



SMRCS

Marathon Residential and Counseling Services, Inc.

Marathon Residential and Counseling Services, Inc.

Monthly E-mail Newsletter

February, 2016

Volume 16; Issue 2



Happy Valentine's Day!



Social Skill Group Social Responsibility

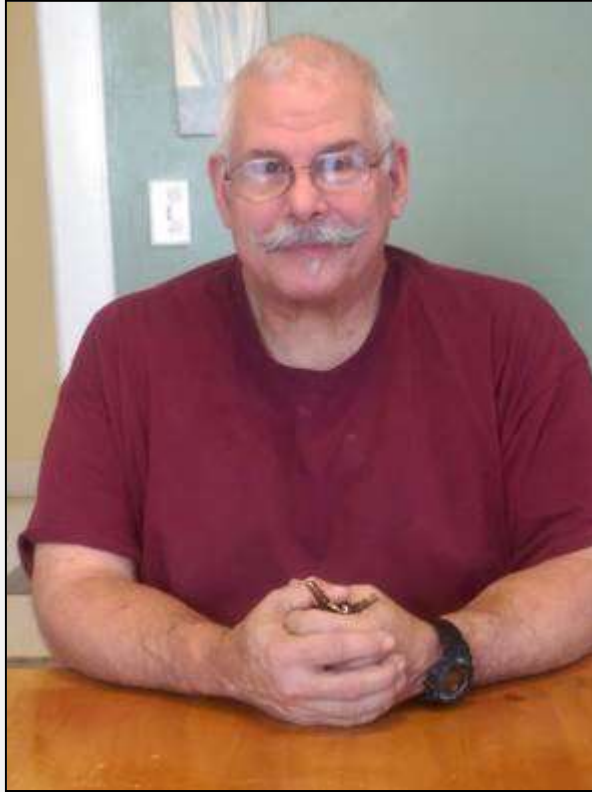
January's social skills group was all about "Social Responsibility." Social responsibility is a way of thinking and behaving that shows we care about other people and the environment we live in.

Therapist Justin had the group draw and color what they would consider "a perfect world." Each group member drew a picture, and most of them took the opportunity to share what their idea of a perfect world was like. Therapist Justin showed his picture to the group, which included music, happiness, humor, sunshine, friendship, and people cleaning up litter from the ground. The group discussed how a "perfect world" is very difficult, some would say even impossible, to achieve, but Therapist Justin pointed out that this doesn't mean we can't each try to make the world better.

The group spent time sharing ideas of how the choices of one person can affect the rest of the people in a community or in the world. Therapist Justin pointed out that our actions can even effect people we haven't met or who haven't been born yet! We discussed how picking up after ourselves (or even picking up litter that others have thrown down), doing volunteer work or giving to charity, giving other people compliments, and even simply helping someone when you see them in need, are all ways we can help make the world a better place.

Part of making a positive difference in the world is simply making a choice to do *something*. Often it is easy to sit around and wait for the world to change, however, even making the choice to contribute to the world in a small way can make a *huge* difference! Even when we make a positive impact on one other person, they can take their positive feelings and make a difference in the lives of other people as well. And on top of that, you can leave the situation feeling good that you made a positive difference in the world.

Featured Employee of the Month



Hello, **my name is Michael Dono.** I was born and raised in Brooklyn, NY and moved to Wausau in 2012. Over the years I've worked with several different populations. I was a teacher at a church school for 15 years, teaching 7th and 8th graders a variety of subjects. I worked for an organization in New York called BOCES, which has several different vocational programs, as well as offering alternative classroom settings for students that are unable to be mainstreamed due to either physical, emotional, or mental disabilities. While working at BOCES I began working with high school students that were at risk and the last 4 years that I was with them I worked with autistic children. I was also a manager of a women's homeless shelter for a couple of years on Long Island, which housed 26 homeless women of all ages

Working with people has always given me the greatest satisfaction, so working here at MRCS is a perfect fit. Being able to have a positive

influence in someone's life is very rewarding. I was raised in a very dysfunctional family, and I've been through several traumatic circumstances in my life which have helped me develop a great deal of compassion for people. There are so many people in this world that are hurting badly who just need someone who is willing to listen, understand and show them love. It may sound so trite, but I truly believe in my heart that love is the answer to many of the problems we face in our society today. My goal in life is to be an instrument of God's love in people's lives

In my spare time I love to read. I'm usually in the middle of 3-4 books at a time. I love learning, so I am always exploring new subjects. I recently read that studies have shown that keeping our minds active when we get older helps prevent our mental processes from deteriorating. Of course there are friends of mine that would take issue with those studies as it relates to me, but who cares, reading is fun. I also love to play chess, listening to all kinds of music and consider myself an amateur movie critic, enjoying not only American, but also foreign films.

I'm looking forward to having a productive rewarding stay here at MRCS.

Prospect News

The ladies and gentleman here at Prospect Place have really enjoyed the snow that finally came. **Rachel** reported that she enjoys watching it snow and finds it very beautiful to look at. She's hoping winter never ends even though she loves to lie out in the sun. **Lee** has been a great help around the house with shoveling and snow blowing. He even assisted Hamilton House once during the month with snow blowing their sidewalks.



Justin, Lee, and Heather enjoyed a few trips to 3M park during the month for some sledding. On one occasion they were able to go to Sylvan Hill with Mike D where they enjoyed going down the large hill in inner-tubes and being brought up in luxury instead of having to walk up the hill.

Lee, Justin, Heather, and Rachel are always on the go each night. A popular activity for Prospect Place still remains to be karaoke on Friday nights. They enjoy picking a favorite song or two and singing it to the crowd. One of these nights, maybe they'll get staff up there to join them in a duet! **Lee** and **Heather** enjoyed the movie Alvin and the Chipmunks at Cedar Creek Cinema on the discount movie night where they also got a free popcorn. There were a few trips to the bowling alley during the month for **Lee, Justin** and **Heather**. Other activities enjoyed included going to the library on a weekly basis, going to the YMCA to swim, going to the Cedar Creek Lodge, and shopping at several local establishments. **Rachel** has been checking out biographies on Marilyn Monroe lately and has been informing staff facts about Ms. Monroe on a daily basis. She has also been enjoying movies that she starred in.



Hamilton House News

Hamilton House was the host for the **MRCs New Year's Eve Party**. The menu was a roast, carrots, potatoes, deviled eggs and cake. Of course what is New Year's without a little sparkling grape juice to wash it all down? Everyone then made Chinese lanterns, which are a symbol of celebration and joy. Different shapes, sizes and colors of lanterns have different meanings. Everyone enjoyed ending the old year with their friends. **Sean** had his own party for New Years to attend as well. His church threw a New Year's Eve bash and they had tons of good food and conversation. Sean was the lucky one this year, he had two parties to bring in the New Year!

WWE is a huge interest at Hamilton House. **Val** doesn't like to miss Monday Night Raw and Thursday Night Smack Down. **Jeff** also is big into wrestling. After a long hard day at work he enjoys coming home and seeing if he can "smell what the Rock is cooking" that night.

The Hamilton House residents sure do not like to have idle hands. **Val** and **Ellen** enjoy doing crafts. They have made Christmas ornaments for next year to place on the tree. **Ellen** made a star ornament that she is very proud of.





Sean was eager to participate in a Scotch Doubles bowling tournament with his dad. His dad ended up not being able to attend so **Sean** decided to do some male bonding with **Jeff**. **Jeff** and **Sean**. They headed to Dale's Weston Lanes and were throwing strikes like you wouldn't believe! In the end they ended up winning two entrees at Becca's Café and a free lunch from the Palms Supper Club. We can see these two fellows haven't lost their touch!

Packer Games were a fan favorite at Hamilton House. **Val, Jeff,** always made sure they left the time slot open for when take place. Val made sure she had her Packer gear on and such a shame that the season has ended for the Pack already, but the Super Bowl.



favorite at **Sean, and Ellen** the games would ready to go! It's you can't always win

Reynolds Place News



There have been a few changes during the month of January at Reynolds Place. To start out with, we had a couple of birthdays right out of the gate. **Todd and Curtus** both celebrated birthdays at the beginning of the month. They each had their own cake and invited some friends to come over and celebrate with them. Happy Birthday gents!

Curtus and Zach decided to move. We wish them well and hope to hear from them from time to time even though they moved out of the area. Good luck with your new adventure you two.

With the departure of Curtus and Zach, we had some extra room at Reynolds Place. Two others have moved in and are getting settled. We hope to be able to tell you more about them as we get to know them. **Welcome guys.**

Basketball has been the sport of choice this month. Everyone has been on a team with Special Olympics. **Curtus and Zach** could not finish their season out because of moving, so Aaron stepped up and helped their teams out. Great job Aaron! Todd and Aaron went to the tournaments in January. They did have some success during the first tournament, but not so much in the second one. They did say that they had a great time. They have at least one more this year in February. We wish them the best.



7th Street News

We started out the month celebrating **Shawn's** birthday. He had his friends and neighbors over for dinner and cake. That wasn't the only party that day. There was also a Special Olympics Holiday Party full of games and music. **Crystal** and **Jackie** danced the night away!

Other exciting news for the month was **Shawn** got a roommate, **Juan**. **Juan** is a friendly young man excited to have place of his own. We are just getting to know him, but we can tell you a few things about him. He is finishing up school at Wausau West. He has worked with the Salvation Army and just completed the bell ringing season. He enjoys sports and is looking to get involved in Special Olympics this spring. We are very happy to have **Juan** at the Seventh Street Suites program and enjoy working with him and teaching him some more independence.

Karen was able to get away for a couple hours with the Seventh Street women's day. **Crystal**, **Jackie**, **Brittney** and **Terra** were able to hang out one Saturday afternoon. One of the things they did was go to the salon where **Jackie** and **Crystal** had their nails professionally done. The next weekend, Diane was able to get a group out for bowling at Dale's Weston Lanes. **Brittney**, **Shawn**, **Jackie**, **Mike P**, and **Crystal** all went and enjoyed a few games of bowling and eating out.

It is not all fun and games here at Seventh Street Suites. We also have a bunch of hard workers. As always, we are very proud of everyone here with all their achievements and accomplishments and would like to give them all a little pat on the back...

Shawn continues working 4 days a week and has just given up a day of paid work to volunteer at Stable Hands and get some more experience in other fields.

Mike P also continues working 3 days a week and is job hunting for a new job with the North Central Health Care Prevocational Program.

Mike S has been working full time for the last few years and has recently took on a new job at a local super store.

Matt also has been working very hard at a local super store. **Matt** enjoys the change of work from janitorial to unloading trucks and stocking.

Crystal work 3 days a week and also volunteers one day a week. She is also very active in Special Olympic sports.

Jackie works 4 days a week and also does some extra work cleaning an office once a week.

Brittney has not landed a job yet but is interested in finding local employment. She stays busy helping out in the Sunday school room at her church and also makes sure to always bring a baked good for fellowship.

Terra continues working at a local hotel 5 days week and is always willing to help out her supervisor with staying late whenever needed.

Special Olympics News

Special Olympics held their holiday party in the beginning of January. **Crystal, Jackie, Heather, Justin, Lee, Sean, Aaron, Zach, Curtus, and Todd** attended the party along with **Mike and Sarah**. Everyone enjoyed a nice potluck



meal, getting out on the dance floor and laughing with good friends. Everyone left with a smile on



their face, a full belly and a present. Thank you Special Olympics for hosting such a wonderful party!

Sean and **Justin** participated in the Winter Badger State Games for Special Olympics. **Sean** did cross country skiing for his event and **Justin** did snowshoeing. Sean was so fast that even the stopwatch had a hard time keeping up with him! **Sean** and **Justin** were able to stay in the Plaza Hotel for the night and attended a dance there to celebrate the Badger State Games! **Sean** and **Justin** enjoyed the end of the season for winter sports by going to the movie *Kung Fu Panda 3* and out for ice cream afterwards at Culvers. They enjoyed the movie and dessert very much and are looking forward to another season next year.

The Special Olympics basketball season is in full swing this month. Our athletes this year include: **Justin, Lee, Sean, Aaron, Todd, Mike P, and Crystal**. There are practices for each team every week. On a few occasions, **Justin** goes on extra days during the week to help out during the other team's practices. There were two tournaments in Stevens Point that were quite the nail biters. **Justin** and **Sean's** team, *The Wildcats*, did not win any of their games, though they played hard. **Justin** made some excellent lay ups. **Todd's** team, *The Wolverines*, lost three of their four games during the two tournaments. **Todd** enjoyed spending time with his teammates for the day and watching the games.



Mike P attended his second tournament and his team, *The Wolfpack* lost both their games. **Mike P** did make some excellent baskets. **Lee** and **Crystal's** team, *The Dream Team*, lost both of their games during the first tournament, however, practiced hard and won both of their games on the second tournament. On their first game, they won by 1 point! See, every point *does* matter.

Heather was not able to participate in basketball this month due to a minor injury, though hopefully she will be back in February. She did go to practices and tournaments to root on her team, *The Woodchucks*. The next tournament will be held in Menominee in February. Everyone looks forward to this tournament as they are able to spend the night at a hotel in Menominee with their team and spend the day shooting hoops.



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:

Rose Allgaier - 9 years (correction)
12/4/2006

Chou Xiong - 9 Years
1/17/2007

Brandi Koosmann - 4 Years
1/31/2012

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

If at any time you would like to be removed from this mail list, please click REPLY and simply enter UNSUBSCRIBE and your address will be immediately removed from the mailing list.