



MRCSS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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March Social Skills Group "Resilience"

"Resilience" was the topic of March's Social Skills Group. **Therapist Justin** led a discussion on the meaning of the term "resilience" and how it can help us in our lives.

In the simplest sense, resilience is back into shape, or the ability for used a lot and still hold its shape. because when it falls it bounces

#Resilience

the ability of an object to be flexible but still spring an object to get beat up and right back up, even if it falls a

huge distance. A trampoline is resilient because you can jump on it all day, and every time you jump the fabric returns to the way it looked before you started. Therapist Justin pointed out that money is resilient because it gets passed around a lot, crumpled in peoples' pockets, sometimes even accidentally going through the wash, and it still holds its shape, color, and the ink never comes off! We also talked about things that are not resilient. For example, when you crush an aluminum can, it doesn't spring back into shape even when you let off the pressure, and if a piece of glass falls on the ground, it doesn't bounce; it breaks into pieces!

We also learned that resilience can apply to people and how they deal with difficult situations. When some people encounter hard times they break like a piece of glass, having a hard time putting themselves back together. Other people go through a rough spot in their lives like a rubber tire, showing the resilience to bounce over the bumps and come out at the end just fine. Resilient people find a way to keep moving forward even when they make mistakes or encounter problems in life.

Therapist Justin told the stories of two people who lost their jobs at a jellybean factory and how they handled the situation. In the first story, one of the workers had a negative attitude about the situation and ended up becoming very angry about it. He was so angry that he even became cruel to someone else on his way home. In the other story, the worker was disappointed but tried to keep a calm and positive attitude about the situation. On her walk home she kept her eyes open for opportunities and she ended up getting another job along the way! We talked about how much resilience each of the workers had and how it affected the outcome of their situations.

We learned that if we want to be resilient like the second worker there are a few things we can try to do. First, if we have a positive attitude and keep our emotions under control we will show more respect to ourselves and others and we can think through our problems more clearly. When we do this it also makes other want to help us

and prevents us from accidentally making our situation worse. The second thing we can do is maintain “optimism,” which is the belief that things are going to be okay in the end. With optimism we can handle our problems more easily because they don’t seem as scary. The last thing we can do to be more resilient is to learn a healthy attitude about failure. Some people see failure as painful and avoid it at all costs, however resilient people learn that failure helps people grow and improve, even though it makes us feel uncomfortable. When resilient people encounter failure, they refuse to give up; instead they focus on learning from their mistakes and getting stronger.

Just like the workers who lost their factory jobs in Therapist Justin’s story, we can respond to our life problems by bouncing like a resilient rubber ball or by breaking like a piece of glass. Which type of person do you want to be? The choice really is up to you!

Hamilton House News

Val, Jeff, and Sean got into the crafting mood and made galaxy jars that were out of this world! Pinks, purples, and blues! They added some glitter to add stars to their galaxies. Everyone is already eager to find a new craft for next month.



Val, Ellen, Jeff, Crystal, Jackie, Todd, Lee, Juan, Brittney, and

Heather all took a road trip to New London, Wisconsin or should we say New Dublin, to attend a Saint Patrick’s Day parade. We couldn’t believe how big the parade was as we stood in a sea of green and gold. The favorites were people walking on stilts, clowns riding on a big wheel, and the abundance of dogs! Everyone caught a bite to eat after the parade at King Buffet. By the time the group made it home they were all ready for a relaxing night and nice long nap! Happy

Saint Patrick’s Day!

What better way to celebrate Easter than by dying Easter eggs? **Emily, Val, and Jeff** did some classic eggs, minion eggs, and even shaving cream eggs! Jeff loved putting the faces on the minion eggs and thought the shaving cream eggs were great. Val loved the classic egg coloring and put some glitter on a few of them. Happy Easter to all from Hamilton House!

Ellen took advantage of the beautiful weather we have been having this March. They say March comes in like a lion and out like a lamb. Well Ellen thinks it has been a lamb all month. She has been stretching her legs and walking off her winter blues.

We would like to wish **Val a Happy Anniversary!** Val has been employed at her job at a local hotel for three years now! Congratulations Val.





Hamilton House is getting a kitchen make over! Sean has been a big help with putting in the new floor with Ken. We will update everyone again next month when the project is done!



Prospect Place Updates



Some exciting things happened at Prospect Place. **Justin** had a birthday this month and celebrated by shooting pool at Sconni's with several of his friends. Afterwards he invited over all of the MRCS houses and apartments over for some Little Caesar's pizza and cake with ice cream. He also celebrated his birthday with family, so it was a special time for him.

Lee moved out of Prospect Place and went to Reynold's Place for a change of pace and scenery. **A new person moved into Prospect Place named TJ.** TJ enjoys a variety of things including Japanese comic books (Manga), the Harry Potter series, Gladiators, and writing. He is also very knowledgeable about vacuum cleaners and is

always willing to lend a helping hand out to staff. We look forward to continuing to get to know TJ.

TJ is not originally from Wausau, but his housemates are willing to show him around town. **Justin, Rachel, and Heather** have been keeping TJ busy with tons of activities. Places they have given him the grand tour of so far are the library, YMCA, local stores, a Special Olympics tournament in Stevens Point, bowling at Dales Weston Lanes, and singing karaoke at local establishment. There have also been a few quiet nights at home where they have enjoyed playing board games, coloring, and dyeing eggs for Easter.

Justin, Rachel and Lee went to the Cedar Creek Lodge early in the month for their discounted night and enjoyed the waterslides and hot tub. **Heather** saw the movie Zootopia at the theater and was glad she stayed for the end credits to watch the dancing animals. **Heather and Rachel** continued to spend time at the Community Clubhouse. Rachel particularly enjoys going to play board games there on Tuesdays. **Justin and Sean** finished weekly soccer practices for TopSoccer that they had been attending for a 2 month workshop on Saturdays. They enjoyed playing on the team and having the extra practice for Special Olympics Soccer.

In March, residents at Prospect Place have been getting more involved with the menu, grocery shopping and meal preparations. It's nice that everyone is willing to give a suggestion as to what they want on the menu. **Rachel and TJ** have been looking through cook books to pick out new recipes they want to try. TJ has been helping out a lot with the cooking lately and assists at least 2-3 times per week preparing meals for himself and his housemates



Reynolds Place News Update

Winter is now transitioning into spring and along with it we have had a transition at Reynolds Place. **Lee** took spring cleaning to a new level. He cleaned out his room at Prospect and moved over to Reynolds! There was some sadness in leaving Prospect, but Lee has settled in well at Reynolds Place and is enjoying the change. **Welcome Lee.**



Aaron has become a year older and wiser. A few of his friends surprised him with cupcakes. Aaron also had a birthday celebration at the house. **Happy Birthday Aaron!!**

Easter Sunday Dinner was hosted by Reynolds. **Karen was everyone's chef of choice.** We had one of the largest turn outs for a holiday dinner! Clients from all the MRCS homes and apartments gathered for the Easter feast and each brought their own special dish to share. After filling our bellies, it was time for some exercise! An Easter egg hunt was put together, but this one had a bit of a twist.

Everyone looked for Easter Eggs that were filled with an exercise suggestion. **Crystal** found two Easter Eggs which had sit ups and pushups. **Jackie** found an Easter egg that instructed her to touch her toes five times. **Heather's** Easter egg was that she had to do jumping jacks. **Happy Easter everyone!**

With the snow finally melting, or so everyone at Reynolds hopes, the men at Reynolds Place are breaking out their bikes. **Lee** has been taking advantage of the warmer weather and cruising the town. **Aaron's** bike needs a few repairs, but once it is ready he plans to hit the open road as well. Another guy has taken advantage of using his bike to get him to and from work. With all the bike enthusiasts, we just might have to plan a biking trip this summer!



Seventh Street Suites News



We started out the month celebrating **Mike P.'s birthday.** He had friends over for dinner and cake. ~~Later in the week, he went out for a birthday dinner at 2510 with his family.~~

Val, Crystal, Brittney, Rachel and Jackie joined a Chicks, Chocolate and Chat group at Christian Assembly. It's a women's group that gets together every week to socialize and learn new things about their religion. Brittney was able to answer a lot of the questions and jumped right in. Rachel enjoyed listening to what everyone had to say and asked if she could go to church with the group on Sundays. Crystal had a good time and enjoyed passing out the cookies to her small group. Jackie and Val also listened and enjoyed socializing. At the group meetings they have coffee, tea, snacks and lots of social interactions that everyone enjoys. Just a heads up there is a men's group as well each week if anyone is interested. Have fun ladies! You'll learn a lot and get to know other women.

Val, Crystal, Brittney, Jackie, and Ellen went to their first Garden Club meeting at UWMC in the greenhouse. The Garden Club is a new club that offers opportunities to both those who have not been able to garden for a while,

Monk Botanical Gardens

and those who have never had a chance to try. Members will learn about the Monk Gardens, do some seeding, and plan summer gardening activities. During the growing season, the club will garden at the

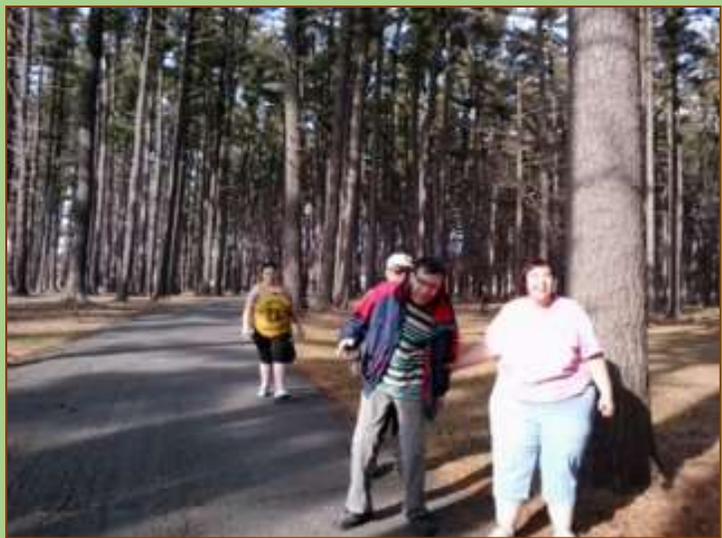
Monk Botanical Gardens, in the Kitchen Garden area, using raised garden beds and other adaptive tools and methods. At the first meeting, they learned about the Robert Monk gardens, filled pots with dirt, planted flowers and herb seeds. Eventually, the club will be planting the seedlings in the Monk gardens when the weather gets nicer and the plants are big enough to plant. The club members will get plants to take home for personal gardening and they will also have a plant sale. The group talked about what vegetables they would like to plant once the growing season is on its way. If there is anyone else that would like to join let Seventh Street staff know. We'll get to know each other and do some 'dirty work' too: seeding herbs and flowers. It'll be fun, because gardening always is!

Brittney started looking for jobs through Job Services on her own while she is waiting to get started with a supportive employment agency. She has filled out an application for Job Services and finished the resume. She is hoping to get a job at a pet shop but will take whatever comes her way. **Good luck Brittney!**



This month games seem to be making a hit at Seventh Street Suites. On multiple occasions **Brittney, Mike P, Mike S,** and **Terra** have all gathered around a table and had a blast playing Mr. Roboto Uno! We can all thank **Brittney** for getting everyone into this game. **Mike P** gets the biggest kick out of the game and he loves how it always surprises you with challenges against friends and even making up nick names for others playing! Everyone loves this unpredictable game!

Karen and Sarah planned a group walk at Marathon Park. It was a gorgeous day and everyone had a great time. **Lee** rode his bike along the roads and got a few extra laps under his belt. **Sean** enjoyed spending time outside with his friends and walked the length of the park. **Jeff** cracked jokes and sang classic rock songs. **Crystal and Jackie** enjoyed the beautiful weather and sitting in the sun. **Ellen** is a true outdoorswoman and walked off the road to get a better view of the trees and scenery, and **Todd** enjoyed the swings. Everyone appreciated the spring weather and the signs of the changing season.



We went to \$5 movies at Cedar Creek. **Brittney, Jeff, Mike S, Crystal and Val** along with **Sarah** went to see "Allegiant", the latest installment of the "Insurgent" series. Everyone had a good time although **Sarah** thought there were a lot of holes in the plot! **Jeff** really enjoyed Jeff Daniels' performance. The movies are always a great way to get a night on the town and when they are only \$5, who can pass it up?

Special Olympics News

Soccer practice is in full swing. **Sean, Justin, and TJ** have been very busy doing that. With the weather warming up, everyone is hoping the fields will be dry enough to start practicing outside in April. Basketball came to an end in March. **Sean, Aaron, and Justin** had a tournament. Their team, unfortunately, will not move on, but this means they can focus on soccer. **TJ and Heather** went down with **JoAnn** and cheered the teams on.



Val, Ellen, and Jeff went to Panera Bread to support Special Olympics. A certain percentage of Panera Bread's earnings went to Special Olympics. They all enjoyed it so much while also helping out Special Olympics.



Marathon Residential and Counseling Services has long enjoyed a staff second to none in the business of providing personal care services. We are dedicating this space to honoring our employees as they reach longevity milestones with MRCS.

We offer our sincere thanks and recognition to:

Pam Pierzchalski – 11 years

3/15/2005

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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