

Oneida Extension Educators and Staff made 567 Programming Contacts in the months of January and February; with 155 Adult Contacts and 412 Youth Contacts.

2024 Cumulative Total: 567

Contacts 155 Adults and 412 Youth

January 2024

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Facilitated a hands-on training session for an Oneida County 4-H Junior Leader. The 4-H member and the 4-H educator reviewed, step by step, 4-H Cloverbud Curricula for a program the Junior Leader helped to lead in February. The goal of the training was for the Junior Leader to gain knowledge that will help them to become a better teacher, and an effective leader.
- The Northwoods Explorers 4-H Club held their January gathering, where youth led club business, recreation, and education. The club welcomed Matt Persike, a guest speaker from the Rhinelander District Library. The goal of the meeting was for youth to develop strong, supportive relationships with peers and caring adults in a safe, supported, and welcoming environment, and to be actively engaged in making group decisions and practicing life skills.



Left: The Northwoods Explorers 4-H Club's youth secretary (far right) reads the minutes as part of her office duties during the club's January gathering.

Right: The Northwoods Explorers 4-H Club's youth vice president introduces guest speaker Matt Persike with the Rhinelander District Library as part of the club's January gathering.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- ◆ Raise Your Voice club members from Rhinelander and Lakeland Union High Schools are being recruited for a field trip to Madison in March, where they will learn about legislative issues regarding mental health. RYV members will meet with elected officials in order to advocate for more resources to address the needs of youth. Students will see democracy in action, develop decision-making and public speaking skills, and learn about state government agencies.
- ◆ Actively participated in the Mental Health and Suicide Prevention Subgroup Coalition on mental health and suicide prevention, where individuals and agencies came together to empower people through education and resources. The goal of this effort was to increase community partnerships, capacity, and collaborative efforts to support healthy choices regarding social and emotional well-being.
- ◆ Attended a series of discussions with County Board Supervisors, school staff, and Extension colleagues concerning the development of a Youth In Governance Program. The program allows an opportunity for high school students to participate in Oneida County Committee Meetings in order to build youth-adult partnerships where local leaders will mentor young people, but also learn from them.

Health and Well Being

Laurel Parins, Health and Well Being Educator

- ◆ Facilitated a healthy living and nutrition educational outreach effort in partnership with the ADRC in Rhinelander. Information was provided to meal site attendees on heart healthy nutrients and movement habits. The goal of this effort was to support the aging population with creating and maintaining healthy eating and movement habits to reduce the risk of heart disease.
- ◆ Coordinated a series of strength training sessions (StrongBodies) in Oneida County, where older adults learned best practices and learned nutrition and health education. Participants engaged in regular strength training exercises to improve strength, balance, and flexibility so they can stay healthy and connect socially.
- ◆ Established meaningful, trust-based partnerships with diverse communities and organizations that will enable an environment of working together in order to affect change. New partnerships with the Department of Health Services (DHS), YMCA, Special Olympics of Wisconsin, and local Schools were created to assist with resource sharing and the development of innovative strategies for increasing physical activity among the youth of Wisconsin.
- ◆ Actively participated in the Mental Health and Suicide Prevention Subgroup Coalition on mental health and suicide prevention, where individuals and agencies came together to empower people through education and resources. The goal of this effort was to increase community partnerships, capacity, and collaborative efforts to support healthy choices regarding social and emotional well-being.

Allison Wilson, FoodWise Educator

- ◆ Finished another year of lessons at Pelican Elementary School teaching a total of 119 students and completing 20+ hours of in-class teaching time over 5 weeks. A 1st grade teacher commented that she noticed how much her class has been taking in the information this year. They are often talking about the foods they are eating and what food group they belong in, almost daily. She also noticed a willingness to try new foods and to try them more than just once.

February 2024

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- ◆ Provided support to the 4-H Volunteer Leader of the Oneida County 4-H "Learn to Sew" Program; a program for youth in grades 3-12 in Minocqua where participants made an apron. The goal of this effort was for youth participants to learn sewing machine basics and to develop life skills that include leadership, responsibility, teamwork, critical thinking, problem solving and a sense of self-worth.
- ◆ Advised an Oneida County 4-H Junior Leader during a hands-on science program for youth in grades K-2. The goal of this effort was for the youth leader to gain self-confidence by participating in a real-life leadership experience, while also helping educate families about Oneida County 4-H.
- ◆ Members of the Northwoods Explorers 4-H Club participated in an intergenerational opportunity where members assisted nursing home residents in playing a game. The goal of this effort was for youth to feel more comfortable interacting with and learning from senior citizens in their community, and to also learn more about the ageing process.



Left: Northwoods Explorers 4-H Club member Claire assists a nursing home resident in playing a game. The Club hopes to schedule more activities with nursing home residents in the future.

Center: Members of the Northwoods Explorers 4-H Club assisted local nursing home resident in playing a game.

Right: Adult 4-H Volunteer Jill Cullen helps a 4-Her thread a sewing machine as part of the Minocqua-based 4-H "Learn to Sew" Program.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- ◆ Actively participated in the Mental Health and Suicide Prevention subgroup coalition on mental health and suicide prevention, where individuals and agencies came together to empower people through education and resources. The goal of this effort was to increase community partnerships, capacity, and collaborative efforts to support healthy choices regarding social and emotional well-being.



- ◆ Accepted an invitation to participate in strategic planning meetings in Oneida County as part of the Health Department's efforts to obtain a Drug-Free Communities grant, in order to provide input about youth needs and possible ways to include youth voice.
- ◆ Explored ways to connect youth with the Northwoods COPE Coalition (Community, Outreach, Prevention and Education), where Krause has been advising members how to best support youth voice, in order to inform adults of youth needs and bolster the work of Raise Your Voice Clubs. Possible efforts moving forward include stipends for youth who attend coalition meetings and funding for afterschool club meetings.
- ◆ Participated in a series of discussions with County Board Supervisors, school staff, and Extension colleagues concerning the development of a Youth In Governance program. The program allows an opportunity for high school students to participate in Oneida County Committee Meetings that build youth-adult partnerships where local leaders will mentor young people, but also learn from them.
- ◆ Participated in a series of meetings with the YMCA of the Northwoods to plan a week-long youth leadership training for junior high students during the summer of 2024.
- ◆ Raise Your Voice Club members from Lakeland Union High School are starting to promote an upcoming event, where nationally known speaker Kevin Hines will talk about his experience surviving an attempted suicide and the importance of seeking help. The entire student body will hear his story on April 24th, and RYV members will follow up by educating peers about youth mental health. In addition, Krause and LUHS partners will offer trainings in Question, Persuade, Refer Suicide Prevention Training.
- ◆ Accepted an invitation from Aspirus Koller Behavioral Health to film a public service announcement, where youth from Rhinelander High School will promote Raise Your Voice Clubs and peer-to-peer education about mental health.
- ◆ Attended a meeting with Aspirus Koller Behavioral Health staff where attendees explored ways to include more youth voice in planning and programming, including incentives for youth to participate in area coalition meetings.

TESTIMONIALS

Senate Scholar Appreciates Opportunities:

Wisconsin's senate scholars experience allowed for expansion of my thought and understanding of the government process. Through meetings, observation, and information I greatly increased my understanding of the government. Further, I created connections which I believe will be helpful in the future. I wish to go for a national spot next year to learn and connect on a national level.

~Brody

Social Worker Appreciates Teen Court:

I had heard of Oneida County Teen Court but didn't know much about it. One of the youth I work with was eligible and I was granted permission by the family, Teen Court Coordinator Sharon Krause, and the high school panelists to observe some of the proceeding. It was amazing! The panelists did a great job. They were very professional, I was very impressed. They asked great questions of both youth and parent. I am going to encourage more youth to take advantage of this program! I wish more of my families qualified for it.

~Amanda, Social Worker



Health and Well Being

Laurel Parins, Health and Well Being Educator

- ◆ Participated and led a healthy living and nutrition educational outreach effort, facilitated by the Rhinelander Women's Club, to provide heart healthy nutrition and movement information that will benefit heart health. The goal of this effort was to provide information crucial to reduce the risk of heart disease through key nutrients and physical fitness.
- ◆ Coordinated a series of strength training sessions (StrongBodies) in Oneida county, where older adults learned best practices and learned nutrition and health education. Participants engaged in regular strength training exercises to improve strength, balance, and flexibility so they can stay healthy and socially connected.
- ◆ Continuing to build, trust-based partnerships with diverse communities and organizations that will enable an environment of working together in order to affect change.

Allison Wilson, FoodWise Educator

- ◆ Finished the last week of lessons at Crescent Elementary School teaching 155 students and completing 25+ hours in classroom teaching time over 5 weeks. This year at Crescent, students have had the opportunity to try a variety of new foods including golden honeydew melon, golden canary melon, dragon fruit, pomegranate, sugar snap peas, cabbage, whole grain cereal made with ancient grains, and sunflower kernels.
- ◆ Spent time planning the summer Hodag Food Wagon Program in partnership with the Rhinelander Area Food Pantry, the YMCA of the Northwoods, and the Rhinelander District Library. Working with the food pantry to increase the amount of healthy food given out at distributions and providing fresher produce to families.

