

Note from the Director

Greetings,

As we continue to adjust to this COVID-19 environment, it's important for all community members to have access to much needed information. I'm excited to announce that residents can now convert our website with all its resources from English to Spanish at the click of a tab. For our Spanish-speaking neighbors that means they now have access to all our COVID Breaking News, Hot Topics and community resources, including wellness, parenting, gardening and youth development education. Be sure to hop over to our website www.wyandotte.k-state.edu and share it with others. While staff continue to work remotely, we are preparing to reopen our office July 5 with safety protocols recommended by our Unified Government. Our goal is to seamlessly continue providing the services you deserve.

Kindly, Dr. Nozella Brown, nlbrown2@ksu.edu

Community Vitality - Dr. Nozella Brown, County Extension Director

Without question, the ripple effects of COVID-19 are yet to be realized, from the impact on families to the impact on our local, state and federal governments. To offer solutions and provide relief, the Community Vitality Program Focus Team (PFT) offers monthly First Friday e-calls on topics relevant to small business, including grant opportunities and support, technical support and resources, legal guidance and more.

If you have a small business or know a small business owner these are calls designed to support your success. For monthly registration details, topics and more information visit our website, Facebook page or contact me at nlbrown2@ksu.edu



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

Community

- Throughout the last month the 4-H Department has worked closely with several community partners including, our local health departments, emergency management, regional and state 4-H, volunteers and many others while planning for the first ever hybrid WyCo 4-H Summer Showcase. This year the 4-H Summer Showcase will involve some of the traditions we all know and love while incorporating new and innovative ways for youth to showcase their learning and hard work.

Distance Opportunities

- Throughout the month of June, Kansas 4-H will be offering a virtual camp experience. Although the Rock Springs 4-H Camp experience can't be recreated completely from our own backyards, some of the traditions and fun of camp can still live on! Follow Kansas 4-H's Facebook page where FREE camp challenges and activities will be posted. #4HCampsLivesOn #KS4H

Contact: Jessie Carr, 4-H Youth Development Agent, carrjessie@ksu.edu or 785-433-1949.

EFNEP - Lauren Cooper, Nutrition Assistant

Community

- EFNEP continues to stay engaged in the community by participating in zoom meetings with Alive & Thrive, WyCo FIMR Action Team, virtual community outreach and participation in a two-day National Urban Extension Leaders conference.
- Test your knowledge of various food groups by visiting [MyPlate website](#).

Classes

- All classes are free and open to low-resource parents. Currently, classes are being taught individually via phone, zoom or pre-recorded lessons. All platforms vary based on the need of the participant.
- I continue to work with KUMC Project Eagle to determine interest in nutrition classes for a home visit family.

Contact

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

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

Grocery costs are on the rise, especially meat. Try meatless recipes to cut the cost. Here is an easy budget-friendly recipe that includes grains, protein and vegetables. Just add a side of fruit and a glass of milk to complete the meal with all the food groups. Click this link to try this recipe for [Eagle Pizza](#).

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, contact Pam Stovall at parelif@ksu.edu or Nikki Flagler at nikkiflagler@ksu.edu.



Lawn and Garden - Lynn Loughary, Agent

The Wyandotte County Extension Master Gardener program has six demonstration gardens throughout the county. These gardens demonstrate plant materials that are adapted to Northeast Kansas. The following gardens are open to the public during the Covid-19 pandemic. Home gardeners are encouraged to visit the gardens to learn about plants that will do well in the home landscape. Two of these are:

- **Annemary Vogelweid Memorial Garden:** The garden is located at the entrance to the **National Agricultural Center and Hall of Fame**, 630 N. 126th Street, Bonner Springs, KS. This garden features low maintenance shrubs, perennials, and annual flowers.
- **Pollinator Garden:** This perennial garden contains plant materials that attract pollinators and serve as caterpillar food. It is located at the **Turner Community Garden**, 55th and Klamm, Kansas City, KS. Contact Lynn at, 913-299-9300 ext. 104, lloughar@ksu.edu



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

There is no playbook for maintaining mental health during a global pandemic, and people are hurting. If you wake with sweaty palms, a racing heart, and other feelings of panic, you are not alone. Physical health is a top concern as we check the news, social media and other outlets for updates on COVID-19. Our citizens are also worrying about job loss, financial fallout, school closures, grief, and uncertainty about the future. Given varying orders for sheltering in place, re-openings, social distancing, school and work closures, people of all ages are at risk for loneliness, stress, anxiety, depression, increased child abuse, domestic violence and substance abuse. It's overwhelming! Visit our county facebook for daily tips and resources.

Providing daily self-health tips and other resources has been a valuable support for families, designed to assist families in reframing troubling thoughts, and developing resiliency tools in hopes of re-imagining a positive future. Contact Chiquita at, 913-299-9300 ext. 106 or chmiller@ksu.edu.

SELF-CARE IDEAS

1. Create or maintain daily routine.
2. Try to spend 15-30 minutes outside each day.
3. If possible exercise 3-5 times a week.
4. Take a drive and travel to a area of the city that is new or you have not seen in a while.



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

Walk Kansas wrapped up on May 9th! Congratulations to the six Wyandotte County teams that were engaged in reporting and completing their challenge! All participants received awarded prizes.




I continue to work with a team involved in transitioning the **Dining with Diabetes** class series to a virtual format specifically editing a set of recipes, adding in food safety measures and formatting them onto a new template. Wyandotte will serve as one of the pilot counties with the hopes of "rolling out" the program late summer.



While I have hosted and participated in Zoom meetings, I presented my first class utilizing this platform. This month I also met with the Master Food Volunteers for our "regular" meeting via **Zoom**. For more information contact Lori Wuellner at lwuellne@ksu.edu or call 913-299-9300 ext. 107.

Contact Us

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-  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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