



March is National Developmental Disabilities Awareness Month

Murray Ridge Needs Your Help for DD Awareness Month!

Since 1979, agencies across the country have recognized the abilities of persons with developmental disabilities every March during Developmental Disabilities Awareness Month. This March, Murray Ridge once again joins this effort and is pleased to share information about the lifelong programs and services it provides to more than 2,000 Lorain County citizens with developmental disabilities. For example, in 2010 our Early Intervention program served 659 children from birth to three years of age, and Murray Ridge School educated 169 students. Also, in 2010 the Adult Services program provided services to 922 individuals. Of those adults served, more than 700 received services at one of three Work/Activity Centers in Elyria, Lorain and Oberlin. In 2010 the Community Employment program assisted 266 adults with vocational opportunities in Lorain County, and many of these individuals also attended a Work/Activity Center on a part-time or periodic basis. Additionally in 2010 residential services were provided to 421 individuals, many of whom required this care due to deceased parents or elderly family caregivers, and 697 families were assisted through our Family Support program.

This March, Murray Ridge needs help spreading the word about these services and supports to local business, community organizations and places of worship. If you would like to help us get the word out during Developmental Disabilities Awareness Month by distributing fliers, please contact Racheal Seibert at 329-3734 or rseibert@murrayridgecenter.org.

You may also print the flier from our website at www.murrayridgecenter.org and post it in your organization or favorite establishments.

Lady Raiders Win at North Section Special Olympics Ohio Basketball Tournament



Lady Raiders, top row, l-r: Stephanie Budweg, Sarah Ward, Britiny Bennett, Jennifer Jones, Leona Hunsucker, JoAnn Gall, Maria Poling.

Bottom row, l-r: Shari Reitenbach, Alicia Lawrence, Jennifer Hunsucker, Megan Craig, Dominique Flores

Not pictured: athlete Katie Mihalek

For the first time in its four-year history, the Lady Raiders basketball team recently won first place for its division in the North Section Special Olympics Ohio Basketball Tournament held at Lorain County Community College.

This team, still relatively new to the Special Olympics program, has worked hard over the last few years to master the fundamentals of the game. Evidently, this hard work paid off as they defeated the Geauga County and Summit County (22-20) teams in two very close games.

Judy Hartung, Habilitation Manager of Recreation said "the players have improved each year and they are all very excited about the upcoming state tournament!" The Special Olympics Ohio State Basketball Tournament will be held March 25-26 in Bowling Green, Ohio. The Lady Raiders are scheduled to play March 25 at 8:00 p.m. For more information, contact Judy Hartung at 284-2720.

Lorain County Commissioners Proclaim March DD Awareness Month

The Lorain County Commissioners adopted a resolution on March 2, 2011 declaring the month of March as "Developmental Disabilities Awareness Month" in Lorain County. Superintendent **Amber Fisher** highlighted the services that more than 2,000 Lorain County citizens with developmental disabilities receive from the Lorain County Board of Developmental Disabilities, more commonly known as Murray Ridge Center. Three consumers of programs and services of Murray Ridge Center accompanied Superintendent Fisher to share their stories and to thank the Commissioners for their support.

As noted by the Commissioners, the proclamation recognized the Lorain County Board of Developmental Disabilities "in honor of the sizeable contribution made to the welfare of Lorain County children and adults with special needs."

Pictured, l-r: Commissioner Tom Williams, Lori Norton, Commissioner Lori Kokoski, Patrick Boey, Superintendent Amber Fisher, Terri Beckett and Commissioner Ted Kalo.



Bring Your Appetite!



The Annual Spaghetti Dinner, sponsored by the Murray Ridge Support Group, will be held this year on Saturday, March 12 from 3:00-6:30 p.m. at the AmVets Post 55, 530 Abbe Road in Sheffield Lake.

This Italian feast, which includes spaghetti with meatballs, fresh bread, salad, desserts and beverages, is being generously donated by the AmVets Post 55. Activities will include a gift basket auction and a 50/50 raffle. Proceeds will go toward programs and services for Lorain County citizens impacted by developmental disabilities.

Tickets are \$8 for persons 6 years of age and up, and free for kids 5 and under. Sponsorships are available. Call Andrea Elek for more information, 440-323-2741.

Buon Appetito!



Cast Your Vote for the Murray Ridge Bell Choir!



On Friday, March 4, the Murray Ridge Bell Choir participated in the Fox 8 News Glee Choir Competition, presented by local Ford Stores, at the IX Center in Cleveland and won that evening's challenge! The competition has taken place nightly since February 26, and each nightly winner received a \$500 cash prize for its organization and a chance to win a \$5,000 Grand Prize.

On Tuesday, March 8, online voting for the contestants will be held on the Northeast Ohio Ford Stores website at www.driveoneohio.com. The group that receives the most online votes will win the \$5,000 Grand Prize!

The Bell Choir "wowed" the judges with its performances of "Scarborough Fair," "Over the Rainbow," and "When the Saints Come Marchin' In," so now it's time to "wow" the Murray Ridge Bell Choir by showing your support and casting your votes!

Pictured above: Members of the Murray Ridge Bell Choir compete at the Fox 8 Glee Choir Competition.

Fetal Alcohol Syndrome Classes

"Triumph Through the Challenges of Fetal Alcohol Spectrum Disorder"

Learn about Fetal Alcohol Spectrum Disorders (FASD) and how to best work with those affected in order to help them reach their fullest potential.

This course is for caregivers and those who work with individuals that may have had prenatal exposure to alcohol or drugs.

Sessions are free and are offered at the following dates and times:

March 29: Section 1, 8:30-11:45 a.m.
 Section 2, 12:45-4:00 p.m.

April 5: Section 3, 8:30-11:45 a.m.
 Section 4, 12:45-4:00 p.m.

Classes will be held at the Murray Ridge Center Service and Support Administration Building, 9740 Murray Ridge Road in Elyria.

For more information visit www.loraincountyhealth.com/fasdcourse or call the Lorain County General Health District at 322-6367.

BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 12:30 p.m. on February 25, 2011:

Director of Education Services, Dann Swift, reported to the Board that the 2010 three-week Summer Camp was successful and that the same number of camp participants was anticipated this year. He also suggested an application deadline of May 2, 2011 in order to most efficiently arrange transportation. Superintendent Amber Fisher recommended that the Board once again approve a three-week Summer Camp program. The Board approved unanimously. Dr. Fisher then requested a resolution by the Board to accept the 2011 Annual Action Plan Programs and Expenditures. The Board unanimously approved the resolution. In other business, Dr. Fisher disseminated an edited version of the Board's Governing Rules and Regulations for its annual review. Following this, Superintendent Fisher reported to the Board that, at the March 2nd meeting, the Lorain County Commissioners declared the month of March to be "Developmental Disabilities Awareness Month" in Lorain County.

"Exceptional Service Award" Nominations Sought by Board

If you are a consumer, parent, guardian, sibling or other relative, or a community member and would like to participate in recognizing a Murray Ridge Center employee whose work efforts reflect remarkable dedication in meeting the needs of Murray Ridge consumers, you are encouraged to nominate those staff members who, in your opinion, have made significant contributions to the lives of those we serve. The nominating criteria are purposefully wide to reflect the diversity of staff duties and contributions, but in general, the nominees will reflect a standard of service that exceeds, *in the opinion of the one making the nomination*, the already high standard of service set by the agency.

Nominations for this award should be submitted to Racheal Seibert, Community Education and Volunteer Manager (rseibert@murrayridgecenter.org). When making a nomination, it is requested that you write a brief narrative (of at least one paragraph), outlining your reasons for nominating the employee.

All nominations will be forwarded to the Board for selection at its discretion.

It is the intention of the Board to present this quarterly award to its recipient (s) at one of its regularly scheduled meetings, which will normally be held on the last Friday of each month at 12:30 p.m. in the Board Room.

If you have any questions, contact Racheal Seibert, Community Education and Volunteer Manager, or Tim Donohue, Director of Communications, at 440-329-3734.

Mark Your Calendars!



All community members are invited to join us at the Lorain Work/Activity Center Open House on Friday, March 25 from 11AM-2PM. You'll have an opportunity to tour the facility, observe consumer activities, enjoy refreshments, and listen to the Murray Ridge Choraleers – our own coral group. The Lorain Work/Activity Center is located at 4360 Oberlin Avenue in Lorain. For more information, call Cindy White at 282-2131.



If you would like to receive The Murray Ridge Courier via email, contact Racheal Seibert at (440) 329-3734 or email her at rseibert@murrayridgecenter.org.



March 2011

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

- 3/10—Murray Ridge Support Group meeting, 4:15 p.m., Elyria Work/Activity Center, 1095 Infirmary Road in Elyria
- 3/10—Early Intervention Playgroup, 5:30—6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 3/12—Murray Ridge Support Group Spaghetti Dinner, 3:00-6:30 p.m., AmVets Post 55, 530 Abbe Road in Sheffield Lake
- 3/17—LCBDD Finance Committee meeting, 12:00 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
- 3/18—Murray Ridge Support Group Dance, 7:00 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 3/22—Murray Ridge School "Day of Leisure" activities
- 3/24—Early Intervention Playgroup, 5:30—6:30 p.m., Murray Ridge School, 9750 Murray Ridge Road in Elyria
- 3/25—LCBDD Meeting, 12:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
- 3/25-3/26—Special Olympics Ohio State Basketball and Skill Tournament, Bowling Green State University; contact Judy Hartung for details, 284-2720
- 3/25—Lorain Work/Activity Center Open House, 11a-2p, 4360 Oberlin Ave. in Lorain
- 3/30—Family Support Parent Committee meeting, 6:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria



Lunch Menu

Cost Per Day: Youth = \$2.80, Adults = \$2.90

—
March 14-18
April 4-8

Monday- Salisbury Steak w/Gravy, Scaloped Potatoes, Corn, Peaches, Cookie

Tuesday- Turkey or Bologna with 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

February 28-March 4
March 21-25
April 11-15

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



March 7-11
March 28-April 1
April 18-22

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

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

Return Service Requested



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.

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.

Calling all Artists!

Murray Ridge Center will be adding a Consumer Art page to its website soon and is looking for entries. If you paint, draw, sculpt, or have some other artistic visual talent and would like to have your work featured on the Murray Ridge website, submit a photo of your masterpiece to Racheal Seibert at rseibert@murrayridgecenter.org. Submissions must be in a specific format (jpeg) and emailed as an attachment. If you need assistance, call Racheal at 329-3734.



Vincent van Gogh