

SMRCS

Marathon Residential and Counseling Services, Inc.

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Welcome to Our new Administrative Assistant; Kia Lor

My name is Kia V Lor. I turned the big 30 in September of this year. I have been happily married for ten years. I have three beautiful dark-eyed and black haired children, ages 9, 5 and 1. I have worked in the past as a caregiver for six years with the elders with dementia, Alzheimer's and other behavioral problems. It's an experience very much. I worked also as a volunteer at the Aspirus Wausau Hospital in the following departments: Front desk, gift shop, mail and flower delivery and filed paperwork in medical office. I am very new to the Administrative Field and hope that everyone will bear with me while I learn the responsibilities to the position.

My free time activities of choice would be family fishing, taking long walks, jogging and some yoga stretching. I am trying to get in the habit of traditional board games on Sundays with my family. I love the bonding, we get the chance to learn each other's differences which make us each unique. Some special life experiences I cherish are the births of my children; something I consider amazingly beautiful that holds my life together and defines the word true love are my kids. They make my world go round.

Growing up family structure was minimal, often I wished my family were more family-oriented but I learned it's never too late to change that. Today I'm more knowledgeable how important family is so I try to be there the best I can for my loved ones.

One of my personal goals in life is to accomplish reading five novels by Nicolas Charles Sparks. Nicolas Charles Sparks is an American writer and novelist. I love his story lines! They're amazing if you haven't heard! One of my favorite movies written by Sparks is, "The Note Book." A must watch movie if you haven't seen it already.

Another goal I have in mind would be to enroll in school to further my education in all different fields. I believe I'm a life-long learner. I love learning anything new especially if it concerns life opportunities. Last goal would be to never stop learning! You can never learn enough! My husband and kids are my motivations to keep pushing forward every day. They remind me that I'm here for a reason so I smile every day.

Some favorite quotes that inspire me every day are: 1. Go on more adventures. Be around good energy. Connect with people. Learn new things. Grow. 2. Sometimes you have to let things go, so there's room for better things to come into your life. 3. Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.

Social Skills Group Risk Taking

For October's social skills group, **Therapist Justin** led a discussion on risk taking. A lot of people had questions about what a risk really is. After some talking back and forth, we all could see that a risk happens whenever we do something without knowing exactly what will happen: the result might be positive, might have no effect at all, or it might end with ourselves or others getting hurt in some way. Any time we make a decision and we are unsure about the consequences, we are taking a risk.

Therapist Justin showed the group a coin and flipped it, asking "are all risks the same?" He pointed out that when we flip a coin we have equal chance of it landing on heads or tails. We learned that some risks are like flipping a coin: we make a decision and it has an equal chance of ending positively or ending negatively. Most risks are not like this, however, and we learned that there are ways to decide whether a risk is worth taking or not.

Therapist Justin encouraged the group to think about risks as having both positive and negative possible outcomes. The group worked on listing the pros and cons of different risky decisions. Therapist Justin pointed out that a good risk is one where there are more positive than negative outcomes, such as asking a friend to come over and spend time with you. In that case the only negative possibility is that the friend will say no, while there are lots of positive things that could come from socializing with the friend. Other risks are not worth the possible negative outcomes: everyone laughed at the idea of getting a haircut from Therapist Justin, knowing right away that this would not be a good idea. There is a possibility that they could end up with a great haircut, but it was far more likely that Therapist Justin has no hair cutting skills and would make ugly mistakes.

We also learned that some positive consequences are especially good and worth taking risks for, while some negative consequences are extremely negative and are not worth a risk. Going to the dentist might be painful, but having healthy teeth to prevent more pain in the future makes it worth the risk. On the other hand, stealing money from a store might get you some easy money, but when you think about the risk of going to jail it is clear to see that this wouldn't be a wise decision.

By the end of group we could all see that we take risks every day, and the important thing is to make sure we think about the risks we take, using wisdom in our decisions by making sure the positives are worth the risk and the negatives that could happen aren't too bad.

We look forward to seeing you at next month's social skills group, where we will learn about hygiene and how to keep ourselves from getting sick this winter. Come on time in order to get your name in the door prize drawing!

7th Street Suites News

Diane went with **Mike S** and **Shawn** to Willow Springs Gardens Fall Festival. They had a petting zoo, crafts, wagon rides and music. With the petting zoo; they had rabbits, chickens, a couple of small ponies, a young bull, a sheep, and goats. They had a lot of fun with one goat that kept jumping the fence and putting her back in. They finally gave up and went through the craft tent where **Shawn** spotted some hand crafted rings and was thinking about getting one for his girlfriend for their 7 year anniversary. They almost took a horse drawn wagon but it was full. They toured the old school house and enjoyed the gardens that had a water garden and Koi swimming around, they then went to the round barn to enjoy some music before leaving. **Mike S** is looking forward to going back for some other activities, he said he really enjoyed the 4th of July celebration there earlier this year.



Packer games are in full swing again and we have some serious Packer Fans at 7th Street Suites with **Mike P** being our biggest fan. He can be found every Sunday planted in front of the television rooting on his favorite quarterback. We all appreciate his enthusiasm as he always knows the score when staff is unable to catch the game with him. The day following the games, a group enjoys going to Dale's Weston Lanes for Pack Attack. **Crystal, Mike P, and Todd**, along with **Chou** have gone on a few occasions.

A variety of other fun things have happened during the month. **Crystal** was able to attend a birthday party for a friend at Cedar Creek Lodge where she enjoyed going on the rides, especially the lazy river, and had pizza and soda for dinner. **Mike P** went to several local high school sporting events independently and also with his dad. **Matt** and **Mike S** watched a few horror movies this month and now are looking at Ouija

boards a little bit differently. **Matt** purchased new component for his computer including a key board that lights up and **Zach** helped him assemble his desktop in a see through box. **Mike S** found a wallet on the street. He was able to call the owner and return the wallet. The owner gave him \$10 as a Thank You for returning his wallet. Good Job **Mike S!** **Shawn** purchased a RC car and has enjoyed racing it around the 7th Street Suites property and showing it off to his peers and neighbors. **Terra** began playing dart ball again this year with her boyfriend on a weekly basis on a team. They have been winning several games. We hope that her winning streak continues!

We have exciting work news at 7th Street Suites. Both **Mike S** and **Matt** started at their new positions at a local superstore! **Mike S** is enjoying the consistent full time hours and enjoys his new coworkers and he is really looking forward to his week of paid vacation in a year! **Matt** reports he enjoys working more hours and getting paid more money per hour. We are happy to see them succeed and wish them the best of luck. **Mike P** completed a work experience at a local Mexican restaurant where he gave 110% effort and really enjoyed the work he did.

We like to try new things at 7th Street Suites. This month, **Matt** wanted to try jalapenos. Rose prepared homemade baked jalapeno poppers for **Matt** and **Mike S**. **Matt** was not too keen on them stating they were too spicy for his liking. **Ken, our maintenance man** enjoyed several of them. We will keep the recipe around for a gathering as it was a very healthy recipe and some of our other MRCS clients enjoy spicy foods. **Matt** is going to lay off the jalapenos.



Prospect Place News

We are uber excited to see what tricks and treats everyone at Prospect Place has up their sleeves this month!

In the fall spirit **Rachel, Ellen, Jeff, Val, Todd,** and **Lee** traveled to Nekoosa, Wisconsin to see a 641 pound pumpkin fall from 100 feet up in the air! **Jeff** was the closest to guessing the weight of the pumpkin calling out 630 pounds! Everyone was excited when we started the count down from 10 for the pumpkin to be squashed. When the pumpkin hit the ground pieces of pumpkin splattered all over the field. You could feel the vibration when the pumpkin went *BOOM!*

As another special treat, Deidra brought her cute little pup in for a visit! **Lee, Heather,** and **Rachel** enjoyed her company and thought she was the cutest thing ever.

The most awesome tradition there is in October for Halloween is carving pumpkins and that's what Prospect Place did! **Rachel, Lee, Justin,** and **Heather** all traveled to Ringle, Wisconsin for another fall festival, where they snatched up some great looking pumpkins. Everyone took their turn in carving the perfect pumpkin. Whether it had a silly face or General Lee's car number! We are so excited for this *spooktacular* holiday at the end of the month!



WOW!



Everyone at Prospect Place had a fright at Wilke's Haunted house. **Heather, Lee, Justin, and Shawn H** all got up the courage to walk through the *frightacular* house! **Justin** was the bravest of them all leading the pack through the creepy clown room and the terrifyingly narrow walk ways. **Justin, Heather, and Rachel** also did a regular corn maze during the day. There were so many twists and turns that they couldn't find their way out. At last **Heather** was the one who found the exit and saved everyone from spending the night in the corn maze. Thanks for the help!

Reynolds Place Update



It has been a beautiful month and Reynolds Place got out to enjoy the beautiful weather. **Todd, Curtus and Aaron** went to the Ringle Harvest Days event and had a great time. All three gentlemen enjoyed browsing the flea markets and looking at the incredible collection of things for sale. **Curtus** was especially intrigued by the handmade yard decorations made from bowling balls. The free samples of homemade jams and pickles were also a hit. We were excited from the get-go about the petting zoo and we visited it twice. There was a calf, goats, a miniature cow, ducklings, pot-bellied pigs, and

Sarah's favorite, half-grown chickens. We met some great exhibitors and look forward to seeing our Ringle neighbors again next year.

Zach celebrated a birthday. He had a small gathering of people that came over to enjoy cake and his favorite ice cream, Neapolitan. There was good conversation and well wishes for **Zach**. Happy Birthday **Zach**.



We had some windows replaced at Reynolds this last month. Two of the three windows on the third floor were done. The last one is on order. They look great and let a lot more light into the rooms. We look forward for the last one being done soon and we'll send pictures next month.



Hamilton House News

For movies this month **Val** saw *Hotel Transylvania* and **Sean** went to see *The Martian*. They both went to see *Pan*. They all were great movies.

Social skills group this month was about risk taking and how to tell if a risk is worth the possible negative outcomes. **Ellen, Jeff, Sean and Val** all participated. **Ellen** won a Subway gift card and **Val** won a notebook with markers, so they were both pleased. It really does pay to go to those groups!

Aaron from Reynold's Place has been over at Hamilton House a lot helping out with yard work including raking the leaves and mowing the lawn before the snow falls. We are so appreciative.

Everyone is getting in the Halloween spirit! The house is decorated and there are pumpkins everywhere. **Val** and **Sean** both have their costumes ready to go and with some help, will get their faces painted. **Jeff, Val and Sean** carved pumpkins while **Ellen** watched. We will be baking the pumpkin seeds and enjoying them for Halloween while celebrating with all the MRCS homes and apartments.

Special Olympics News

Special Olympics had their Fall Party. **Lee, Justin, Heather, Sean, Jeff, Crystal, Aaron, Todd, Zach,** and **Aaron** attended. There were plenty of their fellow athletes and friends there. The amount of food was plentiful as well. The guys and gals took part in a costume contest and parade. **Lee** went as a hunter. **Justin** went as



Johnny Cash. **Heather** went as a Packer star. **Aaron** and **Curtus** were military personnel. **Zach** said he came as a bum. **Todd** disguised himself as Aaron Rogers from the Packers. **Crystal**



dressed up as a fabulously purple spider. Everyone took part in some games and came away with some prizes. A good day was had all around.

The final Special Olympics Flag Football tournament was this month in Neenah Wisconsin. **Sean, Curtus, Aaron, Justin, Heather, Mike P.** and **Crystal** all participated in the tournament. **Zach** went down to cheer his team on, though was not able to play due to an injury. Everyone played hard and came home with

2nd and 3rd place ribbons. They hope to be in first place next year.

Special Olympics bowling practices continued throughout the month. **Sean** has been a great help with these practices as a volunteer. He sets up the ramps for the bowlers. **Todd, Crystal, Jeff, Lee, Justin, and Heather** all participated in the bowling state competition. **Lee and Justin's** team took first place as well as **Crystal's** team! **Todd's** team came in 2nd place and very proudly showed off the medal he earned for his efforts and skills. **Heather** took third! **Jeff** took 4th place! Way to go everyone.



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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