

# August 2022

# The Extension Connection



**K-STATE**  
Research and Extension

Wyandotte County



## ***Director's Note***

DENISE DIAS,  
COUNTY EXTENSION DIRECTOR

The dog days of summer are upon us! When it is too hot to go outside and there is nothing good on T.V. you can always watch Extension videos of our classes. Just go to our web page and look under the subject matter you are interested in to find them.

August is also the time to sign up to participate in either the Master Gardener or Master Food Volunteer programs. These special opportunities only come around once per year.

Application information is available at [www.wyandotte.k-state.edu](http://www.wyandotte.k-state.edu), classes start in early September. Stay Cool!



# **AUGUST EXTENSION DEPARTMENT UPDATES**

DENISE DIAS,  
COMMUNITY VITALITY, ENTREPRENEURSHIP

## **Volunteers Are Our Lifeblood**

K- State Research & Extension and the volunteers of Wyandotte County work together in partnership to develop educational programs tailored for our population. This partnership connects the university resources so that residents can solve problems, and improve their lives, and their communities.

In August of each year, we start looking for 24 volunteers to run and serve on one of our 4 program development committees (PDC). These committees focus on Ag and Natural Resources, Community Development, Family and Consumer Sciences, and 4-H Youth Development.

We need volunteers that represent our communities with consideration being given to age, gender, race, and other factors. If this sounds interesting to you? Contact me and I would be happy to tell you more about it.

For more information please contact Denise Dias, [ddias@ksu.edu](mailto:ddias@ksu.edu)



# **AUGUST EXTENSION DEPARTMENT UPDATES**

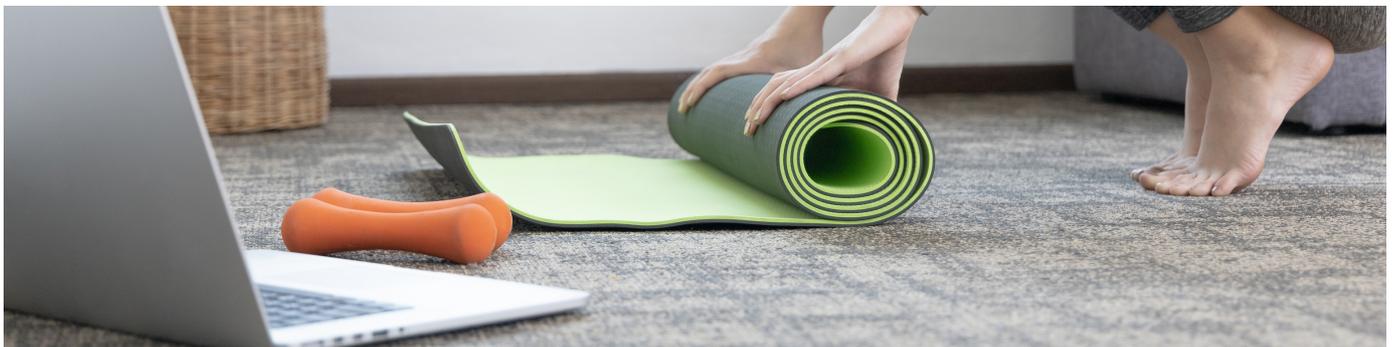
LORI WUELLNER,  
FAMILY AND CONSUMER SCIENCES, NUTRITION

## **Stay Strong, Stay Healthy**

Most of us know the importance of regular physical activity throughout the lifespan. Adults and older adults should seek 150 minutes of moderate-endurance or 75 minutes of vigorous-intensity exercise each week. Sounds tough? Consider breaking it down to shorter periods of time. Also included is stretching and strengthening 2 to 3 times a week. For more information on physical activity as we mature check out this [publication](#).

Since stretching and strengthening is recommended weekly, ask about our Stay Strong, Stay Healthy class series to keep you going! Starting September 6 through October 31 participants will meet for 8 weeks (2 times a week). The cost is \$25 and registration is due by August 26th.

For class details and registration call 913-299-9300 or email Lori Wuellner, [lwuellne@ksu.edu](mailto:lwuellne@ksu.edu)



JANICE McMAHON,  
NUTRITION EDUCATOR

## **Back to School Breakfasts!**

Oh my, school is almost here. Getting back to being disciplined of getting up earlier, eating breakfast, and getting out the door. When my kids were younger I started getting them to bed a week earlier, getting up earlier, and breakfast down them within a hour. (And me too!) Breakfast helps everyone to have more energy, improved concentration, and maintaining a healthy weight. Here are four fun breakfasts for everyone to start there day:

<https://food.unl.edu/newsletter/back-school-breakfasts>

P.S. Banana in a blanket is my favorite!



# **AUGUST EXTENSION DEPARTMENT UPDATES**

DR. CHIQUITA MILLER,  
FAMILY AND CONSUMER SCIENCES

## **The New 988 Mental Health Hotline Now Available**

People in a mental health crisis has a new three-digit number, 988, through which to reach trained counselors. They can simply call or text the numbers 9-8-8. Modeled after 911, the new three-digit is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional. The primary goal of the new number is to make it easier for people to call for help. Lawmakers and mental health advocates also saw the launch as an opportunity to transform the mental health care system and make care easily accessible everywhere in the United States. The 988 lifeline will connect people to the existing network of more than 200 local crisis call centers around the country. The National Suicide Prevention Lifeline's 10-digit number — 1-800-273-8255 — will remain active, but calls will be routed to 988.

Similar to the National Suicide Prevention Lifeline, a 988-crisis line that is effectively resourced and promoted will be able to:

- Connect a person in a mental health crisis to a trained counselor who can address their immediate needs and help connect them to ongoing care
- Reduce health care spending with more cost-effective early intervention
- Reduce use of law enforcement, public health, and other safety resources
- Meet the growing need for crisis intervention at scale
- Help end stigma toward those seeking or accessing mental healthcare

For many people who call the current National Suicide Prevention Lifeline, the call itself is an effective intervention.

For additional information on the history of 988 click [here](#)



Please contact Chiquita Miller, [chmiller@ksu.edu](mailto:chmiller@ksu.edu), for more information

# AUGUST EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY  
HORTICULTURE - LAWN AND GARDEN

The horticulture department is BLOOMING with opportunities!

## Healing Herb Garden

Presented by Lori Trojan, Douglas County Extension Master Gardeners

- Learn about the healing properties of herbs & how to plant your own!
- August 4 @ 11:30am
- Register online [here](#)

## Easy to Grow Shrubs & Perennials

Presented by Susan Mertz, Director of Horticulture at Powell Gardens

- Learn about easy to grow shrubs and perennials!
- August 4 @ 11:30am
- Register online [here](#)

## Master Gardener Volunteer Training

If you are passionate about gardening and want to share that passion, becoming a Master Gardener is the perfect opportunity!

- Tuesdays 9am - 4pm (September 13 - Oct 25)
- In-person at Ag Hall of Fam
- Cost: \$125 for a lifetime of knowledge!
- [Applications](#) due Sept 1

Do you have lawn and garden questions?

Please contact Lynn Loughary, KSRE

Horticulture Agent, at 299-9300, ext 104 or by email [lloughar@ksu.edu](mailto:lloughar@ksu.edu)



**K-STATE**  
Research and Extension  
WYANDOTTE COUNTY

# Master Gardener

Volunteer Training

SEPT. 13 - OCT 25, 2022  
TUESDAYS 9 AM - 4 PM  
IN-PERSON  
AG HALL OF FAME  
\$125

**APPLY TODAY**  
Due Sept 1

Join us! Kansas Extension Volunteers share a passion for gardening, community education, and life-long learning.

For more information, visit [www.wyandotte.k-state.edu](http://www.wyandotte.k-state.edu) or contact Lynn Loughary, 913-299-9300, [lloughar@ksu.edu](mailto:lloughar@ksu.edu)

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# ***JUNE EXTENSION DEPARTMENT UPDATES***

JESSIE CARR  
4-H YOUTH DEVELOPMENT

## **Back to School**

A new school year can bring a lot of emotions like excitement and even some anxiety. Youth and even adults can face some anxiety at the start of a new year. Here are some tips to help ease everyone's fears!

**Meet the Teacher!** Taking advantage of meet the teacher nights or scheduling a meeting with your child's new teacher is a great way to ease fears or anxieties related to the big question, "Will I like my new teacher?"

**Tour the School!** Walking the hallways of your child's new school allows both you and your child to feel more comfortable navigating the first day!

**Connect with Friends!** Seeing a familiar face is helpful anytime but especially when you've got the first day of school jitters! Find a time for your child to meet up with their friends prior to the first day of school to get reacquainted!

**Ease into the Routine!** School time and summer time routines probably look a whole lot different! As you are getting back into the school time groove be sure to help your child(ren) get back into a routine by allowing plenty of time to adjust.

For more back to school tips visit [\*\*PBS Kids - Back to School Tips for Parents\*\*](#)

[\*\*For more information about 4-H Youth Development contact Jessie Carr, carrjessie@ksu.edu\*\*](#)



# Upcoming Class



Agriculture  
and Natural  
Resources



Wyandotte County  
Extension Master  
Gardeners



Wyandotte County  
K-State Research  
and Extension



www.wyandotte.  
k-state.edu

## Healing Herb Garden

*Presented by Lori Trojan, Douglas County  
Extension Master Gardener*

August 4th 11:30 am - 1 pm

Pre-Register for Zoom link:

<https://ksu.zoom.us/join/register/tJEscO6oqzgoE9VEHCQ1xBDB1qqWAhXoyu5Z>



For details and pre-registration  
information contact

Lynn Loughary, Horticulture  
Extension Agent

913-299-9300 ext. 104

lloughar@ksu.edu

We will dig deep into the healing  
properties of herbs and how to  
plant your own medicinal garden



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# Upcoming Class



Agriculture  
and Natural  
Resources



Wyandotte County  
Extension Master  
Gardeners



Wyandotte County  
K-State Research  
and Extension



www.wyandotte.  
k-state.edu

## Easy to Grow Shrubs & Perennials *Presented by Susan Mertz, Director of Horticulture at Powell Gardens*

September 1 • 11:30 a.m. - 1 p.m.

Pre-Register for Zoom link:

[https://ksu.zoom.us/meeting/register/tJwvf-itqz8oEtxE7AjpE9\\_ET8QUuqDwEd8G](https://ksu.zoom.us/meeting/register/tJwvf-itqz8oEtxE7AjpE9_ET8QUuqDwEd8G)



For details and pre-registration  
information contact  
Lynn Loughary, Horticulture  
Extension Agent  
913-299-9300 ext. 104  
lloughar@ksu.edu

Learn about easy to grow shrubs  
and perennials in our climate that  
offer multiple seasons of interest  
to the garden.



Master Gardener  
Wyandotte County

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