



MRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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Hi Everybody...

My name is Diane Strow, I'm originally from the Waukesha/Milwaukee area. I grew up in the small farming town of Muskego. It's now built up. I have a twin brother (Dave) along with another brother (Dan) and a sister (Donna). We are very close in ages. Dave lives in Pennsylvania with his family and the rest live in the Milwaukee/Waukesha area, along with my parents. My dad just entered into his 80s a few years ago and my mom is just about there. They are both very active and staying healthy which is important to them.

I have a Human Services Associates degree and was hired here after an internship, which I am very happy about. Some things I'm looking forward to this summer are volunteering at the Robert W. Monk garden as I just signed up to care for a plot, and golfing. I'm particularly excited about golfing as I have not played since my high school gym class. I am curious to find out if I have improved with no practice. Other activities I enjoy are going to seminars, going for walks in the park, and traveling.



Special Olympics News

It is another busy time with Special Olympics - the end of one sport season and the startup of a few more. Basketball finished up this last month. Crystal, Lee and the rest of their teammates went to Oshkosh for their final Special Olympics basketball tournament for state. They both were able to



spend the night in Oshkosh and enjoyed a nice dinner with all the other participants. They played a good game and the team came in 3rd place!

Track and Field practices started. **Crystal** is participating in that. Soccer has also begun as well. **Justin, Sean, Curtus, Zach, and Todd** are participating in this sport. They all played in their first tournament and had wonderful weather to play outside that day. Justin, Sean, and Curtus' team won one game out of the two games they played! Zach and Todd's team did not pull out a win, but did their best. Todd was so proud that he was able to kick the ball. A good day all around.

VIP Prom

The coming of Spring always means that prom time is here. This year the VIP Prom was held at the Elks Club in Wausau with the theme of "Under the Sea". **Rachel, Lee, Justin Val, Jeff, Sean, Crystal, Shawn, and Todd all attended the formal event.** They all went out to dinner beforehand. Most went to have dinner at Angelo's. Some others decided to go to Denny's.

It was really great to see everyone dressed up for the event. Shawn was asked if he was going to wear a tie and he said, "I am already stunning enough without one". Once at the dance, everyone cut loose and made some great memories on the dance floor. One highlight of the event was the photo booth. A great way to take some goofy pictures with your friends. It was a good time and everyone is looking forwards to next year's event.



Prospect Place News

April showers bring May flowers! This month has been spent doing some wonderful Spring time activities. Everyone at **Prospect Place has Spring fever!**

Easter! What a fun Holiday here at Prospect. We started out the holiday weekend with coloring Easter eggs with the other MRCS houses. Staff was sneaky and hid some Easter eggs for everyone to find outside. Everyone enjoyed the Easter egg hunt and thought it was an awesome time! **Rachel, Lee, Justin and Heather** also had to look for Easter baskets throughout the house. Boy did they have a hard time finding their baskets! The official Easter Sunday was filled with church, family, friends and food. Lee spent his time visiting with his grandparents, Justin spent time with his family, and Rachel & Heather went to another MRCS home and enjoyed great food and laughter. Everyone was tired from eating so much ham and sweet treats!



Rachel, Lee, and Justin went to the farm this past month. They fed the cows, played with the cats and were able to see new born baby kittens. They were very cute! Rachel told staff that her favorite part of the farm was petting the calves because they were trying to eat a part of her jacket. Justin enjoyed feeding the cows and even got to milk one! Our very own farmer! Lee expressed that even though he's been there a few times he still enjoys going every time. He can't decide what his favorite activity is there. A special thanks to Jennifer for giving everyone this special opportunity!



Rachel, Lee and Justin went to Oak Island for the **evening with Sarah**. They enjoyed a lovely sunset at the park. Justin and Lee rode their bikes around the island and managed to avoid getting too muddy! **Rachel and Sarah** enjoyed some girl time and walked on the trail while they shared their favorite memories. It was a great evening to be outside. Lee had some laughs while he tried to get the bikes back into the van but he was successful in the end. Thanks for the help Lee! We are looking forward to taking advantage of Wausau's beautiful parks throughout the summer.

7th Street Suites News

Mike S hosted a delicious Easter dinner at his apartment the day before Easter. **Mike S., Crystal, Katie, Matt and another 7th Street resident** enjoyed an array of homemade food including baked ham, green bean casserole, dinner rolls, baked potatoes, and cake for dessert. On Easter day, several visited their families. **Crystal** went to visit her mom and invited her roommate Katie along for the visit. Shawn visited with his aunt and uncle. **Mike P** went to his mom's house. Holidays are always an exciting time.

With the warming weather, everyone has been enjoying getting outside more often, especially for grilling! Prospect Place and 7th Street Suites got together for a grill out at Prospect Place on a beautiful weekend. Conversations were enjoyed on the sunny day by **Justin, Rachel, Katie, Terra, and staff. Mike P and Sean** even biked over to join the gathering. Mike S enjoyed a few days of grilling as well. He made pork ribs, chicken breasts, and brats during the month. As always, there was lots of yard work to do and Mike S even broke out the lawn mower for the first time this year and mowed the yards.

Everyone at 7th Street Suites work hard at their apartments and also at their jobs. A few noteworthy things came up during the month that we are proud to share. **Katie applied for some jobs** during the month and had two interviews. **Terra received an excellent report from her manager** and expanded her job responsibilities by working the banquets at the hotel. There was one occasion during the month where Terra worked her normal housekeeping job and then worked in the banquet and worked almost 12 hours that day! **Mike S continues to work at a local restaurant**. He is always exploring new job opportunities there and he can be seen cooking, cleaning, and running the cash register! Way to go guys and gals!

Katie, Mike S. and Shawn went to Eau Claire Dells with Sarah. It was a beautiful day. The recent rain and snowfall made the river very high and the waterfalls were rushing. It made for great opportunities for taking pictures, and our resident photographer **Katie** took a number of nature pictures. She also took some hilarious **selfies with Sarah**. Katie found a rock to sit on and watch the water, and climbed up on the rocks to enjoy the view. **Shawn** put his new shoes to use hiking on the trails and was amazed at how fast the water was moving. **Mike S.** found a little cave next to the river and spent some time sitting there just enjoying nature by himself. We are very lucky to have this one-in-a-million natural gem so close to us and plan on making more trips there during summer and fall.

One of the new clients celebrated his 22nd birthday this month! He celebrated at home and had several friends over including his new friends from 7th Street Suites. He enjoyed a chocolate cream cheese cake. He had quite a crowd in his apartment and entertained his friends in his usual laid-back

style. We all had a lot of fun and shared laughter as well as cake. Later in the month we also were able to celebrate with **Matt** for his birthday.



Mike S. went on an adventure to Green Bay with a couple of friends to **Monday Night Raw**. Mike was super psyched as WWE has not been in Wisconsin for the last few years. Mike reported that he had a great time at the event as always. (Mike has been there a handful of times.) Unfortunately, Mike did not get to see a match with John Cena as his opponent was taken out before Cena had his chance with him. However, Mike reported there were several other exciting matches and events throughout the show.

Reynolds Place News

The nice weather is sure getting a hold of everyone now. **Curtus** is already looking forward to the flowers starting to bloom. He is working with staff to go on a garden tour as soon as everything grows. We will be certainly planning that soon.

Reynolds Place held Easter dinner this year. We had quite a few spend some time here for dinner. Everyone enjoyed all the delicious food. In fact they ate so much that everyone was ready to hit the hay after dinner, but of course you cannot leave a party until you have dessert! While we waited for everyone's tummy's to settle from dinner, the group decided to just relax in the living room and watch a little TV, socialize with each other, and color some Easter pictures. Once everyone was starting to get their energy back we had Oreo cheesecake and banana cream pie for dessert and everyone really got their sugar boost back.



Curtus spent some of his Easter with his friend Justin's family. When he returned back home he was excited to show all the sweet

treats he received. **Zach** went to his mom's for Easter and enjoyed time with his family. **Nic** spent his Easter over at his mom's and was excited to show staff all the goodies the Easter bunny left for him over there. **Todd** stuck around Reynolds for Easter. He went along with staff to Mosinee for a little trip and he then came back and assisted with getting the Easter ham ready for dinner.

Todd was able to spend some time with family this past month, which was very nice. He had not seen them for some time so it was a good family reunion. Todd talked about the visit for days and is now talking about the next one to come.

Curtus went with Mike to the Woodson Art Museum this last month to see the guitar exhibit. Curtus was in awe of all the guitars. He was having a hard time deciding which one he would have liked in his collection someday. He really liked the electric guitars, but showed a lot of interest in the very early guitars that paved the way for what they look like today.



Curtus was itching to be a chef this month as well. He has a love for stuffed peppers. So with staff's help he put a meal together and it was a success. There wasn't anything left over. He was very proud of the meal and is looking to do something else soon.



Hamilton House News

April was wonderful. We are all getting ready for spring and for spring to turn into summer. **Sean and Val** helped out with landscaping around the house. It looks absolutely beautiful. We dug up the old laid out brick and reset them for a fresh clean look and planted some shrubs and flowers. We even bought a bird bath for when it gets warmer out. The front yard of Hamilton looks wonderful. Thank you for the help Val and Sean!

Jeff attended Jazz night at the Woodson Art Museum and loved it. They have a guitar exhibit going on

there and a jazz guitarist came to play. Anything to do with music, **Jeff** will be there. Recently, Jeff took staff on in a few pool games at his favorite place. He was able to take all the bragging rights from that evening since he won all the games.

Sean has had a lot going on. He attended church every Sunday along with going to Café Night each week. There, they talked about their beliefs, enjoyed good snacks, and Sean got to socialize with his friends. He was also the host/chef this month and invited the other MRCS houses over for a chili night. He prepared chili and garlic bread for everyone to enjoy and everyone got to socialize. He also had a Special Olympics soccer tournament. He won a game and lost a game. We are always proud as long as everyone tries their best. Good job Sean.

Jeff, Sean and Val had a movie night and watched the new Night at the Museum and enjoyed some popcorn. Friday nights are always fun.

Val left to head to Florida to attend a wedding with her mother. She was a little nervous about flying but we reminded her about all the fun she is going to have. She is really excited to soak up that warm sun. Bring us back the warm weather Val!

"Trust yourself. You know more than you think you do."
~ **Benjamin Spock**

Social Skills Group Phone Skills

At this month's Social Skills Group, **Therapist Justin led 9 group members** in a discussion about appropriate ways to use the phone.

One of the most important things we learned about were the different aspects of "phone etiquette." We learned it is important to remember that our behavior affects other people's feelings. When we use our phone at an inappropriate time or an inappropriate way, other people become distracted and annoyed! This gives other people the impression that we are rude or uncaring.

Everyone had a good laugh when Therapist Justin played different messages on his answering machine that showed different types of poor phone skills. Everyone agreed that "Hey, call me back," was not a helpful voice message, nor was it pleasant to listen to the other person shout and cough into the phone. The best message was the one that gave the caller's name, reason for calling, and phone number to call back. It didn't take the group long to realize that the messages weren't real messages, but only messages that Therapist Justin had left on his own answering machine!

Along with all that, we learned how to appropriately start phone conversations, how to recognize transitions in phone conversations, how to end a call when we want to be done talking, and how to calm your nervousness before making a call or leaving a message. Taking a few deep breaths before dialing can go a long way to make you more relaxed!

Watch for the next social skills group invitation coming soon. We look forward to hearing your unique opinion to help us all learn! Plus, you'll get the chance to be one of the lucky door prize winners!

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:

Sarah Wasson – 19 years

April 2, 1996

Diane Strow – 1 year

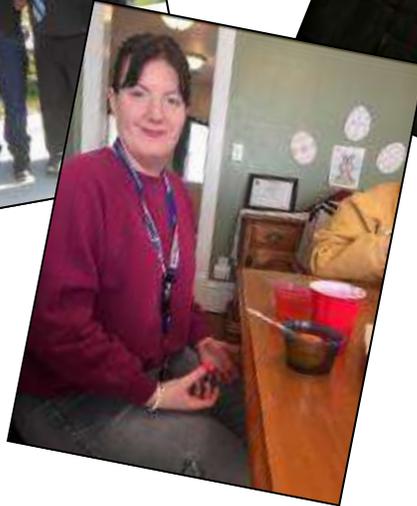
April 28, 2014

Anne Drow – 1 year

April 30, 2014

Zachary Brandt – 4 years

May 24, 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

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