

Transition 2007: Celebrating a New Chapter in Life

On June 1, 2007, Josh Conner and Katie Thorne participated in Murray Ridge School's 2007 Transition Ceremony. This momentous occasion marked the end of their school years and the beginning of their adult lives.

During their final year at Murray Ridge School, students are given the opportunity to receive transition services. The Transition Program allows individuals to become comfortable with the switch from a school setting to a work or adult services environment, such as one of Murray Ridge Center's three Work/Activity Centers.

Transition Coordinator, Dawn Neubauer works with students and their families to arrange a tailor-made program according to each individual's needs and desires. Based upon individual skill and interest, the students visit Day Habilitation sites, Work/Activity Centers, enclaves or area businesses for exposure to a variety of options.

Once a Day services setting is selected, the student will visit the identified site frequently throughout their final school year. Each eligible student will slowly increase their time at the site from one to two hours per week, eventually spending an entire day at the selected location.

Once the student and his or her family have become familiar with existing options, a Service and Support Administrator (SSA) will be assigned to the consumer. Prior to entering a habilitation or vocational program, the SSA will evaluate the consumer and prepare an Individual Service Plan (ISP).

Murray Ridge Center's Transition Program allows students the opportunity to acclimate themselves to a new and exciting chapter in their lives.



Best Wishes to Josh and Katie!

Katie Thorne (pictured left) has a wonderful laugh, a glowing smile, and a sweet and gentle spirit. According to senior teacher, Nick Kish, "She makes every room she enters a very special one."

Josh Conner (pictured below) has a charming smile, a special loyalty to his friends and family, and a fun-loving and infectious personality. "Josh looks smoother in a suit and tie than any other person on this planet!," said Kish.



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If you wish to receive future newsletters by e-mail, please send your request to Katie Bevan at kbevan@loraincountymrdd.org.

Passport to Adventure: A Journey Around the World

Senior students at Murray Ridge School, their families and school personnel had a great time at the 2007 Murray Ridge School Prom on May 18. This year's theme, "Passport to Adventure: A Journey Around the World," made those attending feel on top of the world. The decorated gymnasium was transformed to include global hot-spots, such as the Eiffel Tower in Paris, a gondola in Italy, the Great Pyramids in Egypt and the New York City skyline. Everyone enjoyed one another's company while dining and dancing the night away.



Above; Prom King and Queen, Josh Conner and Katie Thorne looked like royalty at this year's Prom.

Right; Elise Moore took a moment to straighten the necktie of her classmate, A.J. Grimmett.



Helping our Consumers While Preserving the Earth

In 2004, Murray Ridge Center employees Trena Albrecht, Donna Smith and Micky Woods came up with an idea to raise funds for consumer programs by recycling paper products. They submitted their suggestion to the R.I.C.H.E.S. (Recognizing Individuals' Creative Helpful Excellent Suggestions) committee. In the summer of 2006, the funds raised were put toward the purchase of three basketball hoops, one for each of the Work/Activity Centers. Plans to support other consumer programs are in the works.



If you would like to help raise money for our consumers through our paper recycling project with Abitibi-Consolidated, please drop off your newspapers, paper-back books, magazines, catalogs and mail and office paper to one of the paper retrievers. The recycling bins are located at Murray Ridge School, the Service and Support Administration Building and the Elyria and Lorain Work/Activity Centers.

Evening Recreation

Murray Ridge Center's Evening Recreation Program allows consumers to take part in a variety of community outings. Upcoming opportunities include bowling, swimming, strawberry picking and attending Indians baseball games at Jacobs Field.

Rochelle Allison (pictured right) enjoyed singing karaoke at a recent evening recreation outing at Steeltoe Sam's in Lorain.



R.I.C.H.E.S. Update

The 2007 R.I.C.H.E.S. (Recognizing Individuals' Creative Helpful Excellent Suggestions) Committee has decided that the solution/suggestion submitter will now have the opportunity to earn an additional award if his/her idea includes safety, reducing potential injury to a Murray Ridge employee.

Summer Promotion: The first five individuals who submit eligible solution(s)/suggestion(s) between June and August will receive a \$25 award.

Prior to your solution/suggestion submission, please consider the following changes:

- The Solution Scoring Grid has been modified by adding the following question: *Does the solution/suggestion affect safety?*
- After the R.I.C.H.E.S. Committee has discussed all of the safety submissions, a separate award will be given at the 2007 Annual Employee In-service for the solution/suggestion that has the most potential to increase safety for Agency employees. All other submitters will receive a certificate for their effort to promote safety.

Smokers' Quest to Quit: Overcoming Nicotine Addiction

Mark Twain once said, "Quitting smoking is easy. I've done it a thousand times." If you have ever tried to quit smoking, you know how hard it can be to break a nicotine addiction. Of the more than 500 employees at Murray Ridge Center, there are several staff members who have recently made the decision to quit smoking.

One of these individuals is Bev Monteleone, receptionist at the Administration Building, who has been smoke-free since March 11, 2007. After 35 years of smoking, she made the difficult decision to give up cigarettes. This was Monteleone's first attempt to quit and she has done so without any smoker cessation aids. The American Cancer Society (ACS) states that no more than 16 percent of quitters are successful in going cold turkey. However, Monteleone is determined to stick with her lifestyle change.

Every smoker has a different reason or motivation to quit. For some it might be their overall well-being, while for others it could be a financial consideration. As a smoker since the age of 13, Monteleone had five main motivations for quitting— her health and four grandchildren. "I want to set a good example for my grandkids." Most people would agree that their life expectancy could be a huge motivating factor in their journey toward becoming smoke-free. Based on research data, the U.S. Centers for Disease Control (CDC) estimate that adult male smokers lose an average of 13.2 years of life and female smokers lose 14.5 years of life due to smoking. What better reason to quit smoking than to increase your life expectancy?

Since her smoking cessation, Monteleone has noticed a number of changes in her overall health and well-being including, an improved sense of taste and smell, a decrease in coughing and a more radiant complexion. "My body is healing from the inside out," she said. Karen Haller, Recreation Specialist, was a smoker for over 25 years. She too has noticed mental and physical improvements since quitting nearly eight months ago. Haller coughs less and has more energy. She successfully kicked the habit with assistance from a doctor-approved prescription.

There are a variety of ways to quit smoking. No two people are alike, therefore you must find a method that works for you! Like Monteleone, some people are able to quit without aids. Other people need assistance from counseling, hypnosis, acupuncture or nicotine replacement therapy,

such as gum, patches or inhalers.

The benefits of living a smoke-free life far exceed any possible weight gain or adverse psychological effects that may follow quitting. The CDC and ACS confirm that soon after you smoke your last cigarette, your body begins numerous changes that continue for many years.

- **Just 20 minutes after quitting:** Your heart rate and blood pressure drop
- **12 hours after quitting:** The carbon monoxide levels in your bloodstream drop to normal
- **2 weeks to 3 months after quitting:** Your circulation improves, reducing the risk of a heart attack, and lung functions increase
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease
- **1 year after quitting:** Your added risk of coronary heart disease is half that of a smoker's
- **5 years after quitting:** Your risk of stroke is reduced to that of a nonsmoker
- **10 years after quitting:** Your lung cancer death rate is half that of a current smoker. In addition, your risk of cancers of the mouth, throat, esophagus, bladder, cervix, kidney and pancreas decreases
- **15 years after quitting:** The risk of coronary heart disease, the leading cause of death in the nation, is that of a nonsmoker

After smoking for more than 35 years, Maintenance Supervisor, Bob Hiltabiddle gave up his use of nicotine and has successfully lived a smoke-free lifestyle for 23 years. Hiltabiddle said, "I finally quit lying to myself. The truth is I did **not** want to quit. One day I told myself that this isn't worth it." He encourages smokers, "The decision has to come from you!"

If you are considering quitting, it is important to remember that relapses are very common, and you should not be hard on yourself if you experience one. If it happens, make a list of things you learned, and decide on a new start date.

When planning a strategy to quit smoking it is important to get prepared, get support, learn coping skills, obtain and use medication and be prepared for a possible relapse. Recovering from an addiction is a process, one that may take many years. Take baby steps and keep your eye on the prize— a longer, healthier life!

Attention Medical Mutual Members: Free Nicotine Replacement Therapy Patches

Medical Mutual and the Ohio Tobacco Prevention Foundation have formed a partnership to help Ohio tobacco users. Eligible Medical Mutual members who choose to participate in this program will receive a supply of over the counter nicotine patches for up to eight weeks, educational literature, and must complete at least five telephonic sessions with an experienced counselor. The Ohio Tobacco Quit Line is available: Monday- Friday, 9:00 a.m.-9:00 p.m. and Saturday and Sunday, 10:00 a.m.-6:30 p.m., with 24-hour voice mail services. To enroll in this program, call 1-800-QUIT-NOW. For additional information, visit www.StandOhio.org.

June 2007

Sun Mon Tue Wed Thu Fri Sat

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17	18	19 	20	21	22	23
24	25	26	27	28 	29	30

Murray Ridge Center Events

- 6/1- Transition Ceremony, Murray Ridge School (MRS), 9750 S. Murray Ridge Rd., Elyria, 11:00 a.m.
- 6/6- Last day of classes at MRS
- 6/12-7/13- Summer Camp, MRS
- 6/12- Family Support Parent Committee Meeting, Administration Building, 6:30 p.m.
- 6/13- Market Day Pick-Up, MRS, 3-4:30 p.m.
- 6/14- Flag Day
- 6/14- Murray Ridge Support Group Meeting, Elyria Work/Activity Center, 1095 Infirmary Rd., Elyria, 4:15 p.m.
- 6/14- Early Intervention Evening Playgroup, MRS, 5-6:00 p.m. and 6:00-7:30 p.m.
- 6/15- Early Intervention Trip to the Zoo
- 6/15- Summer Dance, MRS, 7-9:00 p.m.
- 6/19- LCBMR/DD Meeting, Administration Building, 1091 Infirmary Rd., Elyria, 7:30 p.m.
- 6/28- Early Intervention Evening Playgroup, MRS, 5-6:00 p.m. and 6:00-7:30 p.m.

Attention Art Enthusiasts:

The 3rd Annual *Visions Revealed Art Exhibit*, a collaborative event celebrating artists of all abilities from the *Artists' Open Studio* in Huron County and *The W.E.L.L. (Wellness, Expression, Learning and Laughter)* program in Norwalk, will be open to the public June 22 through July 21. The exhibit will commence on June 22, from 4-7:00 p.m., followed by a dance recital. On July 21, the exhibit will conclude with a reception from 5-7:00 p.m., followed by a concert featuring the Huron County Federal Order of Police. The *2007 Visions Revealed Art Exhibit* will be held at Ernsthansen Performing Arts Center Gallery at Norwalk High School, 350 Shady Lane Drive, Norwalk, Ohio, 44857. For more information, contact Lynda Stoneham at 419/668-8840.

Upcoming Summer Events

Would you like to help represent Murray Ridge Center in an upcoming summer event?

For more information on fun-filled volunteer opportunities this summer, including participation in local parades and fairs, please contact the Volunteer Manager at 440/329-3734.

Together we can help spread the word about Murray Ridge Center!



Andrew Prihoda dribbled down the field during a recent Special Olympic Murray Ridge Center Raiders soccer game, while the team's goalie, Steve Ginley, watched from behind.

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!



Wellington resident, **Kathy Christopher, R.N.** recently began as the new Residential Nursing Supervisor. Christopher brings 27 years of nursing experience to the Agency. She enjoys traveling, dancing and spending time with her husband Jeff and their four children.



Lee Hawkins joins the staff and residents at Meister Road Group Home as a Group Home Aide. In her spare time she enjoys reading, writing poetry and short stories and singing. Hawkins resides in Lorain, and is active in her church family.



Sarah Hicks joins our full-time staff as a Workshop Aide at the Oberlin Work/Activity Center. Hicks received a bachelor's degree in history from The Ohio State University. In her free time she enjoys getting together with family and friends to watch baseball and football.



The newest addition to the E. Ninth St. Group Home, **Lucrecia Holland** will work as a Group Home Aide and Housekeeper. She has work experience in local long-term care and MR/DD residential facilities. Holland enjoys bowling, fishing, playing darts and going camping.

Upcoming Conferences & Workshops

INSITE Basic Training

This six-day workshop is for professionals who work with families and their children, ages birth through five years, with multiple disabilities and/or dual sensory impairments.

June 15, 16, 29 and 30, and July 26 and 27, 8:30 a.m.-4:30 p.m. at Murray Ridge School, 9750 S. Murray Ridge Rd., Elyria, 44035.

MRDD credit will be available. In addition, graduate credit is available through Utah State University, costing \$180 for two semester hours. There is no registration fee and all participants will be given a 2-volume set of manuals. For more information, contact Valerie Deptula at 440/284-3655 or vdeptula@loraincountymrdd.org.



Board Room Briefing

At the May 15 meeting of the Lorain County Board of MR/DD:

A group of Oberlin College students updated the Board on its volunteer activities with Murray Ridge School students and adult consumers. To ensure continuity of involvement of Oberlin College students with Murray Ridge Center, and to explore/promote a variety of collaborative ventures between the two organizations, these students are in the process of establishing an organization called the *Murray Ridge Oberlin College Alliance*.

Dr. Fisher updated the Board on another collaborative venture with the Lorain County Community College (LCCC). Dr. Fisher and Dr. Church, of LCCC, have

appointed a joint committee of staff who will recommend a process/program whereby Murray Ridge Center consumers will have opportunities for post-secondary education experiences at the community college campus.

Dr. Fisher also updated the Board on developments involving House Bill 119 language, which removes the statutory authority of county boards to enter into provider contracts for waiver services. Based upon negotiations of the Ohio Association of County Boards of MR/DD, an amendment clarifying the waiver funding obligations of county boards has been introduced to House Bill 119.

Murray Ridge Center
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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 June 11-15 and July 2-6

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 May 28-June 1 and June 18-22

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 June 4-8 and June 25-29

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