



MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

The Murray Ridge Courier

March 2013



March Is National Developmental Disabilities Awareness Month

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urray Ridge Center works with more than 2,000 Lorain County residents through Early Intervention, Murray Ridge School, Service and Support Administration, Adult Opportunity/Vocational Centers, Supported/Community Employment, Special Olympics, Residential Services, and Family Support.

For more information or to schedule a tour of our facilities, contact us at:

440.329.3734 • murrayridgecenter.org • 

Paid for by Friends of Murray Ridge.



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Lady Raiders Advance to State Finals in Basketball!

Congratulations to the Lady Raiders! After two wins this past weekend at the 2013 Basketball North Section Tournament at Lorain County Community College, the team will now advance to the State finals against the West Section champions on Saturday, March 23rd, at a 9 a.m. game in Hilliard.

The rest of our Murray Ridge Raider teams put in impressive performances:

- Men's Division 1 semi-finals: Murray Ridge Raiders Team 1 (46) – Cuyahoga Midpark Grinders (81)
- Men's Division 3 first round: Murray Ridge Raiders Team 2 (40) – Summit Warriors 2 (44)
- Men's Division 4 first round: Murray Ridge Raiders Team 3 (63) – Cuyahoga Midpark Grinders (23)
- Men's Division 4 semi-finals: Murray Ridge Raiders Team 3 (35) – Portage Thunder (55)
- Woman's Division 2 semi-finals: Murray Ridge Lady Raiders (41) – Summit Weaver Lady Warriors (19)
- Woman's Division 2 finals: Murray Ridge Lady Raiders (46) – Medina DD Lady Thunderbolts (40)

Again, a big congratulations to ALL our Murray Ridge Raiders teams for a spectacular weekend!



The Lady Raiders pose after taking 1st place!

Travelling Art Show Moves to Elyria

Check out the Travelling Art Show in March! Consumer artwork is on exhibit at the Elyria West River Public Library.

If you are interested in submitting art work for future displays, please contact Jenn Judkins at 329-3734 or jjudkins@murrayridgecenter.org.



Annual Spaghetti Dinner a Huge Success!

On March 2, the Murray Ridge Support Group (MRSG) held its annual Spaghetti Dinner at the AmVets Post 55 in Sheffield Lake.

The MRSG raised \$4,600 and served more than 275 people! Proceeds will benefit programs and services for Lorain County citizens impacted by developmental disabilities.

MRSG Secretary Andrea Elek noted, "We appreciate everyone in the Agency (LCBDD) and community that showed their support of us whether by coming out to the dinner or making donations. We are looking forward to another great year of helping our consumers and those that support them with the generosity that has been shown to us."



Andrea Elek smiles during the evening's festivities.



Gary Lyons, Beverly and George Gedid, and Jerry York pause to appreciate the hard work by the MRSG.

Thank you to all who came out for great food, great company, and a worthy cause!

Triumph through the Challenges Fetal Alcohol Spectrum Disorder

Who should attend?

This course series is for nurses, social workers, counselors, physicians, educators, parents and caregivers who work with individuals that may have had prenatal exposure to alcohol/drugs.

Learn about Fetal Alcohol Spectrum Disorder (FASD) and how to best work with those affected in order to reach his/her fullest potential.

Gather useful tips and local resources!

Discover ways to succeed!

2013 Spring Course Series

Evening Sessions:

April 8: Section 1, 6-9 p.m.

April 15: Section 2, 6-9 p.m.

April 22: Section 3, 6-9 p.m.

April 29: Section 4, 6-9 p.m.

Location:

Lorain County Board of Developmental Disabilities Service & Support Administration Bldg.
9740 Murray Ridge Road, Elyria, 44035

*Evening parking available at Murray Ridge SSA lot. Please enter in back door.

Register

www.loraincountyhealth.com/fasdcourse

Contact: Natalie Karn, R.N., M.S.N.

440.284.3272

nkarn@loraincountyhealth.com

No fee to attend. Space is limited.

Bring your own personal refreshments and food.

Presenters:

Natalie Karn R.N., M.S.N.

Lorain County General Health District Public Health Nurse

Kathleen Bevaque, M.Ed.

Lorain County Board of Developmental Disabilities

Sponsor:



@LorainCoHealth

Lorain County General Health District

Series Details

- **Section 1:** FASD Basic Facts; Characteristics; Chronological vs. Developmental Age
- **Section 2:** Neurological Issues & Behaviors of FASD; Coping Skills
- **Section 3:** Developing Effective Strategies for FASD; Advocacy & Finding Resources
- **Section 4:** Advocacy in Schools; Discipline; Daily Living & Future Planning for Individuals with FASD

Contact Hours Available

- Nurses; provided by Lorain County Community College Department of Allied Health and Nursing
- Social workers, counselors, and chemical dependency RCH; provided by the ADAS Board of Lorain County
- Developmental Disability hours provided by Lorain County Board of Developmental Disabilities.
- Certificate of Attendance for contact hours given.



Again in March!! Eat at RubyTuesday on March 21 to Raise Money for Friends of Murray Ridge!

Friends of Murray Ridge will once again be participating in an event sponsored by RubyTuesday restaurant in Elyria, 5274 Abbe Road, on March 21, 2013.

The Ruby Tuesday GiveBack Program offers a charitable donation to local organizations that host a dining event. Their contribution is based on 20% of the net sales from guests that bring in a GiveBack flyer (right) when they dine for **either lunch or dinner** at the Elyria Ruby Tuesday on March 21, 2013 (you do not need to participate on both dates for your purchase to qualify).

This is an incredible opportunity to raise money for Friends of Murray Ridge!

The best way to ensure good participation is to **PROMOTE** this event!! Tell your friends and family, tell neighbors, post it on Facebook (share the link from our Murray Ridge Facebook page), and get the word out that Friends of Murray Ridge will be participating in the GiveBack event on March 21, 2013.

REMEMBER: You MUST present the flyer (right) at the time of dining to ensure that your bill is added to our grand total. If you need additional flyers or have any questions, please contact Jenn Judkins at 440-329-3734.

Healthy Changes at Murray Ridge School

Murray Ridge School continues to find new and inventive ways to ensure the health and safety of its students and staff.

In December of 2012, Speech Language Pathologist Karen McKenzie applied for a mini-grant from Ohio Action for Healthy Kids. In January, Karen was notified that Murray Ridge School was one of five schools selected to receive the Vita-Mix grant, which allowed for the donation of one Vita-Mix mixer. Later that month, a representative from Vita-Mix Corporation personally delivered the machine to the school and met with Karen to discuss efforts to implement a health and wellness program by increasing consumption of fruits and vegetables through use of nutritious and delicious smoothies prepared in the Vita-Mix. The representative from Vita-Mix was so impressed with Murray Ridge School, that a second Vita-Mix was donated for use school-wide.



Murray Ridge School students pose with their new Vita-Mix mixer and ingredients for making delicious and healthy smoothies! L-R: Tiffany Demyan, Quontae Taylor, Chris Fowler, Zachary Rader, and Giovonnie Kirkendoll.

Karen sent a note home to parents of students in the primary wing, informing them of this opportunity and began implementing the Vita-Mix and smoothies as part of a weekly speech therapy group activity with the primary students she currently serves; the students use their pictures and devices during lessons to develop recipes.

The staff at Murray Ridge School also developed a health and wellness committee, which had the first gathering Feb. 6th. This committee will focus on promoting health and wellness in other ways such as movement, physical activity, and school-wide nutrition for both students and staff.

Thank you to all the staff of Murray Ridge School for continuing to focus on the needs of the students we serve!



Clip and take flyer with you to RubyTuesday on Mar. 21 to ensure 20% of your bill goes to Friends of Murray Ridge!

ENJOY A MEAL WITH US AND WE'LL GIVE BACK.

RubyTuesday

COMMUNITY GiveBack PROGRAM

100% OF THE GIVEBACK AMOUNT IS DONATED DIRECTLY TO THE ORGANIZATION.

Ruby Tuesday is extremely proud to be part of your hometown and believes in giving back. As a fellow member of the community, we invite you to participate in...

Ruby Tuesday's Community GiveBack Program.

Grab your family and friends and join us at the 5274 ABBE RD NORTH location on the dates listed below. Please present this flyer to your server, and we will give back 20% of your purchase to the organization.

HOW IT WORKS

(We apologize but we cannot accommodate coupon usage or other discounts in conjunction with our GiveBack Program.)



To make a reservation, call us at 440-934-1200 or visit us online at rubytuesday.com

Organization's Name: FRIENDS OF MURRAY RIDGE

Event Name: FRIENDS OF MURRAY RIDGE

Date(s) of Visit: 2/5/2013 3/21/2013

RubyTuesday

For directions to the restaurant or a peek at the menu,
visit rubytuesday.com

5274 ABBE RD NORTH, ELYRIA
OH

Mega Championship Wrestling Presents "Breaking Down Barriers 3!"

Mega Championship Wrestling, a local entertainment company, will be presenting an event called "Breaking Down Barriers 3."

As in the past, proceeds from this event will go to the Friends of Murray Ridge, a non-profit charitable organization which supports the mission, community education and informational outreach of the Murray Ridge Center.

Although wrestling may not be for everyone, many of our consumers enjoy watching WWE wrestling and would be interested in attending this event.



Date: Saturday, May 4th, 2013
Time: Doors open at 6:30 pm
Showtime 7:00-9:00 pm
Where: Lorain County Community College, Ewing Field House
Cost: \$8/ticket in advance and \$10 at the door

T-Shirts will be available at the door for \$15.00 (2XX plus sizes will cost more). There will be a concession stand open for you to purchase snacks.

To purchase tickets in advance for \$8.00 each:

1. Fill in the section below and cut on the dotted line.
2. Return the completed form below with your money or check in an envelope addressed to one of the buildings below:

Darrylin Wargo at the Oberlin Opportunity/Vocational Center	(440) 774-7400
Jessica Kolb at the Elyria Opportunity/Vocational Center	(440) 284-2720
Dianne Knoble at the Lorain Opportunity/Vocational Center	(440) 282-2131
Beverly Monteleone at the Administration Building	(440) 329-3734
Peggy Smith at Murray Ridge School	(440) 329-3760

3. If you are sending a check make it out to: Mega Championship Wrestling OR You can stop in at one of the sites listed to purchase tickets.

If you have any questions call the numbers above.

NAME OF PERSON ORDERING TICKETS: _____

NUMBER OF TICKETS (at \$8.00 each): _____

TOTAL AMOUNT MONEY/CHECK ENCLOSED: _____



March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					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

Activities & Events

- 3/1-3/3 - Special Olympic Ohio North Section Basketball Tournament, Lorain County Community College
- 3/2 - Murray Ridge Support Group Spaghetti Dinner, 3:00-6:30 p.m., Am-Vets Post 55, 530 Abbe Road in Sheffield Lake
- 3/13 - Family Support Parent Committee meeting, 6:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
- 3/14 - LCBDD Finance Committee meeting, 12:00 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 3/15 - Murray Ridge Support Group Dance, 7:00 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 3/21 - The Ruby Tuesday GiveBack Program, lunch or dinner, Ruby Tuesday restaurant in Elyria, 5274 Abbe Road
- 3/22 - Regular Meeting of the Board and Ethics Council, 12:30 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 3/29 - Program closing day for Good Friday
- TBD - Special Olympics Ohio State Basketball and Skill Tournament, Bowling Green State University; contact Bob Burkhardt for details, 284-2720

BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 12:30 p.m. on February 22, 2013:

The Board approved a 4-week summer camp for Murray Ridge School. Superintendent Fisher reported to the Board that the Lorain County Commissioners will declare the month of March to be "Developmental Disabilities Awareness Month" in Lorain County, and outlined a number of ways the agency would celebrate the month throughout the county. Board Member Henry Patterson gave a report on the Public Relations Committee meeting held February 14, 2013. Board President Michelle Hunt requested approval of a resolution to adopt the 2013 Annual Action Plan Programs and Expenditures, contingent upon no substantial changes indicated as a result of information gathered in Public Forum on February 25, 2013. The Board unanimously approved the resolution. Following this, a revenue and cost development update was given. Superintendent Fisher also gave an update on the biennium budget bill (HB59, as introduced). Director of Human Resources Tom Forhan reported on Risk Management; what was completed in 2012, and goals for 2013.

Lorain County Board of
Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
Elyria, OH 44035

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



Further News You Might Use...

We are often in receipt of information from external sources on offerings designed for people with DD. Some examples include summer camps and special interest classes. Many such offerings have an associated cost to the participant. Although we are not in a position to "vouch for" or promote such offerings, we recognize that these opportunities may be of interest to our consumers, their families and/or guardians. If you are interested in learning more about such consumer-oriented events and opportunities, please contact Jeff Neal, Director of Service & Support Administration at 440-324-2366.

—The Editor

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.