

**MARATHON
YOUTH SERVICES
NEWSLETTER
March, 2011
Volume 11, Issue 3**



Contents

- **RGH News Update**
- **Social Skills Group**
- **Congratulations!**
- **Adult Program News**

| 2011 | | | | | | |
|-------|-----|-----|-----|-----|-----|-----|
| March | | | | | | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



Vacancy Posting

(Updated 3/1/11)

- **RGH** has one current and one anticipated vacancy at this time.
- Our **Adult Programs** currently have two Supported Apartment settings at **7th Street Suites** 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).

Wow! That was some snow storm we had last week. I'm guessing that we'll have at least one more this year. Seems we always get our biggest snow in late winter... It sure provided a lot of work, and fun, for the crew at RGH. Lots of people needed help getting shoveled out. Our guys were more than happy to help out. I guess biking for me will have to wait another month or two... On a brighter note, Spring Training has started and the Brewer's first pre-season game is today!

February also saw another milestone for our Therapist Ashleigh Hinner as she received accreditation as a Licensed Professional Therapist! And, we grew our Extended Care and Respite Care services by beginning services to a couple of young women living in their own apartments.

Spring may be another month or two away yet, but the skies seem a little brighter every day.

If at any time you would like to be removed from this mail list, please click REPLY and simply enter UNSUBSCRIBE in the subject line. Your address will be immediately removed from the list

RGH Newsletter – March 2011 submitted by Mike McCabe

Snow has been a pretty big topic of late at Reynolds Group Home. It is hard to get away from it when you live in Wisconsin in February. Just when it seems like we might be done with it and some of the snow starts to disappear with some of the thaws we get, more comes along and gives us a new layer to deal with. As much as everyone likes to complain about it, it often can be pretty marvelous to look at and even experience. I can remember some of the prettiest landscapes ever seen are usually related to freshly fallen snow. Being a Midwesterner for my entire life it is hard to imagine what it would be like without snow. Don't get me wrong. I enjoy a nice, warm, sunny day like the next guy, but I always seem to look forward to the first snowfall in winter. There is always some excitement when the weather report predicts a significant snowfall. Everyone gets geared up for it, it then comes, and we deal with it, play in it, and then wait for the next time.



In the last few weeks snow has actually been a pretty good thing at RGH. It provided opportunities for the guys to experience some things that only come about here and there. The first opportunity that comes is the ability to help others. As we have stated many times over the years, RGH is involved in helping residents of the Wausau area shovel out after a storm. Many of these people we help are ones that cannot get it done themselves. The guys that we have placed at RGH now have become a very well-oiled machine in getting someone shoveled out. It does not take them

long to tackle even a large project. The important part is that they know that they are helping someone that needs them. They see this on many occasions when the people we help come out and tell them how much they appreciate what they are doing.

In today's society it is sometimes hard to find that feeling of being needed. This can be especially true to our vulnerable adolescents. There can be more strength in that kind of feeling and appreciation than what any athlete can produce. In the simple act of helping out and being appreciated I often am privileged to see more growth in a person than any other time. So as much as the guys here are appreciated for what they do for those members of our community I believe that our guys are equally appreciative of getting the opportunity to do so. Every time it snows is another chance to grow.

The other opportunity with snow is of course having time to play in it. Let's face it, being indoors all the time is not a good thing for a bunch of teenagers. This time of year is always a time where people start complaining of cabin fever. Well with the falling of some fresh snow it is always a good time to get out and play in it. Sledding is a blast to watch when these guys get going. There is something about this activity that can take the crankiest person and make them into a fun loving individual. At first when they start they are all trying to beat the land speed record down a hill. Some of them accomplish some speed, but mostly they have a pretty big loss of coordination on the way down and end up rolling down the rest of the way. After having that under their belts it is time to design obstacles, jumps, stunts, and so on.

It is amazing watching what they can create with some snow, sleds, and anything else that they can find. The most spectacular thing to watch though is seeing a bunch of guys that maybe an hour ago were fed up with each other working together as a team to accomplish a goal. In the midst of the



mixed up world where a lot of people are working to get something for themselves it is great to see a bunch of guys on the side of a hill working together to create something just to have fun. I often wonder how the world might be if a lot of the adults of today maybe did activities like this more often.

So the next time you hear of snow coming take a few moments after you get over your initial disgust and remember that somewhere in our little corner of the world that some marvelous things are going to come about because of the white stuff. It just may help you deal with it all a bit better. I know that it helps me a great deal.



At **Social Skills Group** this month, **attended by 9 residents and staff**, MYS members participated in a discussion **about meeting new people and making new friends**. We discussed the difference between what makes a friend versus an acquaintance. Group members offered insights about how friendships are made through common interests, through common friends and by putting in effort. We discussed the dangers of meeting people online and how to ask for help from staff if there ever is a question about how good of a friend someone is being. We also discussed the difference between friends and our staff members as sometimes our staff really feel like friends. All members contributed to our discussion and offered their life experiences to help others learn. If making friends and meeting new people is like baking a cake our MYS group members have the right ingredients to do so.

7th Street hosted and prepared a meal of hot turkey sandwiches, cheesy potatoes, fresh veggies and jello, while **Prospect** made a **dessert** for us to enjoy!

We would like to reintroduce **Ashleigh Hinner MSE, LPC, NCC, Marathon Youth Services' Individual and Family Therapist**. MYS is proud to announce her recent completion of 3000 supervision hours with Dr. Connie O'Hern and her newly earned credentials as a **Licensed Professional Counselor**.

Since joining the MYS team in August, 2009, Ashleigh has distinguished herself as a valued and respected member of our staff, and is rapidly on the rise in the community of Professional Counselors in the Greater Wausau Area.

Everyone at Marathon Youth Services has been impressed with the level of service and professionalism Ashleigh brings to our program. We are proud to have Ashleigh providing counseling services to our residents and families.

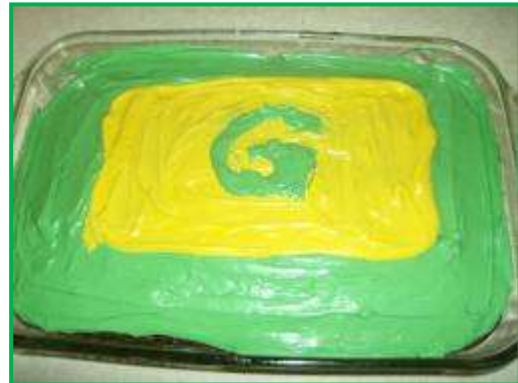


Congratulations on your latest accomplishment Ashleigh!



February Events at Seventh Street and Prospect Place

The Packers won the Super Bowl!!! **Mike, Shane, Crystal, Terra, Shawn, and staff Karie and Matt joined together in watching the Super Bowl game.** Everyone enjoyed good food such as Nacho's, tortilla chips with taco, cheese or guacamole dip, fruit salad and cookies before the game and at half time cheesecake was served.



Everyone enjoyed watching the game. When the night staff arrived, Crystal, Mike and Sean were still glued to the television. This staff is not much of a sports enthusiast but with all their enthusiasm and excitement staff joined in and we all cheered the Packers on to victory. Mike got a little nervous in the fourth quarter but was a happy fan when the Packers won. Everyone was really excited.

Ashley, our new extended care resident, joined us also. Ashley said she had a great time and would like to be invited to more parties like this. Ashley stated she also liked meeting the other residents that we serve and the staff.

Crystal celebrated her 25th birthday on February 11th. She has made a quarter of a Century! Crystal celebrated with a large birthday party of eighteen close friends and family. The time flew by as the group visited, ate and gave presents. After the party Crystal continued that celebration with **Karaoke night.**

Crystal, Mike P., Shawn Mike S., Sean, Justin and Kevin participate in the evening. Crystal, Mike S., Shawn, and Justin sang. Kevin, Sean and Mike P. ordered pizzas. Many residents also played pool.

February 12, 2011

Basketball, Basketball, Basketball. Sean, Mike, Terra, Crystal, Justin and Adam have been very busy during the past couple months with Basketball. This month the residents had another long day of Basketball Tournaments in Stevens Point. They are all looking forward to another big Tournament Day in March, this time it will be held in Chippewa Falls; from there we shall find out who is heading on to the State games.



Happy Valentine's Day

Crystal and Shawn celebrated with their boyfriend and girlfriend. Crystal and her boyfriend spend the evening sharing ice cream sundaes and watching a movie. Shawn planned an evening for his girlfriend to include cooking dinner and looking at his collections of car catalogs and Hot Wheels. They also spent time playing video games together. The next day Crystal was treated to dinner at King Buffet by her boyfriend. Afterwards they walked around Hallmark and looked at the items for sale before parting for the evening. Staff reminded Crystal's boyfriend that he was on a date and he opened the doors for Crystal.

Official Welcome to our Extended and Respite Care Clients. Services provided for Extended Care clients include cleaning, grocery shopping and activities. Our respite care client spends one weekend a month at Seventh Street Suites but we were blessed to have him two weekends this month! Activities with Extended Care included: YMCA which is offered two times per week unless another activity is planned, with the new fallen snow we took the opportunity to get out and sled, we also have gone bowling and gone to the library. With respite care, our client had the opportunity to join residents on community activities such as bowling and going out for dinner. There are transportation rides and trips to the library as well as other community stops. Our full time residents also have the opportunity to meet our extended care clients to expand their acquaintances.

Besides planning time with family and friends, **Shawn** keeps busy attending Knights of Columbus meetings. The last meeting was February 8th and the next meeting will be March 8th, currently the meeting consists of business agendas.

Mike P. and Kevin are advancing their job searches. Mike P. has gone on two job experiences this month at Goodwill Industries and Aurora Headquarters in Mosinee. Mike had the opportunity to label and stock at Goodwill and office work including sorting, filing and vacuuming at the Aurora Headquarters. Kevin has been independently searching for community based jobs as well as going on tour at Northern Valley Workshop. Kevin has had a break in his employment history and hopes that Northern Valley would give him valuable work experience to continue a community search.

It is Special Olympic Polar Plunge time again. Mike S. and Adam both were able to Plunge with Chad Franzen of Channel 7 this year on Friday, February 25, 2011. The residents are featured on the news at the Noon, 5 and 6 broadcasts. The water was reported to be warmer than the outside temperature. The official plunge occurred Saturday, **February 26, 2011** where **Justin plunged into the freezing cold water.**



With **St Patrick's Day** right around the corner, I thought it appropriate to remind you all of a favorite tradition at my house this time of year. I may not be Irish (unless you count "Pike Lake Irish"), but this is a great meal any time of year. Give it a try; and, enjoy!!!

Corned Beef and Cabbage

Ingredients

- 1 medium onion, cut into wedges
- 4 medium potatoes, peeled and quartered
- 1 pound baby carrots
- 3 cups water
- 3 garlic cloves, minced
- 1 bay leaf
- 2 tablespoons sugar
- 2 tablespoons cider vinegar
- 1/2 teaspoon pepper
- 2 1/2 pounds corned beef brisket with spice packet, cut in half
- 1 small head cabbage, cut into wedges



Directions

Place the onion, potatoes and carrots in a 5-qt. slow cooker. Combine water, garlic, bay leaf, sugar, vinegar, pepper and contents of spice packet; pour over the vegetables. Top with brisket and cabbage. Cover and cook on low for 8-9 hours or until the meat and vegetables are tender. Remove bay leaf before serving.

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

www.marathonyouthservices.org

If at any time you would like to be removed from this mail list, please click REPLY and simply enter UNSUBSCRIBE in the subject line. Your address will be immediately removed from the list

