



MurrayRidgeCenter  
HELPING PEOPLE...FOR A LIFETIME

# The Murray Ridge Courier

October 2017

## National Disability Employment Awareness Month

Murray Ridge Center will once again be participating in National Disability Employment Awareness Month, an annual awareness campaign that takes place each October. Murray Ridge Center's Supported Employment Program provides services to assist individuals to choose, obtain, and maintain employment in the community.

Murray Ridge Center is proud to salute the nearly 1,000 Lorain County citizens with developmental disabilities who are part of the local workforce, and the more than 100 local businesses that provide jobs for these individuals. Through its three Opportunity and Vocational Centers and Supported Employment Program, Murray Ridge Center continues to focus on finding and placing individuals in positions where they can grow and excel in today's competitive job market.

Read the stories below to learn how two of our program participants are making a difference in local businesses!



**Anthony Harris** (left) has worked at Oberlin College on a supervised work crew since September 2006. He works with others on a dishwashing line where he stacks dishes and sorts silverware in the busy Stevenson Hall cafeteria. Anthony also started working at the Lorain County Commissioners' Solid Waste Department this summer; he aids in recycling materials by bailing cardboard, separating batteries, and sorting paper. He also keeps the building tidy by sweeping and mopping the floor. Anthony has a strong work ethic. He does not like idle time and is always looking to help others at the Oberlin College employment site. One co-worker remarked, "his smile is contagious." His soft spoken friendly nature is a positive influence on everyone he comes into contact with in the workplace.

**Bill Lacko** (right) had the goal of working for a local business near his hometown of LaGrange. This goal was achieved after working for a number of years on various community-based

work crews that are supervised by Murray Ridge staff. In March 2017, Bill was employed by Nancy's Main Street Diner in Grafton as a dishwasher. His job duties include prepping dishes for cleaning and running the coffee cups to locations throughout the restaurant. Bill is scheduled to work at the diner on Fridays and Saturdays, and continues to fill in on various Murray Ridge work crews when other program participants can't make a shift. Beyond the assistance that Bill receives through our Supported Employment Program, Bill is very active in the Murray Ridge Special Olympics Program, participating on the track, basketball and golf teams. He also loves attending various sporting events at Elyria High School.



# THE MURRAY RIDGE SUPPORT GROUP IS SEEKING NEW MEMBERS!



*The Murray Ridge Support Group, a not for profit organization that exists to support the mission of Murray Ridge Center and local residents with developmental disabilities and their families, is seeking new members!*

## **Some activities of the Murray Ridge Support Group include:**

- \* Provide education and advocacy for people with developmental disabilities and their families
- \* Conduct fundraisers
- \* Address special financial needs of consumers
- \* Sponsor social activities for the benefit of individuals with developmental disabilities and their caregivers

# M R S G

*For more information on how you can join the Murray Ridge Support Group, please contact Joaquín Page at 440.453.2576.*



## Exceptional Service at Murray Ridge Center



Diane Smith (left, pictured with Board member Dan White), was presented with the 2nd Quarter Exceptional Service Award at a Murray Ridge Center Business Department meeting on September 6th.

In the nomination letter submitted by Christopher Igoe, an adult program participant, he states that a situation required quick thinking and last minute decisions, and Diane stepped in and helped Christopher and his family avoid a serious problem. He further states that "Due to her diligence, knowledge, and empathy, we believe Diane should be recognized for her exceptional service."

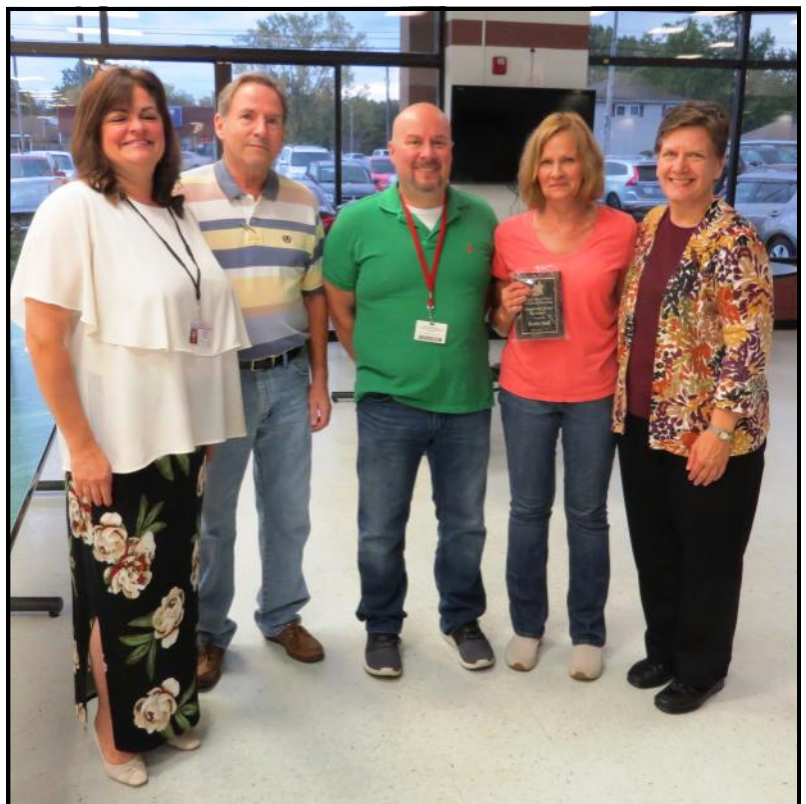
Diane has been an employee of Murray Ridge Center for more than 40 years, and during that time has helped countless co-workers, children and adults with developmental disabilities, and families of these individuals. Thank you, Diane, for your longstanding commitment to providing exceptional service!



Betty Hall, nurse at the Lorain Opportunity/Vocational Center, was presented on October 5 with the Third Quarter Exceptional Service Award.

Betty was nominated by Barb Kapucinski. Barb's brother—and Murray Ridge Adult Program participant—Rick Kapucinski, has been working with Betty for eight years. Barb wrote in her nomination letter, "Betty's co-workers describe her as a selfless, quiet, caring person who goes above and beyond with each of the clients who come to her nurse's room. Within her 30 years of service at the Lorain workshop, she has trained many nurses and is willing to assist them in their responses to each person they encounter. Countless clients, parents, and caregivers have been touched by Betty's goodness."

In addition to receiving this award, Betty will also be retiring and leaving MRC this year. Congratulations, Betty, on receiving this award, and best of luck in your retirement!



Pictured, l-r: Superintendent Amber Fisher, Board member Dan White, Director of Nursing Kevin Eye, Betty Hall, and nominator Barb Kapucinski.

# 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.

## 2017 Fall Course Series

### Evening Sessions:

October 10, 2017: Section 1, 6-9 p.m.

October 12, 2017: Section 2, 6-9 p.m.

October 17, 2017: Section 3, 6-9 p.m.

October 19, 2017: Section 4, 6-9 p.m.

### Location:

Murray Ridge Center LCBDD  
Lorain County Board of Developmental  
Disabilities Service & Support Administration Bldg.  
9740 Murray Ridge Road, Elyria, 44035  
Building at the rear of Murray Ridge School  
\*Evening parking available at Murray Ridge SSA  
lot. Please enter in back door.

## Register

Contact : Kathy Bevaque, M.Ed., D.S. w/LCBDD  
(440) 284-3655

e-mail: kbevaque@murrayridgecenter.org

No fee to attend. Space is limited.

Bring your own personal refreshments and food.

### Facilitator:

Kathleen Bevaque, M.Ed., D.S. w/LCBDD



**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!

## 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

- 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
- Ohio Approved Specialized Training for Early Childhood SUTQ, ODE, ODH (pending)

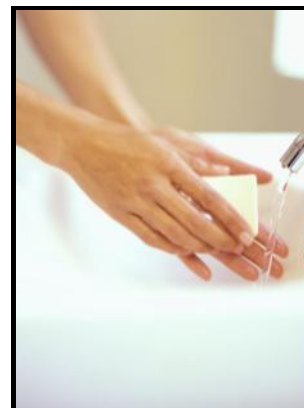




## 'Tis the Season for the Cold and Flu

How do you know if you have the symptoms of a cold or of the flu? Here is a helpful guide!

<u>Symptom</u>	<u>Cold</u>	<u>Flu</u>
Fever	rarely	100-102 degrees (lasting 3-4 days)
Cough	hacking	severe cough
Chest Discomfort	mild to moderate	mild to moderate
Sore Throat	common	sometimes
Sneezing	common	sometimes
Stuffy Nose	common	sometimes
Exhaustion	never	early and severe
Fatigue	mild	can last several weeks
Aches/pains	mild	severe
Headache	rarely	can be severe and last several weeks



Recommendations to stay healthy and prevent the spread of illness:

1. Get a flu shot!
2. Wash hands frequently and thoroughly.
3. Encourage others to wash their hands frequently and thoroughly.
4. Cough or sneeze into a tissue. You can use your sleeve on your upper arm.
5. Regularly disinfect surfaces and items, such as door knobs, phones, and items people touch often.
6. Keep alcohol based sanitizers nearby.

## Murray Ridge Keeps up its "50 Acts of Giving Back" Program

Murray Ridge is still going STRONG with its 50 Acts of Giving Back initiative! So far in 2017, volunteers have completed 164 Acts of Giving Back! There have been 158 different consumer volunteers. Our top volunteers, Jaclyn Guerrieri and Rosa Ortiz, are tied at 22 volunteer acts each! Additionally, all three OVC service clubs collected school supplies throughout the month of August and delivered them to Elyria City Schools, Lorain City Schools, Wellington City Schools, and Keystone schools. Stay tuned for what we have in store for the rest of 2017!



Right, Murray Ridge volunteers Linda Wells, Carol Anderson, Shasta Knarr, Mary Gressler, and Keystone student Nathan Lee.

## Now Accepting Nominations for the Murray Ridge Center 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, Community Education/Volunteer Director. Include a brief paragraph outlining your reasons for nominating the employee. All nominations will be forwarded to the Board for consideration. If you have any questions, contact Jenn Judkins at 440-329-3734 or [jjudkins@murrayridgecenter.org](mailto:jjudkins@murrayridgecenter.org).



## Important Weather-Related Announcements

Murray Ridge program closing information will be available on TV station Fox 8, on the Fox 8 website fox8.com, and on radio stations WEOL 930 AM and WOBL 1320 AM, as it has in the past. **There will be two separate listings for Murray Ridge Center:**

- **Murray Ridge—Adult Activities Centers**
- **Murray Ridge School**

Parents and caregivers of school students should disregard the "Murray Ridge—Adult Activities Centers" listing, and follow only the listing for "Murray Ridge School." Conversely, adult consumers who attend our Opportunity/Vocational Centers and their parents/caregivers should disregard the "Murray Ridge School" listing, and follow only the listing for "Murray Ridge—Adult Activities Centers."

If "Open—No Transportation" follows the announcement for "Murray Ridge—Adult Activities Centers," parents/caregivers are welcome to transport adult consumers to their day service sites. Regular programming will be provided. Consumers should be dropped off no earlier than 8:30 a.m. and must be picked up by 3:45 p.m.

In the event of bad weather, the decision to transport individuals to Murray Ridge Center will be based on the ability of our buses to travel safely on city and county roads. Regardless of whether or not transportation is available through Murray Ridge Center, if our Opportunity/Vocational Centers are open, but there is an individual concern about the weather, adult consumers should feel free to stay home. Likewise, parents/caregivers of Murray Ridge School students who have individual concerns regarding the weather should feel free to keep their child at home, even if school is in session.

Please be aware that transportation to enclave sites is generally available even if transportation to the Opportunity/Vocational Centers is cancelled. Murray Ridge Center does not broadcast the status of enclave transportation on the television or radio. Consumers should assume that enclave transportation will be available unless they receive a phone call from a member of our Supported Employment Department.

First Student bus company can be reached at 288-2222

## 2017 Summer Parade Season Continues With Woollybear Festival!

Murray Ridge Center said goodbye to summer 2017 on Sunday, September 24, as consumers, staff, family, and friends participated in the Woollybear Festival Parade in Vermilion!



Murray Ridge Center October 2016

The Woollybear Festival Parade is the 4th parade for Murray Ridge this summer; the 5th and final parade for 2017 will be the Miracle on Main Street Parade held in Amherst on December 1.

Thank you to all who helped make this another successful parade season!



The Murray Ridge Courier



# October 2017

## Activities & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	10/9 - Columbus Day, Agency Closed for Holiday
8	9 	10	11 	12	13	14	10/11 - Murray Ridge Parent Support Group Meeting, 4:15 p.m. at the EOVC
15	16	17	18	19	20 	21	10/11 - Family Support Parent Committee meeting, 6:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
22	23	24	25	26	27 	28	10/20 - Agency In-service Day, Agency Closed
29	30	31 					10/27 - Murray Ridge Support Group Dance, 7-9 p.m. at the Murray Ridge School

\* There is no Board Meeting this month.



## Murray Ridge Annual In-service is October 20!

The annual employee in-service promises to be an entertaining and educational day for all.  
The agency offices will be closed.

## BOARD ROOM BRIEFING

**The Lorain County Board of DD convened at 6:30 p.m. on September 25, 2017:**

Board member Dan White announced that the Board Award Committee had chosen a recipient for the 3rd quarter Exceptional Service Award. The Board unanimously passed a resolution to execute with the Lorain County Prosecutor's Office a memorandum of understanding related to legal services in 2018 and 2019. The Board nominated Michelle Hunt to serve as the delegate for the annual assembly of the Ohio Association of County Boards of DD; Superintendent Fisher will be the alternate. Superintendent Fisher discussed the sale of former group homes. Superintendent Fisher, Director of Business Greg Westgate, and Director of Service and Support Heather Gurchik discussed the Agency's financial forecast. It was resolved that the 2018 Organizational Meeting will take place on January 29, 2018 at 6:30 pm. Upcoming meetings of the Budget and HR Committee and the Special Olympics Committee were scheduled. In other news, Board President and Murray Ridge Support Group (MRSRG) member Michelle Hunt announced that the MRSRG 50th Anniversary celebration would be taking place on September 30; President Hunt also announced upcoming MRSRG dance dates. All Board members were invited to the Agency In-Service to take place on October 20.

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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### 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 Heather Gurchik, Director of Service & Support Administration. You may reach her by telephone at 440-324-2366.

—The Editor

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by email, please visit  
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