

MRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

August, 2015

Volume 15; Issue 8

Seventh Street Suites

7th Street Suites celebrated the 4th of July by going to the carnival at Marathon Park. Mike S took advantage of wrist band day and enjoyed several rides. **Mike S** also viewed the fireworks at Marathon Park on the 3rd. **Kevin, Mike S, Shawn, and Sarah** enjoyed a nice 4th of July grill out at Chuck's Boat Landing with grilled pork cutlets and fresh salad. They enjoyed walking the trails and then fishing. **Crystal** spent the afternoon with her family and enjoyed playing with her niece's guinea pig. She then went to the fair afterwards with her boyfriend. **Mike P** spent the holiday with his Mom.

Shawn, Kevin and Sarah attended the Willow Springs Car Show. Kevin enjoyed the vintage and specialty cars. **Kevin's** favorite car there was the Shelby Cobra, though he was disappointed there were no Dodge Chargers on display. **Shawn** enjoyed visiting with the people and car owners there. He also enjoyed looking at the baby animals that were there.



Crystal, Shawn, Kevin, and occasionally Todd from Reynolds Place have gone to the races at State Park Speedway. There they get to meet the local racers, see their cars, and of course, enjoy the races. **Mike S** attended the Rib Fest and Balloon Rally that was held in July on two occasions. On one of the nights, he enjoyed seeing the fireworks display.



Katie, along with our two **Supportive Home Care clients and Karen**, went to Kaiser Pool and enjoyed swimming, tanning, and chatting. It was an excellent girls' day out for everyone. **Terra** enjoyed several trips to Kaiser Pool with her friends and their children. **Katie and Diane** went to Heritage Hill State Historical Park in Green Bay. They attended a performance called 1865: A Memorable Year. After the performance, they walked around the property and enjoyed seeing the different buildings.

Katie has really enjoyed the summer scenery and she took some wonderful pictures that she would like to share with everyone. **Katie** kept busy volunteering at the Boys and Girls Club. **Mike S** wrote a short story about crows that he has shared it with staff. Sounds like we might have the next Edgar Allen Poe here! **Mike S** has gone bike riding on several occasions and once biked to Rib Mountain to walk up the tower. **Mike P** enjoyed an annual camping trip with his family. This year they went to Crystal Lake. **Terra** was offered extra hours at work and she is now working an additional two shifts each week.

Reynolds Place

There is so much that can be done during the summer and the guys at Reynolds Place are taking full advantage of it all. **Zach, Aaron, Todd, and Curtus** have been enjoying the nice weather, good company, and when available, good summer food. They have taken part in going to the races at State Park Speedway. **Todd**, who is already hooked on car races, has managed to go a couple of times this summer.

Summer also means baseball. The guys have had a couple of opportunities to go see a couple of games. It is exciting to see the Woodchucks play in their newly remodeled park. The game is just as exciting as the concession stand. It was a good time. Another staple of summer is getting your feet wet. It is always refreshing to go for a swim on a hot day. The guys have been doing trips to the YMCA weekly.

Congratulations goes out to **Aaron** who got a job this last month. He is working for a company that does cleaning for a local store. **Aaron** is a wizard at cleaning and he is excelling at it with his job. He really likes it. Way to go Aaron! **Curtus** is working at getting a job as well. He tried out some work at a local pet shop and they said he did well enough that he should put in an application. **Curtus** was thrilled to hear this. We wish him well in moving forward.

Curtus got to try to expand his creative side. He is involved in a program in the community and they

had an activity where they did tie dying. **Curtus** has not had an opportunity to do this before so he jumped at it. He made a pretty cool shirt.



The guys are also very excited to be going to Mt. Olympus in a couple weeks. What is summer without going to Wisconsin Dells?

Hamilton House

July was definitely filled with hot sunny days and everyone is just loving it. **Val, Jeff and Chris** enjoyed going to Blue Gill Park and having a cookout.

Sean is getting ready for his Bocce tournament coming up and his first football game of the season.

Chris has been enjoying his time at Hamilton house. He is so glad that he gets the opportunity to take part in such fun activities.

It is birthday season at Hamilton House. **Val celebrated her birthday.** She had a bowling party and invited everyone from MRCS. Everyone really enjoyed themselves by bowling a few games and having pizza and cake. Who wouldn't love that?



Jeff will also be celebrating his birthday. He is excited to spend his birthday weekend with his family and is going to also have a bowling party with friends the week after.

Everyone enjoyed weekly visits to Cedar Creek Cinema. The latest movie that **Val, Chris and Jeff** saw was Ted 2. Everyone thought was way funnier than the 1st one.

Chris has been taking advantage of getting in a nice walk to go to the 400 block concerts. He and Jeff have one great thing in common, they both love rock music!



Jeff's been going on daily walks as well. It keeps him young. **Val and Sean** have also gone on several walks with staff to the local YMCA to exercise. What better way to exercise than walk to the gym?

Playing board games and cards is fun thing amongst **Val** and her housemates. She told staff she had never built a house of cards before! Little did she know staff was going to show her how. They got to the second story before it fell. Everyone got a few laughs.



Prospect Place News

Prospect Place was in a patriotic spirit and getting hyped up for the Fourth of July to enjoy the fireworks! **Lee** watched the colorful fireworks with his parents in Mosinee and it was the highlight of his weekend! **Heather** spent her 4th of July with her grandma and family. She enjoyed a good ole fashion cook out with every summer food you could imagine. **Heather** was exhausted when she arrived home. What a great way to celebrate the Fourth of July holiday!

Lee, Justin, and Heather went to the Woodchucks stadium and watched The Blind Side out on the baseball field. **Justin** says he has seen that particular movie many times before, but "It never gets old!". **Lee** enjoyed the movie and thought it was great! **Heather** thought that it was very interesting and couldn't believe that it was based on a true story. It is safe to say that everyone had a fun time under the stars!

Heather and Rachel enjoyed walking around the Merrill Fair with **Val and Jeff** from Hamilton. **Heather** enjoyed the elephant show, the fun games, and going to all the booths for free stuff! **Rachel** enjoyed watching the elephant show, walking around, and smelling all those wonderful fair food smells! Our tummies were hungry after walking around!

Activities with MRCS

The July 4th carnival at Marathon Park always means a demolition derby. A lot of the guys and gals loved going to see the carnage. **Val, Jeff, Sean, Chris, Curtus, Todd, Aaron, Zach Heather, Lee, and Justin** ventured to the carnival held at Marathon Park. Everyone decided that their favorite part was the smashin' and crashin' demo derbies! The cars were roaring, the sun was shining and vehicle parts were flying everywhere. It was definitely a fun filled day! Fireworks are always fun to go to in July and **Aaron and Chris** who are newer to MRCS took full advantage of the opportunity to go to them this year at the fair.





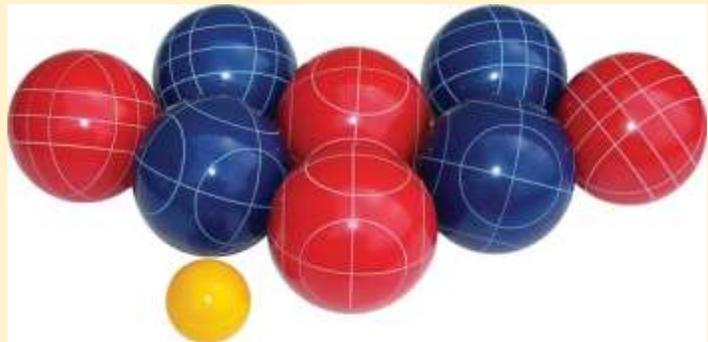
The water ski show is back in town this summer and it has become a popular hit with everyone. We try to go whenever we can. Everyone likes to see the ski tricks done and get the opportunity to visit with friends in the audience.

Another exciting thing is the season opening of Kaiser Pool. Summer swimming is a favorite activity with everyone here at MRCS. What is more enjoyable than cool water on a hot day?



Special Olympics

Todd tried a new sport for himself this year; bocce ball. **Sean, Heather, Lee, Justin and Crystal** also participated in the bocce ball invitational this month. **Sean and Lee's** team won and was picked to move on to the state tournament next month! Good Luck! **Crystal** attended the Bocce tournament. Her team won one game and lost the other. Their name got chosen as the wild card team to go onto the state competition in August.



Justin's team worked hard and finished in second place, but wasn't picked to move on. Maybe next time! **Todd and Heather's** team pushed for a third place finish! Everyone worked and played hard! **Heather** wants to keep practicing so she can be an unstoppable player next year! Keep up the good team spirit **Heather!**



Flag football is moving along well this year. **Sean, Curtus, Zach, Aaron Crystal, Kevin, Heather and Mike P** continue to put hard work into football practice. They are waiting for their first game and are pumped for it! Keep working hard everyone! The weather has not been too cooperative on practice nights, but everyone is still excited about participating. **Sean, Curtus, Zach, Aaron Crystal, Kevin, Heather and Mike P** look forward to their first game coming up. **Mike's Dad** has even joined the coaching staff for flag football and **Mike** and his

teammates enjoy seeing him each week. **Todd** comes along and to support his peers. **Aaron and Zach** have been given a great **opportunity to play at Lambeau Field in August**. Special Olympics players are going to do a short scrimmage on the field during the Family Fun Night the Packers have. They then get to stay for the Packers scrimmage afterwards. What a great opportunity. Have fun guys.

Social Skills Group "respect"

July's social skills group was all about the topic of respect. **Therapist Justin** pointed out that since "Respect" was one of the ground rules we talk about at every group session, it might be easy to forget how important it really is and all the different ways we can apply the principle to our lives. One thing that is sometimes forgotten is that respect means many different things.

First, the group talked about how respect is being considerate of the feelings of other people. We discussed the "golden rule," which says that we should treat other people the way we want to be treated. This includes sharing things with other people, holding doors for people when entering buildings, and asking other people if they need help with different tasks such as moving, cooking, or cleaning. We also discovered that respect includes honoring the boundaries of others and not putting other people down.

Next, we discussed how respect can be admiring other people for their unique qualities or accomplishments. Everyone in the group had a good time sharing about people in their lives or people they knew about whom they respected. Some even shared about people from history whom they respect, and we discovered that we often respect people for the good things they have done, such as inventing things that we still use today, or standing up for what they believed in to make the world a better place.

Finally we found out that respect can be shown by obeying rules and people who have authority. When we are children this means obeying our parents and teachers, and when we are adults it can mean many different things for different people. It could be obeying the laws of the government,

following directions from staff, or obeying our guardians.

Now, all this information is helpful, but we still had to answer a very important question: Why should we respect others? Therapist Justin informed the group that it all came back to the “Golden Rule,” where we treat others the way we want to be treated. There is never a guarantee that other people will respect us, but Therapist Justin pointed out that if we do not show respect to others we will have a much harder time getting respect from others. Therapist Justin wanted the group to understand that the most important thing about respect is that we have to give it first before we can get it.

We all hope to see you at the next social skills group in August! Come share your ideas to help us all learn and hopefully you can also be lucky enough to win a door prize!

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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