



SMRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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Featured Employee

My name is **JoAnn Alexander**. I have 3 children and have been married to my amazing husband for the last seven years. I have 2 furry children; a pit bull named Izaboo and a black cat named Mookie.

I was born and raised in Wausau. When I was younger I wanted to be a marine biologist to study Great White Sharks but instead I got my Bachelor's Degree in Human Service Management. I spend all my free time with my family and we like to watch movies, watch wrestling, and play video games. My favorite games are Call of Duty, Black Ops, and Plants vs. Zombies.



I love to cook and bake but when I do, I need to look at recipes. Even though I am a Wisconsinite, the Miami Dolphins has been my favorite football team since I was a young girl. I have also loved wrestling since I was young and have even met Scott Hall and "The Heartbreak Kid" Shawn Michael. I would consider myself to be a homebody but I love it.

September Social Skills Group

September's group was all about the power of words. **Therapist Justin** led a discussion on the way our words can affect us and everyone else around us.

Everyone was wondering why Therapist Justin had brought a tube of toothpaste to the group. Justin joked that it was "space food" from the Jimmy Neutron movie, but soon everyone saw that Justin simply intended to make a mess with it. The group was confused as Justin squeezed out *way* too much toothpaste, and everyone laughed as Justin tried to put the toothpaste back in the tube. We all agreed that this was going to be an



impossible task no matter how hard Justin tried, and Justin explained that we can think of our words in the same way. Our words are impossible to take back once we say them, they can help us and others if we use them carefully, and if we aren't careful we can end up dealing with quite a mess!

We learned that people are like buckets that are filled with self-esteem and positive feelings. Everything we say either fills up other people's self-esteem or takes it away. Therapist Justin pointed out that when we fill up the buckets of other people they are more likely to do the same for us and everyone else, which is why giving positive words is beneficial to everyone. We also saw that if we take away from other people's buckets they are more likely to take away from us and others, showing us that when we use negative words toward even one other person, *everyone* gets hurt.

We all got a chance at the end to get a plastic bucket and write compliments to put in other peoples' buckets. It felt good to read all the nice things the group had to say about us, and then we got to take our bucket of compliments home with us at the end!

Keep an eye out for next month's social skills group; we hope to see you there and hear your ideas! In the meantime, remember to keep filling buckets!

Prospect Place

The leaves may be changing but everyone at Prospect Place is going to soak up the last of the wonderful summer like weather!

The outdoor pools have all shut down but that isn't stopping everyone at Prospect Place from taking a dip in the pool at the YMCA. **Lee, Justin, Rachel,** and **Heather** have been utilizing the YMCA pool this month. Rachel and Heather enjoyed the hot tub and the steam room. Lee and Justin couldn't get enough of playing football in the regular pool and occasionally played basketball in the gym. Every once in a while Heather swam laps as well. What a great workout!

We had a surprise visitor at Prospect Place. Emily brought her dog **Mya** to work! **Rachel, Val, Todd, Aaron, Sean S, Ellen, and Heather** enjoyed hanging out for a couple hours. It was a beautiful day to play catch and even spray Mya down with the hose! Reynolds Place and Hamilton House both rushed over to see what all the excitement was! Mya enjoyed everyone's company and was pooped out by the end of the day.



Even though it's getting chillier outside, there were still a few wonderful days at the end of the month to enjoy. **Lee, Justin, Rachel, Shawn H, and Heather** went to the Fall Festival in Kronenwetter. There was so much to do and look at they couldn't get enough of it! Lee, Shawn, and Justin enjoyed looking at all the cars they had on display. Lee and Heather got to sit in the front seat of a police car. Rachel and Heather enjoyed walking around and looking at all the crafts and booths set up. It was a great way to kick off the beginning of fall.

A special shout out to our very own **Lee** who got to be the best man in his moms wedding! Everyone was representing the Florida Gators in their blue and orange ensembles. Lee looked super fancy in his dark blue shirt and bright orange tie (he even had orange and blue hair)! Go Gators and congrats to Lee and his family!



Reynold's Place

Aaron decided to give a new recipe a try this month. He made Chicken Cordon Bleu for his housemates. It was time consuming, but using a meat tenderizer to smash the chicken made this cooking experience more of a game for Aaron. Aaron's meal was a hit and everyone enjoyed this new menu item. I'm sure we will be seeing this on the menu more often.



Aaron, Shawn, Curtus, and Zach went on a small road trip to Merrill for the car show. While the main part of the day was very busy, that didn't stop **Curtus, Todd, Jeff** and **Aaron** from enjoying the last water ski show of the year. It was just too beautiful of a day to spend inside.

Aaron started school. He is participating in a program that helps with job skill building and independent living skill building through hands on learning. We wish him well with this and hope he soars high from all the experiences he will have.

Hamilton House

Val has been doing great at work and was even asked start working weekends. She is excited for the extra responsibility and to be appreciated at work. **Jeff** continues his work five days a week as well. Keep on working hard guys!

Hamilton House hosted a Mexican dinner night. Stacy prepared homemade chicken enchiladas, which is a favorite over at Hamilton House. Reynolds Place and Prospect Place couldn't stay away from this fiesta! Everyone also watched the classic movie "Space Jam". Who doesn't love dinner and a great movie?

Yummy!...



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This month Ellen made Hamilton House her new home and also celebrated her birthday with her new friends there. She was super surprised by all of the birthday decorations and couldn't have been happier! She invited all of the MRCS homes over for cake, ice cream, and socializing. Everyone, of course, sang their best rendition of the Happy Birthday song to help celebrate. We all hope you had a great birthday Ellen!



Seventh Street Suites

Diane took **Shawn** and **Katie** on two driving tours of some historical districts in Wausau. On one tour, they saw the Warren Historical District where homes and buildings were primarily built between 1868 and 1934. Shawn knew several other fun facts that he was able to share with Diane and Katie. Another activity enjoyed was walking at the Monk Gardens.

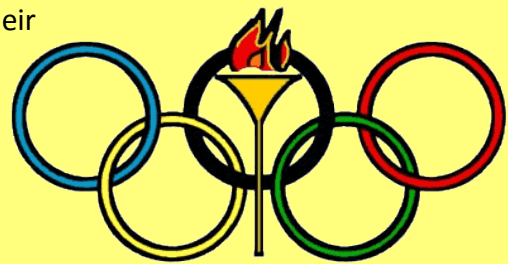
There have been a few exciting things that have occurred at work for 7th Street clients. **Brittany** was interviewed for a volunteer position at a local agency. **Crystal** continues her work and also does volunteering once a week. In August and September, Crystal and a group of women, volunteered at the Women's Community where they did cleaning. **Terra** continues to work hard at a local hotel and has been getting a lot of hours. **Mike P** spent a day at the Salvation Army for a work experience where he separated food items. **Mike S** has got into the groove at his new job at a local fast food restaurant. He's been bringing home lots of leftovers for himself and his roommate, which is a perk of the job. **Mike S** and **Matt** both recently applied for jobs at a local store and had interviews. Way to go guys!

Rose brought her dog, Ambrose in to visit for a long shift. He visited with **Katie** and **Crystal** for the morning where he enjoyed a nice walk and playing with his plethora of squeaky toys and tennis balls. Ambrose visited with **Terra** and they enjoyed a very long walk downtown. Ambrose was able to visit with **Brittney** where they enjoyed snuggling together and watching some television. It is amazing to watch someone's eyes light up when a pet comes to visit them and can be good therapy. Ambrose was one tired pooch after that busy day.

Some other activities that were enjoyed during the month were Mike S went to the YMCA on one occasion. **Shawn** enjoyed a trip to Brickner's where he got a new shirt and looked at new vehicles. **Mike P** enjoyed several local high school basketball and football games. **Brittney** frequented the library where she enjoyed the variety of movies, video games, and CD's. **Terra** went on a camping trip with her boyfriend and his family. **Matt** researched televisions and picked out one that he would like to save up for and purchase.

Special Olympics Update

Lee, Justin, Crystal, Mike P, Aaron, Curtus, Zach, and **Heather** all took part in a very important flag football tournament this month. Passes! Touch Downs! Interceptions! Oh My! **Lee, Crystal, Mike P, Aaron, Zach,** and **Heather's** team lost both of their games but that hasn't dampened their mood. They are ready to try even harder at their next tournament on October 4th! **Justin** and **Curtus'** team put forth a lot of effort and won one game and lost the other. Determination is key! Keep it up guys!



Lee, Justin, Heather, Todd, Crystal, and **Jeff** have been bowling their hearts out for Special Olympics. **Sean** is giving back and volunteering at bowling on Sundays. He is helping all of the athletes who use the ramps to bowl. Everyone is excited for the first tournament in October.

Justin, Curtus, Zach, Aaron, Heather, and **Crystal** all got to celebrate the end of football season a little early this year at Sam's pizza. Everyone was stuffed afterward but couldn't wait to get to Everest High School to watch the Everest vs. East football game! **Jeff, Val,** and **Ellen** came to watch the Evergreens take on the Lumber Jacks after a delicious buffet of pizza at Pizza Ranch. Everyone cheered on their favorite team and in the end Everest took home the win. Everyone had a fabulous time and can't wait to do it again.



Labor Day Parade

When you hear Labor Day you may think of the end of summer, no work, and cookouts. Well Labor Day is much more than all that. **Labor Day is the celebration of the social and economic achievements of American workers.** 7th Street Suites hosted a Labor Day get together for all of MRCS's homes and apartments. Each home brought a dish to pass. **Katie** was nice enough to

prepare a homemade apple crisp from our apple tree for a dessert, which was delicious! The group included: **Mike S, Matt, Crystal, Katie, Shawn, Sean, Jeff, Curtus, Zach, Aaron, Todd, Justin, Lee, Heather,** and **Rachel** along with Rose, Karen, Mike, Stacy, and Brandi. **Sean, Justin, Shawn, Zach, Aaron, Curtus** and **Lee** enjoyed playing some basketball while there. The group also watched the Labor Day parade located in the downtown area. They were all very excited to see Uncle Sam standing on a float.



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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