



Oneida Extension Educators and Staff made 1,161 Programming Contacts in the months of March and April; with 268 Adult Contacts and 893 Youth Contacts.

2024 Cumulative Total: 1,728

Contacts 268 Adults and 893 Youth

# March 2024

On March 7, 2024, educators and staff from UW-Madison Extension Oneida County and Forest County participated in the Up North Community Expo at the Hodag Dome in Rhinelander. Educators and staff presented a decorated booth to the community, filled with pamphlets and brochures explaining the different programs, events, and educational experiences offered through Extension Oneida County and Extension Forest County. Oneida County 4-H was present to discuss the upcoming Youth Creative Arts & Communication Expo, Youth Summer Theater Program, and Youth Adventure Program. FoodWise educated members of the community on proper nutritional guidelines and handed out recipe cards for fun, nutritional snacks. Positive Youth Development was present to discuss the Teen Court, Positive Youth Development, and Ricochet programs. Health and Well Being handed out 'Be Well, Inside & Out' flyers to community members that offered tips and information on how to live a healthy lifestyle. Steve Watson from the Forest County Digital Navigator Program spent time at the expo, handing out educational pamphlets with information on cybersecurity, internet safety, good online shopping habits, and other helpful resources. The Office Coordinator for Oneida County was also present at the Expo, spending time discussing plant diseases, insect identification, soil sampling, and water testing with curious visitors. The goal of this event was to increase awareness of Extension in Oneida County, and build connections with potential partners and the community.





## Positive Youth Development Oneida County 4-H

### Anne Williams, 4-H Educator

- Provided education to PrintPack about the Oneida County 4-H robotics program. The goal of the meeting was to provide education to a local business about Oneida County 4-H and the opportunities that exist for business partnerships to help mentor young people and/or financially contribute to the sustainability of 4-H technology programs.
- Facilitated a gathering of the Northwoods Explorers 4-H Club where youth led club business, recreation, and education. The goal of this effort was for youth to develop strong and 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.



A 4-H youth member of the Northwoods Explorers 4-H Club practiced public speaking skills by giving a demonstration on how to use a rock tumbler during the club's March gathering.



Youth members of the Northwoods Explorers 4-H Club came up with a fun leprechaun name during roll call as part of their March gathering.





### Positive Youth Development

#### Sharon Krause, Community Youth Development Educator

- Participated in two public service announcements featuring Raise Your Voice Club members from Rhinelander High School, where youth demonstrated some of the work they do in order to promote Aspirus Health system’s suicide prevention programs.
- Actively participated in the Mental Health and Suicide Prevention subgroup coalition 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.
- Participated in a series of discussions with County Board Supervisors, school staff, and Extension colleagues concerning the development of a Youth In Governance program, where high school students will participate in Oneida County committee meetings in order to provide opportunities for youth-adult partnerships so that local leaders can mentor and learn from young people.



*A cameraman from WAOW filmed Raise Your Voice Club members as they answered questions from other students about Seasonal Affective Disorder.*



*A cameraman films Mary King and Sharon Krause, RYV club advisors, as they narrate a PSA featuring RHS Raise Your Voice Club.*



*A WAOW TV cameraman filmed Raise Your Voice Club members from Rhinelander High School as they drew positive messages on the sidewalk near the school entrance.*



*Several students are seated in the RHS cafeteria talking about youth mental health issues while a cameraman from WAOW films.*



## Health and Well Being

### ***Laurel Parins, Health and Well Being Educator***

- ◆ Facilitated key conversations with state and local partners from the Wisconsin Institute for Healthy Aging (WIHA) and the Aging & Disability Resource Center (ADRC) to establish meaningful, trust-based partnerships and enhance programming efforts for healthy aging in Oneida County.
- ◆ Planned a healthy living and nutrition educational outreach effort in partnership with the ADRC in Rhinelander, where 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.
- ◆ Participated in the Up North Expo to showcase what UW Extension does for outreach in Oneida County in the way of teaching, learning, leading, serving, and connecting people with University of Wisconsin to transform lives and communities.
- ◆ Created a new partnership with MHLT in Minocqua to begin development of a School Wellness Committee with staff, students, and community engagement to improve support in creating a safe and healthy school environment.
- ◆ Developed and implemented a new wellness program, Sit & Be Fit, in partnership with a local community church to improve physical and mental well-being practices and habits.
- ◆ Coordinated a series of strength training sessions (StrongBodies) in Oneida County, where older adults learn best practices and learn nutrition and health education. Participants engage in regular strength training exercises to improve strength, balance, and flexibility so they can stay healthy and socially connected.
- ◆ Actively participated in the Mental Health and Suicide Prevention subgroup coalition 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.



# April 2024

## Positive Youth Development Oneida County 4-H

### Anne Williams, 4-H Educator

- Provided guidance and support for members of the Oneida County 4-H Leaders' Association in hosting the Oneida County 4-H Youth Creative Arts & Communication Expo. The goal of this effort was to provide youth in grades K-12 a safe and welcoming environment to exhibit their projects, explore new SPARKS in the creative arts, to develop growth in presentation and public speaking skills, and to meet adult volunteers with the Oneida County Aging & Disability Resource Center.



*A 4<sup>th</sup>-grade Oneida County 4-H member practices public speaking skills by demonstrating how to use a rock tumbler as part of the 2024 Oneida County Youth Creative Arts & Communication Expo.*



*A 6<sup>th</sup>-grade Oneida County 4-H member is all smiles at the card-making learning station during the 2024 Oneida County Youth Creative Arts & Communication Expo.*



*A 6<sup>th</sup>-grade Oneida County 4-Her practices public speaking skills while demonstrating to others how to thread a sewing machine as part of the 2024 Oneida County Youth Creative Arts & Communication Expo.*



*An Oneida County 4-Her (Kindergartener) practices public speaking by giving his first-ever 4-H demonstration as part of the 2024 Oneida County Youth Creative Arts & Communication Expo.*





*Oneida County 4-H adult volunteer Mary (left) looks on as a 4<sup>th</sup>-grade Oneida County 4-er talks about a poster she made about her fiber arts project she exhibited at the 2024 Oneida County Youth Creative Arts & Communication Expo.*



*TOP: Oneida County 4-H adult volunteer Lynn Feldman talks to two Oneida County 4-Hers who exhibited their cake decorating skills during the 2024 Oneida County Youth Creative Arts & Communication Expo.*



*LEFT: Oneida County 4-H adult volunteer Lynn Feldman (right) shows a 6<sup>th</sup>-grade Oneida County 4-er how to crochet during the 2024 Oneida County 4-H Youth Creative Arts & Communication Expo.*



### Positive Youth Development

#### Sharon Krause, Community Youth Development Educator

- Attended an advocacy day in Madison where Raise Your Voice Club members from Rhinelander and Lakeland Union High Schools presented legislative staff with data and personal stories in order to raise funding levels for school-based mental health services.
- Participated in a live TV interview on WJFW where Oneida County Teen Court panelists talked about the program in order to recruit more panelists, and to educate the general public about restorative justice practices.



*Oneida County Teen Court panelists Tony Barnett and Jadya Wentland appeared on live TV as part of WJFW's Up North program on April 24, 2024.*



*Members of Rhinelander High School's Raise Your voice Club stand on the steps of the Capitol in Madison before advocating legislators to increase funding for school-based mental health services.*

*I'M REALLY GLAD I WENT TO MADISON, AND AM PROUD OF MYSELF FOR SAYING SOMETHING DURING THE MEETING. IT WASN'T AS HARD AS I THOUGHT IT WOULD BE, IT WAS REALLY MORE OF A CONVERSATION. IT WAS HARD TO SHARE MY DIAGNOSIS BUT I'M GLAD I DID BECAUSE I COULD TELL IT GOT THEIR ATTENTION. I HOPE IT MAKES A DIFFERENCE SO OTHER KIDS DON'T HAVE TO WAIT AS LONG AS I DID TO GET HELP. NINE MONTHS WAS WAY TOO LONG.*

*-STUDENT*



## Health and Well Being

### **Laurel Parins, Health and Well Being Educator**

- ◆ Coordinated a series of strength training sessions (StrongBodies) in Oneida County where older adults learned best practices, nutrition and health education. Participants engaged in regular strength training exercises that improve strength, balance, and flexibility so they can stay healthy and socially connected.
- ◆ Actively participated in the Mental Health and Suicide Prevention subgroup coalition where individuals and agencies came together to empower people through education and resources. The goal of this effort is to increase community partnerships, capacity, and collaborative efforts to support healthy choices regarding social and emotional well-being.

### **Allison Wilson, FoodWise Educator**

- ◆ Organized and planned a table for Healthy Kids Day at the YMCA. Provided direct and indirect education to 300+ children and families.
- ◆ In the middle of programming at NCES. Providing direct education to 40 students in 3 classrooms.
- ◆ Provided support to residents at Rhine Haus low-income housing with their monthly mobile food pantry in partnership with Rhinelander Area Food Pantry.
- ◆ Collaborating with Rhine Haus to begin offering StrongBodies to residents, beginning June 2024.



*Left: Mary Stys stands next to the FoodWise table during Healthy Kids Day at the YMCA of the Northwoods on Saturday, April 20<sup>th</sup>.*

*Right: Allison Wilson holds a bowl under the grinder as a 3<sup>rd</sup> grader grinds wheat.*

