

Note from the Director

A year ago, we transformed how we do business to adjust to a global pandemic. Today we realize the challenges only made us stronger, more resilient, and determined to fulfill our mission of improving the quality of life for our residents. We are listening to you as we learn the educational resources and services that you need for this new norm. While we've become more efficient, you can still depend on us for quality, non-biased, evidence-based information. Please enjoy the resources you find in this newsletter and let us know how we can continue to serve you better.

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

Community Vitality - Dr. Nozella Brown, County Extension Director

You can enjoy the April First Friday e-call on the [Role of Trails in Economic Development](#), with Elizabeth Burger, Sr VP Programming, Sunflower Foundation; Wynndee Lee, Ottawa Director of Community Development and John Coen, Ottawa Area Chamber of Commerce. The video and PDF of the slides are now online in the [First Friday e-Calls archive](#). Follow these links to see the pdf of the presentations: (or see them at the First Friday e-Call archive.)

Follow these links to see the pdf of the presentations: (or see them at the First Friday e-Call archive.)

- [Trails as Economic Development Engines_04.02.21.pdf](#)
- [All Trails Lead To Ottawa](#)

Contact

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

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

Opportunity4All – What's the difference between kids who reach their potential and those who don't? Opportunity. And it's National 4-H's mission to make sure all youth have equal access to it.

4-H provides kids with community, mentors, and learning opportunities to develop the skills they need to create positive change in their lives and communities. You can help create opportunities for 4-H'ers by supporting the FOURWARD Fund to give kids the resources they need to make a difference in the world. Your gift will open doors, remove barriers and clear a path to a better future for millions of young people across the country

To learn more about the Opportunity4All and the FOURWARD Fund you can visit their [website](#).

Contact

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

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

Community

SNAP-Ed/EFNEP programs support low-income individuals and families in making healthy choices the easy choice through nutrition and physical activity education. Our county nutrition educators lead interactive lessons for adults and youth to help them with; Easy meal planning, Stretching food dollars, Increasing physical activity, Improving skills for safe food handling and preparation.

Classes:

April classes: taught in a virtual format

- Eat Smart Move More- Tips for eating smart, moving more and achieving a healthy weight
- Healthy You and Baby Too -Eating smart and moving more for a healthy pregnancy

Contact

- Gina Conde, gina25@ksu.edu, 913-299-9300 ext. 108

EFNEP - Lauren Cooper, Nutrition Assistant

Community

- This season, spring into a healthier you by exploring these mindful tips [here](#).

Classes

- Virtual Classes are in session for a family in partnership with Vibrant Health!
- A new virtual series has begun with a KUMC Project Eagle Center Based Family!
- Two families graduated from the EFNEP program in March!

Contact

- Lauren Cooper, lacooper@ksu.edu, 913-283-5548
- Learn more about EFNEP and read education articles [here](#).



Lawn and Garden - Lynn Loughary, Agent

Spring is a perfect time to take a soil sample from your yard or garden to determine your soil's pH, phosphorus, and potassium levels. This information is critical in amending the soil correctly and in determining the best fertilizer for your plants. Soil tests detect shortages of major plant nutrients which affect growth and development of plants. The test doesn't identify or measure insects, soil borne diseases, pesticide residues, or other contaminants.

You will need to take several subsamples (at least 6) from the area being tested. Mix those together and pull out 1 cup of soil and place in a Ziplock bag with the area identified on the bag. Bring that soil sample to the Extension office for processing. There is a small processing fee that can be paid online. Soil test information can be found on our [county extension website!](#)

Contact

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

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

Parent and Provider University has been in existence in some form in Wyandotte County for 25+ years as an opportunity for individuals directly interacting with our community's children (parents, childcare providers, social workers, home visitors, etc.) to come together for an enriching learning environment providing common knowledge, understanding and communication between each party for the betterment of interactions with children. Please join us on April 24, 2021, we have one topic: The Presentation will consist of a group presentation from the Alive and Thrive Trauma facilitators team on "Understanding Trauma for Parents and Child Care Providers." Register at: <https://tinyurl.com/parentprovidersuni>
Facebook Page: <https://fb.me/e/3vSWNngia>



PARENT PROVIDER UNIVERSITY

April 24
9:30 a.m. -12:00 p.m.
Held via Zoom

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

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

State Specialist, Sandy Procter, shared in a training this month the current view on introducing peanut products into children's diet based on the LEAP (Learning Early About Peanut Allergy).

The science and research-based advice agree that there is a window of time in a baby's development, during a time when solid foods are being first offered, when the introduction of potentially allergenic foods, like peanut-based foods, is safest. Recommendations are based on children considered highest risk, mild to moderate risk and those without risks. In all cases always consult with your doctor before implementation. For more information about food allergies go to Food Allergy Research and Education, <https://www.foodallergy.org>.

Contact

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

**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

WYANDOTTE COUNTY EXTENSION NEWS

VOL 1 ISSUE 10 • MARCH/APRIL 2020



K-STATE
Research and Extension

Wyandotte County

Upcoming Events



PARENT PROVIDER UNIVERSITY

If interested in this class contact,
Dr. Chiquita Miller
Family and Consumer Sciences Agent
913-299-9300 ext. 106
chmiller@ksu.edu

April 24

9:30 a.m. -12:00 p.m.
Held via Zoom

Online Master Gardener's Plant Sale

April 30 - May 1
Sale opens at 9 a.m.

If interested in Plant Sale contact,
Lynn Loughary,
Horticulture Extension Agent
913-299-9300 ext. 104
lloughar@ksu.edu

<https://wycomastergardeners.square.site/>



Summer Course

Registration opens May 3

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

Did you know

WE HAVE A YOTUBE ACCOUNT!?



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



Learn more
about our
office here

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.