

**MARATHON YOUTH
SERVICES
NEWSLETTER
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January is already behind us and we're well into the new year, 2013. It sometimes seems impossible to comprehend just how quickly the time goes by... and we look back at all that's been accomplished in the days/months/years. Here at MYS we've seen so much change and growth over the past 20 or more years that we tend to forget all we've accomplished! In running a very successful adolescent group home for 35+ years we've helped reconcile families, assisted potential high school drop outs to successful graduation, paved the way for many young men to enter independent living... and the list of accomplishments goes on.

We've also established a highly successful and respected adult services program over the past 15 years; one that is again growing to accommodate a widening need. Reynolds Group Home is now known as Reynolds Place and will begin operation as an Adult Family Home in early February, joining ranks with our five other adult residential facilities. We already have new residents planning to move in next week, and anticipate filling remaining vacancies very quickly. Remodeling of the kitchen and first floor bath are nearly complete and will match the pristine condition of the rest of the house.

We also reported last month that our therapist had moved on to another challenge. We have since hired Janis Southworth as our new therapist. Janis will begin her tenure with us on February 4. We are all looking forward to her joining us and continuing that aspect of our programming. She brings with her the maturity and experience of all our staff. Please help us welcome Janis to our group!

February is the month of Valentine's Day, always a favorite for our residents. No doubt they will have some parties and other events to celebrate the occasion, as well as the pending excitement of the Super Bowl this weekend, even without our Packers. February will no doubt fly by as quickly as the month of spring,



Vacancy Posting

(Updated 2/1/13)

With the opening of Reynolds Place as an Adult Family Home, we have two available vacancies there as this time. We are also in the position to discuss a variety of other placement options as your clients' needs may dictate. Please contact Pam (715-432-2818) or Sue (715-551-8568) to discuss how we may help meet their unique situations.



News from Hamilton House Adult Family Home

As 2012 came to an end the residents here at **Hamilton House** celebrated it together by going out to eat at Hong Kong Buffet with staff Lee. All the residents had a great time together. They also brought in the New Year together by watching the ball drop on TV. Each resident was excited for what the New Year could bring for them.

Sean stayed busy; he spent his time at the library, the Trinity Lutheran Church, touring the community. Sean also participated in Special Olympics Skiing. At the house, Sean enjoyed playing video games, playing with his phone, and watching WWE.

Terrance continues to work at Buffalo Wild Wings; he is doing a great job. On the days that he does not work he continues to help volunteer at Randlin Thrift Store and helps shovel the snow. Terrance has recently applied to North Central Technical College. He would like to pursue a degree in Architecture. Staff knows that he can do anything that he sets his mind to.

Jeff has been doing a great job working at Northern Valley West. With the snow coming down he has been good at keeping the walkways clear of snow. He is also an avid card player. He has learned how to play Rat Poker really well and has taught others on how to play. Jeff continues to serenade staff with his beautiful voice, as he sings the classics: ACDC, Van Halen, and Elvis.

The guys at **Hamilton House** like to experiment with new recipes occasionally. Here is one they especially liked, they wanted to share, a variation on the 'stuffed green pepper'.

Introduction

Minutes to Cook: 20

Number of Servings: 4

Ingredients

2 green bell peppers
8 slices of provolone cheese
1 medium onion, chopped
1 cup diced bella mushrooms
8 oz. of roast beef (I like boar's head)
2 Tbsp. of unsalted butter
2Tbs olive oil
3 cloves garlic
dash of salt to taste
dash of black pepper to taste



Directions

Preheat oven to 400. Slice peppers in half lengthwise, remove ribs and seeds. Spray with PAM and roast in oven for 15 minutes

Slice onions and mushrooms. Sauté over medium heat with butter, olive oil, minced garlic and a little salt and pepper. Sauté until onions and mushroom are nice and caramelized. About 25-30 minutes.

Slice roast beef into thin strips and add to the onion/mushroom mixture. Allow to cook 5-10 minutes

Line the inside of each pepper with a slice of provolone cheese.

When the meat mixture is done cooking, drain in a colander (lined with a paper towel) to get rid of excess oil and water. Fill each pepper with meat mixture until they are nearly overflowing. Top each pepper with another slice of provolone cheese.

Bake for 15-20 minutes until the cheese on top is golden brown.

Makes 4 servings - 6 net carbs per serving

Serving Size: makes 4 half peppers

Serve and Enjoy!!

News From Prospect Place Adult Family Home



The New Year literally started out with a “bang!” as **Staff Hannah, Lee, Justin and Robert** went to **Granite Peak** to welcome in the New Year and watch some fireworks. Even though it was cold, the men had a great time seeing the variety of fireworks in the display. Happy New Year to everyone!

The men also enjoyed visiting parks and taking advantage of the winter weather. On one occasion, we ventured to Kelly Land Park where we enjoyed visiting with the four legged critters as well as taking some loops around the trails.

The Prospect men are no stranger to fun! This included helping out someone as they party away on their birthday. **Lee, Justin and Robert** went to a party for **Kevin V** and showed off their bowling skills at Dales Weston Lanes and even beat staff.

On another occasion the men went with staff Brandi and Staff Tasha to Dale's and bowled. **Justin** was the big winner for the first game. What a great time!

The guys here at Prospect sure do love their animals! So staff **Ryan took Lee, Justin and Robert to the Humane Society** where all of them had a nice visit with their furry four legged friends. The guys had a lot of friends to play with however they decided to play with Charlie, a bull dog. The guys took turns tossing a tennis ball to play fetch and made sure to give Charlie plenty of dog treats. Charlie sure was happy with all the attention and play time. After Charlie was "woofed" out the guys then visited with Kato, a husky dog. Kato really enjoyed being petted by all of the guys. Justin, Robert and Lee had a great time visiting the animals and could not wait until they visit again. Nice job, guys!

Justin and Lee officially kicked off the basketball tournaments by going to a Special Olympic tournament in Stevens Point. Staff Brandi and Robert went along to watch the guys play. Justin and Lee worked extra hard this year and could not wait until the tournament. During the game, Robert and Brandi cheered on both guys. Both guys gave all their effort, however unfortunately lost both of their games. Justin and Lee were great sportsmen and were happy with how they played. Their coach was happy at how hard both of them played and improved their basketball skills. Justin and Lee can't wait until their next tournament in Menomonie. Way to keep your heads up!

Robert is continuing to stay active. This month he **joined the fitness center at the Aging and Disability Resource Center**. Robert has gone plenty of times with staff Al and can't get enough of working out and can't wait to go the next time. Way to go Robert!



News from 7th Street Suites and our Supportive Apartments

The New Year of 2013 has arrived!! We kick off celebrating **Shawn H's birthday on January 2nd**, at his apartment. **Staff Lee and Moua with residents Matt, Kevin V. , Crystal, Mike P., from SSS came and Terrance and Jeff from HH attended**. We had sloppy joes, delicious ice cream cake, chocolate chip cookies, and sodas! Shawn showed other residents how to play a dice board game. It was an easy game which others like playing either you win or lose.

Our adult homes have a bunch of party animals!! **Crystal, Terra, Mike P, (SSS) Justin, Lee, (PP) Sean, and Heather (HH) all attended the Special Olympics Christmas party**. It was potluck style, so each house brought a dish to pass. After eating, everyone enjoyed lots of dancing! A few guys left early with Staff Karen, as they were so pooped out from all the good food and shaking their booties. Crystal and Sean stayed with Staff Brandi and partied till the end! **Mike P's mom came and ate with everyone, and then she and Mike shared some dances together, and let me tell you they were both boogying!** Also during the party, the Packers played the Vikings, the D.J gave us updates throughout the night and in the end the Packers won!!! Mike P and Mike S watched the game and boy was it a good one! There is nothing like a good old Packer win to make the night.



Kevin V celebrated his birthday the day after the Packers won. Good birthday gift? I'd say so! **Crystal, Mike P, Mike S, Matt, (SSS) and Virginia** (Extended care) celebrated at SSS with Ice cream cake made by staff Brandi, and Pizza's made by the birthday boy himself! After we all stuffed our faces we headed to Dale's Weston Lanes where we met up with **Robert, Lee, Justin, (PP) and staff Hannah and Tasha**. We all bowled a few games and our night came to an end. **Hope your birthday was awesome Kevin!!!**



January 12th, Kevin V and Mike S. went with staff Moua to ice fishing at Gulliver's Landing. It was a cold and windy day but we get to stay in a pull up ice shack that kept us warm. Both men helped with drilling holes with the hand ice auger. We also used a couple holes that were made by other fisherman that were not being used. We set up three tip ups and fished from two holes made in the shack. It was not our day with fish not biting but we were able to see that a group of fisherman caught a large northern and a large mouth bass with their tip ups. That made us excited to know there are fish out there!! We left knowing that next time we will get some real action at the right spot!

With the cold temperatures movie viewing has been up. Seventh Street residents have gone to the movies to see; Guilt Trip with Barbara Streisand and Parental Guidance with Billy Crystal and Bette Midler. The Group viewed The Descendants with George Clooney and Perfect Pitch at Matt's house. Matt moved his stereo into the living room and hosted the movie view this gave him a chance to show off his system. Matt is very proud of his electronics.

Mike S won 2 tickets to the wine & cheese and all that jazz on the radio station. He had invited another resident to go with as that resident like all kinds of music too! Mike and the other resident went to the Patriot Center for the event. They had enjoyed a taste of wine, taste of cheese and got to listen to all the jazz music. Both men enjoyed the time being there and were surprised to see many people came, and they also looked nice dressing up. Mike was glad he got to go and wanted to win more tickets so he can attend more events in the future.



First attempt at snow shoeing...



Friends and Happy Times!



Cheering them on!



Happy Days at the Lanes

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