



Marathon Residential and Counseling Services, Inc.

Marathon Residential and Counseling Services, Inc.
Monthly E-mail Newsletter
July, 2014 Volume 14; Issue 7

Lee Vang has been a valued and versatile employee of MRCS for the past six years. In that time he has proven to be a trusted and companion for our residents, always willing to share new insights with them. We all appreciate his contributions and look forward to many more years of his input.

My name is Lee Vang. I have worked at MRCS since 2008. I started out working in the Adult Family Homes and then moved over to the youth home for about 3 years. I have since been working at Seventh Street Suites Supportive apartments. I have experienced a variety of different tasks which makes my job truly enjoyable.

It has come naturally for me to connect with our clients and to teach them daily living skills. Cooking is one my favorite things to do with the clients as afterward everyone is always willing to share their entrée with me.

The outdoors is one of my passions in life and I have been able to share that passion with the clients through fishing and doing yard work. In my spare time, I enjoy hunting, fishing, trap shooting and target practicing. I also enjoy playing video games and riding my motorcycle when I have time.



June Social Skills Group: Assertiveness

Ten members attended this month's Social Skill Group, which was on Assertiveness. **Therapist Justin** taught everyone the difference between passive, aggressive, and assertive communication. We had fun playing a game of "telephone," although some were a little too shy to participate. One person came up with a silly phrase and we passed it around the circle by whispering it to the person next to us. We all got a good laugh when the silly phrases came out sounding even sillier than when they started!

Therapist Justin explained that this was why passive communication doesn't always work, because the person who gets the message might not understand it. We talked about how football is a game that shows how aggressive communication works: you just push the other person down to win. Therapist Justin explained that this was a very effective way to get what you want, but in the real world other people would not like you very much and you can even get in trouble with the law. We learned that in between those two styles of communication is assertive communication, which is the best way to get what we want while not making other people feel hurt or angry.

After learning about the different styles of communication, we had a good time coming up with some serious and silly ideas on how to use each type of communication. We practiced handling conflicts with assertiveness skills such as making "I" statements and following the 3 steps of assertiveness. First, you say what the other person's problem is, then you say what you think about the problem, and finally you talk about how to compromise. For example: "I know you want me to write more about this month's group, but I can't because I already wrote about everything that happened. Could you please wait until next month's newsletter?"

Next group is going to be on "Money Management!"

Unfortunately, last month's Social Skills Group summary did not make the newsletter (editor's error!) Following is a summary of the May group...

The topic of **May's social skills group** was hygiene. There was a great turnout this month, with 10 MRCS residents attending. **Therapist Justin** led a discussion on what hygiene is and why it is important. Everyone participated in deciding what good hygiene habits were and what bad ones were. The group watched some videos to learn some interesting, and somewhat disgusting, facts about germs and the human body and why it is important to clean ourselves regularly. Everyone laughed, learned a lot, and got their choice of hygiene related prizes at the end.



Seventh Street Suites News

At the end of May, **Crystal, Amanda and Rose** went for a **Ladies Spa Day at the State College of Beauty**. Crystal enjoyed a spa pedicure where she had her feet soaked, scrubbed, dipped in paraffin wax, massaged and then had her toe nails painted a rich purple. Amanda enjoyed a scalp treatment where she had her scalped lathered and massaged. She even got a shoulder massage with the treatment. Amanda had her hair braided afterwards as well. Rose enjoyed getting her fingernails and toenails painted neon green. It was a great relaxing day at the spa; however ever day cannot be a day at the spa because there is work to be done.

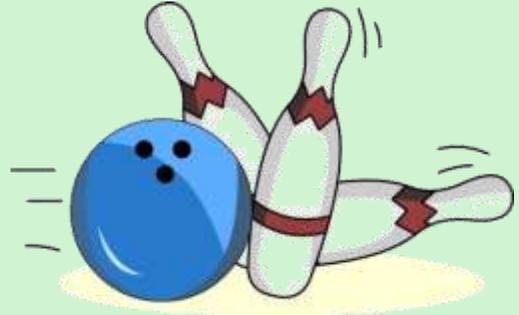
This summer **Jennifer** planted a lovely garden with those who live at the apartments. All have had a great time planting, watering, and watching the plants sprout up. All are excited to see all of the plants and be able to eat the fresh vegetables. Many were able to learn the process of planting a garden and what it takes to maintain a garden. Seventh Street residents have not only been working hard in the garden but also keeping up with yard work including mowing the lawn, planting flowers, watering and many trips to the yard waste site. **Kevin** also assisted with a painting project at Prospect Place. He has been working hard painting their porch. One morning, he even received some help from **MRC's Executive Director, Sue**.

Well back to some summer fun. **Shawn and Mike S** were able to enjoy a day out at the **Owl Ridge General Store** for their annual summer celebration. Both guys were able to look at fancy cars, enjoy the petting zoo, and eat some delicious homemade food. Shawn and Mike had a great time enjoying the beautiful weather and being able to hang out with one another. Both had a memorable time at one of Wausau's own small town stores.

Sarah brought a group to Antigo for a tour of the **Raptor Education Group Center. Todd, Mike S., Crystal and Mike P.** all were excited to attend. The tour had seven educational stations where visitors met and learned about the different kinds of bird of prey. We met a red-tailed hawk named Juliet and learned about owls, falcons, and eagles. We met a one-winged white pelican named Paulie who was quite the show-off. Todd really enjoyed the screech owl and Mike loved Paulie. We all learned about how birds are often injured by humans who shoot at them, leave fishing line and sinkers lying around, and feed them the wrong food. We were even entertained by a raven that lived at the center who says "Hi!" and kept up a running commentary during the tour. The staff and interns at REGI were wonderful and clearly love their birds and love teaching people about how amazing they are. Special thanks to Mike S who enjoys talking about birds with Sarah and who suggested we make a road trip to REGI this summer! After the tour we enjoyed lunch at McDonald's in Antigo and a lovely drive back to Wausau.



Mt. Olive Church was gracious enough to invite us to their annual dinner and bowling outing. **Terra, Mike S, Crystal, and another client** were all able to enjoy a delicious meal of make your own tacos and nachos and chat with different members of the congregation and youth group. After the meal, everyone set out for Weston lanes where everyone was able to bowl a few games. Friendly competition soon arose to see who could bowl the highest score among the different teams. It all ended in laughs and smiles as everyone made new friends and had a great time hanging out. **Thanks Mt. Olive!**



A note from 7th Street Suites House Manager:

I am always proud of all of the Seventh Street Suites residents, though at this time I would like to say **a few words about Terrance**, as he is moving back to his home town. Terrance has been residing at MRCS for a few years and has been living at the 7th Street apartments for the last couple years. Terrance has improved on his independent living skills, has held down a job for over a year, and even took a few courses at NTC. Also while in Wausau, he often was found volunteering at Randlin Homes and was always willing to lend a helping hand. We will miss Terrance's great smile, free spirit, and generous personality. MRCS was able to celebrate one last time with him at the end of June before he moved. There were grilled hamburgers and hotdogs, fresh fruit, pasta salad, cheese and sausage and of course a good bye cake. **Thanks Terrance for all the great memories!**

Mary Kolbeck

News from Reynolds Place

Congratulations to the Graduate

Although **Curtus** finished high school in January it did not feel real to him until he took part in the graduation ceremony. This was taken care of at the end of this school year. Curtus walked with his classmates and received his diploma. He was so excited and everyone from the house went to support him as well. He spent the entire evening smiling. Curtus was also able to take part in the Senior Class trip that went to Mt. Olympus in Wisconsin Dells and the After Graduation Party at the Boys and Girls Club. He had a very fulfilling couple of days. He was very happy to achieve this milestone in his life.



A World Full of Color

One of **Todd's** favorite past times is coloring. He will often do it at Adult Day Services as well as at the house. He will often get staff to come and join him. He has several examples of his work and he likes to proudly show it. We have included some of his recent completed works. Enjoy.



News from Prospect Place

So far June has been off to a good start. Between bike rides, walks, and gardening everyone here is making sure they are enjoying the sunshine and soaking up as much rays as possible.

Lee and Scott were certainly excited when **Prospect Place** got their new driveway. They sat outside all day and watched the men work on cementing and paving. What a job! The new driveway looks superb and everyone is particularly excited to have a new driveway to ride their bikes on!

FORE! Justin, Rachel, Scott, Lee, and Todd from Reynolds all got out and gave disc golf a shot. They hit up the course at Yellow Banks Park. It was buggy and the grass was so tall that Justin lost his disc on the first throw; but it was a fun time. As we would retrieve our discs from the tall grass we seemed to have a run in with a couple snakes slithering by our discs, YIKES! Even with the snakes near our discs, everyone still had a great time and they were excited to try something new.





Prospect Place has also been attending the weekly water ski shows at DC Everest Park on Sunday evenings. This is a group of professional water skiers of all ages from the Central Wisconsin team called the **Water Walkers**. It has been great to see their wonderful talents and strengths as there have been three people high pyramids and fancy maneuvers all done while water skiing. One week **Jennifer from Seventh Street Suites** came along with a group and **brought Mike P, Heather and Jeff from HH and Curtus from Reynolds**.

News from Hamilton House



Summer is here and everyone is ready for the sun! **Hamilton House** is the place to be if you want to have a cookout and Oak Island is the favorite place to go. What everyone would really like is to go to the beach at one of the local lakes to go swimming. Everyone at Hamilton House loves swimming so much, you might think they are tadpoles. During the more gloomy days, The Grand Lodge is the best place to be where they can take advantage of all the water slides. They are still talking about making another trip to Wisconsin Dells for the year.

Heather also worked very hard at work **and earned herself a Blu-Ray player**. It's all she can talk about! Talk about working, **Val** remains very busy during the week working and has even picked up some shifts over the weekend though has made time to go fishing with her family and had a blast. **Sean and Jeff** have both been working hard too.

Jeff loves this weather. You can't get him to stay in one spot! He loves his walks and going to shoot pool at spot near home. He also really likes going to the YMCA and playing pool against his housemates. He typically wins; it must be his lucky pool stick he brings with him. Jeff got to meet up with a childhood friend who he hasn't seen in years. It was a surprise! He enjoyed it very much and was all smiles when he told everyone about it

Golden K Picnic

Crystal, Shawn, Jeff, Justin, Lee, Todd, Zach, and Curtus took part in the **Golden K Picnic at Marathon Park**. This is a picnic put on by the **Kiwanis Club for North Central Health Care** prevocational programming and day programming. They did a great job putting on a fun event. There were arcade styles games to play, a DJ and dancing, great food and bingo.

Bocce ball was in full swing. Justin, Rachel, Crystal, and Scott had a tournament. Everyone did their best and had great team spirit! Rachel got the winning point for her team for two of the games. Awesome job Rachel! Justin's team took 4th place in their division. Scott's team took 3rd place! Everyone did their best and didn't let the rain we had that day, ruin their fun!

Flag football kicked off this past month. Justin, Scott, Zach, Curtus, Sean, Crystal, and Mike P have been practicing hard, learning the new plays. Although Justin hurt his ankle he is still out there calling plays and cheering on his team. Hang in there Justin! Scott has started hitting the gym again this month to get buff for football. Watch out! They are just getting started and look forward to their first game. We will keep you updated on how it is going.

Special Olympics also held a spaghetti dinner for athletes and several of our athletes attended this. **Heather's** coach informed staff of how fantastic Heather is doing and how much courage she showed when staying at the State Games for the whole weekend. Heather was very proud of herself, as she should be. After athletes ate, they enjoyed playing games and socializing together.



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

If at any time you would like to be removed from this mail list, please click **REPLY** and simply enter **UNSUBSCRIBE** and your address will be immediately removed from the mailing list.