



MRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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Hello, my name is **Ashley Kottke**. I recently started working for MRCS in September 2014 at the same time I began my first semester in the Human Services program at Northcentral Technical College. I currently live with my boyfriend in our recently new house in Schofield, WI. We have a pure bred beagle named Murvis who is just as weird as his name and is going to be two years old next month.

Before my employment at MRCS, I completed a year of school at UW Marathon County where I majored in both chemical engineering and psychology. I was undecided on what exactly it was I wanted to do as a career. However, over the summer I was introduced to the Human Services program at NTC where I knew I had found my place. Shortly after applying to NTC, I applied for the position as a residential worker for MRCS. I work mainly at Reynolds Place but you do catch me at the other houses from time to time. I very much enjoy getting involved with the residents and participating in activities, whether it is playing basketball at the YMCA, losing at the game UNO, or hosting some fun birthday parties at Reynolds Place.

On my days off I enjoy traveling all over Wisconsin and go horseback riding on the trails with my family. My family has three horses at their farm in Athens, WI. My horse's name is Black Beauty and is a 26 year old quarter horse. I have had him since I was four years old. My favorite time of year to go horseback riding is in the fall because of the beautiful autumn colors and the relaxing sound of the leaves crunching under the horse's hooves. If I'm not out and about, I usually spend my time playing video games. Currently, I am playing multiplayer on the original Super Mario World for Super Nintendo and am very close to completing The Legend of Zelda: Twilight Princess. It is very exciting.

All in all, I am happy to be a part of MRCS and although my experience has just begun I am looking forward to the many more opportunities to come.



Prospect Place Happenings

Here at **Prospect Place** we have been ringing in the New Year with some healthy eats and more exercise.....after we rang in the New Year with a party, of course! **Rachel, Lee** and **Justin** have been working out at the local YMCAs. Everyone has enjoyed swimming, pumping weights, and soaking in the hot tub. We have also been catching up on favorite books, music and video games down at the library. **Rachel, Lee** and **Justin** insist on keeping up with the times!

Winner, winner, chicken dinner! We have a winner at Prospect Place. **Justin, Lee** and **Rachel** went to Dale's Weston Lanes where they watched a Scotch Doubles bowling tournament and cheered **Sean S.** and other bowlers on. Justin bought some raffle tickets and won a free Godfather's pizza and a \$15.00 gift card to Gulliver's. Congratulations **Justin!** Looks like a good start to the New Year!



Another congratulations goes out to our very own **Leeroy**. Lee started a new position this month where he will be detailing cars, changing oil and working his way up the company ladder. Keep up the hard work Lee! We are very proud of you! On another high note, **Rachel** is waiting for the phone call with a date for when she will start her new position. She is very excited about working a couple days a week and will even get to hang out with some of her friends during her break time. Good luck Rachel!

Reynolds Place Update

Happy **2015** to everyone! Nothing starts out a new year like a party. Well at **Reynolds Place** we started out with several. We not only went to a bash at Prospect Place where **Todd** and **Curtus** celebrated the coming New Year, but we also had **two birthday celebrations**.

Starting the year off right, **Todd's** birthday was New Year's Day. He had some friends come over for ice cream, cake, and good conversation. They talked the night away. In the middle of all that, UNO and BINGO were played as well. The birthday guy even won a game or two! Congratulations! Todd is always asked how old he is, but his response to that question is always, "I don't know". It's his way to stay forever young and keep people guessing. **Curtus** celebrated his birthday during the beginning of the month too and this was a milestone birthday for him. He has officially left his teen years behind. He celebrated with some friends with cake and ice cream.





BINGO was played and the Game of Life was brought out as well. Towards the end of the evening, the calm settled in and he watched a music special on Billy Joel. He said it was a great birthday. **Todd** is getting back into going to karaoke on occasion with some other MRCS clients. This is one of his favorite activities. He enjoys visiting with everyone and watching them sing. He hasn't gotten up to sing yet, but it may happen soon.

Seventh Street Suites – January 2015

Seventh Street Suites did a lot of great things in January. **Crystal** and **Shawn** were able to participate in Scotch Doubles at Dale's Weston Lanes. **Crystal** went to an Elvis Tribute with her boyfriend. **Terra** and **Shawn** spent some time working out at the YMCA. **Mike P** continued to go to local high school sporting events, especial basketball games and hockey. Everyone at 7th Street was also invited to a karaoke/bingo/craft night at Mount Olive Church.

January Birthday's at 7th Street



Shawn and **Kevin** got to celebrate a special day with all of their friends at Dale's Weston Lanes. Everyone was pumped to knock over some pins, enjoy some bubbly soda, and eat some yummy cake and ice cream! All while listening to some great music. Everyone gathered around to sing Happy Birthday to the two birthday guys!



Despite all of the sports and parties, 7th Street residents really do have working jobs too. **Crystal** worked hard throughout the week, but gave up a day of work to volunteer at a local school cleaning, hoping to get some extra experience in that field of work. **Terra** and another 7th Street resident work in housekeeping at two different hotels. **Terra** has been working very hard 3 days a week and every other weekend. She will be coming up on her one year anniversary at the hotel soon. **Kevin, Mike P.** and **Shawn** also continue working the majority of the week though they are very lucky to get off each weekend. **Kevin** also volunteers once a week. **Matt** and **Mike S** probably get the most hours in each week and never complain about how much they work. (We think they like the big pay checks\$\$).



Hamilton House News

Hamilton House seems to have wound down from all the excitement from the holidays. **Heather** loves baking and made a wonderful dinner all on her own. She made tater tot casserole which was definitely a knockout here at Hamilton House! Keep it up Heather! She also enjoys making taco salad for herself and her friends. She also is very creative! She loves making bracelets, key chains, making cards for staff and doing puzzles. We also have **Sean** who is a wonderful chef as well, and his delicacy is guacamole. Yummm! **Val** is a good cook too and a great help around the house.



Jeff, Val and **Heather** all have been busy every week at their jobs. They work hard and we are so proud of them. **Sean** and **Heather** are also involved in Special Olympics skiing and basketball so they are finding ways to stay in shape and we have more info about their achievements in the sports section.

Sean had a lot of fun in the Scotch Doubles tournament with his dad. They had a nice day together.

Val went with her mom to see the movie *Annie* and gives it a two thumbs up. She recommends you go check that out if you have a chance. **Heather** is another of our movie critics. She saw *Paddington* and highly recommends it as very enjoyable.

Jeff enjoys shooting 8-ball down at the local establishments while chatting and having a Diet Mountain Dew. We will have to get something lined up for a tournament. If there is ever a tournament he will no doubt be the star of the show, but he will be a gracious winner of course!



January Social Skills Group *Romantic Relationships*

For January's Social Skills Group, **Therapist Justin** led a discussion about healthy romantic relationships. The group was small, so everyone was able to participate in a very in depth conversation on how relationships start, how to maintain them, and how relationships end. We all learned the details of what things need to happen in a healthy relationship, as well as some of the warning signs that show up in an unhealthy relationship. A big focus of the group was learning the importance of taking a relationship at the right speed, not too fast or slow, in order to make sure the relationship has the ability to develop in a healthy way. Therapist Justin gave everyone ideas for romantic dates that didn't cost any money. Speaking of date ideas, Therapist Justin drew names out of a basket to see who would win one of the gift cards to take someone on a coffee date, an ice cream date, or the grand prize \$25 gift card to take someone on an Applebee's dinner date!

We hope to see you at February's social skills group, which will be on the topic of rumors and "jumping to conclusions." Keep a lookout for an official invitation to the group, and plan on being there if you want to win one of the great door prizes!



Special Olympics

Rachel and **Justin** participated in a Special Olympics Snowshoeing tournament on January 24th & 25th. Justin placed 1st in the 50 meter, 4th in the 100 meter, and 2nd in the relay race. Rachel won 1st in the 50 meter, 2nd in the 100 meter, and 1st in the relay race. Great job both of you! **Sean S** has also participated in Special Olympics cross country Skiing. He has done a GREAT job!



Todd, Curtus, Justin, Lee, Crystal, Mike P, Kevin, Sean S., Heather and Zach continued with their involvement in Special Olympics basketball. They have been practicing every week and **Curtus, Zach, Justin, Crystal, Lee, Mike P, Sean S.** and **Kevin** attended their first tournament. **Todd** came along to cheer his housemates on. They played two games, but unfortunately Mike P, Kevin, Zach, and Curtus' teams lost both games. On the other hand **Lee** and **Crystal's** team have both won their games! GO team GO! They will be giving it their best the last day of the month at their next game. Thanks to all of their friends, family and staff for cheering them on. **Justin, Curtus,** and **Lee** have been volunteering their time during Special Olympics events and getting in some extra practice time. Way to give back guys! Although their teams didn't make it to go on, they gave it their best and worked their tails off! **Sean S** is excited to start the soccer season soon.

Special Olympics held a Christmas Party. In attendance were **Todd, Curtus, Justin, Lee, Crystal, Kevin,** and **Zach. Crystal** couldn't wait to bust a move and danced the night away. She won a T-shirt and some perfume from raffles that were held. (What a lucky duck!) **Kevin** was super excited to see all his friends and just get to hang out. Each of them spent time visiting with their friends from the different sports they are involved in, enjoyed some holiday snacks, and spent time dancing the night away. They all had a great time!

Supportive Home Care

Staff continues to work with **two Supportive Home Care clients**, keeping both of them busy, going to appointments or just helping out around the home. One of them went **sledding at 3M Park**. The weather was slightly cold, but we stayed warm sledding down the hill and moving around. She had a blast and enjoyed herself very much. Another favorite activity is attending the **humane society**, visiting with the dogs and cats and giving them treats. Another favorite thing to do in the winter is going to the **YMCA** for swimming and sitting in the hot tub. We also spent time doing a lot of crafts.



Staff Brandon is back from school. **Tammy** and Brandon had a great time getting to know each other. They spent time talking about favorite restaurants and swapping delicious recipes. They spent some time going out and doing some of Tammy's favorite things, like shopping! She also got all of her ingredients to make a killer lasagna!



Thank You!

MRCS would like to give a special Thanks to **Therapist Justin Stangl** for his recent **Diversity Training** with the staff. It was a great way to step into the shoes of our coworkers and see different views!

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:

Chou Xiong

January 17, 2015

8 years of service

Brandi Koosmann

January 31, 2015

3 years of service

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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