



Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter
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Social Skills Group; August, 2017
Money Skills

The most basic money skill is knowing how to count money. We learned about the different dollar denominations, as well as how much different coins are worth. Someone in the group pointed out that, aside from the money we see on a day to day basis, dollars also come in a \$2 bill variety, which are hard to find, but they still exist and can still be used to buy things! We learned that it is important to stay organized when counting money in order to make the process easier on ourselves. Sorting money into stacks that add up to easy-to-remember amounts is a good way to do this, such as making stacks of \$100 (if you are counting a large amount of money), or putting change in stacks that add up to \$1. After the money is in stacks, it is very easy to count the stacks and add them up to see how much money you have. Some people are very good at doing this all in their head, but there is nothing wrong with making notes while you go or using a calculator!



Another basic, but important, money skill is budgeting. We learned that a budget is simply when we make a plan for how our money will be used. The group helped Therapist Justin demonstrate a budget with some fake money he had on hand by separating it out for different purposes. We made sure to set aside money that we owed for bills like rent and electricity, then we decided how much of the remaining money we would save, and how much we would call “spending money.” The group made a plan for how to divide up the spending money so we would have some for each day of the week. A wise idea!

Aside from basic money counting and management skills, there are many social aspects of money that are also required to use money effectively. The very act of spending money is a social skill because we are often interacting with other people while doing it. Assertiveness skills are always helpful, because you never know when you will need to stand up to a “pushy” salesperson or buyer. The group came up with some different ways to say no when a salesperson or buyer won’t back off. We also discussed the importance of respect and honesty when dealing with other people and money. This means we avoid intimidating other people or making them feel guilty in order to influence sales or purchases and we offer a fair price when selling and buying. This also means we are not pushy when selling or buying, that we are willing to accept “no” as a final answer.

7th Street News

Garden club ... **Jackie, Crystal, TJ** and **Brittney** have been working hard at the garden club. We are starting to dig up potatoes, pulling carrots, picking cucumbers, peppers, lettuce and tomatoes. 7th street has been making cucumber salad, regular salad and made ham and scalloped potatoes also using the carrots and onion from the club for dinner. We still have a lot more digging and picking to do. Nice job everyone. The garden would not be as big of a success without everyone's help.



Shawn continues to check out as many car and tractor shows as he can during the summer. He also remains a member of the Knights of Columbus and Wisconsin Road Nights. This month he volunteered at the Wausau 525 helping set up and then take down for the tractor pulls. He attended the Edgar Steam Show at the end of the month.

During the week of the fair, everyone who went to fair was able to enjoy a little something different. **Jackie** loves playing the carnival games, **Crystal** likes taking in all the exhibits and displays, **Mike** likes the rides, and **Shawn** likes the barns. Shawn again took part in a toy tractor display and got a 2nd place ribbon. This year the fair was not all fun and games. Seventh Street Suites had three residents who worked with North American Midway Entertainment at the fair. **Mike S, Brittney** and another resident spend their time at the fair setting up, tearing down, collecting tickets, and sending kids down the giant slide.

Other summer activities included **Mike P** going down to the new remodeled Kaiser pool most afternoons for a quick cooldown swim as well as a group of 7th Street residents playing a little ladder ball in the back yard.

Matt has been busy this summer with a new hobby. Matt and a couple coworkers have started up a band. They are not ready for any gigs just yet but have been busy practicing and checking out other local bands and DJ's for what they are up against and what type of sound equipment is out there.

Mike S went on another adventure this month, but this time went out of state with Progressive Travel. He boarded a first class motor coach bus to Shakopee, MN. His first destination was Valley Fair where Mike took in rollercoaster rides, carnival rides and Dinosaurs Alive Exhibit! After a fun filled day at Valley Fair, the group headed to Bloomington, MN where he stayed at the Crowne Plaza Hotel. At the hotel he was able to swim and enjoy relaxing in the hot tub with his friends. The next day he was off to the Mall of America for more HIGH ENERGY fun! He checked out the Sea Life Aquarium where there were sharks, saw fish, jelly fish, sting rays, tropical fish and seahorses. Mike shared that he was able to go on the top deck and feed the fish too! The group also did "Fly-Over America" a virtual ride over the United States. There were snow covered mountains, the Grand Canyon, the Golden Gate Bridge, Statue of Liberty, skyscrapers, and rivers and lakes across the county. Mike reported it was really cool but got a little dizzy. (I'm not sure how Mike got dizzy on the virtual ride when he can flip the Zipper cart 15 times in a row and get back on and do it again.) Shopping, shopping, shopping; where do you start with over 540 stores? Mike hit a couple stores including Marshalls and some novelty stores. He also checked out Legoland and the indoor amusement park. After the Mall of America, the bus stopped at Fuddruckers for dinner. Mike reported the food was good but it was no Red Robin.



Travel



Before heading home they stopped in Stillwater, MN for a trolley ride around the town! The trolley driver took them down the steep hills of Stillwater! Stillwater is a beautiful town made up of large beautiful homes and scenery overlooking the river that will take your breath away! After that fun ride, the group climbed back on the motor coach and ventured their way back to central Wisconsin making a stop in Baldwin for lunch!

Hamilton House Update

Summer may be coming to an end shortly, but the fun activities and beautiful weather are still upon us! Hamilton House residents made sure to soak up as much sun as possible!



Jeff celebrated his birthday with **Heather, Rachel, Justin, Sean, Juan, Ellen, Todd, Lee, Crystal, Jackie, and Shawn** at Weston Lanes! They bowled a couple games, had cake, and of course sang happy birthday to Jeff! His birthday cake was delicious and Jeff told staff he had a great birthday. Jeff got a Packer scratch off ticket for his birthday and won \$2 off of it! What a lucky duck! He also got a Wisconsin Valley Fair pass! We hope you had a wonderful birthday Jeff!

The 400 block has so many activities to offer and this month **Jeff, Juan, and Sean** attended "Rock on the 400 block"! Sean enjoyed the music with his peers and soaked in the sun all day. Jeff and Juan enjoyed the music and Jeff even did some head banging to a few catchy songs. *Danny Gokey* from American Idol stopped by the 400 block this month for a concert! **Sean** went and enjoyed his music. Sean told staff that he thought there were thousands of people there. We love seeing famous people stop by once in a while! Shortly the concerts on the 400 block will be over, but we will enjoy all that we can for now!

The start of this month is always the most fun. The Wisconsin Valley Fair started on August 1st! **Sean** went every day and enjoyed wrist band day and the concerts! **Jeff** enjoyed the concerts and of course the food! **Juan** enjoyed walking around the midway with staff and looking at all the games, rides, and food. Another fair week has gone, but we are counting down the days till next year!

Ellen, Jeff, Juan, and Staff Emily stepped back in time at the Mosinee log jam. Ellen enjoyed all the demonstrations from making rope to watching the black smith make tools! Juan and Jeff both enjoyed the shooting of the cannon and couldn't believe how loud it was. There was so much to look at. Everyone enjoyed looking at all of the guns that were used during the civil war along with their barracks! Juan was surprised that they had to sleep in small tents in many weather conditions. There was even a life size replica of a teepee! Everyone had a great time and was happy about the wonderful weather we had that day.



Ellen, Jeff, and Juan all ventured to the Marshfield Zoo. Unfortunately the Kodiak Bears were not out, but there were wolves, bald eagles, and prairie dogs to enjoy! Everyone had a great time walking through the zoo and looking at what different kinds of animals that are close to home! Afterwards they all cooled down with an ice cream treat before heading home.

Juan got to spend the day on the lake this month at his guardian's cabin! They had a beautiful day to go swimming and fishing. Juan was very excited to spend one of the last nice days of summer on the lake!



Reynolds Place News

The Wisconsin Valley Fair came and went this last month. **Aaron** took in a couple of days of hanging out and trying out the food. **Lee** looked to the fair as an opportunity and worked for some of the food vendors at the fair. He liked the work and wants to do it all again next year. **Colton** also did some work as well with helping with the take down.



Colton brought a new adventure to the house this last month. He has been talking all summer about his grandmother's recipe for pickles. He has been boasting that they are the best in the land. He wanted to take a stab at pickling here at the house. Well the time came due and the farmer's market in town had a harvest of cucumbers that would work out perfect. So the process began. Colton went shopping and picked up a lot of cucumbers, fresh dill weed, and some fresh garlic. He asked his parents to borrow the family pickling equipment and jars. Another store run was done to get some lids, salt, and other supplies to make it all happen. With everything gathered Colton began the prep with scrubbing the cucumbers and cleaning the jars. He and Staff Bobbi took on the first round of pickling. **Lee** and **Todd** added some assistance as well. Bobbi said that she likes homemade pickles, but has never tackled doing the process. She took it on with Colton and all went well. It also helped that Colton's dad stopped by to help and give some guidance. The jars were packed, brine added, and then came the boil. The jars needed to be boiled to seal them. In the end 15 jars were completed. There were still a lot of cucumbers left so another round was planned. This time House Manager Mike assisted Colton a couple of days later. The second time around went fairly smooth and another 17 jars were packed and sealed. The project was declared a success and Colton has been sharing the pickles with others throughout MRCS. Thank you Colton for the adventure. We will have to be sure to do it again come next harvest.



Prospect Place News

The Wisconsin Valley Fair was going on at the beginning of August. Several of our clients enjoyed going to the fair to see the animals, go on the rides, enjoy the food, and listen to the music. **Justin** was there almost every day to see the concerts with his girlfriend. **TJ** and **Heather** enjoyed a trip to the fair. Heather enjoyed playing the games and winning prizes. Her father was also working one of the rides and Heather visited with him when he wasn't too busy working and ensuring the ride's safety. TJ enjoyed eating some good fair food. We look forward to the fair coming back each year!

Prospect Place purchased a State Park sticker last month and has been using it almost weekly to go to Rib Mountain for a nice hike, picnics, and other activities. **TJ** really enjoys heading up the observation tower. The group has tried a few of the trails and has enjoyed looking at the plants and flowers on the mountain. It will be a nice sight to see when the leaves change color.



Prospect Place clients continue to enjoy karaoke at Labor Temple on a few weekends each month. **Justin** enjoys playing pool and socializing with friends he knows. Justin also walks his girlfriend to Labor Temple on karaoke nights and ensures that she gets home safely via cab afterwards....what a sweetie! **Rachel** and **Heather** enjoy singing a variety of songs and often discuss their song choices the day before going so that they can get there and sing their hearts out.

Another activity that continues to be enjoyed is going to the library on a weekly basis. **TJ** spends time on the computers and checks out a variety of books and movies. He frequently checks out cooking books to look for new menu ideas. He would like to make an entire meal in the microwave sometime. **Heather** enjoys picking out movies and video games. **Justin** enjoys the variety of movies, video games, and music.

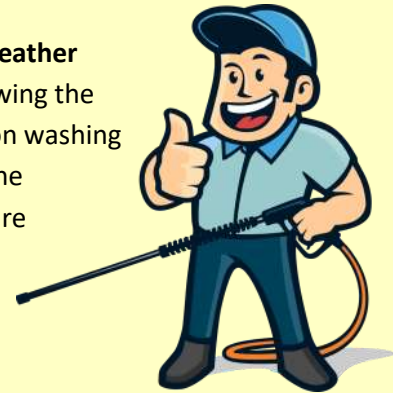
Plans can change in a matter of minutes, which is what happened when **Staff Ben** took several clients to go see a movie on the discount movie night. Unfortunately the lines were very long and there were not seats available for the movie *The Nut Job 2*. But no need to fret, the group enjoyed a nice ice cream outing at Briq's. Hopefully next time we will have better luck on getting our tickets to the show.

Rachel was fortunate enough to go to a movie this month with **Staff Georgie**. They went and saw the suspenseful horror movie *Annabelle: Creation*. Both Rachel and Georgie enjoyed the movie.

There are a few work updates at Prospect Place. **TJ** has started volunteering at the YMCA twice a week instead of once a week. After cleaning with his coworkers, he often gets to enjoy using some of the exercise equipment. He reports that he enjoys using the exercise bike. **Rachel** has been working with employment services on finding employment and being successful with the job. Rachel worked on interviewing skills with her job coach this month and hopefully she will get an interview and a job shortly. Rachel has discussed possibly working at a local pizza restaurant with being a cashier. We wish her the best on her effort. **Justin** continues to be a hard

worker and is working two days a week and volunteering two days a week at a local stable. He particularly enjoys working outside at the stable as he enjoys being the outdoors and spending time with the horses.

We always seem to have a lot of work to do inside and outside of the house. **Heather** learned how to use the lawn mower this month and worked with Karen on mowing the lawn. Way to go Heather! Our maintenance man Ken has been busy working on washing the outside of the house and making it sparkling clean. He is going to replace the shutters as well and perhaps we will change the color up on the shutters. We are looking forward to having a new porch put on as well as a new roof. Prospect Place is getting a makeover this summer and we couldn't be happier about it! We'll be sure to include photos when the work is all done.



Special Olympic Update

TJ attended the Special Olympics State competition for Bocce ball this month in Waukesha. TJ and his team worked hard and got 1st Place. Way to go TJ!

To end a great season of Special Olympics softball and bocce ball there was a good ole fashion cook out at Coach Barb's house to celebrate the victories of both sports! **Juan, Sean, Aaron, Jackie, Thomas, and Justin** all attended. They had some delicious grilled food and got to share their favorite memories of these two sports seasons. There is so sleep for the weary, these guys are on to the next Special Olympics sports!

Flag Football season is underway and we have several athletes who participate in practices every week. Athletes include: **Justin, TJ, Sean, Juan, Crystal, Colton, Lee, and Aaron**. Every week during practice, **Heather** is there to cheer them on and to enjoy a little sun. Their first Flag Football tournament is at the end of the month and we are rooting them on!

Bowling season has also started this month. Athletes that participate in bowling include **Heather, Justin, TJ, Sean, Juan, Colton, Lee, Todd, Shawn, Crystal and Jackie**. They are enjoying going to Dale's Weston Lanes each week to bowl three games. Thanks to Dale's Weston Lanes for hosting such a large group of athletes each week!

Brittney has been participating in Special Olympics in a different way. She has been very busy with volunteering with Special Olympic. She has been helping out and coaching with flag football, softball, and now bowling.

Vacancy Announcements

Please call Sue (715-551-8568) 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

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:

**Kia Lor – 2 years
8/6/15**

**Mary Kolbeck – 11 years
8/14/06**

**Justin Stangl – 4 years
8/27/13**

**John Krenz - 1 year
7/8/16**

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