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Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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Social Skills Group; May, 2016 Job Skills

May's Social Skills Group was on the topic of Job Skills. Therapist Justin and the group looked at the whole spectrum of job skills, starting with finding a job, through applying and interviewing for jobs, and ending with how to keep a job once hired.

We discussed all the possibilities for finding jobs, including looking in newspapers, looking on websites such as Craigslist or Job Center of Wisconsin, going to businesses and asking if they are hiring, using a staffing service like Nicolet Staffing, or using a job coaching agency such as DVR, CIC, or Aurora. Therapist Justin cautioned everyone that finding jobs on the internet that sound "too good to be true" or give an unprofessional impression are probably not good jobs or could even be scams. The group helped Therapist Justin navigate the Job Center of Wisconsin website to find a job to apply for. We decided to apply for a cleaning job at a local hotel, because the job requirements were good for someone without a lot of work experience and the job posting looked legitimate.

The group helped Therapist Justin fill out a pretend application for the hotel. We discussed the importance of writing neatly, paying attention to the application details, being honest, and staying positive with responses. Therapist Justin pointed out that being honest about something that makes a poor first impression is better than having the employer find out that you lied on the application to try to cover up something from your past. Nevertheless, it is possible to put a positive perspective to unflattering details, such as writing how you have learned from a past mistake.



**Job Skills
Everyone
Needs**

After finishing the application, the group helped prepare Therapist Justin for the job interview. We discussed what appropriate interview clothing would look like, and the group identified that wearing clothes that are too fancy or too casual is not a good thing, that rather it is good to wear "business casual" clothes to an interview. The easiest way for both men and women to dress this way is to wear dress pants and a button up shirt. The group advised Therapist Justin to wear his hair neatly and to be in good hygiene for the interview, as dressing well doesn't really look that great if you don't have a "complete" appearance, and nice clothes certainly do not cover up body odor!

Arriving 15 minutes early for the job interview (to show our ability to be on time), we were ready to meet our interviewer. Several group members took the opportunity to practice a firm handshake with eye contact with Therapist Justin. When Therapist Justin demonstrated a “wimpy” handshake with no eye contact, everyone was able to identify that it made him look like he had low confidence and was not prepared for the interview. The group gave their input on the best responses to different interview questions. We discussed the importance of answering the interview questions honestly but wisely. This included choosing not to talk badly about our past employers, focusing only on personal qualities and experiences that are relevant to the job, and highlighting the things we learned from past mistakes. The group wisely advised Therapist Justin to thank the interviewer for their time and to call the workplace again in a few days (but only once!) to show them that I am very interested in the job.

Finally, we discussed the job skills needed to be successfully employed. The group identified that honesty and reliability were going to be very important factors in keeping the job, which means being on time for work, not lying about sick-days, and not leaving work early except in true emergencies. We discussed how criticism from a boss or manager is to be accepted knowing that criticism is intended to make us better people and better workers, and taking responsibility for our mistakes earns respect, while making excuses or blaming other people makes us look unteachable and difficult. The group also identified the value of following directions and staying on task at work, and of asking for help if you don't know how to do a certain part of your job.



As you can see, we covered a lot of information in a very short amount of time! The group showed great cooperation skills, doing a great job of giving input and solving problems together throughout their time together.

Prospect Place News

A big happy birthday shout out goes to Heather! She enjoyed her day with a cook out and homemade dirt cake! Heather invited all of her friends over from other MRCS homes and spent the day outside mingling with peers and listening to music! What a great way to spend a May birthday!

Heather, Rachel, TJ, and Justin all have musical talent. Everyone has enjoyed karaoke a few times during the month at a local establishment. Heather likes to switch things up a bit and sing different songs each time. Rachel likes to stick to what she knows best! Justin always picks out a classic Johnny Cash song, his favorite singer. Justin and Jeff enjoyed a few games of pool as well this month. TJ enjoys just being out and chatting with everyone. Crystal and Jackie were able to come along for a night of fun too and sang songs together and alone. Brittany and Val came out and chatted with everyone. We do love us some karaoke!

Game night is a blast around here. **Rachel** really enjoys playing Trouble. You could say she is the queen when it comes to that game. **TJ's** favorite is the game of Life. He mostly likes to laugh at staff when they have to act out the action cards. **Heather** is up for any game. Some of her favorites are Monopoly, Checkers, Sorry, and Uno. **Justin** like to play his video games best, but when he does play other games, he likes different card and dice games. The most recent game is the card game version of Monopoly. He has yet to lose a game.



Hamilton House Update

Everyone at Hamilton House is in full summer mode and can't wait to get out and do some fun activities outside. There were two awesome trips this month that we can't wait to tell everyone about!



Hamilton House hosted a craft night and invited everybody to join in on the fun! **Val, Jeff, Sean, Crystal, Jackie, Heather, Justin, Rachel,** and **TJ** all joined in. Everyone got to make a water color mug with nail polish. Those going to the Brewer game made signs to take along to the game as well!



GO BREW CREW!

The sound of engines purring, the hot dogs, and that black and white checkered flag, can you guess what we are talking about? **Shawn, Crystal, Val, Jeff, Todd, Ellen,** and **Sean** all headed out to State Park Speedway for their annual hot dog fry and practice races. All the cars have new paint jobs for this year's opener. Shawn knew everything about every car that drove in the speedway and was excited to tell everyone around him about the cars. Jeff and Todd couldn't stop talking about how excited they are to spend Thursday nights at the track. It was Ellen's first time at the Speedway so Sean and Val showed her the ropes. Everyone was in awe at how fast those puppies could fly!

Now a Red Velvet Cupcake War sure sounds like a lot of fun, but it is not what you think. **Jeff, Ellen, Val, Justin, Heather,** and **Todd** showed off their artsy side and attended a southern comedy called *The Red Velvet Cupcake War*. This comedy was quite the knee slapper. Everyone laughed until they cried. This comedy was given two thumbs up by everyone that went. Jeff said that it reminded him of "The Golden Girls. We love going to Stevens Point to enjoy the wonderful plays we are lucky enough to receive tickets to go to.

Emily, Ellen, and **Jeff** got those taste buds tingling at the new restaurant in town, Red Robin! Jeff got a burger with an egg and bacon that he said was as big as his head! Ellen decided on a delicious chicken sandwich, and we couldn't pass up those bottomless steak fries. We give this restaurant five stars! *Red Robin, YUUUUMMM!*

Reynolds Place News

Continuing with our baseball theme that we started in last month's newsletter, **Aaron** is continuing with assisting the high school team, but that is soon to be ending. Baseball is far from over though. The major leagues are still going well into the summer and fall. Hopefully we will get a chance to see another game later in the season. We will also try to take opportunities to go the Woodchucks games this summer as well.

Another continuation here from last month is starting to get outdoors. As stated in the last newsletter, **Karen** was getting assistance from the guys to get ready for the May flowers. Well the project is not completely done, but what they do have done has turned out beautiful. **Lee** helped Karen go shopping for the plants and helped with the hard labor of getting the areas ready to plant. He likes to show off his muscles so it was the best job for him. Todd had purchased some plants from

the plant sales that took place with Adult Day Services. This year he went a different way and brought home some cilantro to grow. **Karen** got some basil and rosemary to start a little herb garden in a pot. Todd is so proud of the little garden. He shows everyone that stops by. A tomato plant was also planted so we may be looking at a good meal or two at harvest time. The whole front of the building is now bursting with color with the front urns, hanging planters, and garden patch. The



large lilac bush near the porch adds the right fragrance to the whole scene. The porch has become a great sanctuary, huge applause for **Karen, Todd, and Lee!**



Todd, Lee, and Shawn

also had an opportunity to go and see their first race of the season at State Park Speedway. They all have been looking forward to it.

Todd loves to watch the action on the track. Lee was able to get a pit pass. He went to the area, got to see the cars close up and meet the drivers. He had brought his bike helmet with him and got a lot of the drivers to sign it for him. It has become his prized possession and he shows everyone the signatures. It was a proud moment in his life.

The Latest From Seventh Street

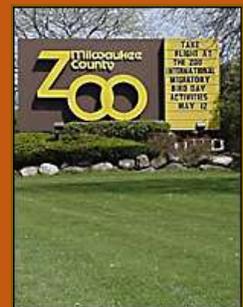
Shawn, Crystal, Jackie and Juan all had a good time bowling and having some supper at Dale's Weston Lanes. Shawn set this event up to spend some quality time with his girlfriend, but everyone else had a lot of fun there too. All had a nice time and look forward to getting together again. Nice job Shawn with getting everything together for this!

The Garden Club! Everything is going well with the Garden Club. At the last two meetings the group transplanted most of the plants into bigger pots and talked about meeting at the Monk Gardens in June to start planting the flowers in the Butterfly Garden. **Lynne** is in the process of getting an area for the vegetables planted.

Diane, Crystal and Jackie went to the women's group, Chicks, Chocolate and Chat, at Christian Assembly Church. It was the last group until August when it starts back up again. They played games, had snacks and had a good time.

Matt was able to take some time off of work during May and travel with his mom and a friend of the family to Tennessee for his brother's wedding. Matt navigated the entire trip with Google Maps. He reported that he enjoyed riding through the Smoky and Appalachian Mountains. He also shared it was a beautiful wedding and he was able to see some family and friends he had not seen in a long time. We missed Matt while he was gone, but were very excited that he was able to have such an opportunity.

Mike P. also did some traveling with his family. He spent a night in Milwaukee with his parents and nephews. Mike was able to visit with his grandmother and shared he enjoyed playing cards with her. He also spent half a day at the Milwaukee County Zoo. Mike reported his favorite part was feeding the goats and checking out the monkeys. He enjoyed watching the giraffes reach for leaves off the trees to eat and did get a laugh or two from watching the hyenas.



Terra celebrated her birthday with her boyfriend and some friends. She reported to have a great time. **Happy Birthday Terra!!!** She and her boyfriend got a puppy to take care of together. They named it Sherlock. He is really cute and cuddly. We enjoy seeing him when they bring him around to visit.



Milwaukee Brewer's Baseball!!!



Take me out to the ball game.... **Emily, Mike M, Val, Jeff, Sean, Justin, TJ, Heather, Aaron, Todd, and Lee** all hit the open road to good ole Milwaukee, Wisconsin to watch the Brewers play America's favorite pastime! After the long drive down, they took part in the tradition of tailgating. Unfortunately it was a very cool and windy day so they ate quickly! They hurried to get inside the stadium where the roof was closed and it was warm. They were seated

on the third baseline near the outfield. Not only were the seats amazing, but Aaron and Justin were so ready to catch a foul ball with their baseball gloves they brought along. The game was actually going well until about the 7th inning. The Brewers lost the game with the Angels scoring some runs to overtake the Brewers and they could not recover. They did not let the loss dampen their spirits and moved on from there with a celebratory dinner at Golden Corral to have a delicious dinner on the way back. Some good food and visiting took place which helped greatly with finishing the long trip back.



V.I.P. Prom

Once again prom season has come and gone. Justin, TJ, Rachel, Heather, Val, Jeff, Ellen, Sean, Todd, Crystal, and Jackie all started off the day with getting all spruced up and dressed in their best attire. First everyone headed to Eagle's Nest and enjoyed their new location. The food was amazing by everyone's standards, and afterwards it was off to the dance. Everyone arrived fashionably late to the prom. There was no stopping this crowd from having a great time between the dancing and the photo booth which many took part in.

The DJ also took requests for songs so they could dance with that special someone or as a group. We can all agree VIP prom was THE BOMB!



Special Olympics News

Many were very busy in a variety of sports. Soccer was a big one for **Justin, Sean, Juan, and TJ**. They had a tournament in Pulaski, which was a lot of fun. Justin and Sean placed 4th and TJ placed 3rd. **Juan, Val, and JoAnn** made that long drive down with them to cheer them on. Afterwards they got to stop a Dairy Queen for a refreshing treat.

Heather and Crystal had a Track tournament in Merrill. Heather did the 100 and 200 meter walk along with softball throw. She won 1st place in her 3 of her events. **Jeff, Ellen and Emily** went to watch the women race to victory.

Special Olympics keeps us busy. It is a great way for everyone to get some exercise and have fun in the sun. Bocce ball started in May and several are participating in that. We look forward to their tournaments over the next few months.



Featured Employee

Hello, my name is **Dillan Zaleski**. I was recently hired here at MRCS as a summer employee. I was born in Stratford, Wisconsin and I have lived there all my life. I was active in high school playing football and baseball and I still exercise regularly. I am heading into my third year at UW-Stevens Point pursuing my teaching degree. I also have a coaching minor.

Before applying for this job, I mostly worked construction-type summer jobs. I wanted to get involved in something different to further my resume diversity and this was a great opportunity to do so. I look forward to getting to know the clients and showing them fun ways to get out and do activities that can benefit their health and social skills.



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:

Zachary Brandt – 4 years
5/24/2012

Nicole Washburn – 1 years
5/17/2015

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

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