

## Helping Lorain County Citizens With Developmental Disabilities to Work

In an effort to educate the American public about issues related to disability and employment, Congress enacted a law declaring the first week in October of each year to be 'National Employ the Physically Handicapped Week'. The word 'physically' was removed in 1962 in order to acknowledge the employment needs and contributions of individuals with all types of disabilities. Then, in 1988, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month.

Murray Ridge Center is proud to recognize workers with developmental disabilities during National Disability Employment Awareness Month. Through our three Work/Activity Centers, enclave sites and community-based work experiences, we are privileged to help nearly 1,000 Lorain County citizens with developmental disabilities to be part of the American workforce.

One individual who has been helped through the vocational services at Murray Ridge is **Ruth Ann Nelson**. Shortly following graduation from high school in 1985, Nelson found that she needed help developing job skills and sought the services of Murray Ridge. She began her vocational training at the Lorain Work/Activity Center, where she performed such tasks as packaging, assembly and labeling for local companies who utilize the production services offered at Murray Ridge. Her work habits and attitude were strong enough to earn her a spot at several enclave settings where she learned how to perform such jobs as dishwashing, cleaning and housekeeping. Through these experiences, Nelson developed her employment skills enough to earn a competitive job as a dishwasher for Oberlin Inn in 1996. She has been a dependable employee there ever since and says, "I like my job. I do a lot there. My boss Mindy is a nice lady and I help her a lot. I help everyone there a lot."

Nelson muses about the various people she works with and the additional ways in which she helps her co-workers. As she speaks, it is clear that she has a great deal of fondness for her work environment and her co-workers, and she takes a great deal of pride in what she does. When asked how her job helps her in her life, she says matter-of-factly, "It helps me buy the things I need." **Karen Pando**, Vocational Placement Specialist at Murray Ridge, said "Ruth has a great relationship with the people she works with and she has proven herself to be a very dependable employee. Her attendance is great." When asked if there is any other job she would rather be



**Murray Ridge consumer Ruth Ann Nelson talks about her job at the Oberlin Inn.**

doing, Nelson smiles and enthusiastically says "I'd like to be a cop, but that's a dangerous job, so I'll keep my job at The Oberlin Inn!"

Another individual who has received vocational assistance from Murray Ridge is **Charles Johnson, Jr.**, or "Mr. Johnson, Jr.," as he prefers to be called. Fifteen years ago, Johnson obtained a job as part of an enclave at a local parts plant where he still works part-time five days a week. Says Johnson of his job there "It helps me pay my bills, like my rent. It's hard work, but I do a good job and they are proud of me." In addition to this long-term position, Johnson took on another enclave assignment two seasons ago with the Lake Erie Crushers. Two or three nights a week during the game season, Johnson and other members of the enclave clean All Pro Freight Stadium after games. A baseball fan and player on the Murray Ridge Special Olympics Softball Team 1, this job is like a dream for Johnson. "It's a great job and I love to work for the Crushers."

*Continued on page 5...*

# Fun & Wellness Expo

## Murray Ridge Center

*Helping People...*to enjoy healthy living

**Saturday, October 23, 2010**

**11:00 a.m.—2:00 p.m.**

**Murray Ridge School  
9750 Murray Ridge Road, Elyria**

Join us for a day of free family fun and wellness that will include food, Wii Games and other athletic activities, pumpkin painting and a variety of wellness informational from local health, sports and wellness organizations.

Plus, you will have an opportunity to pre-register for the Sunday, October 24 Murray Ridge Inland Trail Marathon/Half-marathon 5K Walk.

For more information call 440-329-3734.

**FUN AND WELLNESS FOR ALL  
AGES!**

Featuring Exhibits by:

Cleveland Clinic

Walgreen's

Take Care Health Services

Lorain County General  
Health District

Lorain County TB Clinic

Lorain County  
Children's Services





## Wild and Woolly

Murray Ridge Center staff, consumers and family members enjoyed participating in various community parades this summer season! In September, the Vermilion Woollybear parade offered everyone a fun way to wrap up the season by creating a lovable new float, colorful glitter banners and fuzzy woollybear pins. We hated to say goodbye to the season, but look forward to more fun next year. Below you can see all the fun from start to finish!



Thanks,  
everyone! See  
you next year!



## Special Olympics Softball Tournament

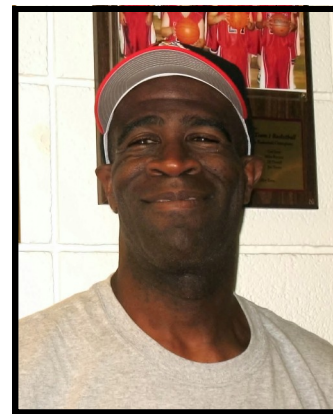


The Murray Ridge Raiders Softball Team 1 recently competed at the Special Olympics State Softball Championship in Oregon, Ohio. The team placed third in this grueling competition, and is looking forward to next year.

## Awareness Month... ...Continued from page 1

Everybody is so friendly and the owner treats me like a man. I also get to meet the players! I am a big Crushers fan," said Johnson.

Every year, individuals like Charles Johnson, Jr. and Ruth Ann Nelson, and more than 50 million other American workers with disabilities, contribute to the nation's economy. Murray Ridge Center is privileged to help Lorain County citizens with developmental disabilities contribute to the local workforce. And we are proud of the successes of our consumers. If you are a local business owner and would like to know more about how individuals with developmental disabilities can contribute to your workforce, call Jeff Miller at 284-2720.



**Charles Johnson, Jr.**

### AVERT Class Offered

*"Understanding Victimization/Abuse Against People with Disabilities: Practical Strategies for Recognition, Intervention and Prevention"*

This class will be offered on November 4, 2010 from 8:30 a.m. to 5:50 p.m. at Sandy Ridge Reservation, 6195 Otten Road in North Ridgeville

For more information contact Peg Calvey at 440-934-2444 or 440-724-6239

### Murray Ridge Annual In-service November 5, 2010!

The annual employee In-service promises to be an entertaining and educational day for all. This year's In-service will be held at DeLuca's Place in the Park and will include a variety of presentations on topics ranging from critical thinking to healthy living. Then, keynote speaker Bruce Boguski will tell us "How to Do The Impossible."

## BOARD ROOM BRIEFING

**The Lorain County Board of DD convened at 12:30 p.m. on September 24, 2010:**



Superintendent Fisher updated the Board on fundraising initiatives impacting the agency. The first initiative was presented by staff member James Nagy who proposed that the group "Mega Championship Wrestling," hold a wrestling event, from which a portion of the proceeds would be donated to the Friends of Murray Ridge. Dr. Fisher then reported to the Board that the Poker Run hosted by the Amherst Eagles #1442 in June raised \$3,700 for Friends of Murray Ridge. Finally, the recent Golf Classic raised nearly \$13,000 for the Murray Ridge Levy Committee. In other business, Jeff Miller, Director of Vocational and Transportation Services, asked the Board to approve an amendment to the MRPC agreement which was requested by the Title XX auditors. The Board approved the amendment unanimously. Superintendent Fisher then announced to the Board that Janet Winterstein, Director of Nursing, submitted her resignation and an interim DoN would assume her duties until the position is filled. Al Sprague, Director of Residential Service and Support Administration, then presented a year to date overview of family support spending, and his request for the third quarter budget allocation was unanimously approved. Dr. Fisher reminded Board members that the Special Olympics Banquet will be held on Monday, November 1 at 6:30 p.m. at Lorain County Community College, Spitzer Center.



# October 2010

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						

## Activities & Events

- 10/5-6—Early Intervention Apple-picking outing at Apple Hill
- 10/7—Murray Ridge Support Group meeting, 4:15 p.m., Elyria Work/Activity Center, 1095 Infirmary Road in Elyria
- 10/11—Agency Closed for Columbus Day**
- 10/13—Family Support Parent Committee meeting, 6:30 p.m., Administration Bldg, 1091 Infirmary Road, Elyria
- 10/14—Early Intervention Playgroup, 5:30—6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 10/16—Lorain County Community College Fun Fair
- 10/21—LCBDD Finance Committee meeting, 12:00 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 10/23—Special Olympics Bowling Tournament, Holiday Lanes, 4589 East Broad Street in Columbus
- 10/23—Murray Ridge Fun & Wellness Expo, Murray Ridge School, 11:00 a.m.—2:00 p.m.
- 10/24—Inland Trail Marathon, Murray Ridge School, registration begins at 6:00 a.m., race begins at 8:00 a.m.
- 10/28—Early Intervention Playgroup, 5:30—6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 10/29—LCBDD Meeting, 12:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
- 10/29—Murray Ridge Support Group dance, 7:00-9:00 p.m., Murray Ridge School, 9750 Murray Ridge Road, Elyria



**September 27—  
October 1  
October 18-22**

**Monday-** Salisbury Steak w/Gravy, Scaloped 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

## Lunch Menus

Cost Per Day: Youth = \$2.80, Adults = \$2.80

**October 4-8  
October 25-29  
November 15-19**

**Monday-** Ham, Wheat Bread, 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, Cookie



**October 11-15  
November 1-5  
November 22-26**

**Monday-** Chicken Patty on a Bun, Potato Rounds, 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, Cookie

**Thursday-** Pepperoni & Cheese Pizza, Tossed Salad w/Low fat Dressing, Fresh Fruit, Nutri-Grain Bar

**Friday-** Meat/Cheese Burrito, Spanish Rice, Cole Slaw, Applesauce

Lorain County Board of  
Developmental Disabilities

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

Visit our Web site  
[www.murrayridgecenter.org](http://www.murrayridgecenter.org)

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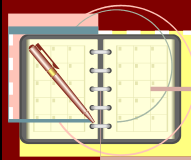
If you have a news item that you would like to include in the **Murray Ridge Courier**, please email relevant photos, stories or event information to Racheal Seibert at [rseibert@murrayridgecenter.org](mailto:rseibert@murrayridgecenter.org).

**Submissions are due by the 20th of each month for the following month's newsletter.**



### 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 Albert Sprague, Director of Residential Service & Support Administration. You may reach him by telephone at 440-324-2366.



## Save the Date

The 10th Annual Ohio Adult Sibling Conference will be held November 5-6 at the Marriott Airport Hotel.

This annual conference is designed to give adult siblings of people with developmental disabilities an opportunity to share information, ideas and family experiences. This year's topics include Siblings as Care Providers in a Medicaid Environment, Siblings of People with Autism, Role of Siblings During Transition Periods, Understanding and Building the Sibling Relationship and Self-advocacy Activities for Siblings with a Disability.

The registration fee is \$85 and includes meals and materials. Registration can be completed online at [www.ohiosibs.com](http://www.ohiosibs.com), or you may fax your forms to Dr. Tom Fish at 614-292-3727.

For more information, contact Racheal Seibert at (440) 329-3734.