

SMRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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August Social Skills Group

August's social skills group was on the **topic of Bullying**. **Therapist Justin** led a discussion on the different types of bullying, the different roles involved in bullying, and what to do if you are being bullied or if you see someone else being bullied.



The first thing that we all noticed was that almost everyone gets bullied at some point in their lives. The group shared stories of how they were bullied in different ways in the past, and we found out how bullying hurts our feelings and makes us feel powerless. It's also important to remember to watch our own behavior, because sometimes we can bully other people without knowing we are doing it.

Bullying is when a person who has power uses that power to hurt other people. They can use their bigger size, stronger muscles, higher popularity, or their quicker-thinking to hurt others. Bullying is when someone teases or threatens others, puts other people down, pushes others around, spreads rumors, leaves others out of activities, or sets up tricks for other people to fall for. Bullying can also happen on the internet or with cell phones, like sending mean text messages or posting an embarrassing picture without someone's permission. When somebody does any of those things to another person repeatedly, this is bullying.

We learned that whenever bullying happens, there are usually 3 types of people involved: the person who is bullied, the one who does the bullying, and people who watch it happen. The group figured out that the best way to stop bullying is to tell someone who can help. If you are being bullied or if you see someone else being bullied, you can tell staff, Therapist Justin, your guardian, your boss, or your coach. If you see bullying happening, you can help the person who is being bullied by telling the bully to stop, helping the person get away from the situation, or being a friend to the person who is bullied.

At the end of group, everyone chose to sign a pledge promising to not bully other people and to help stop bullying when they see it. Therapist Justin reminded everyone that the most effective way to stop bullying is to make sure we never bully others.

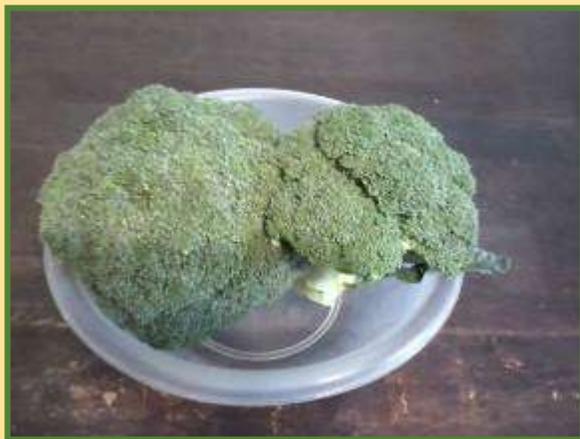
We want to hear your ideas, so come to next month's social skills group! Be sure to come on time if you want to get in the drawing for door prizes!

7th Street Suites News

Another successful **Wisconsin Valley Fair**. The residents enjoyed the fair's rides, animals, concerts, food, and exhibits. **Mike S.** again helped out with setting up and taking down ride and booths at the fair. Though it was not all work for Mike; he was on vacation the whole week and took in the fair almost every day. He took advantage of wrist band day and the amazing concerts including Eli Young and Mark Chestnut. There was a new Austrian animal exhibit this year with kangaroos, a white kangaroo, exotic birds, lizards, a kookaburra and Austrian dogs. Mike also participated in a doughnut eating contest and placed 5th. **Shawn** was also involved in the fair this year and displayed four John Deere Green toy tractors for a 4-H exhibit and received a blue ribbon for his display.



Other fun summer activities including State Park Speedway races and a Wausau Woodchuck game **Crystal** attended.



The 7th Street garden was in full bloom and produced many **vegetables including broccoli**, green beans, lettuce, and pea pods. We are still waiting for the tomatoes to turn red. Thanks to everyone who has been taking care of the garden including watering, weeding and picking the vegetables and a special **thanks to Karen** for getting the garden going this year.

In other news from 7th Street, we have a new friendly face at one of the apartments. **Brittney** moved in mid-August and has been getting adjusted to her apartment and the Wausau area. She enjoys crafts, cooking and playing games. Her real passion is animals especially dogs. She is interested in volunteering at the Human Society and one day training therapy dogs.

Other changes at 7th Street; **Terra** moved to a different apartment after it received a face lift. She reports she has been sleeping well in her new apartment and cannot believe how quiet it is. Another big change this month was that **Mike S.** changed jobs after working four years at his old job. Mike reported he was ready for a change. So far, Mike reports to really enjoy the new job including the consistent hours and getting done by 9:30pm, though Mike was told it he ever wants his old job back it was his. **Great job Mike for being such a dedicated worker.**



Katie also made a change in employment this month, she was offered a job at a local day care working in the after school program. She will be starting at the end of the month. She is looking forward to her new job as this is one of her dream jobs. **Congratulation Katie!!**

Prospect Place August News

Everyone at Prospect Place keeps rollin' with the good times!

Rachel, Lee, Heather, and Justin waited for the Wausau Valley Fair all summer, and it was finally here!! Everyone enjoyed the fabulous music of Tyler Farr at the fair Wednesday. They also enjoyed the rumblin' and smashin' at the demo derbies (even though it was raining!) **Lee** spent his time on the rides with his girlfriend and enjoyed all the deep fried food! **Justin** enjoyed going to the concerts. He went with his parents on Saturday to see the awesome Mark Chesnutt. Boy was he great! **Heather** spent her time playing all the fun carnival games. She did win a huge fluffy unicorn at the basketball game! Rachel loved the rides and couldn't get enough of the Ferris wheel and the Tilt-a-Whirl! Until next time Wausau Valley Fair!

This month the **VFW for karaoke** seems to be where all the fun is had. We need to get to an America Idol try out ASAP! **Lee, Justin, Rachel, and Heather** all sang some awesome songs! Lee sang his usual "5 o'clock somewhere." **Justin** belted out some Johnny Cash. **Heather** sang a variety of songs but her favorite was "Let it Go" from Frozen. **Rachel** picked some stellar songs from the 80's and sang her heart out! Way to go guys!



If you are ever looking for movie buffs, here at Prospect Place is the place to start. The Block buster hits just keep coming out and Lee, Heather, and Justin are lining up to see them on \$5.00 Tuesday's! What a deal and they even got some free popcorn! Heather enjoyed the "Minion" movie, in fact she saw it twice. Justin enjoyed "Pixels," and Lee enjoyed "Shawn the Sheep." What a great mix of movies between animated, comedy, and action adventure. Everyone at Prospect Place sure knows how to pick some good movies.

Reynold's Place

The **Wisconsin Valley Fair** was back in town blooded Wausau resident has to attend at **and Zach** headed to the fair this out the rides, animals, and fair everyone would have enjoyed stands each night, but the interests.



this year and of course any true least one day! **Todd, Aaron, Curtus,** year and spent their time checking food. You would think that the entertainment at the grand Reynold's men had different

Todd's favorite part was the true Wisconsin cheese curds, but can you really blame him? **Aaron** enjoyed the animals so much that he didn't want to leave the barns and was ready to make a bed right next to them in the hay! **Zach and Curtus** you could say made out the best at the fair this year. On the last day they both helped with tearing down the rides and sure they came home full of grease, but the best part was they got paid the big bucks!

The **YMCA** is still a popular leisure time activity for **Zach, Curtus, Aaron, and Todd**. These men are like fish, only they breathe out of water. It never fails when there's a trip to the YMCA the men always head to the pool and play some football or basketball and then take some time to relax in the hot tub. I bet as the days grow colder that hot tub will be the place to be!

Crafting is always a fun way to learn new things. This month **Prospect and Reynolds got together to do a craft**. Everyone tried to make a key chain out of plastic beads. Now since we are all beginners you have to expect something to go wrong. Everyone followed directions as they were written. When we took the key chains out of the oven to cool, we noticed there were no holes left for the key chain to have a ring go through it to put keys on. Well it looks like we were not successful at making key chains and will have to bring out the drill to make some holes. Better luck next time everyone!

Splish Splash I was taking a bath, in the water park capitol of the world! **Curtus, Aaron, Todd, Zach, Sean, Jeff, Rachel and Crystal, headed down to Wisconsin Dells** this month and spent the day at **Mt. Olympus** riding waterslides, roller coasters, and everything else you can think of! Three of the guys have never been on roller coasters before. **Sean, Todd, and Aaron** gave it a try. **Sean and Todd** said that they are great and are hooked. **Aaron** has stated that he is done with them. The one experience was enough. The lazy river was the favorite water feature of the trip. After a long trip like that a person sure can get hungry so on the drive home they made a pit stop at Golden Coral and got their eating on! Not a bad way to end the summer, aye guys



Hamilton House Update

Summer may be coming to end, but this isn't going to stop Hamilton House from using up the rest of the warm weather for super awesome activities!

What's better than \$5 movies on Tuesday you ask? The answer to this question: nothing! **Val, Sean, and Jeff have gone to the movies** a few times this month. We have quiet the film critics here at Hamilton House. They've seen "Mission Impossible", "Minions", and "Straight Outta Compton". Val, Sean, and Jeff have given these movies two thumbs up! Last weekend everyone went to Karaoke. It's always fun to sing and dance while spending time with friends.

Jeff has a great time **celebrating his birthday** at Dales Weston Lanes. He got to share the night with his housemates and the rest of his peers from MRCS. They had cake and enjoyed the fun.



Val has been working really hard at work. She has been with the company for almost one and one-half years now. **Great work Val! We are really proud of you.**

Hamilton House has also been doing weekly group sessions with Justin Stangl MSE, PCTL, and Mental Health Therapist at MRCS. Justin has been working with the house on learning respect for others, proper communication and having empathy for others.

Special Olympics Headlines

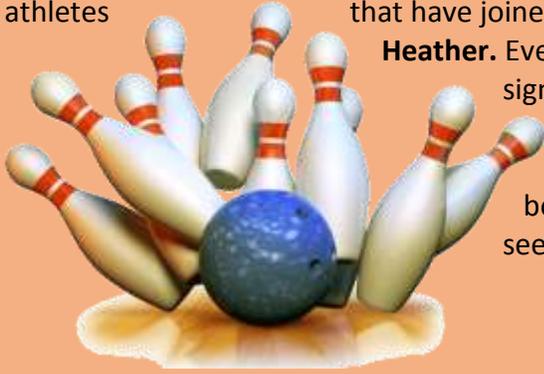
It was the end of the **Bocce ball** season. **Crystal, Lee, Sean and Tammy** participated in the State Bocce tournament in Waukesha. **Crystal** placed 2nd and **Lee** placed 1st. An end of the season party was had and **Heather and Justin** enjoyed the party.

Flag football is still going on and **Curtus, Zach, Aaron, Justin, Lee, Heather, Sean, Crystal and Mike P** are practicing on and off the field. They are such a dedicated crew that even if they don't have practice they still like to get out and keep practicing their passes and plays.

Aaron and Zach were lucky ducks this year. Through Flag Football they were able to go to the **Packer's Family Night and play a game on the Packer's field!** After they played their game they stayed to enjoy the rest of the show. They watched the Packer's play and saw an awesome fireworks display after!



Bowling has started up again and you can bet your bottom dollar that **Todd** is at the lanes! Other athletes



that have joined bowling included **Crystal, Sean, Jeff, Justin, Lee, and Heather**. Even when it is the off season our residents spend a significant amount of their free time practicing their perfect throws down the lane, especially at Dale's Weston Lanes. Now that the season has finally returned bowling is all Todd can talk about! We are very excited to see what this year's bowling crazed dude can do!

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:

Mary Kolbeck – 9 years
August 14, 2006

Justin Stangl – 2 years
August 27, 2013



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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