Santa came to visit the students of the Murray Ridge School. Student **Adam Belhouane** tells Santa what is on his Christmas list.

Murray Ridge Center Staff Receives "Unsung Hero" Award

Murray Ridge Center staff **Diane Smith** was recently among eight persons to receive the United Labor Agency's "Unsung Hero" award for serving as President of the Ohio Association of Public School Employees (OAPSE) for more than 10 years.



The United Labor Agency is a non-profit agency that recognizes dedicated union members at an annual dinner. Fellow Murray Ridge Center employee **James Ward**, who nominated Diane, says that Diane "holds the local together...she will never ask to be recognized for her work, but she cannot be recognized enough for what she has done for OAPSE Local 771."

Board Room Briefing

At the December 17 meeting of the Lorain County Board of MR/DD:

The meeting opened with an invitation for public comment. Two guests provided input. Superintendent Fisher informed the Board that the Ohio Department of MR/DD notified her that the Lorain County Board of MR/DD will be awarded a four-year accreditation, the highest level of accreditation that can be achieved for programmatic compliance. Dr. Fisher gave a presentation outlining the implications of the pending departure of 37 consumers from the board's adult day programs; their ICF/MR provider has opted to open a private day center for residents of its houses. The Board unanimously endorsed a plan put forth by Dr. Fisher to respond to this egress in the most cost-effective but least disruptive manner possible. In other business, the Board unanimously approved a one-year renewal of an operating agreement between the agency and MRPC, Inc. and Bill Flecher, Director of Operations, updated the Board on construction of the SSA building. Finally, the Board resolved to change its meeting time to 12:30 pm. on the second Friday of each month, commencing January 11 and continuing through May 9, 2008.

New Faces in Murray Ridge Places



Alice Bonnallie-Cuson has been hired as a Custodian for the Lorain Work Activity Center. She enjoys reading and bike riding.



Previously a Teacher Aide with Murray Ridge School, **Diane Ott** has joined the Custodial Service Department.



Samantha Smith joins the East College Group Home as an Aide/Housekeeper. She is currently studying athletic training and enjoys sports and hanging out with friends.

Adult Lunch Cost Increase

Please note that, beginning in January 2008, the cost of Adult Lunches will increase from \$2.50 to \$2.55.

Safe Winter Driving Tips

Driving in the winter means snow, sleet and ice, which can lead to hazardous road conditions. To help you make it safely through this winter, here are some suggestions from the National Safety Council to make sure that you and your vehicle are prepared.

First, winterize your vehicle. This means checking your brakes, hoses, filters, battery, tires and antifreeze. Your car should have a tune-up for better gas mileage, quicker starts and faster response on pick-up and passing power. You should also have a few basic items in your car, in the event that you are stranded. Such items included a spare tire, wheel wrench and jack, jumper cables, a bag of salt or kitty litter, a tool kit, a first aid kit, a flashlight, windshield cleaner, an ice scraper, non-perishable food and blankets.

While driving, decrease your speed and leave plenty of room to stop, generally about three times as much room as you would normally allow. If you have to stop, brake gently. Keep your lights and windshield clean so that you can see better and so that *others* can see *you*. Use low gears to keep traction, especially on hills. Finally, do not use cruise control or overdrive on icy roads.

Murray Ridge Center wishes you a fun-filled—and safe—winter season.





January 2008

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		

Murray Ridge Center Events

- 1/1—Agency Closed in Observance of New Year's Day
- 1/2—Murray Ridge School Classes Resume
- 1/7—Murray Ridge Support Group Meeting, Elyria Work Activity Center, 1095 Infirmary Rd., 4:15 p.m.
- 1/8—Family Support Parent Committee meeting, Administration Building, 1091 Infirmary Road, Elyria, 6:30 p.m.
- 1/10—Early Intervention Playgroup, 5:00-6:00 p.m. and 6:00-7:00 p.m., Murray Ridge School
- 1/11—LCBMR/DD Meeting, Administration Building, 1091 Infirmary Road, Elyria, 12:30 p.m.
- 1/21—Agency Closed in Observance of Martin Luther King, Jr. Day
- 1/24—Early Intervention Playgroup, 5:00-6:00 p.m. and 6:00-7:00 p.m., Murray Ridge School

Raiders Basketball Season Starts

Come support the Murray Ridge Raiders Special Olympic Basketball Teams as they begin the 2007-2008 season. The home games will be held at Murray Ridge School, 9750 South Murray Ridge Road in Elyria.



Home Game Schedule:

- Jan. 8** Girls' Team vs. Summit at 6:00 p.m.
- Jan. 12** Team 2 & Team 1 vs. Geauga at 10:00 a.m. and 11:30 a.m.
- Jan. 14** Team 1 vs. Summit at 6:00 p.m.
- Jan. 15** Girls' Team vs. Stark at 6:00 p.m.
- Jan. 19** Team 1 vs. Medina at 10:00 a.m. tentative
- Jan. 22** Team 2 vs. Lake at 6:00 p.m.
- Jan. 24** Girls' Team vs. Geauga at 6:00 p.m.
- Jan. 29** Team 2 and Team 1 vs. Erie at 6:15 p.m. and 7:30 p.m.
- Feb. 2** Team 2 and Girls' Team vs. Medina at 10:00 a.m. and 11:30 a.m.
- Feb. 4** Team 1 vs. Stark Red at 6:00 p.m.
- Feb. 7** Team 2 vs. Summit at 6:00 p.m.
- Feb. 12** Team 2 vs. Stark Blue at 6:00 p.m.
- Feb. 22-24** Area Qualifier

Murray Ridge Staff Play Girls' Basketball Team

Members of the Special Olympics Girls' Basketball Team cheer as they score against Murray Ridge Center staff at a friendly exhibition game.



The Giving Tree



Elyria Work Activity Center Seniors **Neal Newman** and **Charlotte Brokos** show some of the nonperishable goods they have collected for the Elyria and Lorain Salvation Army Stores through their "Giving Tree" project.

Murray Ridge Support Group Needs You

Everyone needs support at one time or another, and that is just what the Murray Ridge Support Group (MRSRG) has been providing for nearly 20 years to persons impacted by Mental Retardation and Developmental Disabilities.

Made up mostly of parents and other advocates, the MRSRG plans educational seminars, sponsors several dances throughout the year, hosts the annual Transition Ceremony Luncheon for graduating Murray Ridge School students, organizes the annual Spaghetti Dinner and provides funds for various Murray Ridge Center events such as Santa's Shop, Prom and Bring A Child To Work Day.

Clearly, the dedicated members of the MRSRG do much to enhance the lives of individuals impacted by developmental disabilities. However, with a dwindling membership base, it is becoming increasingly challenging to put these wonderful services together. The MRSRG is in need of new members to bring new ideas and energy, to plan and execute the various events and programs, and to ensure that the persons in need of emotional, educational or recreational support will continue to have it.

If you would like to know more about MRSRG and how you can participate, contact Andrea Elek at (440) 323-2741 or George Gedid at (440) 282 2131.

The "Incidental" Column

Hello! Over the course of the last few months, we have covered various issues related to Major Unusual Incidents (MUI's). This month, I would like to talk about the most prevalent category of MUI's: Unscheduled Hospitalizations.



John Syrowski

Of the 17 categories of MUI's, the most reported category is that of the Unscheduled Hospitalization, accounting for 20% of all MUI's in Lorain County. It is also the most reported category in the state of Ohio.

So, what is an Unscheduled Hospitalization? According to the MUI Rule, it is: *any hospital admission that is not scheduled unless the hospital admission is due to a condition that is specified in the individual service plan or nursing care plan indicating the specific symptoms and criteria that require hospitalization.*

Examples include:

- An individual is in a group home and becomes lethargic and unresponsive. The group home staff call 911 and the individual is admitted to the hospital for pneumonia.
- An individual at a Work Activity Center confides to staff that he is having suicidal thoughts and feels that he may hurt himself. The individual is admitted to the hospital for psychological evaluation.
- An individual with no known seizure disorder exhibits seizure-like activity while at a Work/Activity Center. EMS transports her to the hospital for testing and observation.

While Unscheduled Hospitalizations are the largest category of MUI's, maintaining close contact with a consumer's primary care physician can minimize the chances of one occurring, since the doctor will be better able to detect subtle changes in a consumer's health.

Finally, don't forget that "health" means a person's physical *and* mental well-being. Since changes in behavior can reflect changes in thinking and feeling, these too should be communicated to a physician for the good of a consumer. *And* incidentally, keeping the good of the consumer first and foremost in our minds is what the whole MUI Rule and our processes are really about.

Incidentally yours,
John

Editor's Note: Over time we hope to feature a guest columnist on a occasional basis. It will give everyone an opportunity to know a little bit more about how different departments work to serve the mission of Murray Ridge.

Lorain County Board of Mental Retardation
& Developmental Disabilities

Murray Ridge Center
1091 Infirmiry Road
Elyria, OH 44035

Standard Presort
U.S. Postage
PAID
Permit No. 146
Elyria, OH 44035

Visit our Web site
www.loraincountymrdd.org

Lunch Menus for Murray Ridge Center

Cost Per Day: Youth = \$2.55, Adults = \$2.55

Weeks of January 7-11
January 28-February 1

February 18-22

March 10-14

March 31-April 4

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

Weeks of January 14-18

February 4-8

February 25-29

March 17-21

April 7-11

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

Weeks of Dec. 31-Jan. 4

January 21-25

February 11-15

March 3-7

March 24-28

Monday- Salisbury Steak w/Gravy, Scalloped 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