



Marathon Residential and Counseling Services, Inc.
Monthly E-mail Newsletter
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Employee News Update

The news this month from Prospect Place includes a staff change! Manager Alan Berdan has resigned to move to the Minneapolis area where his wife has accepted a position. He intends to continue the field of providing care to the DD population and is searching for employment in the Twin Cities.

We are very pleased to announce that we've been joined by **Deidra Effertz** who will assume the responsibilities of **Manager at Prospect Place**. Deidra has provided us a little information about herself to help acquaint us all with her. We look forward to a long and pleasant collaboration!

Hello!

My name is Deidra Effertz and I am a University of Wisconsin Oshkosh graduate. I recently moved back to the Wausau area last October from Appleton. I truly enjoy the lakes and people in the Wausau area.

I spend most of my personal time fishing especially in the summer time and I am in total bliss when the sun comes out! I enjoy being outdoors and am even attempting to grow some vegetables in the back yard this year. I hope my green thumb comes out this year!

I am excited to work for MRCS and hope that we can enjoy this summer with some neat activities.



7th Street Suites News

How To Ride a Bike The Safe Way

On April 12th we were lucky enough to have **Officer Kevin Cornell** from the Wausau Police Department joined us at Seventh Street Suites apartments for a refresher in **bike safety**. In attendance were **Mike P, Crystal, Amanda, Mike S and Terrance from Seventh Street and Lee, Justin, Scott, and Rachel from Prospect**. Mike P was very generous to allow Officer Kevin to use his bike and helmet for demonstration. Officer Kevin went over pre riding inspections, which included picking your bike up and spinning both of the wheels, checking that the brakes are attached and working, and making sure that the lights and brakes are working. He then went over how to perform an emergency stop if needed and the importance of balancing your weight. Officer Kevin also went over helmet safety and rules of the road. Lee and Scott from Prospect took what they learned from the class one step further and registered their bikes with the Wausau Police Department in case their bikes get stolen. A special thanks to Mike S and Terrance for allowing the group to use their apartment for the demonstration. Afterwards the group signed a thank you that was sent to Officer Kevin Cornell for his time and knowledge.



Easter – Food, Friends, and Family



We hope everyone had a **Hoppy Easter!** We know we sure did. **Terrance** hosted this year's Easter dinner with yummy Sheppard's pie, fruit salad, and other goodies. All were able to sit back and enjoy a homemade cooked meal and socialize with one another. Thanks Terrance!

Things were pretty quiet at the apartments during the Easter weekend. Many were also able to spend Easter with their friends and families. **Crystal** spent some of the day at her mom's visiting with her family and boyfriend Erik. **Kevin** hung out with his friends for Easter. **Mike P** went to spend the Easter weekend at his mom's. **Mike S and Matt** went over to Matt's moms and spent their Easter with her. **Shawn** went to his parents for Easter. Terra spent Easter with her boyfriend and his family, and also with her sister and nephew.

What's New Down On The Farm

This month some were able to enjoy a tour of the **Fust Farm**. **Shawn** was very excited to show off his knowledge of farms and farming equipment. **Terra and Kevin** were also able to learn many new things about how a cow is milked and what kind of grains and vitamins they need to produce good milk. They were also able to pet a three day old calf. All enjoyed their tour and cannot wait to go back again.

Thanks Fust Family!



V.I.P. Prom 2014

Along with the month of April, came prom! **Amanda, Mike P, Mike S, Shawn, and Crystal** were all able to enjoy a delicious meal at Papillion's Pizza then boogie down on the dance floor at Coral Lanes. All had large smiles on their faces listening and dancing to some of their favorite songs with many friends and they looked great while doing it. Amanda and Crystal looked beautiful in their prom dresses while the men looked very handsome in their dress clothes.

Let's Sea What's Happening at the Pool

Special Olympics continued into April with **Crystal in swimming**. Crystal loves swimming around with her friends and being able to socialize. This month Crystal had a tournament and took 5th and 7th place! Way to go Crystal! We are always proud of our athletes and their amazing accomplishments!



Reynolds Place

Take Me Out to the Ball Game

One of the best signs of the ending of winter and the beginning of Spring is the start of the baseball season. It does not matter how much snow is on the ground, you know it will be soon gone when baseball starts. **Reynolds Place** got an opportunity to go to Milwaukee and see the **Milwaukee Brewers play against the St. Louis Cardinals**. Everyone was excited to go, especially **Curtus**. It has been one of his dreams to see a professional sports team play in their stadium. It was fun to watch one of his dreams come true. **Todd** loved the fact that there were a lot of people there to see and all of them doing something different. He started up a conversation with some of the kooky fans that came by the seat. He was really in his element. **Zach** had been to a Brewers game before, but it has been a long while. It was good to go back and do something he enjoyed from his past. Despite the cooler weather, we toughed it out and did a bit of tailgating prior to going into the stadium. It was a great picnic lunch. Going into the stadium the guys took it all in. The scoreboard, the lighted billboards, the field and the games fans played in between innings. The game went the Brewers way as well. It was the last in a series of three. The Brewers lost the first two earlier that week, but they won when we were there. The guys are already talking about doing it again sometime this summer. It is sure to be a repeat adventure.





Men at Work

Zach is back to work as of this last month. He has started at a local workshop and is enjoying the experience. He knows some of the other workers there and he has the opportunity to meet other people he does not know. He is looking forward to his first paycheck and making plans.

Curtus has started the process of starting work at a local workshop as well. He will not be starting until May, but he is really looking forward to it. He has wanted a job since graduating and is eager to be doing something. We wish him the best.

V.I. P Prom 2014

Three of our handsome gentlemen attended the **V.I.P Prom that took place at Coral Lanes**. One of our guys went solo and spent the prom with his girlfriend. **Todd and Curtus** went for the total experience and joined other MRCS clients for a pizza dinner prior to the prom. Todd loves to socialize and Curtus loves pizza. It was a good start. At the dance there was picture taking, socializing, and of course dancing. Curtus found some nice young ladies to dance with throughout the evening. Observers say that he has some moves. Todd was going to be content to be a spectator at the event, however **MRCS staff Karen** went on a mission to get him out to do some dancing. She was successful and he was able to shake it up a bit. It was a good night with good memories. The guys will certainly be looking forward to the dance next year.



Goal!!!

As reported last month, **Curtus and Zach** have started playing **soccer with the Special Olympic** teams. They have been doing well and looking forward to the practices. This last month they took part in their first tournament of the year. This one was in Stevens Point. This one had to be an indoor event because winter did not want to give up its grip on the outdoors and the fields were not fit to play on yet. Despite this the day went well. Their team won one a game and lost another. They are gearing up for their next tournament in the beginning of May. That one will be in Green Bay. We will be certain to keep you updated.



Easter Fun



During the Easter season no egg in reach is safe from being boiled and decorated. At **Reynolds Place**, this was also true. During the holiday weekend, some took part in **decorating eggs** here and there. There was a lot of socializing during the weekend with some visiting to other houses for meals on Saturday and Sunday. It can certainly be said that it was a tasteful Easter this year.

Hamilton House What's New with Everyone

We are very proud of all of our residents. They have been participating in so many things. A few things that stand out is **Sean's participation at the Indian Center**. He enjoys making crafts here at Hamilton House and showing them off at the Indian Center. He is always so proud to show staff his new creations. He also partakes in the many activities that they provide. Sean also had his soccer tournament this month and has a great time. Heather also had a swim meet, she did fantastic. She showed staff her ribbons and held them up proudly.

Easter Fun



Easter was a hit at Hamilton House. **Val and Jeff** both went on weekend visits with their families while **Sean** attended church then spent the day with his housemate **Heather and staff**. They enjoyed their Easter baskets and gifts they received from MRCS. Sean, Heather and friends from Prospect Place then went and played Frisbee and rode bikes at Oak Island Park. They all had a great time! Val and Jeff both returned that evening to Hamilton and found their Easter baskets and enjoyed the rest of the evening with their housemates and staff.



Spring is Here and Gearing Up For Summer

Everyone at Hamilton House also spent the few nice days of April outside grilling burger and brats. We can't wait until its summer and can go camping. Some of the other MRCS members enjoyed spending time with us while grilling out as well. One thing everyone at Hamilton House would really like is to get a pool. That's something we will have to think about guys! Sean also mentioned wanting to start a garden in the yard. As soon as this gloomy weather clears up I'm sure we can get one started!



Prospect Place What's New With Everyone

Lee's team made it to the state championships for **Special Olympics basketball**. Lee played hard and had a lot of fun and his team came in 4th place. We all would like to congratulate Lee and his teammates on this great accomplishment. Lee continues with his volunteering at a local thrift store. He has taken a step of independent skill building and learned the bus route that will take him to the store, keep up the good work!

Justin has had a great time this month visiting various family members. He went to visit with his brother and nephew earlier in the month. For Easter, after church, Justin went back to his parent's house to visit with them, his sister, and other family members. In the sports section of his life, Justin has been shining at Special Olympics Soccer with his talents as a goalie. **Good job Justin!**

Rachel is continuing to settle in here at **Prospect** and enjoying her visits with friends at the various houses. Rachel also started looking for work; it won't be long before she is punching the clock with the rest of us at this rate!

Scott went to the V.I.P. Prom and enjoyed dancing with his girlfriend. Something that was unique to Scott was that he got up on the front stage and took the lead in one of the dances, the Cupid Shuffle. Next time you see Scott, ask him to show you his moves!

Go Pack Go



Since all seasons in Wisconsin are Packers season, everyone at Prospect took a unique opportunity to go to Green Bay and go on the **Lambeau Field tour**. Everyone got a chance to see the stadium, take some cool pictures, and even got to walk out through the tunnel the players use to get out to the field. Even though there was not a game going on, this is one adventure they won't soon forget!

Around The World in an Afternoon

The **Cultural Festival** was another event that took place this month. Participants got a chance to see some Native American dances, taste some different foods, and talked with some of the people in the booths. It's great to see everyone getting the opportunity to learn about new cultures. When you see any of them please ask them what they learned!

April Social Skills Group Personal Safety

Eight MRCS residents attended April's social skills group. The topic was one of personal safety. **Therapist Justin** told the story of Stanley, a character who encountered a variety of hazards to his personal safety during an unfortunate series of events. During the story the group discussed whether Stanley's decisions were wise or if they were likely to put him in danger.

Everyone learned about the three most important principles to staying safe: **Plan Ahead, Be Aware, and Avoid the Three Danger Zones** (places that are dark, hidden, or where you will be alone). The group members all participated actively and had a great time.

Submitted by: Justin Stangl, MS

With spring/summer grudgingly edging its way toward us, thoughts of cooking on the grill come to mind. I thought this quick little recipe might make a nice side dish for those burgers and brats you're planning. Enjoy!

Grilled Garlic Parmesan Zucchini

Prep Time: 12 Minutes

Cook Time: 8 Minutes

Ready In: 20 Minutes

Servings: 4

"Grilled zucchini slices get a savory, garlic and Parmesan cheese topping for a quick, savory side dish."

INGREDIENTS:

3 zucchini

3 tablespoons butter, softened

2 cloves garlic, minced

1 tablespoon chopped fresh parsley

1/2 cup freshly grated Parmesan cheese

DIRECTIONS:

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Cut the zucchini in half crosswise, then slice each half into 3 slices lengthwise, making 6 slices per zucchini.
3. Mix the butter, garlic, and parsley in a bowl, and spread the mixture on both sides of each zucchini slice. Sprinkle one side of each slice with Parmesan cheese, and place the slices, cheese sides up, crosswise on the preheated grill to keep them from falling through.
4. Grill the zucchini until the cheese has melted and the slices are cooked through and show grill marks, about 8 minutes.



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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