



SMRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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Social Skills Group Sex Education

July's Social Skills Group was a little different than usual. **Therapist Justin** invited a guest speaker, **Nurse Colleen, from Family Planning Health Services**, to give a Sex Education presentation. Sex is a very personal and intimate thing, which often makes it uncomfortable to talk about. Unfortunately this means that a lot of people end up with a lot of questions about sex that never get answered. Well, lucky for us, Nurse Colleen is a person who has a lot of answers on the topic!



Despite this being such an uncomfortable and awkward thing to discuss, the group did a great job of sticking with it. Many group members even had the bravery to ask questions right in the middle of the presentation! We learned about what sex is, what it means to give and receive permission (and that "no" means no, no matter what the situation and circumstances), how to protect ourselves from unwanted pregnancies and sexual diseases, and how to communicate effectively with sexual partners to make sure we aren't taking unnecessary risks and that each person's feelings are being taken into consideration.

Nurse Colleen ended the presentation by reading and answering the anonymous questions people had submitted beforehand. The group was very thankful for her presentation. Thank you, Nurse Colleen, for taking time to give us such an informative and helpful presentation!

MRCS group activities

Ellen, Sean, Jeff, Heather, Justin, TJ, Aaron, Lee, Todd, Crystal, Brittney, Jackie, Mike S, and **Juan** all enjoyed a refreshing picnic at Bluegill Park for the 4th of July. Lee and Aaron spent their time at the boat dock helping boats into the water and playing with Lee's new jet boat. Sean, Mike S, Juan, and TJ spent some time down by the lake fishing or just chatting with friends. Brittney, Jackie, and Crystal took pictures and played music for everyone to listen too! Ellen went

on a walk around the lake and enjoyed beautiful Mother Nature. Todd sat and listened to music and chatted with his friends. It is always a wonderful time getting together and celebrating holidays together. Happy Independence Day everyone!

Hamilton House News

The days are long and the sun is hot but that isn't stopping everyone at Hamilton House from enjoying every single moment of this summer!

Jeff, Ellen, and Sean enjoyed the beautiful weather taking a nature hike and playing some catch at Oak Island. Jeff loved seeing the turtles taking a dip in the river. Ellen enjoyed the beautiful scenery. Sean's favorite part was playing catch with the football.

Sean, Jeff, and Ellen all enjoyed multiple firework shows, along with the 4th of July Carnival, during the holiday weekend. Jeff's favorite part was the demo derbies at the carnival. Ellen enjoyed walking around the carnival smelling all the delicious food and watching everyone enjoying the awesome rides. Sean enjoyed a night of fireworks at Marathon Park and one night of fireworks at the Woodchuck stadium! **Val** spent the holiday weekend with her family in Milwaukee. She set off fireworks and had a cook out.



Emily, Lee, Todd, and Jeff went to the 4th of July Demo Derbies. So much burning rubber and flying car parts! Lee thought it was totally awesome and cheered for all the cars to break down. Todd loved all of it and couldn't get enough of the cars crashing into each other. Jeff thought it was super cool and talked about wanting to join in on the fun.

Chalkfest is always a crowd favorite here at Hamilton. **Ellen, Jeff, and Val** enjoyed walking through the 400 block and seeing all of the artist's creative drawings. There were so many it was hard to pick a favorite. The group decided to go twice, once to watch the artist's in action and then went back to see the finished products.



Featured Artist!





A big happy birthday to **Val** who celebrated this special time with friends and family at Dale's Weston Lanes. **Sean, Jeff, Ellen, Heather, Justin, Rachel, Todd**, and a few of her close family members all gathered around the table to sing the "Happy Birthday" song to Val. Everyone bowled, ate pizza and had a sweet treat at the end! Val's mom made birthday cake and brought some ice cream! We hope you had a wonderful birthday Val!

Everyone at Hamilton House would like to congratulate **Sean**. He has begun a work experience at a local

hotel. If all goes well he can be hired on after! Sean has tried out many different positions in the hotel. He really enjoys stripping rooms and helping out the house keepers. Our fingers are crossed for you Sean!

Seventh Street News

We have been enjoying all the summer activities at Seventh Street Suites!

On July 3rd, we attended the Willow Springs Car Show. **Shawn, Jackie, and Crystal** all enjoyed the old cars and the baby animals at the petting zoo in the round barn. It was a beautiful day and a great time. Jackie enjoyed the vendor tables and bought a beautiful handmade tie dye scarf. Crystal made the rounds at the show and looked at all the old cars. Shawn visited with a number of his friends and acquaintances at the car show and, of course, checked out the Hot Wheels tent. Thanks to all the exhibitors for making this a great event!



Mike Smith is going on lots a bike rides and enjoying the fresh air! Pokémon Go has been the biggest trend this month and Mike has joined in on the craze! He has been taking his bike around town trying to catch those rare Pokémon! Mike is hoping to catch a Pikachu, one of the hardest to catch, this summer!

Crystal and Mike P are taking advantage of Kaiser Pool just down the road! They meet friends and family there and have a great time trying to cool off in the summer heat. **Jackie** has joined a fitness group at the Health Care Center and is enjoying working out in the pool. You go girl!!!

The Garden Club is really taking off. The plants are doing amazing even though a few tomato plants were nibbled on by some deer. We had a few rain days this month and weren't able to get together but had a nice field trip to Dingess Gardens to see and talk about hay bale gardening and raised bed gardens. Everyone had a nice time and learned a lot. Keep up the good work gardeners, you're amazing!

Reynolds Newsletter Update

Lee was very excited. He saved up over time to purchase a remote control boat and he was able to buy it this month. **Lee and Sarah** went to the boat landing in Riverview to test it out. Lee practiced his maneuvers with his boat and only drove it into the dock once or twice. Lee even got his boat to hydroplane and drive over its own wake. We hope Lee has plenty of opportunities to drive his boat this summer and work on his driving skills!

Well the gardens have been kept up well at Reynolds Place. All of the guys have been helping out here and there to keep the plants watered. It has really made the front of the house look great. The tomato plant is starting to show some little green tomatoes and **Karen** continues to use the herbs for cooking. It is going great. Speaking of the front of the house. Our **Administrative Assistant, Kia** took on the project of painting our front porch. It looks great, new, and fresh. Thank you Kia! We really appreciate what you have done.

Staff and Todd have been working on doing some reading during the summer. Todd likes to sit on the porch with a good book. Staff have been joining him and enjoying a few stories. It is a great way to pass along the summer during the nice days we have been having.

Todd, Aaron, and Lee all tried their hand at mini golf. Todd decided to be a spectator and cheer everyone on. Aaron and Lee liked the challenge of the course. Everyone is hoping to try and get a hole in one again real soon.



Prospect Place News

Prospect has been busy doing several activities each week. Some of them are swimming at Kaiser Pool, attending the concerts at the 400 Block, a 4th of July cook out and bowling. On one occasion, **Justin and TJ** were able to go to the Cedar Creek Lodge to enjoy the water rides and hot tub.

Rachel is looking forward to finding a job. She has been busy filling out and dropping off applications at many different places. She is hoping to find her perfect fit. **TJ** has been lucky to be spending a lot of time visiting with family on the weekends. He really looks forward to these visits and enjoys talking what he did when he returns. **Justin** too has been spending time with friends and attended a family event this month. **Heather** went to Cedar Creek Cinemas where she enjoyed the movie *Finding Dori*. She reports that it was really good. She has enjoyed riding her bike a lot this month too.

Everyone has a few interests that stay the same each month. The library is an every week event. They enjoy checking out movies, video games and books. Karaoke is always a Friday night star studded event. The main two that sing every week are **Rachel and Heather**. **Justin** enjoys playing pool and on rare occasion enjoys singing Johnny Cash songs. **TJ** visits with everyone that is there. Pokémon is a big topic in the house right now. **Rachel and Heather** are in to talking about Pikachu and the shows they watch. **Justin** is in to playing the new app that is all the craze right now, Pokémon Go. He is really trying hard to catch 'em all.



The Prospect Place kitchen got a makeover. Our Maintenance Man, Ken really out- did himself this time. The walls were painted a lovely peach, new flooring was put in, and we got new kitchen cabinets with new countertops. Rachel reports she really likes the color change in the kitchen. Heather likes the backsplash behind the sink and stove. We are very pleased with our new kitchen.



ChalkFest 2016!



ChalkFest was again a giant hit on the Mall in Wausau this year, enjoyed again by our residents. This year our Program Coordinator Pam's daughter was an entrant with this Octopus. Great Job!!!

Special Olympics News

Sean, Crystal, Justin, and Jackie attended a second Bocce ball tournament. Sean, Justin, and Crystal's team ended up moving on and will head to Waukesha for the state tournament. Sean was picked as his team's captain and was there motivating his team through each game. Jackie's team did not move on but she continues to go to bocce ball practice to support her fellow athletes.





Bocce Ball is slowly winding down for the season, but Flag Football is in full swing! **Aaron, Sean, Crystal, Justin, TJ, and Heather** are memorizing the new plays for this year and putting everything they have into preparing for their first tournament! They are not letting the heat stop them either, everyone makes sure to stay hydrated in between plays!

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:

Jacob Heil – 3 years

7/4/13

JoAnn Alexander – 1 year

7/31/15

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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