

Oneida Extension Educators and Staff made 365 Programming Contacts in the months of May and June; with 257 Adult Contacts and 108 Youth Contacts. Additionally, Health and Well-Being Educator, Laurel Parins, guest starred on Up North @ 4 (WJFW-12); which has a reach of 8,000-11,000 households per day and 148,000 website views per month.

2025 Cumulative Total: 1,908

Contacts: 257 Adults and 108 Youth

May & June 2025

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator, .5 FTE

- Facilitated a gathering for youth and adult members of the Northwoods Explorers 4-H Club's American Sign Language Committee, where members learned basic American Sign Language and planned ways to incorporate ASL and education around inclusion into future club gatherings. The goal of this effort was to reflect the 4-H mission of learning by doing while fostering a more inclusive environment for all members.
- 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 while being actively engaged in making group decisions and practicing life skills.



LEFT: Oneida County 4-H member Lillian and her mother, Jenna, teach members of the Northwoods Explorers 4-H Club the alphabet in American Sign Language.



Oneida County 4-H members Nora F. and Quinn W. teach club members how to sign colors using American Sign Language during the May club gathering of the Northwoods Explorers 4-H Club.



Youth officers of the Northwoods Explorers 4-H Club use American Sign Language to lead the 4-H Pledge during the club's June gathering at the First Congregational UCC in Rhinelander, WI.



- Organized and planned for a youth coding workshop, a summer robotics day camp, and the upcoming Oneida County 4-H LEGO Robotics Program. The goal of this effort was to offer opportunities to youth in grades 2-8 to participate in hands-on education, team building, and inquiry-based science learning within a positive youth development framework.
- Organized an activity where Oneida County 4-H Junior Leaders picked up garbage at Hodag Park after a member of the Junior Leaders club observed that there was an accumulation of trash at the park. Through this effort, youth members demonstrated drive and responsibility by recognizing a problem within their community and addressing it, without being prompted by adults. This mindset will help youth members to build confidence in their ability to make a difference within their community and to demonstrate that youth can lead and inspire change.
- Provided support and planning assistance to the adult 4-H volunteer leader of the Oneida County 4-H Junior Leaders Club. The goal of this group is for youth and teens to learn to plan, organize, and lead various activities and projects, enhancing their leadership abilities; engage in community service projects that will help them understand the importance of giving back and fostering a sense of civic responsibility; develop skills such as teamwork, problem-solving, and public speaking; and create well-rounded individuals who are prepared to take on leadership roles within their communities and beyond.
- Guided the Oneida County 4-H Junior Leader Club members in an event for youth ages 6-17, where youth could play games and enjoy snacks in a safe and welcoming environment. The goal of this effort was for 4-H teen members to gain experience in leading a public event and promote healthy lifestyle habits for youth in their community, which will hopefully lead to a reduction in youth engaging in risky behaviors and feelings of isolation and susceptibility to negative influences.
- Collaborated with Wisconsin 4-H in planning of Oneida County 4-H members to participate in Space Camp in Huntsville, Alabama. The goal of this effort was for Oneida County 4-H youth to receive hands-on experience in science, technology, engineering, and math through space-



Members of the Oneida County 4-H Junior Leaders club recognized an issue at Hodag Park and addressed it directly by cleaning up trash they found.



Members of the Oneida County 4-H Junior Leaders met in May to wrap up their first year as a group together and finalize plans for two summer events they will be leading.



Members of the Oneida County 4-H Junior Leaders club planned, organized, and led a Youth Game Day for youth ages 6-17 in Oneida County.



themed activities like rocketry, robotics, and astronomy; gain skills like self-reliance and confidence while being away from home, and an opportunity to form new connections with other 4-Hers from around the state and from diverse backgrounds.



Oneida County 4-H members Quinn W. (top left) and Simon K. (seated left in the top right photo) participated in the 2025 Wisconsin 4-H Space Camp program in Huntsville, Alabama.

Positive Youth Development

Sharon Krause, Community Youth Development Educator, .5 FTE

- Facilitated a skill-building opportunity for a panelist from Oneida County Teen Court. The panelist wrote a grant for \$2,500 from the Wisconsin Law Foundation in order to enhance the program by providing more uniforms for panelists and free services for respondents who are struggling with truancy or underage use of THC. The goal of this opportunity was to discover new tools that might help educate youth and parents as part of sanctions that are assigned during Teen Court. **Future Reach: 40 Justice-Involved Youth and their Families**

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"I appreciated this opportunity, I feel I have learned quite a bit just by reading information on the grant and what is expected."

-Ella, Teen Court Panelist

"It felt good to help people, and it wasn't as hard as I thought it would be. I feel better about doing something like this again."

-Raise Your Voice Club Member



Youth perform during Open Mic Night: Connections at ArtStart in Rhinelander, WI.

- Facilitated an Open Mic Night at ArtStart on June 8th, where Raise Your Voice Club members hosted other youth to raise awareness of mental health issues and to help create a sense of belonging with the theme, "Connections." Youth participants gained leadership skills and created a sense of belonging among themselves and youth from the community.
- Organized a viewing of the documentary, *The Wisdom of Trauma*, where staff and participants from the Northern Lake Chapter of National Alliance for Mental Illness (NAMI) learned about trauma and some ways to cope with it. A needs assessment conducted by the Oneida County Health Department showed that mental health and substance misuse were the top concerns for our area. Using this indication, a grant was written to provide support to show the documentary, which covers trauma-informed care strategies and provide basic education on this type of care.
- Facilitated an activity for members of Raise Your Voice Club at Lakeland Union High School to write and draw positive messages on the cafeteria patio in order to raise awareness of mental health issues and create a positive atmosphere on campus.

Health and Well Being

Mary Stys, FoodWise Educator, .50 FTE

- Completed a recent series of engaging lessons at Rhinelander Head Start, where 18 young learners were introduced to healthy eating. Through hands-on activities, the children explored the importance of trying new foods and embracing a colorful variety of fruits and vegetables. The lessons centered on the theme of “eating the rainbow,” encouraging the children to taste and enjoy produce in every color – from bright red strawberries and orange carrots to green snap peas. Each session combined fun with education, helping children build positive associations with nutritious foods.

Allison Wilson, FoodWise Educator, .60 FTE

- Led and facilitated the StrongBodies Program at Rhine Haus (low-income housing). Sessions are held twice a week with 10 dedicated participants attending each week. StrongBodies and FoodWise work to improve the well-being of low-income middle-aged and older adults by increasing access to structured, safe, free, and effective strength training classes. Strength training has been shown to increase strength, muscle mass, and bone density in middle-older aged adults. Exercising with weights is also associated with reduced risk of numerous chronic diseases such as diabetes, heart disease, arthritis, and osteoporosis. Strength training has also been shown to positively improve psychological health.
- Planning and organizing for summer programming:
 - **YMCA Teen Cooking Classes** aim to teach teens essential cooking skills, nutrition basics, and kitchen safety. The program will emphasize hands-on learning and healthy meal preparation, empowering youth to make informed food choices.
 - **Hodag Food Wagon** provides free meal bags to kids and teens, and will begin distribution July 10, 2025. The goal is to increase access to nutritious food while also serving as an educational tool about healthy eating.
 - **Three Lakes Library Educational Event** is a collaborative effort that will offer interactive learning experiences for kids of all ages. The theme will be eating a rainbow of fruits and veggies. There will be colorful food samples, fun activities, and hands-on learning opportunities.

Laurel Parins, Health & Wellbeing Educator, .73 FTE

- Planned and facilitated a wellness education session in collaboration with the Oneida County Health Department for employees. The goal of this effort was to equip participants with the tools needed to recognize, understand, and manage burnout and stress, so that they can sustain their well-being, improve workplace satisfaction, and better support themselves and their colleagues.
- Led a low-impact exercise class for older adults, where participants completed a number of seated and standing strength exercises, yoga poses, and mobility exercises to improve strength, range of motion, flexibility, and to help reduce the risk of injury.
- Continued recording “Be Well” Series for News Channel 12 and contributing articles for the ADRC Monthly Newsletter, significantly extending outreach efforts. Providing practical health and wellness advice to the community, covering topics such as nutrition, exercise, and mental health. Initiative is aimed to foster a healthier more connected community. **Total Reach: 1400 Readers of the ADRC Newsletter; 11,000 households per day and 148,000 website views per month for Up North @ 4 (WJFW-12).**