



# MRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

February, 2017

Volume 17; Issue 2

HAPPY VALENTINE'S DAY

## January Social Skills Group Teamwork

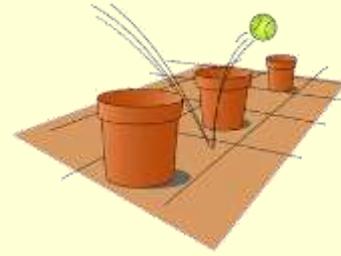
January's Social Skills Group was all about Teamwork. **Therapist Justin** led a discussion on what teamwork is, where we can use it, and how we can make our teamwork more effective.



Teamwork is when two or more people work on the same project or goal in a way that makes the process go more quickly or efficiently than it normally would. Teamwork can be used in many contexts. We talked about how teamwork is important in sports, like in NASCAR where the pit-crew works together to change the car parts *very* quickly. Teamwork also is very important in a workplace. Therapist Justin gave the example of how each person at MRCS does a different job, and each one of those jobs is important to keep MRCS running effectively. Teamwork can also help us in roommate situations, where we divide up the tasks and chores around the apartment in order to make the living environment pleasant, or in romantic relationships, where we help our significant others through hard times or do nice things for them to make their lives easier.

We talked about different aspects of teamwork and how they determine how effective the teamwork is. Delegating tasks, by picking a person for each task on a project, helps a job to go very quickly because people can specialize in one area. Without delegation, teamwork can become inefficient because people don't know what they are supposed to be doing or they might all try to do the same job. This is where communication is important: telling others what you have accomplished and what still needs to be done. A NASCAR pit crew would waste a lot of time if they accidentally changed the tires twice because of a lack of communication! Some other essential elements to teamwork are focus and trust. When you are a part of a team, it is important that you stay focused on your job and do it well, because if you fail on your job, the rest of the project will not work. A car factory can't make a very good cars if the engine makers produce engines that are faulty or only built halfway, even if everyone else is doing their job perfectly. That is where trust comes in, because if you focus on doing your job well and trust that everyone else is doing their jobs well, teamwork gets a job done very quickly!

To end the group, we played a game that required teamwork. The group got into teams of two, and the goal was for one teammate to throw balls into a basket across the room. The only problem is, the person throwing the balls had to do it without looking. Wow, that sounds impossible, doesn't it? Well, it wasn't impossible with a little teamwork! Each team had to delegate who would be the thrower, the person throwing the balls had to trust their teammate who communicated to them about lining up the throws, and both teammates had to focus on their specific jobs to make sure they did their part to make their teamwork successful. The game came down to a nail-biting finish, with the first place team coming from behind to score a total of 7 baskets, and the second place team scoring 6 points. The first place team was thrilled to win the top prize: one \$10 Walmart gift card for each team member. Second place won the consolation prize: one action film DVD and one candy bar for each team member.



### Relaxation Therapy Group



This month Therapist Justin started a new therapy group: Relaxation Group. Everyone who came, including Therapist Justin, participated in deep breathing and muscle relaxation exercises. We all tried our best to forget about the things that were stressing us out, at least for the therapy hour, and just relax. As we all sat and breathed deeply, we could feel our bodies starting to rest. Then we listened to a recording where a woman's voice taught us how to relax by tensing up different muscles and purposefully relaxing them. This allowed our whole bodies to let go of the muscle tension and stiffness that comes from the anxiety we all have on a day-to-day basis. At the end of the group, everyone agreed that they felt very relaxed and would like to do the group again, so Therapist Justin is planning on running another relaxation group next month for any MRCS residents who want to attend. Therapist Justin hopes to see you there! (Bring your staff with you too!)

### Reynolds Place News

2017 is in full swing. There is always a celebration in January because of the new year, but we have a different reason than most to celebrate. **Todd** celebrated another year on this earth. Happy Birthday! **Todd** said that he has lost count how old he is, but he did love having friends over to celebrate with him. A nice crowd of other MRCS clients stopped over to enjoy some cake, ice cream, and conversation with **Todd**. It was a good way to start out the year.



Drawing Club has been continuing and going well. This past month, the group started to look past the Christmas holiday and started to look towards Valentine's Day. The group made some individual cards and they were put together into a beautiful collage. The requirement for Valentine cards is a bit different than most other cards. The key ingredient is glitter! There was plenty to pass around and use. A picture of the collage has been added – check it out!

Cooking class also continues at Reynolds Place. **Karen** has been helping the guys perfect their marinara sauce into a few different dishes. She has also helped the guys make Cordon Blue and some quesadillas as

well. Karen is planning to move the guys in a bit of a different direction this next month starting out with some Tortellini soup. We will gather some recipes to share for an upcoming newsletter.



There is a special event coming up next month. Mount Olive Church is hosting a “Night to Shine” formal dance and **Aaron, Lee, and Todd** plan to attend. To prepare for this, the church had a clothing giveaway that the guys attended. They all want to look nice so they went and got themselves some new threads. **Lee** was fortunate enough to find a tuxedo. Some people at the church were willing to alter the clothing for the guys. It was a very nice gesture and the guys sure do appreciate their new clothes. We will be sure to get some pictures of them all dressed up.



### Prospect Place News

Obtaining and maintaining employment is very important around Prospect Place. **Rachel** has begun working with DVR to help her find community employment. We are very happy to see her working toward her goal. **Heather** called a local fast food restaurant regarding her application that she had previously turned in. **Justin** continues to work and also volunteers twice a week. **TJ** continues to work 4 days a week. Way to go everyone! Keep up the good work.

**TJ** celebrated his birthday and spent time with family. When he returned home, **TJ, Heather, Justin, Rachel and Rose** went for a delicious birthday lunch at Chang Garden. Everyone ordered different entrees along with an appetizer of crab Rangoon, cause who can go out for Chinese food without the goons! Everyone had a good time and stated they would love to come back another time. Hope you had a very happy birthday TJ!



The guys and gals at Prospect Place have enjoyed going to the movies for the \$5 movie night at Cedar Creek Cinema on a few occasions. **Heather, TJ, and Brittany** enjoyed the movie Sing. **Heather** enjoyed it so much, that she saw it twice. She also went to the movie *Moana*.

**TJ, Justin, Heather, Rachel, and JoAnn** enjoyed a night a night out for karaoke. **Heather and Rachel** sang two songs. **Justin** played pool and talked with his friends. **TJ** enjoyed a nice kiddy cocktail and socializing with his friends he has made at karaoke. The group is looking forward to more of the same in February.



**TJ, Justin, Heather, and Rachel** also went to the library on several occasions during the month. **TJ** was able to watch a presentation there once during the month. He also enjoyed using the computers and checking out movies and books. Right now he is reading a book about elephants and the book is practically the size of an elephant! **Justin** enjoys spending time on the computer and checking out CDs and video games. On several occasions, he walked to the library to meet staff there so that he could get in some exercise. **Heather** enjoys checking out the

latest video games and movies. **Rachel** enjoys looking at magazines and books while there. If you can't find us at the house during the week, chances are good we might be at the library!

There have been a few quiet nights at Prospect Place where the weather was definitely unsafe to be out and about. During those nights, everyone enjoyed making Valentine's Day crafts, coloring, playing board games and card games, and watching movies. **Heather** made a Valentine's Day lion and **TJ** made an elephant. A few movies were watched during the month, though the favorite in the house was *The Secret Lives of Pets*.



### Hamilton House News

January was a relatively quiet month at Hamilton House. With all the snow and ice, we decided that staying in with hot chocolate and enjoying the snow from the window was a nice way to begin our New Year. **Val, Jeff, and Ellen** enjoyed playing cards or board games while at home. **Ellen** has also been continuing to stay cozy and reading through her selection of books. **Sean** spent his time job hunting in January. He has filled out a few applications and had an interview. Now is the waiting game, but we're confident something good will come his way.

January never fails with bringing us that Wisconsin winter weather. **Sean, Val, and Jeff** have been working hard on snow removal, especially after we had almost 10 inches from one storm passing through. Everyone opted to shovel and work on their body posture while doing all of that heavy lifting to make sure everyone was being safe while getting a good workout.





Besides the snow, do you remember that crazy ice storm? How could you forget it? **Sean, Jeff, and Val** again braved the cold and assisted with keeping the walkways and driveways salted. Once it warmed up, Jeff and Sean headed out to chop ice and prevent it from refreezing. It almost looked like they were playing shuffle board outside with how they scraped the ice off the sidewalks.

As January comes to an end, would like to wish the best of luck to **Val**. She is moving and starting a new chapter in her life. **We wish her nothing but good things.**

### 7th Street Suites News

Now that the holidays are winding down and everyone is enjoying the New Year, we can start getting our minds set for spring! Right?



**Jackie and Lisa** held a *bumpin'* New Year's Eve party at their apartment! **Jackie and Lisa** put up decorations, made delicious snacks, and got their apartment ready for their guests. **Timothy, Crystal, Shawn, Matt, and Brittney** all showed up to watch the Rockin' New Year's eve special on TV. Everyone enjoyed their night but no one had the will power to stay up late. A great New Year's with great friends. **Here's to 2017!**

Tim Tebow's **Night to Shine Prom** is coming up and everyone knows what that means... **Crystal and Lisa** went to Mount Olive church and picked out some gorgeous prom dresses! They even had seamstresses on hand if anyone needed a few alterations to their perfect dress! **Jackie** also went out shopping and found the perfect little black dress with a bright blue cardigan, for a fresh pop of color. We can't wait to hear about all the fun had next month at the Night to Shine prom!

**Shawn** celebrated his birthday at Dale's Weston Lanes. He celebrated with some friends from 7<sup>th</sup> Street, Hamilton House and Prospect Place. Shawn's dad, aunt and his longtime girlfriend were also there to celebrate with him. **Shawn** celebrated his special day with pizza, soda and some bowling. Everyone had a nice time and enjoyed the bowling and food. **Happy birthday Shawn!**



### Special Olympics News

Special Olympics had their annual Holiday party at St. Matthew's Church. Those who attended included: **Todd, Aaron, Lee, TJ, Justin, Heather, Sean, Jeff, Val, Crystal, Jackie and Juan**. Everyone enjoyed the delicious food and spending time with their teammates and friends. There were lots of gifts, music, dancing and socializing. **Lee** enjoyed spending time with his brother who also attended the party. **Juan** met up with a friend from soccer and helped take down the tables at the end. A few got on the dance floor and boogied the night away. Thanks Special Olympics for putting on such an awesome party!



Snow shoeing continued in January for **Justin** and **Juan**. They enjoyed walking the woods and talking with other athletes and their coach Arnie. Unfortunately the Winter Games got canceled for snow shoeing due to all the severe weather so they were unable to compete. In February, they will get to enjoy a movie at Cedar Creek Cinema as well as ice cream at Culvers for their end of the season gathering.

Special Olympics basketball continued throughout January. Athletes include: **Justin, Heather, Juan, TJ, Sean, Mike P, Aaron, Todd, and Crystal**.

Practices occurred once weekly on Monday, Tuesday or Wednesday, if the weather cooperated so we are always hopping during this time of year. Besides practicing with their own team, a few clients went on two days so that they could help another team.



The Special Olympic Basketball Tournament turned out great! Everyone played their hardest and really had their hearts in the game. **Juan** was a superstar out there on the court; leaping in the air and stealing the ball left and right. **Crystal** did a great job always being open and ready to help out her teammates if they found themselves in a jam. **Crystal** and **Juan's** team won both of their basketball games with their second game going into double overtime! They ended up winning the game 29 to 27! It was a close one but they came out on top! **Heather, TJ, and Todd's** team, the Wolverines lost their first game but won their second game. **Heather** was able to score a few points during her game too. **Sean** and **Aaron's** team, Legacy, lost both of their games, but they played a great game.

A second basketball tournament was also held in Stevens Point toward the end of the month. **Justin's** team managed a win. **Justin** reported he played his heart out for both games as there were not any extra players to rotate in. **Aaron** and **Sean's** team, **Crystal** and **Juan's** team, and **Heather, TJ, and Todd's** team were unable to win any of their games but they played hard. Their next tournament is in February in Menominee and we wish them luck!

**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:

**Chou Xiong –10 years**

1/17/2007

**Brandi Koosmann –5 years**

1/31/2012

**Cynthia Vue – 1 year**

1/4/2016

### 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](http://www.mrcs.us)

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