



MRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

March, 2016

Volume 16; Issue 3

Featured Employee

Hello, my name is Cynthia Vue. I was born in California and raised in Minnesota. I just moved to Wisconsin recently after I got married. I graduated from Minneapolis Community Technical College with a degree as a Medical Office Assistant. One of my long-term goals is to keep exploring for new opportunities and challenges.

One of my favorite subjects is language. I would take all the language classes in the world if I could. I have taken Japanese for 5 years, 1 year of Spanish, and I am fluent in Hmong and English.

Cynthia recently started working full time, mostly 3rd shift. We are very happy to have her as part of the MRCS team.



Newsletter Social Skills Group

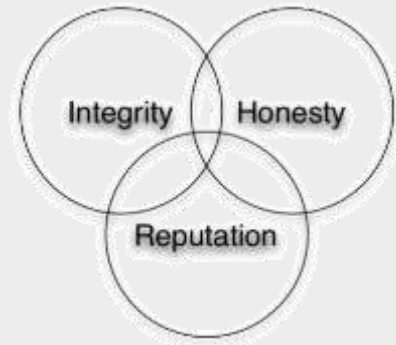
Honesty

February's Social Skills Group was on the topic of Honesty. To start off the group we played a game called Two Truths and a Lie. Each person wrote down two things that were true and one thing that was not, and after sharing their list with the group, we had to try and guess which things were true and which one was not true. The group had fun trying to figure out the lie in **Therapist Justin's** list when he shared about owning two black dogs named Frankie and Kirk, playing in a heavy rock band in college, and having visited all 50 states in his lifetime.

We talked about lies and why people tell them. The conversation highlighted that there are many reasons why we might tell lies, including to stay out of trouble, to get things we want, to make others feel better, and sometimes even to make ourselves feel better.

Everyone agreed that not studying for a test and then saying “I didn’t study, but I’m sure I’ll do fine” is probably a lie, but it does temporarily make a person feel better! Therapist Justin pointed out that the number one reason people tell lies is because it is a bad habit, often leading us to tell lots of small lies. The group laughed when therapist gave the example of someone telling us “I’ll be there in 5 minutes,” knowing that the person is probably going to be later than that but is not being honest.

Therapist Justin read the story “The Boy Who Cried Wolf” to the group. The group figured out very quickly that it didn’t matter that the boy was being honest at the end of the story; everyone thought he was lying because he had lied to them in the past. Therapist Justin pointed out that honesty has a lot of benefits, but we can only get those benefits if we choose to be honest all the time. When we are honest as a habit, we gain a reputation for being honest, we have reduced stress, we gain friends who are also honest, and we feel emotionally closer to other people! The most important benefit of regular honesty, though, is earning the trust of others.



Trust was a difficult thing for the group to define because it is hard to put into words. Therapist Justin explained that trust is believing in the reliability of something or someone. Trust is when you can assume other people will act the same way all the time, which makes it easy to feel safe around them. We learned that strong relationships can’t happen without trust, because trust is like a glue that holds people together. Therapist Justin reminded everyone that trust can’t happen without honesty!

Night To Shine Prom

Everyone got to be a King or Queen this year at the **Night to Shine Prom**! The event was hosted at Mount Olive Lutheran Church and put on by the Tim Tebow Foundation. Everyone received the celebrity red carpet treatment including: a limo ride, a shoe shine (for the guys), and hair and makeup station (for the girls). Everyone even got their own crown or tiara in recognition that they are all Kings and Queens! The crew was pampered with gift bags and celebrity photographers throughout the night. In attendance were **Brittney, Shawn, Crystal, Todd, Jackie, Aaron, Heather, Rachel, Sean, Justin, and Jeff.**



After the red carpet and applause, it was time for dancing, snacks, conversation, and activities. Everyone boogied on the dance floor, sang their hearts out at a karaoke station, and took some great pictures in the photo booth! Everyone was accompanied by wonderful volunteers who acted as personal buddies and companions for the evening. There was an array of delicious snacks including: meatballs, chicken nuggets, nachos, finger sandwiches, cupcakes, and real cotton candy spun on site!

Aaron showed off his breakdancing skills and his dashing good looks were the talk of the night. **Jackie** and **Crystal** showed off their fancy dresses and couldn't get enough of all the compliments about their beauty! **Brittney** was determined to show off her camo and she looked great! **Rachel** was all dolled up for the night and enjoyed visiting with her buddy, who to her delight, was a former staff member and they reminisced the night away. **Shawn** and **Jeff** showed us their best dance moves and were spot on with their individual style. **Sean** spent all evening on the dance floor and had everyone talking about how it takes a real man to wear pink. **Heather** enjoyed karaoke and the snacks and was dressed to impress. **Justin** made the rounds of all the areas and talked to everyone he could, he went with his Johnny Cash look for the evening's event and was a pretty good look alike. Not only did **Todd** have a hard time deciding if he was going to wear a tie or not, but either way he knew he would have a look that no one else could steal. Todd could not get enough of the cotton candy machine and still talks about it to this day! Everyone is already looking forward to next year and planning their party looks.



. Many thanks to Mount Olive and the Tim Tebow Foundation for putting together such a spectacular event!

Hamilton House Update

Between Valentine's Day and Super Bowl 50 this month couldn't have been more exciting!

Que the dramatics... this month **Val**, **Jeff**, **Ellen**, and **Heather** went to see the hilarious play "**Black Comedy**"; we laughed, we cried, okay - we mostly laughed! Val enjoyed the comedy and gave it two thumbs up. Jeff couldn't stop laughing long enough to tell us how he liked it, we took the laughter as he loved it! Ellen rated this play 5 stars and said she couldn't believe how well the acting was. Heather thought the play was awesome and wanted to see it again. We can't wait for another comedy to come to Stevens Point so we can go back!



It's the final countdown..... Super Bowl Sunday finally came! **Hamilton House** hosted an awe-inspiring party for everyone to come enjoy the game, and we can't forget the unbelievable Super Bowl commercials. The snacks were just as fabulous as the game! Everyone enjoyed yummy snacks, watched the game, and mingled (even though it wasn't the Packers who made it to the Super Bowl this year). We will be keeping our fingers crossed that next year the Packers will be in the Super Bowl!



Emily and **Val** enjoyed making Valentine Crafts at Hamilton House. Val made a frog, bumble bee, and fox all out of different shaped hearts! They were adorable. Val can't wait to start decorating for the next holiday coming up, St. Patrick's Day! She is already looking up different ideas with staff.



Reynolds Place News



We had a **respite client** staying with us this month. He is a great guy. We had the honor of helping him celebrate his birthday! It was not just any birthday it was the big 5-0! He talked about his cake all week and could not get enough of the celebration. He had a great weekend for his birthday celebrating with his family as well as his housemates.

Aaron is on his way toward a new adventure. He is going to start working in two weeks. He is very excited about the new opportunity. We wish him well and can't wait to see him succeed!

Besides the respite person, Reynolds also had another **new client** move in. He is a hard worker and has a job that he is proud of. We are looking forward to getting to know him more!

Seventh Street Suites

Be my Valentine! Everyone at Seventh Street Suites enjoyed a sweet filled month!

Juan went to his first soccer practice at Greenheck Field House; he had a personal coach and they did different drills together. Juan's friends were there to support him and were happy to see him involved in sports. After practice they had doughnuts, cookies, orange juice and coffee and were given a prize for a good practice. Juan did a wonderful job and he enjoyed the practice. Keep up the great work Juan!

Jackie and **Crystal** celebrated their birthdays together at Days Bowl-A-Dome with cheese, sausage, crackers, ham roll ups, macaroni salad and a little bowling. They invited a boat load of friends from other MRCS homes, work, and Special Olympics! Jackie and Crystal had a delicious blueberry cheese cake and an

ice cream cake with crushed Oreo cookies for their birthday cakes, and boy were they yummy! These girls threw quite the party and were great hostesses! Happy Birthday to Crystal and Jackie, We hope you had a fun-filled day!

Birthdays really are a special time around here. Sometimes we can't keep it to just celebrating one day.

Karen, Crystal and Jackie all celebrated their birthdays this month. Besides the bowling party, the ladies also enjoyed a birthday bash luncheon at **Wausau Mine Company**. **Crystal and Jackie couldn't decide what they wanted, so everyone agreed to order something different so they all could share and get a little taste of everything!** Cheers ladies! So glad you enjoyed your birthday lunch out!



Prospect Newsletter

Everyone at Prospect Place was sharing the love with all for Valentine's Day! The house was all decorated for it. Lee went out for dinner and a movie with friends and his girlfriend.

One of the favorite activities at Prospect Place is going to the library to check out the new music, movies, and books and to use the computers. On a few occasions during the month, the guys and ladies enjoyed bowling at Dale's Weston Lanes. They particularly enjoy it when staff plays a game or two with them and they shamelessly beat staff. All the Special Olympics bowling practice and tournaments has sure paid off for everyone! Another activity that is a favorite at Prospect Place is karaoke at a local restaurant.



Prospect Place is very active, but on occasion, everyone enjoys staying in. Board and card games are some of the things that happened on these nights. The games liked best this month were Monopoly, Life and Kings Corner. Some other home activities were playing the Wii and watching movies. One movie that you will hear a lot about at Prospect Place is Harry Potter, as Rachel and Heather are watching the series.

Prospect Place has been working hard at developing employment skills so that they can find community employment in the future. Heather and Rachel have recently joined the Community Corner Clubhouse to get involved in the community, make new friends and learn about new skills that will help them in the future. Justin works four days a week with one of those days being a volunteer day. He reports if he could volunteer every day, he would. He hopes to be volunteering two days a week soon and his attendance at work has been excellent. Lee has jumped back in the working world as well at one of the local prevocational sites.

Special Olympics News!



Special Olympics was in full swing. **Basketball** was the sport this past month with another tournament. **Aaron, Sean, and Justin's** team won and will be moving on to the next tournament next month. **Lee and Crystal's** team played their best and put up a good fight, but unfortunately they will not be moving on. **Todd's** team also played hard, but just missed moving on. Todd said it was a great year and is now looking on for the next sport. Speaking of which, soccer is starting soon. We hope to have some highlights for you next month. All of our athletes have a great attitude and are already planning new plays for the next season!

Special Olympics

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:

Diane Hensley - 3 years

2/13/2013

Lee Vang – 8 years

2/3/2008

Happy St. Patrick's Day!



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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