

MRCS

Marathon Residential and Counseling Services, Inc.

Marathon Residential and Counseling Services, Inc.

Monthly E-mail Newsletter

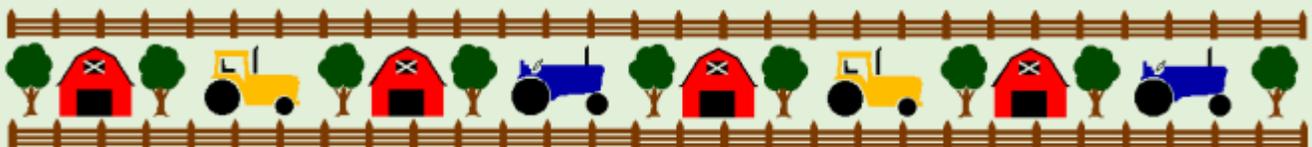
June, 2015

Volume 15; Issue 6

Featured Employee

Hi everyone I'm **Jennifer** and have worked for MRCS for a little over three years and what a journey it has been! Prior to working for MRCS I spent a couple years working in an assisted living facility. When I started working at MRCS I worked the overnight shift but switched to the day shift shortly after a year. I really enjoy spending time with the residents and helping them succeed. My favorite thing to do is the trips to the Fust farm where everyone seems to always have a great time!

For a little bit about myself, I am the baby of the family and have two sisters and one brother. When I'm not working with residents at MRCS, I tend to find myself working on the farm. I also enjoy making quilts in my spare time when I get a chance and lately I find myself doing a lot of cake decorating and baking.



Prospect Place News

This month it feels more like summer than spring! We have had some much needed warm weather. Let the fun festivities begin!

Heather turned the big 3-0 last month! She invited all her friends to a fun-tastic birthday party at Dale's Weston Lanes. Everyone bowled, laughed, mingled, and ate some awesome cake. Heather, being the Disney fan that she is, picked out a "How to Train your Dragon" cake! She then enjoyed another birthday celebration with family going out to eat and catching up. Heather said she had a great birthday!

Rachel, Heather, Lee, and Justin all enjoyed a great two days at the carnival that had come to Wausau. They had a fantastic time going on all the rides! Rachel did not have a favorite as she rode them all so many times. Lee's favorite ride was the tornado and the fun house. Lee was a champ when it came to climbing the ropes of the fun house! Heather was very excited to tell everyone that she had conquered her fear and rode the Ferris wheel. Way to go Heather! Justin enjoyed watching his house mates go on rides. He enjoyed all the sweet treats that come with a carnival and enjoyed some cotton candy.

Our vocalists were at it again last month! **Justin, Lee, Heather, Rachel and Val** all took a trip down to the local VFW and sang their hearts out at karaoke! With a little "5 O'clock Somewhere," "My Heart Will Go On," and "Forever" the crew made another appearance and graced everyone with their fabulous singing abilities! It's always such a fun time.



Reynolds House News

"Ladies and gentlemen, start your engines!" That's right folks, racing season has taken off this month. **Sean, Val, Katie, Crystal, Shawn H, Justin, Lee, Rachel, Heather, Todd, Curtus, Zach and Jeff** spent time at **State Park Speedway** to watch practice runs for the racers and also for a special night for Special Olympics. There was a free hot dog cookout at the speed way and everyone was excited to see the new paint jobs on the cars this year. Everyone was even given a checkered flag that they had a few of the racers sign. Todd was excited to cheer on the cars. He and everyone else can't wait to spend more time at State Park Speed Way this summer!



With the nicer weather coming, the guys at Reynolds are staying active outside. **Curtus and Zach** enjoy walking around Wausau and visiting the library. Todd really enjoys going to the parks in the area. He especially loves when all the houses get together for cookouts. Between good food, sunshine, and friends this summer is looking to be a good one!



When **Todd** hears there is a fair or carnival in town he cannot resist. The Shopko Carnival visited us once again. Todd really showed off at this carnival between riding some pretty scary rides and winning at darts! He was a brave sole and rode the tilt a whirl and the Flying Dutchmen. He loved the Flying Dutchmen so much, he rode it twice. Todd also put his dart skills to the test and won a stuffed raccoon!

During the rainy Memorial Day weekend, many partook in honoring our veterans and soldiers. Many from MRCS attended the parade in town and attended a ceremony. It was particularly special to Curtus because he has family that has been in the military. In the evening, Reynolds hosted a Memorial Day Picnic without the outdoors. The weather put a damper on the outside festivities; however food and fun still took place. All had a good time.

Hamilton House News

We had many big things happen at Hamilton House. The most is **exciting news is from Val**. She got to go to Florida for a week, the Lucky Duck! She really enjoyed her time there and went on a cruise to celebrate her mother's birthday. They also attended a wedding for a family member. She told us she was a little disappointed she wasn't able to go to Walt Disney World but she did so much, she never had a dull moment.

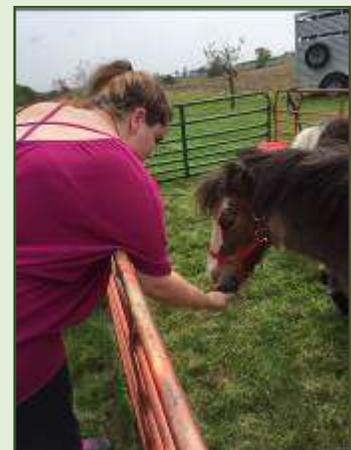
Sean ended the month on a high note. He had an all guy's birthday party at Dales Weston Lanes. He invited gentleman from other MRCS homes along with some other friends. They had a blast! They enjoyed bowling, pizza, cake and ice cream. Sean picked out a wrestling cake that came with a special clip that he is able to put on his belt. He was very appreciative and thanked staff a lot for his party. Sean and Jeff also enjoyed a movie, Fast & the Furious 7. What guy wouldn't love a movie with awesome cars in it!?

"I have not failed. I've just found 10,000 ways that won't work." - Thomas A. Edison



Seventh Street Suites News

Diane went with Crystal, Katie and Shawn to Willow Springs Garden's Event. The weather was nice and it was held in the big round barn on the property. They had a small petting zoo, a table with rummage sale items, games, crafts and prizes. Crystal was most interested in coloring and the coloring contest. Katie colored a pot with a plant. Everyone enjoyed the petting zoo and having their pictures taken with a baby chick. Katie was most interested in coloring a pot with a plant and the petting zoo. She also had her picture taken with the baby chick and participated in the coloring contest. Shawn was most interested in the educational games and won a few prizes. He enjoyed having his picture taken with Crystal and Katie by the carriage and with the baby chick. Everyone enjoyed the food, had a nice time and thanked Diane for taking them to this event.



Another trip also was made to Monk Gardens on a few occasions. While there, everyone walked the grounds and identified a variety of different flowers. Katie especially enjoyed how peaceful the gardens are. Another fun activity **Shawn and Katie** participated in was going to the Woodson Art Museum. They enjoyed looking at the guitar exhibit as well as the outdoor sculpture garden.

With the warmer weather, grilling out has become a common occurrence here at Seventh Street, and especially for **Mike S and Matt**. They grill out on a weekly basis. Mike S hosted a Memorial Day gathering at his apartment for a few neighboring peers and his friends from work. What wonderful hospitality! **Kevin** enjoyed a nice fishing outing to soak up some of the warm sun and caught a small fish.



Shawn went along although he did not fish, he was still able to enjoy some of the summer-like weather as well!

Everyone worked hard throughout the month to keep the yards looking nice. **Crystal, Katie, Matt, Mike S, Mike P, Kevin, and Shawn all worked on raking during the month.** Kevin has been a real help around the apartments as he frequently mows all the lawns and used the weed whacker to trim up a few hard to reach areas. We look forward to planting some flowers in June. **Shawn and Mike P** enjoyed shooting hoops throughout the month and occasionally invited staff to come out to join them. **Mike P** likes playing the game Trouble, so we spent time doing that a lot too.

There are a few work announcements. **Mike P** is working three days a week at his normal job and is also volunteering one day a week at the Marathon County Humane Society. He does great at the Humane Society and looks forward to going each week. **We are very proud of him!** Another client recently got a job experience lined up at a local hotel and will be starting in June as a house keeper. We hope things go well for him. **Katie** continues to look for employment and recently applied at the Boys and Girls Club as a volunteer. **Terra** has been picking up extra hours at her job and is working in multiple departments and has more responsibilities.



Special Olympics
Wisconsin

Special Olympics News

In Special Olympics news, **Justin, Curtus, Todd, and Zach** had a **Special Olympics soccer district tournament located near Green Bay**. The men have been practicing every week and were excited to put their skills to the test. Justin played goalie to the best of his ability and Curtus scored a goal for his team in the second game. Their team took third place! Todd and Zach's team had a real nail biter for their second game. They ended up taking second place overall. Justin told staff that the soccer season was short this year but he is excited for his next sport of the season.

Crystal attended her first Track and Field tournament in Merrill. She had three events where she placed first and second in two of them. She is looking forward to the next competition in Stevens Point. She continues weekly track and field practices.

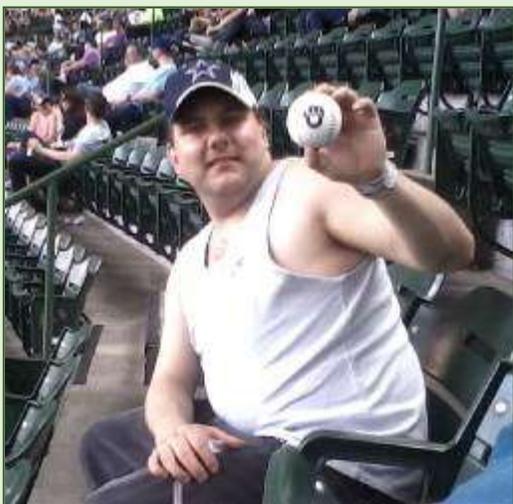
Rachel, Jeff, Crystal and Justin have started the wonderful game of **boce ball!** They are super excited for the new season and can't wait to get to those tournaments! Keep practicing guys!

Let's go Brewers... Let's Go!



Because it's 1..2..3 strikes you're out at the ole' ball game! **Lee, Justin, Curtis, Todd, Val, Sean, Jeff, Zach, Tommy, and Tammy** went to enjoy a day at Miller Park for a rousing game of baseball. Everyone enjoyed a tailgate party before the game with sandwiches and some pre-game banter. The Brewer's might not have won but everyone still had a wonderful time and

explored Miller Park. Afterward everyone stopped at Golden Corral to fill up their stomachs and celebrated a fun time!



Social Skills Group

May's Social Skills Group was all about **how to have good conversations**. Therapist **Justin and 9 group members** discussed many different aspects of conversations, including some basic skills like boundaries and turn taking in conversations, using "small-talk," things not to do in conversations, and how to listen well to other people.

We learned that "small-talk" is when we talk about things that everyone has in common, like the weather, recent news stories, or a popular area sports team. This is the best way to get a conversation going with a person you don't know very well, and it will make short interactions with the bank teller, in line at the grocery store, or in the waiting room at the doctor's office much more easy and enjoyable. If you start a conversation with someone new, hopefully the conversation grows to the point where you can start a friendship!

As much as it is important to know how to have a conversation, sometimes it is just as important to understand what not to do in a conversation. **Therapist Justin** demonstrated how some things we do in conversations make other people feel positively about us, while other things make them feel uncomfortable and want to stop talking to us. Pay attention to yourself in conversations, and if you notice yourself talking too much, interrupting other people a lot, texting while listening, or asking questions that are too personal, you might be making other people feel uncomfortable! Remember to watch other people's nonverbal cues: if they look fidgety, they keep looking away from you, or they keep trying to change the subject, that's a sign your behavior might be making them uncomfortable.

Finally, we learned that one of the most important conversation skills happens when we aren't even talking: **Listening! Believe it or not, listening is a skill that takes practice** and effort to be good at. Therapist Justin demonstrated the importance of eye contact, having a posture that shows you care, asking questions that need more than just a "yes" or "no" answer, and summarizing what the other person is saying. We learned that one good way to listen well is to actually pay attention to the words the other person is saying rather than thinking about what we should say next.

Join us for next month's social skills group to learn about more skills to help with your relationships. Everyone's input is appreciated, because the more we hear from other people, the more we can learn. Remember to come and get your name put in the drawing for some awesome door prizes!

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.

