

Note from the Director

Two major events this year will forever change our community: COVID-19 and the George Floyd murder. As a result, we are experiencing “national grief”--the process of adjusting to life without something. The degree of loss varies and comes in many forms. Realizing Extension was birthed during a time of war and loss, today we share in the grief and bring hope as we all adjust to our new norm.

We know Wyandotte County is resilient and our Extension office continues to provide the support and resources needed to ensure every resident survives and thrives. Whether it's concerns about health/wellness, healthy family relationships, a safe environment, gardening, youth education, financial stability or organizational vitality our staff is here for you. We've adapted our services to protect the staff, volunteers and public, without compromising the integrity of our services. We're making a difference for you.

Dr. Nozella, Director, nlbrown2@ksu.edu

Community Vitality - Dr. Nozella Brown, County Extension Director

Does your organization need to evaluate how to maximize your volunteer efforts in this new environment? What volunteers and skills are needed, today that differs from years past? The following questions will help determine your needs and address your challenges.

1. What is your organization doing that you would like to increase, replicate, or expand?
2. What challenges are you currently experiencing?
3. What is an area of your organization that is always underutilized or understaffed?
4. What specific skills and resources would your group need to meet its challenges?
5. How could your organization utilize a consultant or specialist, now and in the future, as you work to fulfill your vision and mission?

Finally, based on the answers: what are direct-service, skills-based, or leadership positions that would be an asset to your organization moving forward? For Board, organizational or volunteer support contact our office. *Adapted from the resource Volunteer Strategies (VQStrategies.com)*

Dr. Nozella Brown, Director and Community Vitality Agent, nlbrown2@ksu.edu

4-H Youth Development - Jessie Carr, Agent and Debra Sweeten, Program Assistant

Back to School

As the school year approaches, we know that school will not look the same as it has in the past. Youth and families will all be facing new challenges and Wyandotte County 4-H Youth Development is committed to helping meet the needs of families during this time. One way we will do this is by sharing weekly back to school tips and activities centered around the four H's of 4-H: Head, Heart, Hands, and Health. Check out our Wyandotte County 4-H Facebook page to follow along!

Distance Opportunities

Opportunity 4 All Forum: A Forum on Creating Access, Equity and Mobility for America's Youth Join National 4-H Council for a powerful discussion that brings together the voices of young people and adults in solutions that create opportunities for all youth.

Contact: Jessie Carr, 4-H Youth Development Agent, carrjessie@ksu.edu

EFNEP - Lauren Cooper, Nutrition Assistant

Community

- Check out all foods grown and raised in KANSAS [here!](#)
- Stay on top of your healthy eating goals with the MyPlate App: “Start Simple with MyPlate” - [download](#) on your Apple or Android phone today.

Classes

- Weekly zoom classes are now in session with a KUMC- Project Eagle family in their home visit program!
- A series of virtual classes have begun with a Kansas Children’s Service League healthy family!
- All classes are free and taught individually to low - resource parents via phone, zoom or pre-recorded lessons.

Contact

- Lauren Cooper, Nutrition Assistant at lacooper@ksu.edu or (913) 299-9300 ext.121
- Learn more about EFNEP and read education articles [here](#).

SNAP-Ed- Pamela Stovall & Nikki Flagler, Nutrition Educators

Hot summer days call for a refreshing treat! Watermelon is a great summer fruit providing vitamin A, C, potassium, magnesium and benefits of hydration. To pick the sweetest or the ripest watermelon look for a melon with a bright yellow spot. This is where it has been resting on the ground also known as the ground spot. If the ground spot is a cream color it is not fully ripe yet and needs a little more time. Try this [fruit cocktail recipe](#) using watermelon and other fruits as a healthy snack or side dish.



We are excited to announce we now have online learning options providing information about food safety, quick easy recipes, shopping for your budget, nutrition facts, and physical activity with a brief pre-and post survey. If any community members or organizations are interested feel free to contact Pam Stovall at parelif@ksu.edu or Nikki Flagler at nikkiflagler@ksu.edu.

Lawn and Garden - Lynn Loughary, Agent

Join the Extension Master Gardener Class of 2020 - APPLY NOW

Extension Master Gardener candidates do not have to be gardening experts to enter the program. Some first-hand knowledge of gardening basics is helpful but not required. Extension Master Gardeners are members of this community who have traded K-State training for volunteer time on approved projects.

In response to the COVID-19 pandemic, K-State Research and Extension (KSRE) will offer an online Extension Master Gardener (EMG) basic training this fall 2020, beginning September 3, 2020, and ending on December 17, 2020. The training will provide between 40 to 50 hours of instruction on 13 topics, delivered in a mix of lecture and engaging activities. Sessions will be held on Thursday afternoons from 1:00 to 4:00 pm. Applications are due August 26th and are available [here](#).

K-STATE
Research and Extension

Master Gardener
Wyandotte County

Family and Consumer Sciences, Family and Home - Dr. Chiquita Miller, Agent

During these uncertain times, how can we help? When a community is caring, everyone wins. One way to empower volunteerism and support the needy in Wyandotte County is to safely give back to our community. Whether you're representing a company whose employees want to dedicate their time, or an individual looking to help, there are many volunteer opportunities. On Saturday July 25th from 9:00am- until the food was all gone, nearly 50 volunteers distributed food to needed families. The leadership of the Groundwork NRG organized the food give away at 1726 Quindaro Blvd, in Kansas City, Kansas. There were volunteers from the Community Health Council, K-State Research and Extension board member Lynnette Booker, Judge Tony Martinez, Chiquita Miller, a church missionary youth group, the PRIDE Black Fire Fighters, Made Men, and others. The Free food giveaway was a complete success as the entire truck of produce and milk was shared.



Family and Consumer Sciences, Health and Nutrition - Lori Wuellner, Agent




Food safety education and outreach comes in many forms. As a Certified ServSafe Instructor and Registered Examination Proctor, I am qualified to oversee the testing and grading of individuals who want to achieve their Manager ServSafe Certification (or re-certification.) This is often a foodservice requirement for managers and assistant managers. Advantages include advancement and promotion of the individual within the industry and qualifies individuals to train others. This, along with all ServSafe programs, can only be achieved face-to-face and because of the National Restaurant Associations policy, virtual programming and proctoring is not an option due to the integrity of the material. This month I have proctored 4 individuals with 1 pending.



Contact Lori Wuellner at lwuellne@ksu or 913-299-9300 ext. 10

Contact Us

Wyandotte County K-State Research and Extension Office
1216 N 79th St. • Kansas City, KS 66112
913-299-9300
www.wyandotte.k-state.edu

-  K-State Research and Extension Wyandotte County
-  Wyandotte County 4-H
-  Wyandotte County Master Gardeners



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.