



SMRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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Social Skills Group Gratitude

Since the Thanksgiving holiday was coming up very soon, **Therapist Justin** led a discussion on thankfulness and gratitude for **November's Social Skills Group**. We discussed the meaning of the Thanksgiving holiday, and the group identified that it is a time for us to see all the things we have and be happy about that, trying to leave all of our hurts and disappointments behind for a little while. Therapist Justin pointed out that being thankful is not only for Thanksgiving and Christmas, rather it can be a powerful part of our lives every day.

We learned how gratitude can take any time we think about the things



many forms, and gratitude happens that we are thankful for or express

our thankfulness to someone else. We can engage in thankfulness by talking to ourselves about the things we are thankful for, telling someone else we are thankful for them or for something they have done, writing letters of gratitude, keeping a journal of things we are thankful for, and for people who are religious, praying and meditating about the things we are thankful for.

Therapist Justin explained that when we are thankful, this causes us to be happier and healthier. We learn to be happy with what we have rather than worried about the things we don't have. We tend to take better care of ourselves because we feel more excited about life, causing us to have better hygiene, better health, better work performance, and lower stress. The group spent time writing down all the things we were thankful for, and we all shared parts of our lists as the group went on. It was neat to see how we all had a lot of things in common to be thankful for, but each of us had some unique things to be thankful for as well. As each person shared, everyone else in the group was reminded of things that we were thankful for but had forgotten to list. Some group members even took home extra gratitude sheets because they had so many things to be thankful for!

Remember to keep in mind all the things you can be thankful for this holiday season. Gifts will make you feel happy for a short amount of time, but thankfulness on a daily basis will make your life happier all year round!

Staff of the Month

Hi, **my name is John**. I have been with MRCS since the start of July. Let me tell you a little about myself. I grew up in the Wausau area. Before coming to MRCS, I was in the construction business, mainly being a Heavy Machine Operator and Mason. I have two children and one dog. In my free time I enjoy being outdoors doing hunting, fishing, camping, hikes and bike riding.

Since being at MRCS I have thoroughly enjoyed working and learning from the residents and my co-workers. Making the move to MRCS, I was out of my element. I did not know if I would fit into this type of work, although I knew I needed a change from construction and I wanted to work with people who needed my help. Soon in the future I plan on furthering my education in this field.



Hamilton House November News

It's the seasoning for reminding ourselves what we are thankful for! So far everyone at Hamilton is very thankful for the unseasonable weather we had been seeing.

Speaking of being thankful, everyone enjoyed Thanksgiving Day one way or another this year! **Val** traveled to Milwaukee to spend time with family. **Jeff** spent a couple days with his family for the holiday. **Sean** and **Ellen** went to Reynold's Place for a wonderful feast and spent some time with friends there. It sounds like everyone had plenty of food and things to be thankful for this year!

Sean worked on saving up his money for the Black Friday sales. He earned some extra cash by helping rototill the garden at the 7th Street apartments. Sean talked about how hard it was to rototill the ground and he gave some of his muscles a good workout, but also that he loved trying out a new tool in the garden. Maybe we can get him to dig up the Hamilton flower beds next spring! Sean is happy to say all his hard work paid off, he saved up enough to purchase the tablet he was eyeing up! Way to go Sean.

While autumn is winding down, the leaves continue to fall. **Val, Jeff, and Ellen** spent the month keeping the leaves piled up and the yard looking great! Thank you everyone!

When **Ellen** wasn't busy volunteering, she was outside soaking up the last of the warm sun rays. She enjoyed sitting outside reading her book. Now that it has been cooling off, she is still reading, but in the comfort of her warm chair and enjoying the outside from her window.

Sean and Jeff also took advantage of the nice weather while they still could. Jeff stretched his legs while checking out the changing scenery around the city. He would come back from walks and talk about how people already had Christmas decorations up! Sean took advantage of the nice weather by riding his bike.

Reynold's Place November Update



Reynolds Place finished off October by hosting a spooky Halloween bash! **Aaron and Lee** had lots of fun decorating the house with spiders and other things that go bump in the night. **Todd** enjoyed the snacks and the company of all of his friends at MRCS!

Lee celebrated his birthday at Reynolds Place with cake, ice cream, and presents. **Aaron, Todd, Crystal, Jackie, Juan, Heather, Rachel, Justin, Thomas, Val, and Jeff** all headed over to Reynolds Place to help Lee celebrate his birthday. He got a cute Olaf beanie baby. Lee even got a small safe to keep his extra special belongings in from his girlfriend. Lee had a bowling party at Dale's Weston Lanes where **Crystal, Jackie, Juan, Todd, Val, and Jeff** all showed up to celebrate again! Happy birthday Lee we hope you had a great one!



Drawing Club took place again. We finished up with our Wildlife Theme. **T.J.** drew palm trees which he include a large spider that states in a bubble over its head "I'm a cutie". **T.J.** drew his version of an elephant in a bottle and the ocean. **Rachel** made a large oak tree with a bobcat and added grass to her picture. **Heather** drew many different things including a dolphin, puppies, spiders, clouds, and some flowers. **Juan** made a large spider, a bright sun with clouds.



Todd, Val, and Jackie did

some coloring throughout the club time and enjoyed their time visiting with everyone.

Todd and Aaron enjoyed a relaxing day at the YMCA pool. Aaron made friends at the pool and played basketball with a few slam dunks. Todd also played some basketball with his peer and had some awesome 3 point shots. Todd and Aaron played with a huge ball and hit it back and forth to each other trying not to let it hit the water. We can't wait for summer to come so we can go swimming outside again!

Thanksgiving came and went at Reynolds Place. We played host to other MRCS residents. **Aaron and Todd** assisted with getting some of the food ready in the morning. There was a lot to do so their help was much appreciated.





The day started out watching the Macy's Thanksgiving Day parade on TV. From there a game of football was watched and everyone visited with each other. Dinner was in the evening and it was the hit of the day. Everyone enjoyed a lot of their favorites. Everyone was appreciative of having a traditional meal.

Tis the season as they say! **Lee, Aaron, and Todd** all went to Marshfield, Wisconsin to see the twinkling **Christmas light displays!** Lee and Aaron

walked around the park in awe of the spectacular lights! Todd rode with staff through the park and enjoyed the American Flag display and jolly Christmas music played in sync with the lights! We might have to go back closer to Christmas time to see this display one last time before the holiday season ends!



Prospect Place News

Prospect Place clients have their staple events they like to do every month like karaoke and the library. They also like to watch movies as a group. Some of the movies watched were *Ghostbuster*, *Sahara*, *Ice Age Collision Course* and a nature movie about African animals such as lions, antelopes, and hippos. Next month we plan on learning more about the ocean and the animals that live in them. Board games are a big hit. Monopoly of any type seems to be a hit. Star War Monopoly is popular if two people are playing because you have to win as a team. This also promotes team work if we have four players, otherwise it is like normal monopoly. Some of the residents have an ongoing challenge with staff. This has made it fun.

Thomas and Justin had their last Garden Club meeting for the year. They each were able to plant a blub that will bloom in spring. **Heather** went to the movies *Trolls* and **Almost Christmas** at Cedar Creek Cinemas. She reported that she enjoyed both movies and would like to see the movie *Trolls* again. **Rachel** spent her free time reading her books on religions and watching supernatural television shows. **Justin** enjoyed spending time with his girlfriend. **Thomas** has been watching a lot of gladiator movies and learning more about different vacuums.

Prospect Place tried some different foods this month. Two vegetables that we tried that everyone liked were yellow squash and zucchini. Some preferred their vegetables raw and some cooked. Some of the dishes that we tried for dinners were BBQ chicken tostadas, baked spring rolls, and potato lasagna. Snacks were changed up as well.

Some snacks were peanut butter oat squares, homemade ranch pretzel, and buffalo chicken celery sticks. The buffalo chicken celery sticks were the biggest hit which was a shocker because a little spice and celery normally don't mix with this crew!

This time of the year it is important to look back at all the good things in a person's life. **Thomas, Justin, and Heather** did that by spending some time during Thanksgiving with family and friends. **Rachel** spent the day with her MRCS friends and staff. Everyone enjoyed the day with amazing food and good conversation. **TJ** went to his mom's house for the holiday. **Justin** went out with his parents for a delicious lunch together. He then joined his peers at Reynolds Place for their holiday celebration. **Heather** enjoyed the day with her grandmother and family. She came home with a lot of goodies. She was also fortunate enough to spend time with other family members later in the week for the holiday.



7th Street Suites

The garden club got together to learn how to force bulbs. **Crystal, Jackie, Justin, and Thomas** participated and were given a pot, soil and 3 different kinds of bulbs. They had a lot of fun and learned a lot about planting the bulbs. We are to keep them in the refrigerator or in a cold area in the basement for 2 month, then take them out. We should see some roots coming out of the bottom of the pot. After that we can put them in the window sill by the middle of February and they should start to flower or at least have some green leaves. We can't wait to see how they turn out.



Everyone is busy with the holiday seasons approaching. For Thanksgiving **Jackie** helped staff make a pudding pie to take to her sister's house. While making the pie, Jackie got into the holiday spirit by listening to Christmas music. **Mike S** also helped make a pudding pie and topped it off with bananas. **Juan** made a delicious pumpkin pie. **Lisa** switched it up and made a strawberry Jell-O pie with fresh strawberries on top! Lisa and Mike S took their delicious pies to another MRCS home and shared them with all their peers! **Matt** spent the day before Thanksgiving with his mom because he had to work Thanksgiving Day. Matt told staff that work was packed and very fast paced with all the Black Friday shoppers! **Crystal** spent time with her mom and her family at her mom's place. Crystal had a wonderful time. **Brittney** made her own Thanksgiving dinner and invited a few friends over! **Mike P** spent time with his mom and the rest of his family. Mike told staff he ate lots of food. Juan spent time with his guardian for Thanksgiving and reported that he had some great pie! **Shawn** spent time with his dad. Shawn enjoyed all the scrumptious food that was served. Everyone at Seventh Street Suites has so much to be thankful for!

Happy Thanksgiving!



GO PACK GO! Crystal and Val enjoyed going to a live taping of **Pack Attack**. Everyone was excited to be there because the Packers had just won! Crystal and Val both cheered for the Green and Gold and loved watching William Henderson, that week's guest, toss the footballs into the Channel 9 bean bag toss game! We never miss a chance to cheer on the good ole Green Bay Packers!

Shawn H made a move just across the way to a single apartment! Shawn is settling in and is enjoying have a space to himself! Shawn enjoys hanging out with his new next door neighbor too.

Lisa made another move just across the way into our newly remodeled apartment! Lisa is enjoying her new place along with her new furniture. She is very excited to have a roommate move in soon, but is enjoying herself till then!



Special Olympics News



Last month we had many bowlers place for state. **Todd, Lee, Sean, Heather, TJ, Crystal, and Justin** all headed to state this month for their final games of the season. Sean took 2nd place, Lee, Crystal, and Justin took 1st, Heather took 6th, and Todd took 4th. Way to go everyone!

Now as they store their bowling balls away for the season, many are grabbing their basketball shoes. **Sean, Justin, Crystal, Mike P,**



Juan, Heather, and TJ all started hitting the court to work on their free throws and 3 pointers! Mike P thinks his team can go all the way this year! Juan is a new recruit for his team and very excited for his first basketball tournament. We are excited to see how the first tournament goes for everyone.

Juan and Sean are really watching the weather in hopes of snow, they want to get out and start snowshoeing and cross country skiing! I guess we'll see what happens. It's got to start snowing soon, right?

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:

Shawn Eastman – 1 year

11/3/2015

Sheila Yeager – 2 years

11/11/2014



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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