

THE EXTENSION CONNECTION



K-STATE
Research and Extension

Wyandotte County

ISSUE 21 • MAY 2022



WYANDOTTE COUNTY
K-STATE RESEARCH
AND EXTENSION
NEWSLETTER

DIRECTOR'S NOTE

DENISE DIAS,
COUNTY EXTENSION DIRECTOR

Greetings!

Please let me introduce myself to you. My name is Denise Dias (rhymes with bias) and I am your new Wyandotte County Extension Director. I have worked for K-State Research and Extension for 26+ years, mostly in Sedgwick and Johnson counties. I am the only Extension Agent/Director to have worked for three of the four most populated counties in the state of Kansas. That experience helps me to understand the unique balance between urban and rural extension programs. I am looking forward to meeting and working with you to create more opportunities for the "Dotte".

Denise Dias

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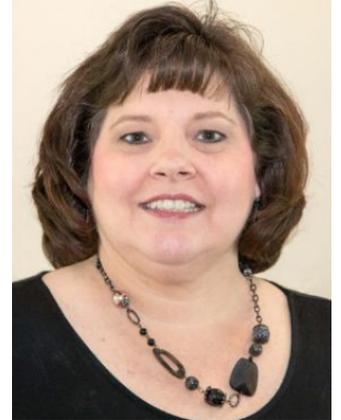
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MAY EXTENSION UPDATES

DIAS TO SERVE AS WYANDOTTE COUNTY EXTENSION DIRECTOR

Effective April 4, 2022 Denise Dias has joined the Wyandotte County Extension team as the County Extension Director. We are excited to have Denise joining us and hope you will help us welcome her too!

Denise earned her bachelor's degree in Home Economics from the University of Nebraska - Lincoln, her master's degree in Marketing - Apparel and Textiles from Kansas State University, and her MBA: Global Leadership and Business Management from Friends University. Dias has most recently been employed as a Family and Consumer Sciences Agent for K-State Research and Extension - Johnson County in Olathe, KS.



Extension Directors provide administrative leadership for budget and fiscal operations, personnel management of local staff, overall program development, delivery and evaluation, and assurance of accessibility to local programming by all individuals.

To learn more about Wyandotte County K-State Research and Extension visit, www.wyandotte.ksu.edu or call 913-299-9300.



**RADON TESTING KITS
AVAILABLE
AT OUR OFFICE**

Purchase your low-cost kit and learn
more on our county website.

Contact our office with any
questions
913-299-9300

MAY EXTENSION DEPARTMENT UPDATES

JESSIE CARR,
4-H YOUTH DEVELOPMENT AGENT

Believe it or not, young people can experience stress much like adults. Young people face stresses related to education, relationships, identity development and their futures. We know that not all stress is bad stress! Daily stresses can actually help youth to be more resilient if managed in healthy ways! By equipping youth with healthy coping mechanisms, we can set our youth up for success.

One way to manage stress is to ensure youth are finding their "me" time. With busy schedules it can be hard to find "me" time but taking time to unwind and refocus is important! Finding "me" time doesn't require hours, in fact "me" time only really requires a few minutes.

- In 1 minute, you can: take a few deep breaths or stand up and stretch
- In 5 minutes, you can: make a list of things you are grateful for or listen to your favorite song
- In 15 minutes, you can: take a quick walk or write a journal entry
- In 30 minutes, you can: practice yoga or read a chapter in a book

Take some "me" time today!

For more information contact Jessie Carr, 4-H Youth Development Agent, 913-299-9300 ext. 105 or carrjessie@ksu.edu



We're Hiring! 4-H Program Assistant

- Full-time
- Benefits
- Pay commensurates with experience

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MAY EXTENSION DEPARTMENT UPDATES

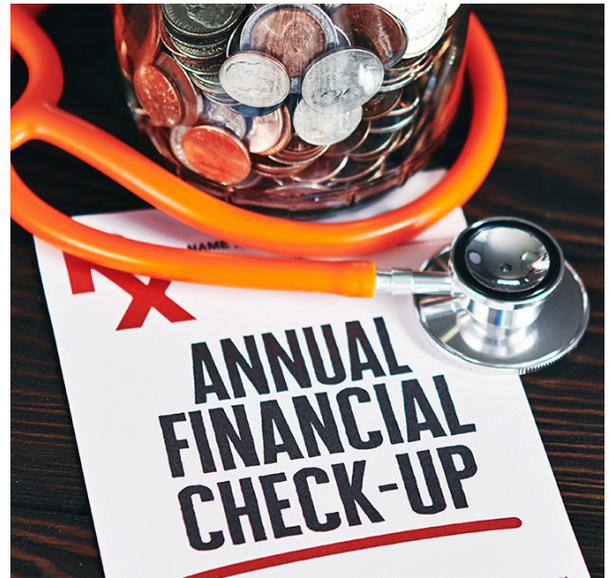
DR. CHIQUITA MILLER,
FAMILY AND CONSUMER SCIENCES AGENT

How Are You Doing? A Financial Checkup

A financial checkup, or a financial review, is an examination of your personal finances—everything from your current budget, debts, retirement contributions and more. The check-up can be done yourself or by meeting with a financial expert. As we know a financial checkup is as important as a physical checkup. Keeping tabs on your financial health can identify problems, chart progress, and outline action steps to achieve goals. There is no “one size fits all” answer in financial planning. What might be workable for one individual or family may not be for another. This fact sheet attached will help determine how you are progressing toward your financial goals.

Here are some common financial areas to focus on: Financial Management; Saving/Investing; Insurance and Estate Planning; Credit Shopping. Think of this as an annual check-up to improve your financial health and screen for potential problems. Check out this [link](#) to find more details.

For more tips contact: Dr. Chiquita Miller, Family and Consumer Sciences agent, 913-299-9300 ext. 106, chmiller@ksu.edu



LORI WUELLNER,
FAMILY AND CONSUMER SCIENCES AGENT

Spring time showers can be a wonderful act of nature until the severe winds kick in creating havoc resulting in power outages. Foods stored in the refrigerator and freezer can be at risk depending on the time frame of the outage. K-State Research and Extension can guide you through your uncertainties of the safety of your food. [This article](#) gives a snapshot on steps to take to reduce your risk.

Another helpful site that you'll want to bookmark is [K-State Research and Extension Food Safety, Disasters and Power Outage](#), which includes a variety of disaster situations.

Do you need a refresher class on food safety? You might consider attending one of our food safety class, ServSafe for Food Handlers. Reach out to us for dates and times. For more information, lwuellne@ksu.edu, 913-299-9300.

For more information contact Lori Wuellner, Family and Consumer Sciences agent, lwuellne@ksu.edu, 913-299-9300.

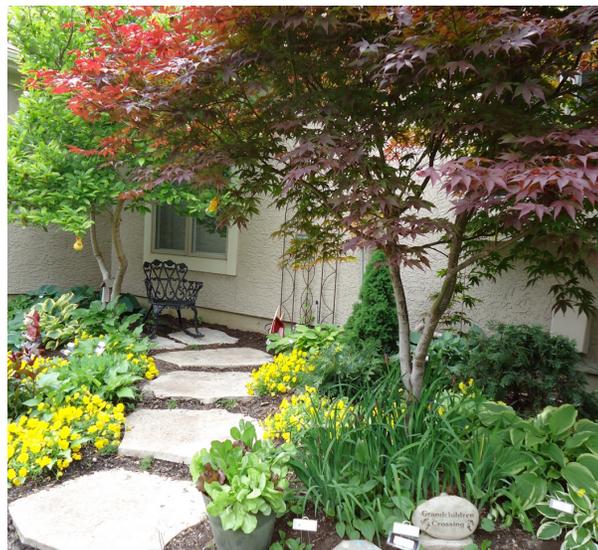


MAY EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY,
HORTICULTURE - LAWN AND GARDEN

Be sure to save the date for these upcoming events!

- **May 4:** New and Improved Annual Flower Varieties, presented by Matthew McKernan, Sedgwick County Horticulture Extension Agent.
 - 12 - 1 p.m.
 - [Pre- Register here](#)
 - Join Matthew McKernan, Sedgwick County Horticulture Extension Agent as he highlights new varieties of annual flowers with outstanding performance, along with tips for growing annual flowers more successfully this summer!
- **May 19:** 365 Days of Amazing Color, presented by Tim Moloney, Professor of Landscape Design, University of Missouri-Columbia,
 - 10-11 a.m.
 - [Pre-register here.](#)
 - A good landscape includes color throughout the year. Tim will discuss design practices, alternatives to blooming plants and Tim's top plants for bridging the color gaps.



If you have any lawn and garden questions, reach out to Lynn Loughary, Horticulture Agent, 913-299-9300 ext. 104, lloughare@ksu.edu.

We're Hiring!

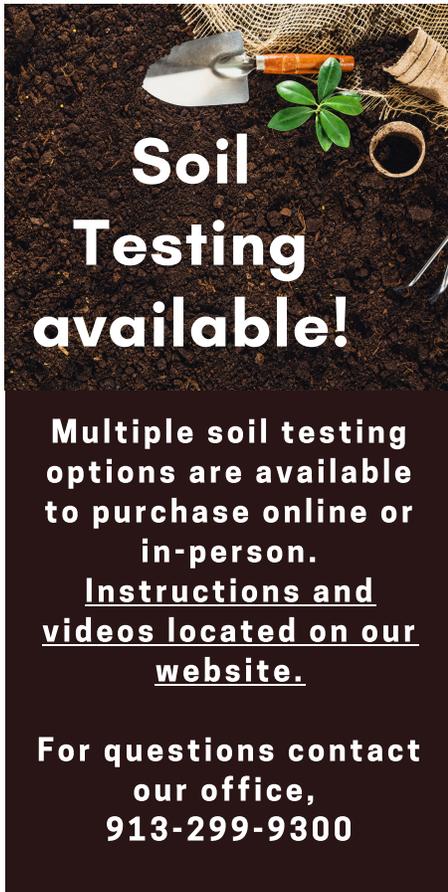
Nutrition Program Assistant

- Full-time
- Pay commensurates with experience

Kansas State University is a an equal opportunity employer



MAY EXTENSION DEPARTMENT UPDATES



**Soil
Testing
available!**

Multiple soil testing options are available to purchase online or in-person. Instructions and videos located on our website.

For questions contact our office, **913-299-9300**

Do you need a speaker?

Our office specializes in research-based content in the following areas

- Positive youth development
- Horticulture
- Community Vitality
- Health and Wellness
- Family and Home

Contact our office today to set up a speaker for your next event!

913-299-9300 or www.wyandotte.ksu.edu

UPCOMING EVENTS

- **May 4:** New and Improved Annual Flower Varieties Class
- **May 19:** 365 Days of Amazing Color

**Remember, soil tests and radon tests are always available for purchase!
Contact us today, 913-299-9300.**

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Wyandotte County K-State Research and Extension, 913-299-9300.

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[Wyandotte County 4-H](#)



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