



# Social Connection

## It's Worth It!

### Join the Lincoln County *Connection* Challenge!

The Healthy Minds for Lincoln County Coalition, Aspirus Merrill Hospital and Lincoln County Health Department are encouraging Lincoln County residents to take the challenge to limit screen time and prioritize social connection. When we have strong relationships and feel connected, our mental health improves.

Here's how the challenge works. Complete 20 activities from the list (on the back page) during May and June 2025 for a chance to win a \$50 Merrill or Tomahawk Chamber of Commerce Gift Certificate. 40 winners will be contacted the week of July 21st. Participate on your own, with family, friends or a group. **The key is doing these activities with others.**

Return this completed form by July 11th to be eligible for the drawing. Drop off or mail to Lincoln County Health Department, 607 N. Sales St., Ste. 101 Merrill. Additional drop off sites include T.B. Scott Free Library, Tomahawk Public Library and Aspirus Merrill and Tomahawk locations. You can also complete the online form by scanning the QR code or visiting <https://bit.ly/LCConnectionChallenge>.



**Find  
Opportunities  
to Connect!**

- Merrill Area Chamber of Commerce  
<https://www.merrillchamber.org>
- Tomahawk Regional Chamber of Commerce  
<https://www.tomahawkchamber.com>
- Tomahawk Mainstreet  
<https://www.tomahawkmainstreet.org>
- T.B. Scott Free Library  
<https://www.tbscottlibrary.org>
- Tomahawk Public Library  
<https://www.tomahawk.lib.wi.us>



**HEALTHY MINDS**  
LIVE WELL LINCOLN

**LINCOLN COUNTY  
HEALTH DEPARTMENT**

Version 4.2025

# Take the Challenge to Connect with Others!

Below are 65 Ways to Connect with Others. Check off each activity that you complete with others in May and June 2025. Once you complete 20 activities, complete this form and drop off or mail to Lincoln County Health Department, 607 N. Sales St., Ste. 101, Merrill. Additional drop off sites include T.B. Scott Free Library, Tomahawk Public Library or Aspirus Merrill and Tomahawk locations. You can also complete the online form by scanning the QR code (on the front page) or visiting <https://bit.ly/LCConnectionChallenge>. Return by July 11th for a chance to win!

**Name:** \_\_\_\_\_

**Email/ Phone:** \_\_\_\_\_

**Where do you live in Lincoln County?** Merrill Tomahawk Gleason Irma Other

**Did you complete this challenge as an individual or family?** Individual Family Both

**Did this help improve you/your family's mental health?** Yes Somewhat No

**Did this help increase you/your family's connections with others?** Yes Somewhat No

**What was a favorite activity or something new you tried?** \_\_\_\_\_

## Please check off each activity that you complete.

- |  |  |
|--|--|
| <input type="checkbox"/> Go for a walk on the River Bend Trail, Hiawatha Trail, etc.                         | <input type="checkbox"/> Volunteer in your community.                                |
| <input type="checkbox"/> Enjoy a bonfire.  | <input type="checkbox"/> Play in the sprinkler.                                      |
| <input type="checkbox"/> Call a family member or friend.   | <input type="checkbox"/> Teach someone something new.                                |
| <input type="checkbox"/> Attend a concert at Gazebo Nights, Music on the River, etc.                         | <input type="checkbox"/> Do a random act of kindness for someone.                    |
| <input type="checkbox"/> Host a cookout or cook a family meal.   | <input type="checkbox"/> Participate in a book club.                                 |
| <input type="checkbox"/> Help a neighbor.  | <input type="checkbox"/> Do a puzzle with others.                                    |
| <input type="checkbox"/> Visit a local farmers market.   | <input type="checkbox"/> Go on a boat or pontoon ride.                               |
| <input type="checkbox"/> Go camping.   | <input type="checkbox"/> Join a club or civic group.                                 |
| <input type="checkbox"/> Attend a community event. Visit your Chamber website.                               | <input type="checkbox"/> Visit someone who is homebound or at a nursing home.        |
| <input type="checkbox"/> Hike a trail. Check out a State Park Pass at your public library.                   | <input type="checkbox"/> Pick berries with your family.                              |
| <input type="checkbox"/> Attend an event at your church.   | <input type="checkbox"/> Go on a scavenger hunt. Pick up one at your public library. |
| <input type="checkbox"/> Play a sport or join a league.  | <input type="checkbox"/> Play catch.   |
| <input type="checkbox"/> Meet others for coffee, lunch or dinner.  | <input type="checkbox"/> Connect with other Veterans at a VFW, American Legion, etc. |
| <input type="checkbox"/> Go kayaking or canoeing.  | <input type="checkbox"/> Flower shop or plant flowers.                               |
| <input type="checkbox"/> Visit the Merrill Enrichment Center or Tomahawk Senior Center.                      | <input type="checkbox"/> Bring a friend fishing.                                     |
| <input type="checkbox"/> Play hide and seek.   | <input type="checkbox"/> Go to the gym or take a fitness class.                      |
| <input type="checkbox"/> Pick up a Summer Family Activity Pack at your public library.                       | <input type="checkbox"/> Visit a beach or local pool.                                |
| <input type="checkbox"/> Play mini golf.   | <input type="checkbox"/> Pick up trash in your community.                            |
| <input type="checkbox"/> Go on a bike ride.  | <input type="checkbox"/> Do an activity, craft or art project.                       |
| <input type="checkbox"/> Take a class. Check out your school district's community education program website. | <input type="checkbox"/> Have a movie night. Rent at your public library.            |
| <input type="checkbox"/> Spend time with a parent or grandparent.  | <input type="checkbox"/> Garden at home or a community garden.                       |
| <input type="checkbox"/> Walk a dog or visit a dog park.   | <input type="checkbox"/> Watch the sunrise or sunset.                                |
| <input type="checkbox"/> Do yard clean up.   | <input type="checkbox"/> Play a yard game.   |
| <input type="checkbox"/> Bake a treat.   | <input type="checkbox"/> Pack a picnic lunch.  |
| <input type="checkbox"/> Play bingo.   | <input type="checkbox"/> Shop with a friend.   |
| <input type="checkbox"/> Be a mentor with Big Brothers, Big Sisters, Boys & Girls Club, Kinship, etc.        | <input type="checkbox"/> Get ice-cream at your favorite shop.                        |
| <input type="checkbox"/> Play frisbee or disc golf.  | <input type="checkbox"/> Blow bubbles.   |
| <input type="checkbox"/> Go to a playground.   | <input type="checkbox"/> Share a story or favorite memory.                           |
| <input type="checkbox"/> Read a book to a child.   | <input type="checkbox"/> Go on a weekend road trip.                                  |
| <input type="checkbox"/> Play cards or a board game. Check out games at your public library.                 | <input type="checkbox"/> Collect and/or paint rocks.                                 |
| <input type="checkbox"/> Help coach a youth team.  | <input type="checkbox"/> Build something with someone.                               |
|  | <input type="checkbox"/> Go birding.   |
|  | <input type="checkbox"/> Explore the night sky.                                      |
|  | <input type="checkbox"/> Visit a new place where you live.                           |
|  | <input type="checkbox"/> Other(s): _____   |
|  | _____  |
|  | _____  |