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## Newsletter

### May 2018

*Youth Net is a program of Marshfield Clinic Health System-  
Center for Community Health Advancement*

#### **Youth Net Hours** *(during school year)*

Monday  
After School-6:00pm  
Tuesday  
After School-6:00pm  
Wednesday  
After School-**5:30pm**  
Thursday  
After School-6:00pm  
Friday  
After School-6:00pm

#### **Staff Contacts**

- *Randy Neve*  
(715)221-8404
- *Jennifer Smith*  
(715)221-8409
- *Connie Sersch*  
(715)221-8427  
(715)897-5694
- *Nikki Podevels*  
(715)221-8416  
(715)897-5693
- *Tiffany Kula*  
(715)221-8414
- *Marissa Petersen*  
(715)221-8410

**Last day for Youth Net programming  
is Friday, May 25, 2018**

#### **Fun Fest**

Join us on Friday, May 25, for Youth Net Fun Fest! Families and community partners are invited to participate in a variety of games and activities, enjoy brats and hot dogs and spend time with participants and staff to celebrate another successful year of Youth Net. All are welcome to join us in the celebration!

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#### **~Youth Net Summer Program~**

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Registration is currently open for our Youth Net Summer Program. Youth will have the opportunity to participate in fun physical and enrichment activities. Field trips and outings will be planned weekly, including trips to Hefko pool; schedules will be provided by the start of Summer Program. The Summer Program will run from June 11 to July 20 (closed on July 4). Enrolled youth should plan to bring tennis shoes, a swimsuit, towel, and sunscreen daily in the event of a schedule change. Registration forms are available at the front desk; complete and return to the front desk or scan and email to [jensen.rachel@marshfieldclinic.org](mailto:jensen.rachel@marshfieldclinic.org). Please note that youth are required to attend at least 60% of the days Summer Program is in session.

#### **Family Nights**

**Youth Net Center**  
112 E. 11th St.,  
Marshfield, WI 54449  
(715)384-3939 ext. 112

*If you have any questions,  
contact Marshfield Clinic  
Health System - Center for  
Community Health  
Advancement at 715-221-  
8400 or 715-897-5693.*



Like our Facebook page to stay up-to-date on Youth Net happenings and see all the fun in action! In honor of National Mentor Month, we will be featuring our mentors all month. Visit our page to learn more about the dedicated people who support and help your kids grow! [www.marshfieldcliniyyouthnet.org](http://www.marshfieldcliniyyouthnet.org)

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Youth Net will be hosting one Family Night in May on Thursday, May 10. Our second Family Night will be replaced by the Fun Fest on the last day of Youth Net. Each night is dedicated to a specific activity that encourages healthy living and family bonding. Meals are provided free to participating families.

### **“Take What You Need; Leave What You Can.”**

Thanks to donations from community members and Marshfield Clinic Health System Center for Community Health Advancement, we have created a “Take What You Need, Leave What You Can” pantry in the room next to the front desk. This is a space created for ALL OF YOU! If you are in need of items such as household supplies, hygiene products, or school supplies please check out this space. If the door is open, browse the items and take what you need. There is no need to check in with anyone. Staff is always willing to assist if you need help finding a particular item. We also have a room upstairs of various sized clothing. Please ask staff if you would like to go upstairs to look through clothing. Availability of items depends on donations received. If there are items you would like to contribute to the space for families to use, drop off items at the front desk. If you have ideas for items that are not already available, we would love to hear your thoughts!

*“Alone we can do so little, together we can do so much.” –  
Helen Keller*

## **Healthy Lifestyles**

How much physical activity do children need?

The Center for Disease Control and Prevention (CDC) recommends that children get at least 60 minutes of physical activity every day. This time should include moderate and vigorous aerobic activity, muscle strengthening activities, and bone strengthening activities.

Aerobic activity like walking should make up the majority of a child’s physical activity each day. At least 3 days each week the child should partake in vigorous activity such as running. A rule of thumb for judging aerobic level is that an activity is moderate if you can easily hold a conversation during the activity, and vigorous if you need to take breaths mid-sentence.

Some physical activity is better-suited for teens than

younger children. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they play on a jungle gym or climb trees. They can even strengthen bones through common activities like running or jumping rope. As children grow older, they may start participating in structured weight programs alongside their specific sports to continue getting stronger.

60 minutes every day may seem like a lot of time, but there's a good chance that your child is already doing this with their normal activities. Walking to school, playing games during recess, and participating in sports will all count towards this activity time. Encourage your children to take part in a wide variety of fun activities to reach these goals and keep them living a healthy lifestyle.

#### **Upcoming Clubs**

Two clubs will be available every day for students to participate in during recreation time. Students will pick at the beginning of the month which clubs they would like to participate in; if they choose not to participate in a specific club, a free choice room and the gym will also be available.

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## **Spend time as a Family!**

Here are some events happening in the community that you can attend as a family.

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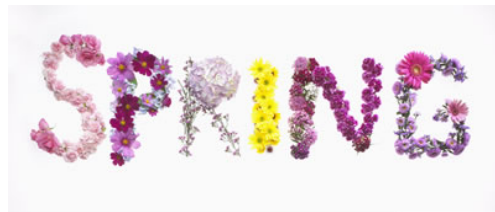
### **Upcoming Community Events**

#### **Robin Hood**

May 4-5, UW-Marshfield/Wood County,  
7:30pm or 2pm  
Performed by the UW-Marshfield/Wood  
County "Just for Kids" Theater  
Camp! Tickets \$12, purchase online or  
call 715-389-6534.

#### **Celebrate Spring in Marshfield**

May 5, Oak Ave Community Center, 9:00  
am - 3:00 pm  
Come to the 2nd Annual Celebrate  
Spring in Marshfield vendor and craft  
show. This is a great opportunity to see  
the new spring line of products and get  
fun spring crafts. Visit over 40 vendors.



#### **Paws for Brittany**

May 12, Wildwood Park & Zoo, 8:00 am -  
11:30 am  
Paws for Brittany is an annual fun run  
and dog walk in memory of a Marshfield  
native who was murdered while attending  
school at UW-Madison. Registration at  
Wildwood begins at 8 a.m. on May 12,  
and the event starts at 9 a.m.  
Registration forms must be received by  
April 24th to ensure an event T-shirt.

Visit Celebrate Spring in Marshfield on Facebook and watch for Celebrate Fall as well.

### **Gem, Mineral, Fossil and Jewelry Show**

May 5-6, MHS Fieldhouse, 10:00 am - 4:00 pm

See the best gems, stones and fossils. Features dealers, displays, speakers, presentations, kid's activities, concessions, silent auctions and door prizes.

### **Crazy Game of Poker**

May 5, Sports Den, 10:00 am - 4:00 pm

Join The Sports Den and other area businesses in a fun filled day of cycling, all to support the Marshfield Mountain Bike Club! This is a fun twist on the typical poker run! Riders will meet at The Sports Den and then cycle to a wide variety of businesses throughout the day. Participants will collect playing cards at each business and at the end of the day you will turn in your best poker hand for a chance to win the "pot" of prizes! Prizes valued between \$50-\$150! There will also be a food stand at The Sports Den that day. Proceeds will go to the Marshfield Mountain Bike Club. The Sports Den will also have demo bikes available for riders looking to test out a new bike before buying. We will have our sales rep from Specialized on site all day to help get riders set up on the perfect bike. Helmets are required for all participants. Cost: \$5 for pre-registration, \$10 for registration on day of event.

### **Companion Day Dine to Donate**

May 7, Culver's, 5:00 pm - 8:00 pm

Come to Culver's and enjoy a great meal while supporting a great cause! Culver's will donate 10% of sales to Companion Day Services, a Social Adult Day Care Program in Marshfield. Raffle baskets will be available for purchase.

### **We Are... Event**

May 9, McMillan Library in Wisconsin Rapids, 5:30 pm - 7:30 pm

Extra adult and child sized T-shirts will be available for purchase at the event. The cost to register is \$25 for participants ages 13 above. No fee is required for children 12 and under with paid registration. Visit [www.pawsforbrittany.com](http://www.pawsforbrittany.com) for more information and online registration or printable registration forms.

### **Art on the Avenue**

May 12, Holiday Inn, 10:00 am - 4:00 pm

New location! New date! New twist on a Marshfield tradition! Now including the Downtown Wine Walk! BUT...still featuring a wide variety of fine arts and crafts by local, regional and national artists.

### **Mother's Day Tasting**

May 12, Market on Sixth, 1:00 pm - 3:00 pm

Show your mom your appreciation for her by bringing her out for some tastings including wine and cheese.

### **An Evening in Paris**

May 12, Hotel Marshfield, 5:30 pm - 9:00 pm

Come to Hotel Marshfield to not only take a special lady out for an elegant evening, but help support The Hannah House. An Evening in Paris is a special night for moms to enjoy themselves. Free professional photos will be taken by Jennifer Jacobson Photography, and will be ready to take home the same night. Dinner will include rosemary roasted chicken breast, buttery garlic chive mashed potatoes, and California blend vegetables. Age requirement is 6 years old. Cost: \$25 per person. Tickets can be purchased at The Hannah House or at Century 21 Gold Key Realty offices.

Join us for an amazing evening discovering what “We Are”, from artists and musicians, to poets and filmmakers, to teachers and advocates and athletes. Our Human Library will allow you to network, socialize, learn and have fun! We are... is a unique event designed to combat the stigma of discussing mental health issues, as well as try to educate, engage, and strengthen our community ties. Free food and refreshments and door prizes will also be available. For more information, call Robyn at 1-800-382-8484 ext. 228.

### **Wings Over Wisconsin**

May 10, Belvedere Supper Club, 5:30 pm - 7:00 pm

Wings Over Wisconsin, a non-profit organization dedicated to natural resource restoration, preservation and education with youth and community involvement, is hosting a fundraising banquet to raise funds for natural restoration for the Marshfield area. We pride ourselves in keeping all the funds raised in the state of Wisconsin and in the chapter's area. The area board decides what projects are funded in the area. Join us for a fun night of fun, food & raffles! Pre-registration is required, call 920-387-5198.

## Event Calendar

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### **Marshfield Clinic Health System Youth Net would like to thank its partners/sponsors:**

- Altrusa
- American Family
- Everett Roehl Marshfield Public Library
- Family Health Center of Marshfield, Inc.
- Fore the Kids
- Hub City Days Duathlon
- Marshfield Area Community Foundation; Bette Schloesser Youth Net Fund and John & Marjorie O'Reilly Memorial Fund
- Marshfield Area YMCA
- Marshfield Clinic AmeriCorps
- Sacred Heart Catholic Church
- School District of Marshfield
- Along with other individual donors



## Event Calendar – May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Animal Creations Mind, Body, Soul RAKtivists  Banana & Nutella Wrap	2 Breakfast Champs Slime, Sand, & Dough  Muffins & Juice	3 Gardener’s Anonymous What’s That Sound?  Mexican Casserole	4 Storytelling Spa Creation  Turkey Sandwich
7  DIY Club #FoodArt  Mac ‘n Cheese	8 Animal Creations Mind, Body, Soul RAKtivists  Smoothies	9 Breakfast Champs Slime, Sand, & Dough  Scrambled Eggs & Toast	10 <b>Family Night</b> Gardener’s Anonymous What’s That Sound?  String Cheese & Crackers	11 Storytelling Spa Creation  Banana Bread & Milk
14  DIY Club #FoodArt  Chicken Quesadillas	15 Animal Creations Mind, Body, Soul RAKtivists Tater-tot Casserole	16 Breakfast Champs Slime, Sand, & Dough  Salad & Breadstick	17 Gardener’s Anonymous What’s That Sound?  Grilled Cheese	18 Storytelling Spa Creation  Chicken Nuggets & Grapes
21  DIY Club #FoodArt  Breakfast Burrito	22  PB & J	23  Trail Mix & String Cheese	24  Fruit Dip	25 <b>Family Fun Fest</b> 3:30-6:00pm  Brats & Hot Dogs, Salads, Chips, Roasted Veggies and Lemonade