

**MARATHON  
YOUTH SERVICES  
NEWSLETTER  
December, 2011  
Volume 11, Issue 12**



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**Vacancy Posting**

(Updated 12/1/11)

- **RGH** has one vacancy and one anticipated vacancy at this time.
- Our **Adult Programs** currently has one AFH vacancy available.

Please contact Pam (715-432-2818) or Sue (715-551-8568) to discuss our adult vacancies. For RGH vacancies call Mike (715-551-6396).



At this time of year, Thanksgiving especially, it's easy to get reflective about our many blessings; Mike does it quite eloquently this month. I'm sure he speaks for us all here at MYS when he suggests we "take some quiet time to reflect on the things that you are thankful for". A worthwhile exercise indeed... Here at MYS we're awash in blessings: the many clients we've all come to feel so inspired by and attached too, a staff that rises to every challenge, leadership that is both supportive and insightful, and a community that supports our continuing efforts. What more could we hope for!

Hard as it might be to contemplate, the next time we put this newsletter together Christmas will have come and gone for another year. In the meantime, I hope you will all make the most of the Season, love those close to you, and share yourself with the community.

Happy Holiday from all of us here at MYS!

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### Reflections on Thanksgiving...

Another Thanksgiving has passed by and we are now moving full steam ahead for the next holiday. I often feel that Thanksgiving is one holiday in the year that probably has an identity crisis. It does not know where it lands in the minds of people and is marred by other agendas going on. It is meant for family and friends to gather as well as a time to be reflective of what we truly do have and accomplished. Often it is wrapped up with hunting, football, and the kickoff to the Christmas shopping season as well as other things. It is sometimes hard to find the time and space to be thankful among all the other busyness that has been created. It is a sad state when we have to pencil in our schedules to be reflective and thankful and maybe take a moment each year to do so.

Being the kind of person I am, I try to do this not only around Thanksgiving but also most mornings. In most of these reflective times I often find myself going over in my mind the many things that I am thankful for. Many of those thoughts will often land at the opportunities that come about with my work with Marathon Youth Services and Reynolds Group Home

I often get asked by people how I am able to maintain my sanity with the work that I do and how I have been able to do it for as long as I have. I can easily attribute it to taking the time to be thankful for what I am able to do in my day as a major part of maintaining my stamina in this profession. Each day I try to look at the areas I am truly blessed in my life. Since we are still somewhat in the season of Thanksgiving, I want to pass along some of the things that I am thankful for.

I am truly blessed and thankful to work with the youth and their families that we serve throughout the year. It is not only about teaching and providing them opportunities, but it is also an opportunity for me to learn from them. Each person provides a new learning opportunity for us as we work with them.

I am blessed to work with the team of people that I work with at MYS and RGH. They are a stellar group that amazes me with their insights, compassion, creativity, and ability to get these guys to grow on a regular basis. Our program would be nothing without them.



I am also very thankful for the people throughout the community that are resources for the youth and the families we serve. Without them our job could not be done. I am always appreciative of the efforts of other people who help out our guys for the simple reason of wanting to help them grow. From schools to counselors to social workers and so many more. Your efforts are always appreciated.

If in the busyness of this season you find yourself overwhelmed, try to take some quiet time to reflect on the things that you are thankful for. It just might give you the perspective you need to move ahead refreshed. I hope your holiday season will be blessed to you as well.

Prayers and blessing to you,

Mike McCabe

RGH Program Coordinator

### November Events in our AFH and Supportive Apartments

#### Hamilton House News!

Hello everyone, welcome to **Hamilton House**. We are glad you are here to share this wonderful time with us. An exciting transformation has occurred at the Hamilton House. The downstairs living room has been renovated into a sleek and modern hang out spot, with new couches to lounge on and lamps to light the night. As well, an updated paint job and flashy curtains adds a warming touch and makes the living room the place to be.

**Robert** has been busy this month with Special Olympics bowling, cooking meals for the house, and assisting with household chores. When Robert was not helping around the house, he was busy planning his move to Prospect Place. With much anticipation and excitement, Robert moved to Prospect on Saturday the 19th, will be greatly missed here at Hamilton.

**Sean** stayed busy with his paper route. He spent his time at the library, the Hmong Mutual Association, touring the community, and attended outdoor activities like the Marathon Park ski swap. Sean also participated in Special Olympics bowling. Sean also picked up and sold popcorn for Boy Scouts.

**Greg**, the most active housemate that Hamilton has to offer, has been go, go, go all month. When Greg was not busy helping out around the house he enjoyed listening to music. Greg is actively moving forward in his life and has been out and about picking up job applications, planning interviews, and looking into furthering his education at NTC.

#### From the Prospect Press:

With a new month also comes a brand new year for **Lee**, who celebrated his 20th birthday in November! Lee had a birthday party with his housemates, and guests from Seventh Street Suites and Hamilton House.





Lee celebrated his birthday with a party at Prospect Place with the following **guests: Justin, Crystal, Nate, Tong, Mike P, Matt, Shawn and Robert. Staff Jill, Al and Moua attended.** The party started with a fun and exciting game of Charades. Robert acted out a basketball player, Crystal did the motions for grocery shopping, Matt did the moonwalk, Lee acted as a baseball player, Shawn was Aaron Rodgers and Nate was Spiderman. And these were just a few! After the game, everyone sang Happy Birthday to Lee. All enjoyed cake and ice cream. Lee said he had a great birthday at Prospect and looks forward to his next birthday party at MYS!



**Prospect Place welcomed a new resident, Robert** during the middle of the month of November. Robert has been getting along very well with his new housemates and he absolutely loves his new room and new bed! Although Robert said it may take a little getting used to, as any move does, he also explained that he believes he will be very happy living here at Prospect Place. Everyone is glad to have you, Robert!

Aside from Robert, there has been another new and **exciting addition to Prospect Place: an activity room!** The activity room is located upstairs, in a once empty bedroom. As of now, the room contains a TV for the men's viewing and a nice and cozy chair. They are hoping to spruce it up with a table for games or coloring in the near future. The men love the extra space!

**Another busy month for all of the MYS adult clients;** not only are they busy working on the independent living skills, working hard at their jobs, hanging out and visiting with friends and family, participating local activities in the Wausau, but we can't forget about sports, sports, sports...

First we have to talk about those extraordinary, wonderful Green Bay Packers. Of course, each week our clients continue to watch and cheer on our state's football champs. Our newest client **Kevin V.** is also a big fan of the Packers. For the few non Packer Fans (staff Karen S.) the clients are constantly working on converting her and giving her reminders that she no longer lives in the Bears territory. A MYS group including **Crystal, Nate, Mike S., Lee and staff went watched the live broad cast show, Pack Attack,** at Dale's Weston Lanes. Nate was excited to go and proudly wore his Packer's jersey. The night's guest was Frank Zombo. After the show was over Nate got an autograph. **Crystal and Lee got an autograph from Dave Calloway.**



Don't worry! **MYS residents also continue to support our local sports too!** Nate actually finished up his football season at Wausau East this month with a tournament and banquet. He played and won 3 of the 4 games. Now that high school football is over, **Mike P.** has been checking out a few of the Wausau West Basketball games.

Moving on to Special Olympics sports, Wausau Metro is finishing up the bowling season. Lee, Crystal, Robert and Tammy attended a bowling tournament in Eau Claire. Lee bowled at the University of Wisconsin – Eau Claire bowling alley located directly on their campus. Tammy and Crystal bowled at Wagner's Lanes, another bowling alley in Eau Claire. Robert was the best fan out there! Everyone enjoyed the social time with their fellow athletes and they enjoyed spending time with each other. We were able to have a fun and friendly lunch at Culver's, as well. The van rides to and from Eau Claire made great memories, too! In the end, Lee took sixth place, Crystal received 4th place and Tammy came in 3rd place! Tammy will be moving onto State, which will be held in town during the first weekend of December. All of the Special Olympic athletes did an outstanding job!

We can't forget about all the **back yard b-ball** the clients play and I heard that staff **Moua** is pretty good himself. We also have had few trips the YMCA this month. **Mike and Shawn** went with staff to YMCA to play some basketball and pool games. They had fun playing against each other and hope to do more at the Y!

Moving on from sports, **Michelle took Crystal and Virginia** to the Greenheck Field house for the **Hmong New Year celebration**. Virginia and Crystal enjoyed looking around at all the different vendors and watching the Hmong ladies dancing. There was also a movie outing to Cedar Creek Cinema with Crystal and Virginia to see *Breaking Dawn*. **Staff, Crystal, Nate and Matt went to Weston Lanes** for some bowling. Matt bowled a perfect 100! **Greg** joined a resident and staff at Seventh Street Suites for a game of poker. Staff **Moua taught Nate and Crystal to make egg rolls** one evening. Virginia, Crystal, Mike, Dale, a fellow resident and staff Lorraine went to the Leigh Yawkey Art Museum for the Think Inside the Box Exhibit. Everyone found at least one box that appealed to each client. After the museum we drove to Dale's Weston Lanes along with Nate. The men played pool while Crystal and Virginia bowled. Everyone had a good time. Dale, Crystal, Virginia and staff then went window shopping at Target.

In spirit of the holidays, **Lorraine organized a few craft projects** including angels and toy soldiers Christmas ornaments and Thanksgiving turkey treat decorations with Crystal, Nate, Virginia, Tammy, Terra and Dale. Lorraine also took Crystal, Nate, Tammy and Lee to a **Christmas Concert at Wausau West High School** featuring local Church Choirs. Everyone stated that they had a good time and enjoyed themselves.



**Thanksgiving was quite the joyous occasion this year**. Robert, Mike and Justin from Prospect Place, Kevin R, Shawn, Mike P and Shane from Seventh Street Suites were all able to go home for some time to enjoy a delicious meal and spend **some quality time with their loved ones**.

Lee was able to spend Thanksgiving at Prospect Place. Lee, being the only one home, got to go swimming at the YMCA, do a little shopping at Target, bowl a few games at Dale's Weston Lanes and eat out at the lanes, as well!



**Mike P** made it back just in time to take in another turkey dinner in along with, **Matt, Kevin V, Nate, Terra, Crystal and staffs Lorraine and Michelle**. Thanksgiving was a huge hit at **Hamilton House too!** Both **Greg and Sean** helped prepare the big meal. Turkey, mashed potatoes and gravy, two kinds of cranberries, crescent rolls, green bean casserole, spaghetti squash, stuffing and pumpkin pie were served! The men enjoyed the meal and afterwards were stuffed! Now, folks, bring on Christmas!

This holiday season when you are out and about shopping and hear the bells a ringing, don't forget to **give a little something to the Salvation Army**. Once again, **Shane** is working hard to help out the Salvation Army.



With the **Christmas Season** heading our way I've been looking around for recipes that are simple and tasty... These two looked like they might fit the bill and be worth sharing...

### Holiday Brunch Casserole Recipe

12 Servings Prep: 15 min. + chilling Bake: 30 min. + standing

#### Ingredients

4 cups frozen shredded hash brown potatoes  
1 pound bulk pork sausage, cooked and drained  
1/2 pound bacon strips, cooked and crumbled  
1 medium green pepper, chopped  
2 cups (8 ounces) shredded cheddar cheese, divided  
1 green onion, chopped  
1 cup reduced-fat biscuit/baking mix  
1/2 teaspoon salt  
4 eggs  
3 cups 2% milk



#### Directions

In a large bowl, combine the hash browns, sausage, bacon, green pepper, 1 cup cheese and onion. Transfer to a greased 13-in. x 9-in. baking dish.  
In another bowl, whisk the biscuit mix, salt, eggs and milk; pour over the top. Sprinkle with remaining cheese. Cover and refrigerate overnight.  
Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 375° for 30-35 minutes or a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Yield: 12 servings.

**Nutrition Facts:** 1 piece equals 366 calories, 25 g fat (11 g saturated fat), 131 mg cholesterol, 971 mg sodium, 16 g carbohydrate, 1 g fiber, 19 g protein.

Originally published as Holiday Brunch Casserole in Country December/January 2009, p53

### Butterscotch Fudge Recipe

#### Ingredients

1 teaspoon plus 2 tablespoons butter, divided  
1-2/3 cups sugar  
2/3 cup evaporated milk  
1/2 teaspoon salt  
2 cups miniature marshmallows  
1 package (10 to 11 ounces) butterscotch chips  
1/2 cup chopped walnuts  
1 teaspoon maple flavoring



#### Directions

Line an 8-in. square pan with foil and grease the foil with 1 teaspoon butter; set aside.  
In a large saucepan, combine the sugar, milk, salt and remaining butter; cook and stir over medium heat until mixture comes to a boil. Boil for 5 minutes, stirring constantly.  
Remove from the heat; add the marshmallows, chips, nuts and maple flavoring. Stir until marshmallows and chips are melted. Spoon into prepared pan. Let stand until set.  
Using foil, lift fudge out of pan. Discard foil; cut fudge into 1-in squares. Store in an airtight container at room temperature. Yield: about 1-1/2 pounds.

**Nutrition Facts:** 1 piece equals 62 calories, 2 g fat (2 g saturated fat), 2 mg cholesterol, 29 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein.

Originally published as Butterscotch Fudge in Country Woman September/October 2002, p35

For more information on all our programs, please visit our website at:

[www.marathonyouthservices.org](http://www.marathonyouthservices.org)