



The Murray Ridge Courier

Lorain County Board of
Mental Retardation &
Developmental Disabilities

March 2007

Celebrating National MR/DD Awareness Month



Each March Murray Ridge Center joins local, state, and national agencies to recognize Mental Retardation & Developmental Disabilities Awareness Month. This month celebrates the unique and vital contributions made by individuals with disabilities in communities across the Nation and here in Lorain County.

Throughout the month, advocates, consumer organizations, service providers, and government agencies make an extra effort to educate the public, to reduce the stigma associated with disabilities, and to promote the use of services and support resources for individuals with MR/DD and their families.

Each year the Public Images Network, a not-for-profit organization whose main objective is to promote a positive awareness of people with developmental disabilities, establishes a theme for MR/DD Awareness Month. This year's theme is "Focus on what we can do..." The Public Images Network has had a major impact throughout Ohio for nearly 24 years.

Each day, thousands of individuals with disabilities across Lorain County are true testaments to what people with MR/DD **can** do, and **are** doing to contribute to the communities we live in. The more than 2,000 children and adults who currently receive services and support through Murray Ridge defy the stereotypes associated with disabilities.

Since operations began in 1968, Murray Ridge Center has made tremendous strides in providing services to eligible individuals and their families in Lorain County. Much remains to be done, but given proper support, we can continue to make the world a better place for individuals with special needs.

This month, Murray Ridge encourages you to take a moment to recognize MR/DD Awareness Month and celebrate the differences that make each of us unique and irreplaceable members of society.

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For more information 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

Murray Ridge Troopers Ask: Got Cookies?

Down the street and across the Nation young girls dressed in green uniforms with sashes adorned in badges have been busy outside local supermarkets and knocking on doors in hopes of selling delicious Girl Scout cookies! As usual, the Girl Scouts at Murray Ridge School have been doing their best to sell cookies to family, friends and staff at Murray Ridge. In total, Troop #7730 sold more than 560 boxes. Cookie sales like these help fund special community outings for the scouts. Troop leader and Murray Ridge Center employee, Linda Holley has led the troop at Murray Ridge School since 1989. Holley hopes that more students at Murray Ridge will take advantage of the opportunity to be involved in this great group of girls.



Some of the scouts from Troop #7730 with Troop Leader, Linda Holley selling cookies at Murray Ridge School.

In the United States, the Girl Scout Cookie Program has been taking place annually for 90 years. Girl Scouts of the USA strives to help young girls build courage, confidence and character. For more information on Troop #7730, or how your student can become active in Girl Scouts at Murray Ridge, contact Linda Holley at 440/329-3760.

Heart to Heart at Murray Ridge School



A winter storm brought more than a foot of snow to Lorain County on February 14, but students and staff at Murray Ridge School were determined to celebrate Valentine's Day, even if it was on February 16. Students, parents and staff from the primary classrooms celebrated with arts and craft projects and cookie decorating 48 hours after the big storm.

Preschoolers in Maria Michelmann's classroom also enjoyed spreading love to their classmates by having a Valentine's Day tea party complete with red and white

cupcakes. The Valentine's Day holiday may be a designated day to give our loved ones cards, chocolate and flowers, but students at Murray Ridge prove that we can spread joy and share our hearts with others any day of year.

Left picture; Danny Bader enjoyed collecting cards and treats in his Valentine mailbox.

Middle picture; Preschooler, Lilly Raymond attended a lovely tea party with her classmates.

Right picture; Phelisha Santiago and her classroom teacher's aide, Jeanette Zapor, made a beautiful butterfly craft together.



"I may have a
developmental disability,
but I can vote,
I can volunteer,
I can work,
and I can be a friend."

How You Can Support MR/DD Awareness Month

- **Tell Others**
 - Spread the word to friends, family and neighbors about how individuals with disabilities have countless abilities
- **Get Involved in the Cause Year-round**
 - Advocacy takes place throughout the year. Join the Murray Ridge Support Group or Family Support Parent Group to become active in the MR/DD community in our County
- **Celebrate Diversity**
 - Everyone is different, but our differences make life more interesting. Take time to reflect on how your talents, skills, hobbies and heritage make you special
- **Learn More**
 - Get to know more about disabilities and what issues affect your community and state
 - Visit, www.loraincountymrdd.org, or www.odmrdd.ohio.gov to become better educated about MR/DD
- **Attend the Family Fun Fair & Safety at Murray Ridge School on March 24**
 - Invite your family and friends for a day of fun, and learning about disabilities

Murray Ridge School News



Early Intervention

Playgroup themes for March:

- The color green
- Shamrocks
- Rainbows

Please remember to contact your EI Specialist if you are unable to attend your assigned playgroup session.

2007 Whitewater Rafting Trip

Since 2003, many Murray Ridge Center staff, their family and friends have enjoyed a fun-filled Annual Rafting Trip. The 2007 Rafting Trip will take place July 20-22 in Fayetteville, West Virginia. The rafting weekend will be hosted by *The Rivermen*. Murray Ridge staff who attend the event are eligible to receive six team building in-service hours. Participants must be 12 years or older and in good health.



The cost of the trip includes rafting, two nights lodging, breakfast, lunch and a pig roast dinner. Pricing is as follows: Country Cabin or Cottage, \$164; Platform Tent, \$140; Tent Camping \$130. A \$40, transferable/non-refundable deposit is due by March 16 and the trip must be paid in full by May 25. For more information and availability, contact Shawn Hatcher at 440/371-0269.

Don't Miss the 6th Annual Family Fun Fair & Safety Fest!

Bring your family, friends, and neighbors to Murray Ridge Center's 6th Annual Family Fun Fair & Safety Fest on Saturday, March 24 from 11:00 a.m. to 3:00 p.m. at Murray Ridge School. Everyone is sure to have fun playing games, learning safety tips, winning raffle prizes and eating yummy fair food. 1320 AM WOBL will be broadcasting live from the event. No admission fee. For more information, contact Sue Ward at 440/774-7400.



March 2007



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8 	9	10
11	12	13	14	15		17
18	19	20 	21	22 	23	24 
25	26	27	28	29	30	31

Murray Ridge Center Events

- 3/5- Public Hearing on Annual Action Plan, Administration Building, 1091 Infirmary Rd., Elyria, 10:00 a.m.
- 3/8- Early Intervention Evening Playgroup, Murray Ridge School (MRS), 9750 S. Murray Ridge Rd., Elyria, 5-6:00 p.m. and 6:00-7:30 p.m.
- 3/15- Murray Ridge Support Group Meeting, Lorain Work Activity Center, 4360 Oberlin Ave., Lorain, 4:15 p.m.
- 3/16- St. Patrick's Day Dance, MRS, 7-9:00 p.m.
- 3/14- Market Day Pick-Up, MRS, 3-4:30 p.m.
- 3/20- Family Support Parent Committee Meeting, Administration Building, 6:30 p.m.
- 3/21- LCBMR/DD Meeting, Administration Building, 7:30 p.m.
- 3/22- Early Intervention Evening Playgroup, MRS, 5-6:00 p.m. and 6:00-7:30 p.m.
- 3/24- Family Fun Fair & Safety Fest, MRS, 11:00 a.m.-3:00 p.m.

Attention Murray Ridge Staff: Hot Potato Fundraiser...

The *Young at Heart* senior program will be hosting a potato bake on March 16. All proceeds will benefit *Friends of Murray Ridge*, which funds many activities for our senior consumers. The cost is \$4.00 per potato, which will be delivered during lunch break on March 16. All order requests and payments must be submitted to Debbie Griffee or Ken Lewis by March 13.



Cerebral Palsy Informational Fair

United Cerebral Palsy (UCP) of Greater Cleveland will present a Family Information Fair on Friday, March 9 from 9:00 a.m. to 3:00 p.m. at 10011 Euclid Avenue, Cleveland, 44106. UCP hosts this event in an effort to provide families and caregivers of individuals with special needs with helpful information and resources. Informational sessions will include such topics as IEP's and Your Rights, Estate Planning, and Toilet Training for Young Children with Disabilities, among others. Cleveland area vendors will be at the fair, and fun activities will be available for children. For more information on UCP's Family Information Fair, contact Pam Butler at 216/791-8363 ext. 250.



New Positions Assumed



Pittsfield Township resident, **Patricia Brown** recently transitioned from working as a sub to a full-time position as a Licensed Practical Nurse at Meister Road Group Home. Brown enjoys spending time outdoors camping, fishing and flower gardening.

A new addition to Meister Road Group Home, **Tonya Cechura** will work as an aide. For the past two years, Cechura has worked for the Agency as a workshop aide sub. In her spare time she enjoys bowling and spending time with her family.



Former workshop aide sub, **Renee Patchin** joins the staff at Liberty Lane Group Home as a full-time aide. Patchin enjoys planning tennis, visiting Cedar Point, and spending time with family, friends and dog Spike.

New addition to Murray Ridge School, **Sharlene Wharton** was recently hired full-time as a teacher's aide. Prior to this position, Wharton worked as workshop aide sub for the Agency. She enjoys leading her daughter's Girl Scout troop, camping, and spending time with her husband and three children.



Upcoming Conferences & Workshops

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

Domestic Violence & MR/DD

Presented by Peg Calvey and Jeff Camp
AVERT Program
April 19, 4:30-6:40 p.m.
Elyria Work Activity Center

For questions or to register for either of the educational workshops above, please contact Laura Barney at 440/329-3734.



Board Room Briefing

The Lorain County Board of MR/DD convened at 7:30 p.m. on February 20.

Superintendent Fisher outlined the feasibility and benefits of pursuing an innovative program of collaboration with Lorain County Community College (LCCC) to provide post-secondary learning opportunities to Murray Ridge consumers; particularly older adults who have never had an opportunity to participate in the college experience. Dr. Fisher and Jeff Neal, Director of Day Service and Support Administration, updated the Board on recent conversations with LCCC on this topic, and gave an overview of some college programs for people with MR/DD elsewhere in the United States. The Board encouraged them to continue exploring the collaboration, and to investigate the availability of federal assistance options appropriate to the venture.



Lorain County Board of Mental
Retardation & Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
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 February 26-March 2 and March 19-23

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 March 5-9 and March 26-April 2

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 March 12-16

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