



MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

The Murray Ridge Courier

September 2015

Elyria Opportunity/Vocational Center Holds 2nd Annual Summer Fashion Show

On August 12, 80 adult program participants from the Elyria Opportunity/Vocational Center (EOVC) donned their own designs and strutted down the runway at the 2nd Annual EOVC Summer Fashion Show.

This show was conceived, produced, and executed by EOVC staff member Penni Shuster after staff and people from the community donated old bridesmaid, prom, and other special event dresses to Murray Ridge consumers*. Penni discovered that some of the EOVC attendees had never worn a formal outfit, and she realized that a fashion show was the perfect opportunity to allow them that occasion. Those who wished to model chose their own outfits, as a way to express individual style.

Activity Aides from the EOVC volunteered to do hair and makeup before the show; decorations were made, lighting was configured, and the stage was set for this year's theme, Bonjour from Paris. Those who chose not to dress up filled the audience, along with EOVC staff and consumers' family, friends, and caregivers, to cheer on the participants.

"This gave our 'models' the chance to strut their stuff!" said Penni. "Everyone wants five minutes of fame...and this was theirs. To hear all the cheers as they walked down the runway felt so good to them!"

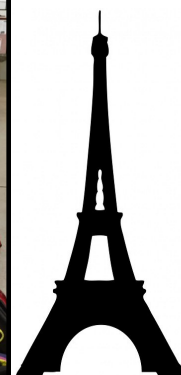
All who participated in the show had a great time creating and modeling outfits. Those in attendance claimed this year's show was the best yet.

Penni hopes to continue this Fashion Show tradition for years to come, and is already busy thinking of future themes!

Thank you to all involved in the success of the 2nd Annual EOVC Summer Fashion Show. We look forward to many more fashionable events!

* For more information on donating to Murray Ridge Center, please contact 329-3734.

Top right: Tashia Freeman and Angel Rivera show off their attire. Below, middle: Bianca Vasquez with staff Aaron Simmons Bottom, left: Chad Kothe shows off his runway moves. Below, right: Allysa Long waves at the crowd as she struts her stuff.



Exceptional Service at Murray Ridge Center

On August 28, the Lorain County Board of DD honored Tina Tucker, Secretary at the Oberlin Opportunity/Vocational Center (OOVC), with the Exceptional Service Award for the second quarter of 2015.

The nomination was made by Jennifer Jones, an adult program participant at the OOVC. In her nomination letter, Jen stated that "Tina goes above and beyond what she has to do every day. She puts everyone before herself. I feel Tina would be a great candidate for this award because of her caring, thoughtful, and patient ways."

Congratulations, Tina!



OOVC Workshop Director Rich Haase, recipient Tina Tucker, and Board Member Dan White.



Breaking Down Barriers 5 Another Huge Success!

The Breaking Down Barriers 5 event held on May 16 by Mega Championship Wrestling (MCW) brought in huge crowds and a huge donation! MCW wrestler and Murray Ridge staff member Jim Nagy, aka "Mad Dog Manson," presented the Board with a check for \$1,331.00 payable to Friends of Murray Ridge at the August 28th Board meeting.

Welcome Back, MRS Students!



Murray Ridge School welcomed back students and staff for the 2015-2016 school year on August 27! This year, MRS welcomes 166 students, and 11 new staff members! We wish you all a successful school year!

Left: Savon Heston is all smiles as he's welcomed back by staff members Sandy Schreur and Terri Mahon. Right: Amy Hricovec (staff) and Emily Gessner make their entrance.



MRC Represented at the Lorain County Fair!

Volunteers, including adult and children from our program, staff, family members, and caregivers, once again, represented Murray Ridge Center at our booth throughout the week of the Lorain County Fair! Volunteers were on-hand to speak with community members about the exceptional programs and services we provide to individuals with developmental disabilities. Thank you to all who volunteered to make this another very successful year!



DD Awareness Night at Lake Erie Crushers!

Murray Ridge and the Lake Erie Crushers hosted a Developmental Disabilities Awareness Night at the All-Pro Freight Stadium on August 6. The Murray Ridge Raiders started the evening off with a 16-4 win over Geauga County at the Stadium. Murray Ridge Raiders Team 2 athletes were announced prior to the start of the game during the Crushers "Field of Dreams" event—with one player, Tim Danmeyer, throwing out the first pitch! Other MRC adult program participants also joined in on the fun, leading "Take me out to the ball game" during the seventh inning stretch, and Jesse Frisch announced the first inning with Crushers staff.

More than 200 tickets were purchased by Murray Ridge attendees, staff, family, and friends for the big game!



Above (top): Athletes, like Jeremy Foster (pictured), from the Murray Ridge Raiders softball teams took part in the Field of Dreams event, where team members were announced alongside Crushers players and were allowed to take the field! Above (bottom): Jesse Frisch sat in the announcers' booth and called the first inning alongside a Crushers announcer!



Above (top): Tim Danmeyer throws out the first pitch. Above (bottom): Players from Raiders Team 2 stand alongside the Crushers dugout waiting run on field with a Crushers player who shares his position on the field!

Annual Transportation Safety Instruction

Murray Ridge Center wants your ride into our program sites to be a safe one. These are guidelines that students, adult program participants, and their caregivers should be aware of when utilizing transportation services provided by Murray Ridge Center.

WAITING FOR THE BUS

- Wait for the bus at least 10 feet from the road.
- Dress properly - winter clothing, hats, mittens, and boots will help keep you warm in the winter.
- Watch for the bus' red lights.
- Wait until the bus has stopped and door opens before stepping into the roadway.
- Wait for the driver to signal to cross. Cross at least 10 feet in front of the bus.
- Use the handrail when stepping onto the bus.
- If you use a wheelchair, it must be equipped with a functioning seat belt. The wheels should lock as well.
- Store all belongings in a backpack so nothing gets dropped.

BUS SEAT SAFETY RULES

- Follow all of the driver's instructions.
- Speak softly so the driver will not be distracted. At railroad crossings, be quiet.
- Stay seated until your stop and keep the aisle clear.
- Never put head, arms, or hands out of the window.
- Never do anything to distract the driver.
- Keep aisles clear and free of tripping hazards.
- Never throw things on the bus or out the windows.
- Tell the driver or monitor if you are being bullied.
- If there is an emergency, listen to the driver and follow instructions.
- Do not eat on the bus, as this could present a choking hazard.

GETTING OFF THE BUS AT HOME

- If you have to cross the street in front of the bus, walk at least ten feet ahead of the bus along the side of the road, until you can turn around and see the driver.
- Make sure that the driver can see you.
- Wait for the signal from the driver before beginning to cross.
- When the driver signals, walk across the road, keeping an eye out for sudden traffic changes.
- Do not cross the center line of the road until the driver has signaled that it is safe for you to begin walking.
- Stay away from the bus' rear wheels at all times. If you drop something near the bus, leave it. If you leave something on the bus, never return to get it. The driver may not see you come back and start to move the bus. If you drop something near the bus, tell the bus driver before you pick it up so he/she knows where you are.

Some of our consumers are also able to travel about the community through the use of public transportation. We want your trips to be safe ones!

PUBLIC TRANSPORTATION GENERAL SAFETY TIPS

- When you enter or leave a vehicle, watch for slippery or uneven pavement and other hazards that could cause you to fall.
- Have your LCT ID, bus fare, ticket, or pass ready to avoid losing your balance while looking for it.
- Do not carry too many packages – always leave a free hand to grab a railing.
- Allow extra time to cross streets, especially in bad weather.
- If it's dark outside, wear light-colored or reflective clothing.
- Do not talk to strangers. If you are being bothered by someone, tell the driver immediately.
- If you use a stop assistance card, remember to show it to the driver as you board the bus.
- Most LCT stops are not sheltered. Dress appropriately for the winter weather, and utilize sunscreen in the summer.
- Whether you are in a bus, car, or van – **ALWAYS WEAR YOUR SEATBELT IF THE VEHICLE IS EQUIPPED WITH ONE!**



Visual Supports

When: Tuesday, September 8
5:30 – 7:00 p.m.

Where: Murray Ridge Service & Support
Administrative Offices
9740 Murray Ridge Road
Elyria, Ohio

Why: This session will work with caregivers to develop their understanding of what visual supports do for individuals with disabilities in the home, school, community, and work setting, and provide some best-practice examples of visual supports in these environments. We welcome caregivers to bring with them questions that they have in regards to current struggles or triumphs that they are having with their loved ones, so that we can have open case discussions with the group.

Who: Sherry Lacko
SSA/Behavior Analyst
Theresa Wolf
SSA/Assistant Behavior Analyst
Christine McCrone
SSA/ Assistant Behavior Analyst

RSVP: Sherry Lacko
slacko@murrayridgecenter.org
440-324-2366



*Please note: this session is for adults only,
no child care will be available.



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**Save the Date! Look for more information regarding these upcoming sessions:
November 3rd - Time Delay**

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!

2015 Fall Course Series

Evening Sessions:

October 13, 2015: Section 1, 6-9 p.m.

October 15, 2015: Section 2, 6-9 p.m.

October 20, 2015: Section 3, 6-9 p.m.

October 22, 2015: 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.

Facilitator:

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

Lorain County General Health District

Co-facilitator:

Kathleen Bevaque, M.Ed.

In partnership with 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

September 2015

Activities & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1		1	2	3	4	5	9/7 - Agency closed for Labor Day
6	7 	8 	9	10	11	12	9/8 - First Day of school for preschool students 9/8 - Murray Ridge Support Group Meeting, 4:15 p.m. at the EOVC
13	14	15	16	17 	18	19	9/17 - LCBDD Finance Committee meeting, 12:00 p.m., Administration Bldg., 1091 Infirmary Road, Elyria
20	21	22	23	24	25 	26	9/25 - Regular Meeting of the Board and Ethics Council, 12:30 p.m., Administration Bldg., 1091 Infirmary Road in Elyria
27	28	29	30				9/25 - Murray Ridge Parent Support Group Dance, 7-9 p.m. at the Murray Ridge School

Come walk with us at the
Woollybear Festival Parade
 in Vermilion October 4th.

If interested, contact Jennifer Judkins at (440) 329-3734.



BOARD ROOM BRIEFING

The Lorain County Board of DD convened at 12:30 p.m. on August 28, 2015:

Jim Nagy, staff member and Mega Championship Wrestling wrestler, presented the Board with a donation from its Breaking Down Barriers 5 event held in May. An Exceptional Service Award was presented by Board Member Dan White to Oberlin Opportunity/Vocational Center Secretary Tina Tucker. Director of Transportation Jeff Miller presented a Bus Stop Resolution. Superintendent Fisher gave an update on the transition of residents of board operated group homes into supported living settings, a proposal to convert 2 ICF/IID beds to DODD-funded Medicaid Waivers, and fully and partially state-funded waivers to be dispersed as a result of the biennium budget bill. The Board approved a 2015 Board Member training plan. In other news, the Board was updated on the Murray Ridge Golf Classic fundraiser which was held in July.

Lorain County Board of
Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
Elyria, OH 44035

Standard Presort
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Permit No. 146
Elyria, OH 44035

Visit our Web site
www.murrayridgecenter.org



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

If you wish to receive future newsletters
by email, please visit

www.murrayridgecenter.org

and click on the

Sign Up for Our Email Newsletter link.

