



MurrayRidgeCenter  
HELPING PEOPLE...FOR A LIFETIME

# The Murray Ridge Courier

July 2016

## MRC Attends 47th Annual Special Olympics Games!



Participants in the Summer Games leave for Columbus on June 24.

This June, Murray Ridge Center (MRC) sent 43 athletes to the 2016 Special Olympics Ohio State Summer Games.

The Murray Ridge athletes competed in a variety of sporting events, including bocce, volleyball, tennis, track, and soccer.

The Ohio State Summer Games is a year-round training and competition program for children and adults with developmental disabilities.

The Games, which were held June 24-26 at The Ohio State University in Columbus, featured more than 2,600 competitors from 99 different local

organizations in eleven sports, and included movies and recreational clinics. Athletes and chaperones were housed in the Ohio State University dormitories and were provided six meals through the University's Student Union Services.

The weekend was kicked off with opening ceremonies on Friday evening, June 24, at Jesse Owens Track and Field Stadium. The symbolic lighting of the Olympic Flame of Hope officially opened the Games, and was followed by a dance and fair provided by hundreds of volunteers.

Murray Ridge proudly supports the Special Olympics throughout the year. Additional volunteers are needed to continue to strengthen the MRC Program, and it is hoped that in 2017 the Murray Ridge Center Special Olympics Program will be better than ever!

Congratulations to the athletes who represented Lorain County at this year's Ohio State Summer Games.

For more information on Special Olympics, contact John Syrowski at 284-2720, or visit the Murray Ridge Center Facebook page.

See the next page for full results from the Games.

## Murray Ridge to Operate a Point of Distribution in the Case of Certain Emergencies

**In the event of a county-wide health emergency requiring the distribution of medicine or treatment, Murray Ridge Center, in conjunction with the Lorain County General Health District, will operate a temporary point of distribution (POD) to provide medicine or treatments to consumers (people with developmental disabilities who have been determined eligible for services from the Lorain County Board of Developmental Disabilities), and their immediate care givers. Family members who live in households with children and adults with developmental disabilities will be eligible to receive medication/treatment from the Murray Ridge Center closed POD. Caregivers assigned at the time of POD operation to work with individuals with developmental disabilities who do not live with family will also be eligible to receive medicine/treatment from the Murray Ridge Center POD for themselves and members of their immediate households. Should the need to operate a Murray Ridge Center POD occur, specifics will be communicated on the Murray Ridge Center Facebook page, on our website, and/or through other local media or communications.**

# Murray Ridge Special Olympics State Summer Games Results

**Soccer:** the team won two games to become the State Champion again!

## **Bocce Doubles:**

Alec Avertt/Monique Mellon - Gold

Alex Jones/Michelle Murray - Bronze

Ben Lewis/Jason Rulong - Bronze

**Tennis Singles:** Michael Elliot - Silver, Martha Lombeida - Silver

**Traditional Volleyball:** Silver

## **Track:**

Diana Clement - Gold in 100m dash

Tim Dammeyer - Silver in 800 m run, Gold in mini javelin

Tom Dammeyer - Gold in 1500 m run, Silver in 800 m run

Victor Elder - Silver in 400 m run

Leif Hammonds - Bronze in shot put

Jenna Jones - Bronze softball throw

Bill Lacko - Silver in shot put

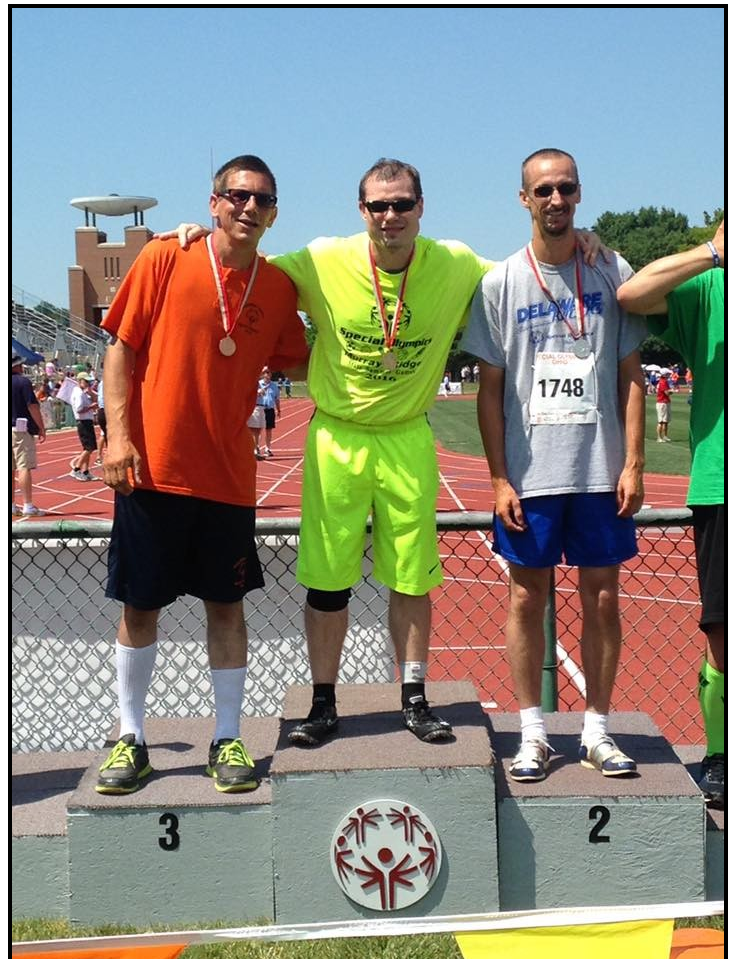
Mark Lacko - Silver in 100 m dash, Bronze in shot put

Alicia Lawrence - Bronze in 400 m run, Silver in standing long jump

April Pizzoferatto - Bronze in softball throw

Elena Reinhold - Silver in softball throw

Women 4x100 Gold



Great job athletes!

**TOTAL MEDALS: Gold-6, Silver-10, Bronze-7**

Above: MRC's first gold medal winner at the State Summer Games, Tom Dammeyer! Tom finished 1st in the 1500 meter run with a time of 6:51!

Below: Members of the Track team taking a much needed break!



Above: State Champions! The Murray Ridge Soccer team!






# 2016-2017 Murray Ridge Center Calendars


## Adult Services Early Intervention Residential


## School Preschool


### 2016


 July 4 – Independence Day


 September 5 – Labor Day

 October 10 – Columbus Day

 October 14 – Agency Inservice


 November 11 – Veterans Day

 November 24 – Thanksgiving Day

 November 25 – Day after Thanksgiving

 December 25 – Christmas Day (Residential only)

 December 26 – Christmas Day (Adult/EI only)


 December 27, 28, 29, and 30 – Program Closing Days


### 2017

 January 1 – New Year's Day (Residential only)

 January 2 – New Year's Day (Adult/EI only)

 January 16 – Martin Luther King, Jr.'s Birthday

 February 20 – Presidents Day

 April 14 – Good Friday

May 29 – Memorial Day

#### Key



Holidays



Program Closing Day



Agency Inservice/  
Orientation/Open  
House



Open House



First Day for Students/Classes Resume



First Day for Preschool



Parent/Teacher Conference



Last Day for Students



First Day for School Staff



Last Day for School Staff

### 2016



August 29 – Orientation/Open House



August 30 – First Day for Students (school-age)



September 5 – Labor Day



September 6 – First Day of Preschool Classes



October 10 – Columbus Day



October 14 – Agency Inservice



November 10 – Parent/Teacher Conferences



November 11 – Veterans Day



November 23 – Day before Thanksgiving



November 24 – Thanksgiving Day



November 25 – Day after Thanksgiving



December 22 – Winter Break Begins



December 26 – Christmas Day



December 27, 28, 29, 30 – School Closed

### 2017



January 2 – New Year's Day



January 3 – Winter Break Ends/Classes Resume



January 16 – Martin Luther King, Jr.'s Birthday



February 20 – Presidents Day



April 14 – Spring Break Begins



April 24 – Classes Resume



May 29 – Memorial Day



June 8 – Last Day of Classes for Students



June 9 – Records Day – Last Day for Staff

# Healthy Habits and Tips

By: Kathy Reiner, Residential Nursing Supervisor

## Yogurt and Antibiotic Therapy

Antibiotics are used to destroy bacteria that cause infections. While they are destroying the "bad" bacteria, they may also destroy the "good" bacteria that help you maintain a healthy digestive tract. There have been several studies that have shown that adding yogurt to your diet may help to counteract this. Yogurt may interfere with the absorption of the antibiotic, so it is important to have the yogurt a minimum of 3 hours after the antibiotic. For example, if you take an antibiotic in the morning and at night, have your yogurt in the afternoon. If you take an antibiotic 3 times a day (9am, 3pm, 9pm), have your yogurt at noon.



## Bee Stings

1. Remove the stinger by scraping with your fingernail. Do not remove the stinger with tweezers. Squeezing releases more of the poison into your body. A stinger that is not removed continues to release venom into your body for as long as 20 minutes.
2. Wash the area thoroughly with soap and water
3. Apply an ice pack for 20 minutes to relieve the swelling and pain. May repeat as necessary. The swelling should be gone within 24 hours.



**SIGNS OF AN ALLERGIC REACTION:** Difficulty breathing, coughing, complaints of a headache, rash at the site, swelling, losing consciousness.

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## Murray Ridge Center Representing at Lorain County Parades

Murray Ridge Center is once again participating in many parades throughout Lorain County this summer.

Please contact Jennifer Judkins, Public Relations/Volunteer Director at 440-329-3734 or [jjudkins@murrayridgecenter.org](mailto:jjudkins@murrayridgecenter.org) if you are interested in joining us for a remaining event!



The 2016 Duck Tape Parade participants (l-r): Lizbet Negron, Kyle Brello, Kasia Broz, Sandy Franklin, Tashia Freeman, John Armstrong, Robert Baker, Ashley Spradling, Amanda Spreng, Ray Behner, Jason St. Marie, Hector Lozano, and Lisa Schultz.

### Upcoming Parades:

**Thursday, July 21 @ 7:00**  
Sheffield Lake Community Days Parade

**Sunday, August 14 @ 1:30**  
North Ridgeville Corn Festival Parade

**Sunday, October 2 @ 1:30**  
Vermilion Woolly Bear Parade



# A PRESCHOOL OPTION FOR CHILDREN WITH DISABILITIES

The Murray Ridge Preschool Program offers students with a variety of developmental disabilities the advantages of in-room therapies, an array of state-of-the-art equipment, outstanding staff and an opportunity to learn alongside typically-developing peers.

## Murray Ridge Preschool Offers:

- Individualized Speech, Occupational and Physical Therapy in the classroom
- An extensive collection of early childhood educational equipment
- Full-time nurse on site
- Door-to-door transportation services



- A well-rounded curriculum based on the Ohio Early Learning Content Standards
- Dynamic, ODE-certified staff
- Physical development through indoor/outdoor physical education classes
- Music classes

## Did You Know...

The Murray Ridge preschool serves children with a wide range of developmental disabilities, from those with mild delays to those profoundly impacted, and Murray Ridge is a recognized leader in its comprehensive approach to teaching children with autism. The Preschool Program runs Tuesday through Friday. Children with disabilities must be referred to the Murray Ridge Preschool Program by their local school district.

**For More Information Contact:**  
Dann Swift  
Director of Educational Services  
Murray Ridge School  
9750 Murray Ridge Road  
Elyria, Oh 44035  
440.329-3760  
[dswift@murrayridgecenter.org](mailto:dswift@murrayridgecenter.org)  
[www.murrayridgecenter.org](http://www.murrayridgecenter.org)



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**The Lake Erie Crushers and Murray Ridge Center Present**

# **Developmental Disabilities Awareness Night**



**Tuesday, August 2**

**4:15 p.m.**

**MRC Raiders 2 vs. Geauga County Blue Streaks**

**7:05 p.m.**

**Lake Erie Crushers vs. Southern Illinois Miners**

**All Pro Freight Stadium**

**Avon, OH**



Come cheer on the MRC Raiders Softball Team 2 as it plays at All Pro Freight Stadium field against the Geauga County Blue Streaks! Then stay and help cheer on the Lake Erie Crushers and raise awareness of developmental disabilities!



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## **TICKET INFORMATION**

**1 Price = 2 Games!**

**August 2, 2016**

**4:15 PM Raiders 2 vs. Geauga County  
Softball Game**

**7:05 PM**

**Crushers vs Southern Illinois Miners  
All Pro Freight Stadium  
Avon, OH**

**Discounted Tickets \$9**

**Cash or check made out to Friends of Murray Ridge.**

Tickets can be purchased at each  
of our three  
Opportunity/Vocational Centers (OVCs)  
and the Administration Building:

Loretta Binder (Oberlin OVC)	(440) 774-7400
Amber Fitzgerald (Elyria OVC)	(440) 284-2720
Christine Mazze (Lorain OVC)	(440) 282-2131
Bev Monteleone (Admin Bldng)	(440) 329-3734

Contact Jennifer Judkins at (440) 329-3734 or [jjudkins@murrayridgecenter.org](mailto:jjudkins@murrayridgecenter.org) for ticketing information/questions.





# July 2016

## Activities & Events

- 6/13 - 7/8 - Murray Ridge School Day Camp (no camp 7/4)
- 7/4 - Independence Day observed, Agency closed
- 7/21 - Sheffield Lake Community Days Parade, 7:00 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
3	4 	5	6	7	8	9
10	11	School Day Camp No Camp Fri.			15	16
17	18	19	20	21 	22	23
24	25	26	27	28	29	30



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### BOARD ROOM BRIEFING

**The Lorain County Board of DD convened at 12:30 p.m. on June 24, 2016:**

Jim Nagy, staff member and Mega Championship Wrestling wrestler, presented the Board with a donation from its Breaking Down Barriers 5 event held in May. The Board presented an Outstanding Achievement Award to William Hunt for taking 1st place in the category of Behavioral Sciences for 5 and 6th grade students and receiving a Superior rating at the State Science Fair. The second quarter Exceptional Service Award will be presented at the August Board Meeting. Superintendent Fisher updated the Board that designation of Administrator for the Meister Road home will be given to Christine Ash. The Board unanimously established the dollar amount that the Family Support Parent Committee is authorized to approve in the third quarter of 2016. In other business, it was reported that the Murray Ridge Support Group (MRSG) will not meet or have a dance again until September 2016. There will be no Board meeting in July.

Lorain County Board of  
Developmental Disabilities

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

Standard Presort  
U.S. Postage

**PAID**

Permit No. 146  
Elyria, OH 44035

### **Inclusive Playground FREE Admission!**

Visit the Lorain County Metro Parks Inclusive Playground! Free at this time, the unique playground incorporates water play, structured play, and natural play environments. People of all ages and abilities will be able to use the area and enjoy the play features.

Stop in and visit today!

47160 Hollstein Drive  
Amherst, Ohio  
(440) 984-3470



### **Exceptional Service Award**

Do you know a Murray Ridge employee whose work efforts reflect remarkable dedication and have significantly contributed to the well being of people with developmental disabilities? Nominate that employee for an Exceptional Service Award! If you are a community member; consumer; or parent, guardian, sibling or other relative of a Murray Ridge program participant, submit your nomination to Jennifer Judkins, Public Relations/Volunteer Director. Include a brief paragraph outlining your reasons for nominating the employee. All nominations will be forwarded to the Board for consideration. The Board presents Exceptional Service Awards on a quarterly basis at regular scheduled meetings, usually held on the last Friday of each month at 12:30 p.m. in the Board Room. If you have any questions, contact Jenn Judkins at 440-329-3734 or [jjudkins@murrayridgecenter.org](mailto:jjudkins@murrayridgecenter.org).