

Note from the Director

Happy Summer! As we excitedly welcome the warmer weather, longer days and fun vacations, we hope the worst of the Pandemic is behind us and we establish our new “norms”. Now, we realize it’s been difficult for individuals to sift through all the information coming from so many sources. To avoid the confusion, we are committed to serving as the bridge between the most current and relevant evidence-based information from the university and the practical needs of the people. The silver lining of this global tragedy has been our renewed appreciation for life and witnessing our communities mobilize to support one another, especially here in Wyandotte. Our staff has been there for you with our education, webinars, resources, and community outreach. No matter the difficulties ahead, we will not quit. As you can see in this newsletter, we continue to provide resources and services to enhance your life.

Kindly,

Dr. Nozella Brown, nlbrown2@ksu.edu, 913-299-9300 ext. 110

Community Vitality - Dr. Nozella Brown, County Extension Director

As we dig our way out of our economic challenges, many have asked about sources for grant funding. We have two upcoming grant workshops that are virtual and only \$60. Registration for either class is [online](#). Here’s a [flyer](#) with more complete details and information.

- Sedgwick: Aug 25, 27, 9 a.m. to Noon.
- Cottonwood: Sept 14, 15, 1-4 pm.



For more information on how you can connect with the Wyandotte County community, visit our county extension website’s “[Community Vitality](#)” tab.

Contact

Dr. Nozella Brown, nlbrown2@ksu.edu, 913-299-9300 ext. 110

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

The annual Wyandotte County Fair is July 13-17! During the fair Wyandotte County 4-H’ers have the opportunity to showcase projects that they have been working on and with throughout the last 4-H year.

While working on their projects 4-H’ers have the opportunity to learn both academic and life skills, develop leadership skills and begin preparing for their futures. Be sure to come out to support all of our local youth leaders as they display their projects that range from decorated cakes to robotics to educational poster to livestock and more!

Contact

Jessie Carr, carrjessie@ksu.edu, 913-299-9300 ext. 105

EFNEP/SNAP-Ed - Gina Conde, EFNEP/SNAP-Ed Agent

Community

Summer is a great time to get physically fit! Regular physical activity just as important to a healthful lifestyle as smart eating. Current recommendations suggest that adults get at least 150 minutes of moderate-intensity aerobic exercise such as brisk walking or cycling, and two to three days of muscle-strengthening activities.

Classes

Interested in learning more about how to be more active? Contact our office for our latest classes. We offer virtual and face to face classes where you will learn ways to eat healthy, how to stretch your dollar and be more physically active. SNAP-Ed and EFNEP programs support low-income individuals and families with children.

Contact

• Gina Conde, gina25@ksu.edu, 913-299-9300 ext. 108, or [facebook](#)

EFNEP - Lauren Cooper, Nutrition Assistant

Community

• It's time to celebrate, Happy Birthday MyPlate! Party in 10 different ways [here!](#)

Classes

• A virtual class has begun with the Department for Children & Families!
• Virtual classes are available, small in-person classes coming soon.

Contact

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



SNAP-Ed - Pamela Stovall, Nutrition Program Educator

Community

We are in a great time of the year where we can be active in gardening and promoting our local farmers. Thirty minutes of gardening-type activities per day can help lower the risk of: Heart disease, Diabetes, High Blood Pressure, Obesity and Depression. Here are three reasons to eat locally grown foods produced by the labors of a local farmer.

1. Healthy choices: Local foods are likely to be whole and unprocessed.
2. Freshness: When freshly picked, fruits and veggies are their healthiest.
3. Taste: Farmers who sell fruits and veggies locally can choose to grow varieties with the best taste than those that ship on a truck or last longer on the grocery store shelf.

Contact

Pam Stovall at parelif@ksu.edu, 913-299-9300 ext. 111

Lawn and Garden - Lynn Loughary, Agent

Community

Have you visited our Demonstration Gardens at the Ag Hall of Fame or Turner Community Gardens? Be sure to stop by and learn more about our educational programs! Learn more about our Master Gardener program [here](#).

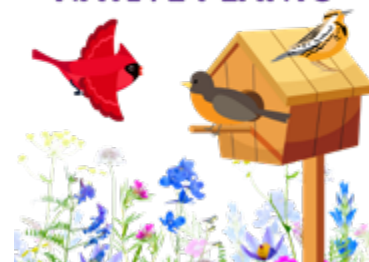
Classes:

- **Gardening for Birds with Native Plants:** July 1, 11:30 a.m. - 1 p.m., [pre-register for Zoom meeting information](#).

Contact

Lynn Loughary, loughar@ksu.edu, 913-299-9300 ext. 104

GARDENING FOR BIRDS WITH NATIVE PLANTS



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

Only In Your State of Kansas - Did you know that there are castles, hiking trails, waterfalls, parks, eateries, and many other adventures waiting for you to explore this summer in Kansas? The “Only In Your State Website/Facebook” is a great place to start! Looking through some of the suggestions on the site, there are wonderful family friendly places for travel you’ll want to research. You will find this site amazing, reading about the numerous locations you can add to your list of adventures! Although the Covid-19 virus appears to be getting better for gatherings and travel, please be aware of the destinations, as some may be limited or restricted based on local jurisdictions. Check out this [website](#), for all things exciting in Kansas and others states where you can explore and create new memories.



Contact: Dr. Chiquita Miller, chmiller@ksu.edu, 913-299-9300 ext. 106

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

In the June Health & Nutrition Letter, Tufts University, an article on “Diet and Your Brain” was in the spotlight. While there is no cure for dementia healthy eating may play a role in cognitive function as we age. Specific tips shared were: **“MIND” YOUR DIET:** Eat more whole, minimally processed foods, like berries and other fruits, leafy greens and other vegetables, whole grains, nuts and seeds, and seafood—and less refined starches and cereals, added sugars and processed meats. **KEEP ACTIVE:** The brain benefits from physical and mental activity so get moving and engage your brain. **FOCUS ON HEART HEALTH:** What’s good for the heart is good for the brain...healthy eating, staying active, avoid tobacco, minimize alcohol consumption, adequate sleep, and manage stress. For more information, see our [Online Learning Opportunities](#), Nutrition and Mental Health, or visit our [youtube channel](#).

Contact

Lori Wuellner, lwuellne@ksu.edu, 913-299-9300 ext. 107

WYANDOTTE COUNTY EXTENSION NEWS

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Wyandotte County

Upcoming Events

**FREE Nutrition
Class with
West
Wyandotte
Library
Enroll by July 1**



For questions contact,
Lauren Cooper,
EFNEP Nutrition Assistant
913-283-5548
lacooper@ksu.edu

**Gardening for Birds
with Native Plants
July 1 • Zoom
11:30 a.m. - 1 p.m.**

For questions contact,
Lynn Loughary,
Horticulture Extension Agent
913-299-9300 ext. 104
lloughar@ksu.edu

Register Here: <https://tinyurl.com/3snryjsz>

Did you know

WE HAVE A YOTUBE ACCOUNT!?



[HTTPS://TINYURL.COM/WYCOYT](https://tinyurl.com/wycoyt)



If interested in this event contact,
Jessie Carr
4-H Youth Development Agent
913-299-9300 ext. 105
carrjessie@ksu.edu

**FACS PDC Special
Summer Meeting:
Dotte Mobile Grocer
July 26 • 12 p.m.**

If interested in this class contact,
Lori Wuellner,
Family and Consumer Sciences Agent
913-299-9300 ext. 107
lwuellne@ksu.edu

Join us here: <https://tinyurl.com/wycofacspdcmtg>

**Are you ready to help make a positive difference in
our community?**

Click an icon below to learn how to join our
Program Development Committees, and be part of
positive change today!



Agriculture
and Natural
Resources



Community
Vitality



Family and
Consumer
Sciences



4-H Youth
Development

Contact Us

Wyandotte County K-State Research and Extension Office
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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

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