

SMRCS

Marathon Residential and Counseling Services, Inc.

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Monthly E-mail Newsletter

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April's social skills group focused on the topic of Personal Safety. It's a good time of year for a refresher on this topic. Warmer temperatures are here and everyone will be spending more time out and about riding bike, going for hikes and walks and attending community events. Below are the safety tips Therapist Justin covered with the group.

PREVENTION- How to stay out of danger

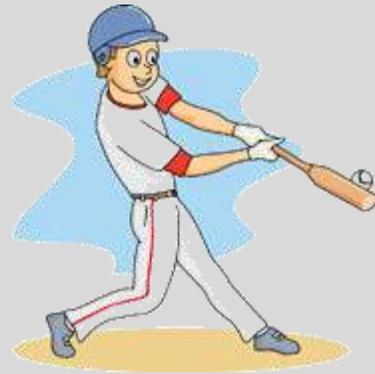
- Plan ahead so you can avoid being in a dangerous situation. If something doesn't seem quite right, take a few seconds to stop, think about what is going on, and plan what to do.
Be Aware: Pay attention to what is going on around you to make sure you are safe. Watch for things that are out of the ordinary or suspicious, such as your door being left open when you return home, a person standing in the shadows, or a strange vehicle parked in an unusual place.
- Avoid the "Three Danger Zones:" 1) Places that are **dark**, 2) Places that are **hidden** from the view of others, and 3) any place you will be all **alone**. These are places and situations that are more likely to lead to being in danger.
- Be assertive about what you believe is the right decision for you. Make choices that keep you out of danger!
- Confidence is key. Being confident helps you to avoid peer pressure, and looking confident makes you look less vulnerable to people who are looking for someone to attack.
- **Never** trust a stranger, especially when you are alone. If somebody you don't trust asks for you to come with them or to help them with something, it's okay to say no. Tell them that you're busy.
- Don't carry large amounts of money or show other people how much money you have.
- Always carry your cell phone and have it charged so you can use it if you need it.

ACTION PLAN- How to react when you are in danger

- If you are being robbed, don't put up a fight. Give up your money or items and let the robber leave. Call the police later.
- If you think someone is trying to hurt you, get the attention of other people around you in whatever way possible as quickly as you can. Run to the nearest place where you can find a group of other people.
- If you see something dangerous happening, don't get involved. Call 911 and let the police handle the situation.

Reynolds Place News

One of the surest signs of spring is when baseball starts. **Aaron** has a love of baseball and assists with managing one of the local high school teams. He really enjoys spending time at practices and games helping out where ever he can. The team has been struggling a little this year, but this is helping Aaron to learn some big life lessons dealing with understanding that it's not always about the win. Spending time learning to work together, trying your best and persevering are all important parts of being on a team too. He still looks forward going to the next event and is proud to be a part of the team. Aaron, we hope that your winning spirit continues to uplift the team.



When nice temperatures come about there is always a draw to be outdoors. We often try to bring some of the outdoors inside by opening the windows. Replacing that old winter air with a fresh spring breeze is always welcome. **Todd** often looks forward to the warmer time of year so that he can start to sit on the front porch and watch everything going on in the neighborhood. It is very relaxing for him. **Lee** and **Aaron** are often interested in the occasional outside projects. We are so lucky that **Karen** has a green thumb and is getting things ready for the guys to start on by prepping the side gardens. The shrubs and bushes are done. The flower beds are next. She has some plans for some container gardens as well. She is getting the guys eager to start work once the chance of freezing weather moves on. Todd always enjoys picking out a couple of plants in the spring. We put them outside and watch them grow all summer. He is eager to get that going. Aaron and Lee are particularly interested in getting a start on mowing the lawn. This is one of their favorite things to do. It should not be long before they can get started. Hopefully with the April showers we will be able to show off some May flowers for you next month.



It is almost like a major holiday here in Wausau and we made sure we were all part of the “festivities” this year. It is not Easter or St. Patrick’s Day. The “holiday” we are speaking of is **Spring Cleaning!** This year it took the form of the large item drop off in Wausau. It is not glamorous, but everyone seems to look forward to it and participates as much as they can. At MRCS, we had some things collecting and it was time to get it all moved out. With the incredible assistance of our maintenance guy, Ken, a large trailer load from all the houses was put together to bring to the drop site. He was able to stuff a whole trailer with things, but there was still more for another load. With the assistance of a few good helpers the job got done. **Lee, Aaron,** and **Ellen** helped **Mike** get the load over to the site. Lee was having a marvelous time because he was able to throw some items off the trailer and watch them smash to the ground. Aaron was interested in the big front end loaders picking up all the trash items, Ellen was just happy to be outside and helping where ever she was needed. With this crew we were able to get two loads taken to the site. It was a satisfying day. Well no “holiday” is complete without some nourishment, so the crew had a fest of Big Mac’s after the job. All well deserved. So until next year, Happy Spring Cleaning!



Seventh Street Suites News



There have been some very exciting changes at 7th Street on the work front. First **Mike S.** has recently changed his job and is back in the food service field. He is now working at a restaurant in the Rib Mountain area. Mike is very excited about his job and trying something new. **Terra** has changed work fields as well and is now working at a local coffee shop. She seems to be enjoying the change of pace and early morning rush hour. **Brittney** also landed a job and started at a local restaurant. She was busy training in many different sections of the restaurant. Unfortunately this was not the right fit for her and she is going to continue looking for a different job. We are so proud of her for trying and getting more experience though. **Matt** switched to a different department at his current job and will be working in the electronics department, which should be a perfect match for Matt. He is now getting paid for all of his personal electronics knowledge. **Crystal** is picking up a volunteer day at a local Equine Therapy Farm. Congratulations to all of you for all your new career changes. **We are very proud of all of you!!!**

On April 21 the Garden Club got together, we had a few changes in the garden Club. **Val** and **Crystal** are still members. Some new members are **TJ** and **Todd**. **Crystal** enjoyed helping labeling the containers transplanting and cleaning up to make sure the work area stayed clean. **Val** assisted with transplanting and planting seeds. **TJ** loved talking about all the food he will like making with the different herbs that have grown. **TJ** also helped plant. **Todd** enjoyed planting seeds and watching others transplant. **Sam** brought the club members and enjoyed helping out and getting her hands dirty as well. They transplanted the herbs, planted seeds for three different types of tomatoes and seven different types of pumpkins. The pumpkins have different shapes and colors; one of them is blue in color. Can’t wait to see how that turns out! Next month the club will start getting together twice a month. Lynne took pictures for the Monk

Gardens newsletter and brought cookies and soda to snack on. Everyone did a nice job helping out and we look forward to hopefully starting our own garden at 7th street soon.

Crystal took part in an Indoor Water Baptism Service at Christian Assembly this last month. Crystal did a nice job and is happy to be a part of Christian Assembly.

This month at Christian Assembly was Pastor Dennis Romine's last month with the church. **Sarah** took churchgoers to the Sunday farewell service. Everyone enjoyed the special song that two parishioners wrote and performed especially for Pastor and his wife Linda. They went through the reception line to thank Pastor Romine for welcoming our clients over the years and providing them with fellowship, great music, and spiritual guidance. **Todd** made Pastor cry when Todd told him how much he would miss him! **Crystal** thanked him for her recent baptism and asked to take pictures with him and Linda. We thanked them both for their service and wished them luck on their next adventure. After the reception they stayed for a delicious brunch. **Jackie and Justin** enjoyed laughs and fellowship at brunch.

Matthew celebrated his birthday. Staff made an ice cream cake which was shared with everyone at 7th street. **Happy Birthday Matt!!**



Hamilton House News

As they say "April Shower's bring May flowers!" everyone at Hamilton House is excited for the beautiful weather to begin so the fun can start. Happy Spring!

You may remember the last couple of months **Sean** was participating in **TOPsoccer** through the Everest school. This month TOPsoccer decided to throw a bowling and pizza shindig to reunite everyone and encourage others to join TOPsoccer! **Sean** and **Val** both attended this event, and both agreed that it was a nice change to their schedule. Sean is looking forward to the next TOPsoccer event. **Ellen** wasn't interested in bowling, but she never passes up a chance to meet new people and enjoyed herself too.

We kicked off this warm weather with our first picnic of 2016! **Sean, Val, Jeff, Ellen, Lee, Todd, Aaron, Justin, Heather, Rachel, TJ, Crystal, Jackie, and Brittney** all came out to Blue Gill Park for a picnic. Jeff and Lee enjoyed



watching the boaters on the water. Sean, Aaron, and Justin tossed around the football and had a contest to see who could throw it the farthest. Rachel and Heather were in the mood for some sunbathing and tried to catch a tan. Val, Ellen, Todd, TJ, Crystal, Jackie, and Brittney all enjoyed catching up with one another and the nice breeze in the shade. Crystal, Jackie and Aaron walked the paths and picked up some pine cones for a future craft project when the weather isn't so nice. All enjoyed the food and socializing with the other houses. We can't forget all the singing coming from the group either! It was our own personal concert in the park. It was beautiful out; the sun was shining and there was a nice breeze and we are looking forward to more nice days and picnics in the park.



Val and **Jeff** did not waste a second of this beautiful weather and spent time outside when they could. They challenged each other to a few suspenseful games of King's Corners out in the sunshine. Val also loves to sit outside at the table in the back yard and listen to those summer tunes on her radio. **Jeff** and **Ellen** love to take refreshing walks and are glad it's more pleasant out there. **Sean** has also been keeping busy with helping out at our main office getting the leaves raked up and flower beds ready for planting. This gorgeous weather has just begun, and we can't wait for more!



Soccer season has just started. **Sean, Justin, Juan, and TJ** attended their first tournament of the season. **Ellen and Jeff** went down to cheer everyone on. **Sean, Juan, and Justin** gave it their all and came out with two victories. **TJ** played his heart out and his team came out with one win. Needless to say, this tournament was a success. **Sean, Ellen, Jeff, TJ, Jackie and Justin** all enjoyed some delicious food from Culvers after the tournament and had a really great day.



Prospect Place News

Let's get ready to RUMBLEEEEEEE! The beginning of the month started off with a bang as Prospect Place hosted a get together for everyone to come over and watch **WWE WrestleMania**. We made homemade tacos and everyone watched as their favorite wrestlers had amazing matches. **Val, Jeff, and Sean** watched in suspense waiting to find out who would win each match! In between matches everyone chatted about their favorite wrestlers. Everyone was in agreement that the ladder match was the best. **TJ and Justin** are really looking forward to seeing the WWE superstars live when they go to Monday Night Raw in Green Bay at the end of May.



Everyone is getting Spring Fever here. **Heather** has been on many bike rides all over Wausau. She is also enjoying Track and Field with Special Olympics. **Justin** and **TJ** are in soccer. Everyone enjoys decorating the house for the changing seasons and holidays. Heather and TJ went to craft night at the library and made beautiful aluminum butterflies. This is a craft that they are looking to make more of so the butterflies can be displayed in the house.



Friday nights are always a fun night out for us. We go to karaoke and always seem to bring along other MRCS residents along from the other programs. We have had **Val, Jeff, Crystal, and Todd** all tag along with us. Most sing at least two songs each time we go. The songs range anywhere from dance music to country to Disney songs! A few enjoy playing pool. It's a great opportunity for everyone to get out and socialize in the community.

We have some master chefs in the house who have been cooking some pretty elaborate meals throughout the month. **TJ** made Chinese Orange Chicken, Lasagna, and Pork Lo Mein. The Pork Lo Mein was the biggest hit and we will certainly put it on the menu again



next month! **Heather** made a homemade cold vegetable pizza and chicken Alfredo. **Rachel** made creamy spinach almond soup and meatloaf which she likes to eat but would prefer not to make again (at least not without some gloves). **Justin** made hamburgers. Cooking is a great opportunity for everyone to learn valuable skills of not only making meals for themselves but also of working with others, good communication skills, and time management. Hopefully next month is filled with several more delicious breakfasts, lunches and dinners!

We've had a few notable events occur in regards to employment for Prospect Place clients. **TJ** started working an extra day each week. **Heather** went to the Community Corner Clubhouse and has been working with the employment specialist to work on finding employment. She has filled out an application. This is a great step Heather! Keep up the good work. **Justin** had perfect attendance and work for the month and continues to volunteer once weekly. We hope everyone continues to work on their employment goals and continue to succeed.

VIP PROM 2016

We always look forward to the MRCS members theme this year was "Under night. There is always the likes to look their best and all gussied up. Of course next step is to show off how to the town and went to eat at a local restaurant. It is always great to combine good food with good friends. Then came the main event. Everyone had fun dancing the night away at the Elks Club and hanging out together. Well this event took place way too close to publishing time of the newsletter so we are going to ask your patience to see what everyone looked like in next month's newsletter so be sure to check it out!



the Annual VIP Prom. Many of participated this year. The the Stars". It was a full day and getting ready part. Everyone everyone took their time to get when you are all dressed up the good you look! The group took

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 – 20 years
4/2/1996

Diane Strow – 2 years
4/28/2014

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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