

MRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

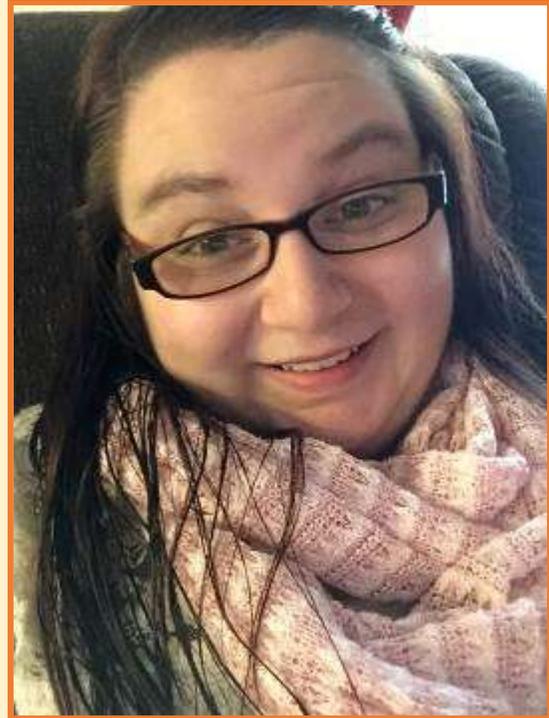
April, 2015

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Hello! My name is Emily. I have been with MRCS for about 8 months. I spend most of my time working at Prospect Place but occasionally get to work at the other homes as well.

My favorite activity to do with our clients is crafts and decorating the house for holidays. I also enjoy the atmosphere that MRCS has. In my spare time I like to shop, listen to music, hang out with my friends and watch TV. My favorite season is summer. I like to go to Brewer games, to the beach and go camping.

I have a 4 year old Bischon Shitzu named Mya who currently lives with my parents, but I do get to go and visit her at least once a week. Mya and I go for walks, go to the dog park and play fetch in the house (her favorite toy is a tennis ball)!



Hamilton House News

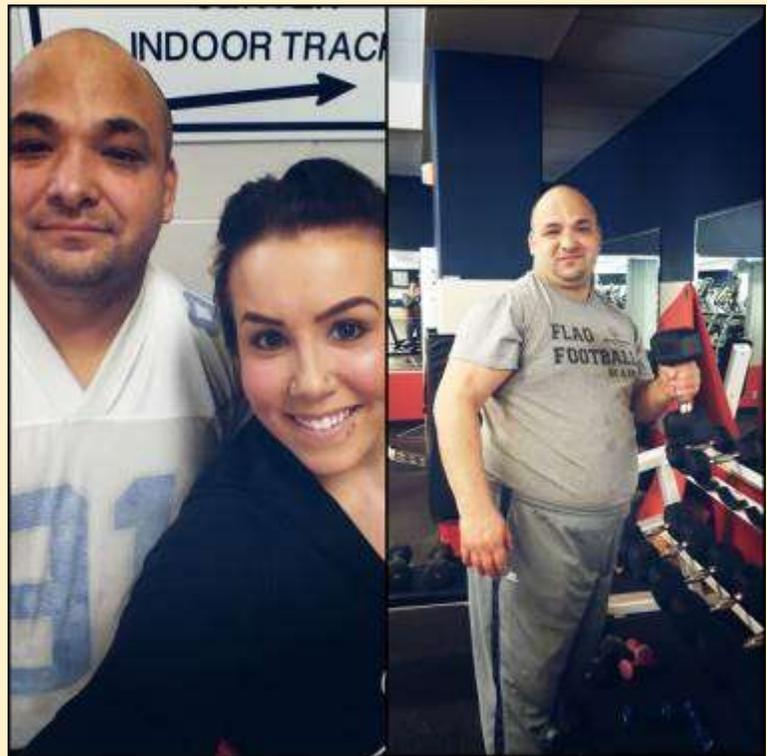
Things have been going well at Hamilton House. One of the most exciting things on the list was when **Jeff, Val and Sean** went to the Woodson Art Museum to watch Robert "one man" Johnson perform. Jeff loved the performance as Robert brought 6 different guitars to play. He is able to play the guitar, piano, cymbal, and harmonica all at once. Around the Museum were many guitars played by famous musicians such as Eddy Van Halen. Jeff really enjoyed looking at all of the guitars. They had guitars on display from all different eras.

They even had the “air guitar” on display. Jeff laughed when he saw the sign and the empty case. Sean really liked the first guitar that was made and Val enjoyed looking at all the autographed photos.



Sean has been sticking with his commitment of going to the YMCA with staff and we are all very proud of his accomplishments. **Val** has started to come along as well. She enjoys walking on the treadmill and usually does so for about 1 hour and 15minutes. That is fantastic Val!

Everyone can't wait until it is nice enough outside to walk and smell the fresh air. Sean and Val are looking forward to Spring so much they enjoyed one of the warmest days we've had with blue raspberry and cherry slushies. Jeff can't wait until he can go outside and walk around without having to wear his big heavy jacket and gloves. He is definitely looking forward to the concerts on the square.



Sean is all settled into his new room and is really loving it. We'll send some pictures later. He and his housemates are waiting to welcome a new face to Hamilton House since we have a room open right now.

Jeff and Sean spent some guy time with staff and got some ice cream at Briq's. Everyone sure is glad that is now open. Jeff also got to enjoy some male bonding with his brother in law this month. He and Jeff went to a barber shop for a haircut and shave. He no longer looks like "Frank Beard", as Jeff would say.

We welcomed a new staff to our team and her name is Lianna. We'll have to fill you in more about her later, but she has already taught everyone at Hamilton House how to make oriental stuffed chicken wings and noodles. The dish was enjoyed by everyone!

"Use what talent you possess: the woods would be very silent if no birds sang except those that sang best."
 ~ Henry Van Dyke

April Showers Bring May Flowers

B L S P I Y G V M E A D L J E
 M U U R O O R Z A A C V H U Z
 S O T F M Y E N O H T O L D T
 E U O T R D E E S A I B N H S
 I U Q L E O N C B W V L X U R
 K N L D B R L P C R I S N M E
 S B L S X V F O Z V T L T X W
 N A T U R E G L C J I A J U O
 G S J M G U E Q I G E U X M L
 Y R F Y B T M C H E S D D V F
 U B A Y J F Q T U Z S I U H K
 D X D S L U F R E E H C A T F
 P A H Z S B E E Y R K P L F D
 L S A J K X O L X D P T O C L
 P E Y F V C N H Z Y L G B D V

ACTIVITIES	SUNLIGHT
BEE	SKIES
BLOOM	LADYBUG
NATURE	HAPPY
HONEY	BLUE
BUTTERFLIES	CHEERFUL
COLORFUL	FLOWERS
GRASS	GREEN

Prospect Place April Updates



Prospect guys, gals and staff had an exciting karaoke night in March. **Rachel, Justin, Lee, Heather and Rose** went to karaoke night at the Labor Temple. Rachel started the night out with two songs: *Want Somebody to Love* and *Come as You Are*. She really belted out the lyrics and was all smiles! Justin sang two Johnny Cash songs. He also got to play two games of pool during the night; one



with his housemate Lee and the other with family friends that were also enjoying karaoke that evening. Heather sang *Candle in the Wind*. She also enjoyed playing one of the arcade games. Lee sang Country Folk. His favorite part of the song was the end saying "Yee-Haw" where everyone in the bar responded back with a "Yee-Haw".

In the work world, **Lee** will be starting a trial work experience next month at a local restaurant. Let's wish him the best of luck! **Rachel** has been doing a great job working at Northern Valley West and really working on the skills so she can find the right job in the community. Keep up the hard work and it will pay off! **Heather** is working at Northern Valley West as well and is hoping to move into some volunteer work in the upcoming months. We're rooting for you! We have some hard workers here at Prospect and are very proud!

Everyone has been itching for some warmer weather and we finally got it - at least for a couple days. **Our artists here yanked out the sidewalk chalk and went to town out front!** Lee brought out his favorite color, orange, and Rachel made beautiful drawings of rainbows and flowers to give us just a peek of what's in store for the upcoming summer months. Don't worry guys Spring will be here soon enough! Right?!



Special Olympics News

This month we were **Freezin' for a Reason!** **Justin** had the courage to participate in the **Special Olympics Polar Plunge**. He raised almost \$400 for a good cause and was brave enough to take the plunge by himself. **Great job Justin!**



Justin, Zach, Lee and Sean participated in the **Special Olympics basketball tournament** in Stevens Point. Justin's and Zach's team and Lee and Sean's team won one of their games but lost their second. Lee and Sean's team was picked as the Wild Card team and will be advancing onto the State tournament.



Reynolds Place



This month we had another **birthday celebration**. **Nic** has gained another year. He celebrated with his mom and step dad then came back to the house and had some cake and ice cream with his buddies at MRCS. Nic says he really likes birthdays, especially his own.

Todd is trying out a new sport this year, soccer. He was reluctant to try this sport last year, but he decided to give it a chance and so far he loves it. He has some friends of his playing with him, so it is even better. He looks forward to their first games.

Todd has been showing signs of **SPRING FEVER** and it looks like it has brought out his creative side. Todd has been taking advantage of the warm, sunny days by sitting out on Reynolds's front porch coloring some springtime pictures. Todd then decided which of his pictures he likes the best to be displayed on the door to his room. Todd is all ready for Easter coming up in a couple weeks with his newest Easter pictures on display!

Curtus finished roofing the house he started last fall with his dad and he got some money in his pocket to top off this achievement!



7th Street Suites

Mike P celebrated his birthday. He welcomed over his friends for a delicious homemade meal of Sloppy Joes, Vegetable Pizza, Fresh Fruit and a cake. Everyone enjoyed singing to him. He also celebrated his birthday with his parents and family. Mike brought home leftover cake from 2510 and shared it with everyone. Thanks Mike!

Shawn got a new roommate, which he is super excited about. Shawn showed him the ropes around Seventh Street Suites. They have enjoyed a few activities together including shopping and playing video games. Shawn's new roommate has even cooked a few meals for himself and Shawn and baked some peanut butter cookies during the month.

Everyone has been enjoying the break from winter and the bikes have come out (at least for a few days). **Mike S** got a tune up and fixed his bike and enjoyed riding it to local businesses and to work on a few occasions. Mike S also enjoyed going for a longer ride to Schofield for breakfast on a few occasions. **Mike P** got his bike out as well and has gone on a few rides in the neighborhood. He even got to take his cans into Wausau Steel on one occasion during the month as the ice and snow were gone. With the snow melting, everyone has also been assisting with cleaning up the leaves and debris in the yards. It's a lot of work, but things will be green and beautiful soon.

Exercise is very important around here. Several walks and bike rides were enjoyed during the month. **Diane** went with a group for a walk on the river walkway. Another activity enjoyed was playing basketball outside again. Everyone really likes to play against **staff Brandon** because he's such a good player and makes it a bit of a challenge. **Katie** checked out a few work out video games for her Wii at the library. Katie and her roommate enjoyed a nice Zumba game. Other physical activities enjoyed including going to the YMCA and bowling.

Katie moved in during February. Here is a note from her:

My name is Katie. I would like to tell you a little about myself. My passion is children; I love to work with infants and toddlers. This fall, I will be attending North Central Technical College for Early Childhood Education. I am really excited. I like the fact that I moved to Wausau because there is so much to do. I am originally from Rhinelander. Yes I am a Hodag. I like Wausau so far. I've been to the mall like too many times to count. I have some family and friends here. I like to cook for them. I really like my roommate Crystal as she is such a nice person and has done a lot with me since I moved in. One thing I love about my apartment is my room. I love it; it is huge! I got to use the city bus for the first time by myself, which was a success. I have gone to the library and while there I like to get games for my Wii. I like to sing and dance. I also went on a first date with Curtus; he is such a sweet guy and has a big heart. I think my time in Wausau has been great. I plan on staying for a while. I miss my family and friends in Rhinelander but I can always visit them. Some of my other interests are music (of any kind), basketball (which I look forward to challenging Mike P), and being on Facebook to talk to friends and family. Well, there is a little bit about myself.

PS. All the staff here are amazing!

We enjoy having Katie here at 7th Street Suites. She is a busy bee and enjoys a variety of activities and is always up for anything. Katie also helps out a lot around her apartment with cleaning, doing dishes, cooking, and she's helped a little with the raking too.



March Social Skills Group: "Dressed for Success"

This month at social skills group **Therapist Justin** taught about "Dressing for Success," leading a discussion on the different aspects of appropriate clothing. We learned how picking our clothes is a social skill for a lot of reasons, and all 8 group members participated in a lively discussion about the messages that outfits send to other people about our mood, personality, and our social groups.

Therapist Justin had a shock in store for everyone when he left in the middle of the group and came back dressed in shorts, a black hoodie, and bright green Converse shoes. Nobody was used to seeing him dressed so casually, so it took the group quite a while to settle down and take Therapist Justin seriously. Everyone agreed that these clothes were okay for going to a concert or going to the grocery store, but if Therapist Justin wore these clothes to a work meeting, other people would think that he was sloppy and didn't care about his job. It's amazing how much of a difference our clothes can make!

We had a good time figuring out which outfits are good for different situations. We had to keep in mind that each situation has different levels of formality, different needs that our clothes need to fill, and different definitions of what "normal" is. Everyone got a good laugh when we talked about people wearing the wrong clothes to different situations. Can you imagine someone wearing a Halloween costume to a wedding? Or someone wearing a swimsuit to go sledding in winter? That probably wouldn't go very well! Also, if we dress appropriately and cleanly we can help ourselves feel happy and confident, making us ready to handle everything that comes our way.

Keep an eye out for the next social skills group invitation. We want you to hear your unique opinion, so be sure to come and help us learn! Plus, you'll get the chance to be one of the lucky door prize winners!

Vacancy Announcements

Please call Sue (715-551-8568) or Pam (715-432-2818) to discuss your placement and supportive home care needs. Additional information regarding our programs is available on our website or by brochure upon request.

www.mrcs.us

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