

# Marathon Residential and Counseling Services, Inc.

Formerly Known As  
Marathon Youth Services, Inc.



Marathon Residential and Counseling Services, Inc.  
Monthly E-mail Newsletter  
February, 2014                      Volume 14; Issue 2

## Can You Say Ole!

This month we've decided to give top billing to one of our Reynolds Place residents for his culinary abilities. **Zach** has always wanted to make his **Chicken Enchilada recipe** for the house and finally got the chance to put it together. He was cooking like a professional because he made the whole dish from memory and no recipe required. Fortunately for us, he was willing to share it with staff and we have included it below:

### Zach's Chicken Enchiladas

Boneless, skinless chicken breast – 2 lbs  
1 jar of salsa  
1 small package of cheddar cheese  
1 small package of mozzarella cheese  
1 bag of corn chips – Frito style



Preheat the oven to 350 degrees. Take a large pot and fill with water. Boil the chicken until done. When chicken is done, drain water and set aside to cool. Once the chicken is cool, shred the chicken. To assemble the dish take a baking dish and put a layer of corn chips on the bottom. Place chicken on top of chips. Add salsa on top and then sprinkle cheese. Repeat layers until pan is full. Bake in oven until dish is heated through and the cheese is melted and golden brown. Serve hot. **Enjoy.**

### Vacancy Announcements

At the current time we have one vacancy in our Ault Foster Home settings. 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](http://www.mrcs.us)

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## Hamilton House News Update!



Oh where to begin with the Hamilton House Residents? We had a very busy month with Special Olympics. Our very own **Sean** participated in skiing AND basketball. He can't get enough action! He was very excited to spend time with other friends and team mates from Special Olympics. Sean is one of our busiest residents as he also has a job alongside being in Special Olympics. We are very proud of you Sean. Keep up the great work!

### *New Year's Eve Party*

And of course we can't forget about the New Year's Eve party which was hosted at Hamilton House this year. **Sean** did a wonderful job putting it together. All the residents from other MRCS houses were welcome. **Scott, Justin, Lee, Terrance and Todd** came to celebrate as well. We had pigs in a blanket, cookies, a veggie tray, sliced ham and rolls, cheese and crackers, mixed nuts and of course sparkling juice! The residents played games and had a great time. **Party on!**



### *Jobs*

We are very proud of all of the Hamilton House residents for working so hard! Each one is employed or is currently working extremely hard to find a job. Don't give up guys, you are awesome!

### *Goals and Dreams*

Everyone here has goals, aspirations and things they want to do someday whether it be a life-long goal or just an activity they'd like to one day do. **Val** would like to go visit animals at the pet shelter and obtain a job that she loves; working with people.

**Sean** would like to one day be a chef on the cooking channel! Sean is an awesome cook and comes up with his own concoctions. The house loves his cooking.

### *Other Activities*

This past month the residents stayed active working out at the YMCA and trying to improve their overall health. The girls love swimming and Sean did great on the exercise machines and Jeff is a beast on the pool tables! Friday nights are our nights for Fish Fries and Karaoke. The residents sing their hearts out every time. Our residents have seen many movies this past month by going to Cedar Creek Mall and also renting movies from Family Video. Our house is definitely the movie night house!

### **Seventh Street Suite:**

The ladies are back at working out. **Terra, Crystal, and another resident** went to the YMCA. They enjoyed seeing how long they could work out and how many calories they could burn in that time. Keep up the good work ladies!

**Crystal** attended the **11th Annual Birthday Bash for Elvis** at Dale's Weston Lanes with her boyfriend and his family. While there, Crystal enjoyed listening to the four tribute artists sing songs from the different time periods in Elvis's career. Crystal definitely got "All Shook Up" when she made her way to the dance floor.

**Terrance and Mike S** received an extra special Christmas treat from their landlord, Eric and his wife, Jenna. **Eric and Jenna treated Terrance and Mike S. to dinner at the Great Dane.** This was much appreciated by the men and they gave raved reviews for the restaurant. This was a great learning experience for the gentleman as they learned how to dress for the occasion and show proper dinner etiquette. The gentlemen looked great!



**Terrance** has started back up at NTC and he is taking a math course this semester. His first scheduled day was canceled due to cold weather; however we have high hopes for Terrance as he excelled at his last course.

Even with this cold bitter weather we have been having, our sweet tooth never goes away. Staff **Brandi, Terra, Crystal, and another resident** decided they had enough of craving that sweet ice cream that they braved a cold January day and hit up the mall for some window shopping and then Cherry Berry's for some sweet frozen yogurt. All of the ladies enjoyed picking out their flavor of ice cream and the sweet or salty toppings to go with it. The ladies may have hushed their sweet tooth for a while, but this cold weather doesn't look like it's going anywhere anytime soon.



There were many **birthdays celebrated at Seventh Street Suites in the month of January.** **Kevin, Shawn, and two other residents** had a blast kicking off another year at Dale's Weston Lanes bowling with friends. All loved the beautifully decorated cakes made by **staff Jen** and thought they were pretty yummy too! Everyone was sad to leave and can't wait to celebrate another birthday!

### Extended Care:

**Ashley** enjoyed a variety of activities during the month. She went out to eat with staff on a weekly basis to such places as Panera Bread, A&W and Culver's. She enjoyed going sledding at 3M Park, swimming at the YMCA, and working out at the ADRC Fitness Room. Ashley took advantage of coupons throughout the month when shopping and when going out to eat.

**Tammy** also enjoyed several activities throughout the month including shopping, making crafts and going to the library. At the library, Tammy and staff found books for Tammy about healthy eating with some recipes. She also looked up interesting facts on dogs and shared them with staff. Tammy continues to look for new activities she can do with staff or independently.



## Reynolds Place News

### HAPPY BIRTHDAY!!!

We had two birthday celebrations this month at Reynolds Place. **Todd** is a New Year's baby so he celebrated his birthday on January 1st. A cake was made and he invited those from the other MRCS houses to celebrate with him. He had fun and always enjoys spending time and visiting with others.

**Curtus** celebrated his birthday on January 4th this month. During his day, he visited family members, but came back to enjoy a cake and birthday well wishes that were waiting for him. He really likes cake so he enjoyed himself thoroughly. He saved some of the extra cake so he could celebrate it again later in the week.

### Congratulations to the Graduate

**Curtus** is now a bona fide high school graduate this month! He finished his last credits and classes and has completed high school. He is planning on attending the graduation ceremony in the spring. He is now considering getting a part time job and looking at registering at the Tech for some classes. **Way to go Curtus!!!**

### Basketball Madness

Two athletes from Reynolds Place were involved in the Special Olympics Basketball this season. **Curtus and Todd** have been going to practices since early December. Even with the cold and snowy weather getting in the way now and then their enthusiasm for the game has not dwindled. Recently Curtus took part in a tournament in Stevens Point. His team lost one game and won the other. Curtus loves sports so participating was great for him. He looks forwards to other tournaments and possibly going to the state tournament. Todd is looking forward to the next tournament as well because his team will be playing too. **Go Team(s) Go!!!**

### Did Someone Say Cookies?

With the cold weather keeping a lot of us inside lately there are only so many card and board games that can be played. **Curtus and Zach** took it upon themselves one afternoon to try their hand at baking. They decided to make **walnut and chocolate chip cookies**. Not much of a recipe involved since the cookies were from a package, but they had a lot of fun with it. They took turns mixing and then arranged the cookies on the pan. They turned out great and it was a good treat had by all. We may have to work up to brownies next time.



### Under the Sea

A few of the gentlemen like to be active and the cold weather makes it hard sometimes, but it is a good thing the guys can go to the YMCA. The house goes on a regular basis to play basketball and swim and everyone gets involved. Each time is a new adventure as they come up with different variations to their game. It is so nice to have the YMCA as resource here in Wausau. **Thank you YMCA, we love ya.**

### We Call This Meeting to Order

Reynolds Place has recently embarked on having House **Meetings with the residents**. This is an opportunity for the residents to get even more involved in the planning of the home. We discuss menu planning, activity planning and chore responsibilities. We also discuss topics that the guys bring up as well. So far we have discussed keeping personal property safe, how to let people know how to respect personal space, budgeting, and how to encourage others to join in activities. The meetings are working out great and the guys look forward to them.

### Prospect Place News:

**Lee** continues to be a hardworking man and is currently volunteering at St. Vincent de Paul here in Wausau while he continues to work his regular job. At St. Vincent de Paul he does a great job with organizing donations and sorting clothes. While there Lee spotted and bought a very nice Jimmy Johnson jacket he can't wait to show off! In his spare time he participates in several Special Olympic activities and enjoys playing games at the house.

This month, **Scott** has been a working man by detailing cars at a local car dealership as part of his work assessment. Scott has enjoyed the work and takes pride in getting dirty while cleaning

and detailing cars. He hopes to get a part time job after his assessment is complete. Keep up the good work, **Scott!** He is enjoying playing basketball for one of the Special Olympics teams and is loving his new video game system.

**Justin** continues his weekly work schedule and rarely misses a day. In his spare time he takes guitar lessons, very much enjoys participating in Special Olympic events, and can often be found mastering his video games.

To enjoy New Year's Day, **Justin and Scott** went to see Anchorman 2 at the Cedar Creek Cinema. The guys had a great time and laugh a lot during the movie. What a great time!



Staff **Darwin** took **Justin, Lee and Scott** to **Thom Field** to go sledding as the guys were itching to get outside and enjoy the weather. The guys had the time of their life going down the hills. Everyone was safe and had a great time! They also visited several area car dealerships throughout the month closely examining and admiring many of the vehicles.

### More Special Olympics:

With another month came some more **Special Olympics!** **Kevin, Mike P, Crystal, Scott, Justin, Lee and Tammy** all participated in basketball this month practicing their dribbling, shooting and passing. **Kevin, Mike P, Justin and Scott** had their first tournament in Stevens Point. They won one game and lost the other. **Crystal's** team did not play but she attended the tournament to cheer on her friends.

After the games, **Kevin, Mike P, Crystal, Tammy, Justin and Scott** went to the Holiday Inn for dinner and a dance. After the hard work at the tournament, everyone definitely enjoyed the fun! All socialized with other athletes and friends and enjoyed a delicious pot luck meal.

**Tammy** made a delicious desert to share with everyone and was very excited to see that it was gone by the end of the night! Good job cooking **Tammy!** There was nothing but smiles when the DJ started the tunes and everyone got out on the dance floor. **Crystal and Tammy** showed everyone their awesome dance moves. **Kevin** even enjoyed a dance at the end of the night with his girlfriend. The group had an awesome time and can't wait to go back next year!

## Social Skills Group

This month's social skills group topic was Job Skills. Ten MRCS residents were in attendance. Group members split into 2 groups, each group creating a hypothetical job-seeker, drawing a picture of them, giving them a name, and creating a personality for them. The drawings turned out very good, and each group did a great job of listing personality qualities that showed that their person was serious about finding a good job.

Next, each group had a chance to look through newspaper classified advertisements to find a job that their person could apply for, and once a suitable job had been found, groups helped their person fill out a job application for the position. Each group then gave their job-seeker advice and guidance on how to prepare for a job interview and how to behave during the interview, as well as how to do well at work once they got hired.



All group members participated actively and gave a lot of creative and thoughtful input to the group, making the group fun for everyone.



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