

September 2022

The  
Extension  
Connection



**K-STATE**  
Research and Extension

Wyandotte County



## ***Director's Note***

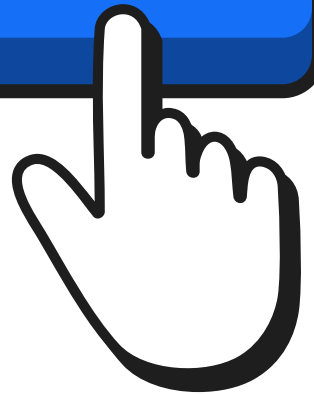
**DENISE DIAS,**  
COUNTY EXTENSION DIRECTOR

It's almost here! The cooler temperatures last month have given us an early taste of autumn. It is when the tasty bounty of fruits and foods is available.

If your club or group is looking for a speaker on a fall topic, give one of our agents a call. We have recently hired additional staff to support our nutrition and health outreach, so don't hesitate to put them to work for you!

Contact us at 913-299-9300 for more information!

**CONTACT US**



# SEPTEMBER EXTENSION DEPARTMENT UPDATES

DENISE DIAS,  
COMMUNITY VITALITY, ENTREPRENEURSHIP

## An Idea for Community Impact and Innovation

In order to move a good idea forward, you need to know the roles; Who is  
The innovator  
The doubter  
The one who can help move things forward

If you have focused, and have gathered the right community players, you can carry that momentum to the end. This idea was shared at a conference recently and it is so true.

Extension is often a catalyst for creating impact and innovation in our community. How do we create impact? By meeting people where they are and sharing research-based information that is relevant and meaningful to them. Innovation comes from exploring all the unique avenues for educational delivery. To be innovative involves taking risks, being efficient, and oftentimes dealing with discomfort. Discomfort is where change starts to happen. No one likes to be uncomfortable, but keep communicating, keep reaching out to one another. That is how we are all going to make a difference and improve our community.

For more information please contact Denise Dias, [ddias@ksu.edu](mailto:ddias@ksu.edu)



# SEPTEMBER EXTENSION DEPARTMENT UPDATES

STEPHANIE WHATLY-HOPKINS  
WYANDOTTE COUNTY EXTENSION AGENT

## Introducing Stephanie Whatley-Hopkins the New Wyandotte County Extension Agent

Stephanie Whatley-Hopkins will begin serving as the Wyandotte County Expanded Food and Nutrition Education Program (EFNEP) Extension Agent, effective August 22. Wyandotte County's office is in Kansas City, Kansas.

Whatley-Hopkins earned her bachelor's degree in Education from the University of Kansas and her Master of Public Health degree from the University of Florida. She has most recently been employed as a civilian specialist for the Johnson County Sherriff's Office in Olathe, KS.

EFNEP (Expanded and Food Nutrition Education Program) agents develop and deliver educational programming to support successful families and community systems. Programs may include but are not limited to, food preparation, nutrition, food safety, food resource management, household food security, and physical activity.

More information about K-State Research and Extension Wyandotte County is available online at [wyandotte.k-state.edu](http://wyandotte.k-state.edu). Contact Stephanie Whatley-Hopkins via email at: [smwh@ksu.edu](mailto:smwh@ksu.edu).



# SEPTEMBER EXTENSION DEPARTMENT UPDATES

LORI WUELLNER,  
FAMILY AND CONSUMER SCIENCES, NUTRITION

## September is National Food Safety Education Month!

Did you know that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors? This includes temperatures, hand washing, cross-contamination, and washing produce. Resources to support good food safety practices can be found at <https://www.fightbac.org/nfsem/>. Here you'll find recipes (with food safety measures), a video on why NOT to wash poultry, fact sheets, activities for kids, and more. And, since hand washing is an important step we can all take in keeping ourselves (and others) healthy you'll want to check out this short video from K-State illustrating (in purple, of course) the correct way to get the job done, <https://www.youtube.com/watch?v=euR9FKFYb4&t=20s>

For more information contact me at [lwuellne@ksu.edu](mailto:lwuellne@ksu.edu)



JANICE McMAHON,  
NUTRITION EDUCATOR

## September is Prostate Cancer Awareness Month.

Prostate cancer is the second most common cancer among men in the United States.

We know that 30% of cancer is preventable with lifestyle factors. Eating healthy and exercising can prevent any number of chronic diseases, and in some cases, like diabetes, it can even help reverse some of the most dangerous effects. To learn more about men's health challenges check out these articles

<https://www.ksre.k-state.edu/news/stories/2022/06/mens-health-cancer.html>  
<https://bookstore.ksre.ksu.edu/pubs/MF3598.pdf>



# SEPTEMBER EXTENSION DEPARTMENT UPDATES

DR. CHIQUITA MILLER,  
FAMILY AND CONSUMER SCIENCES

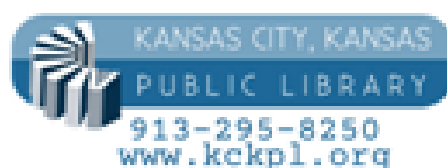
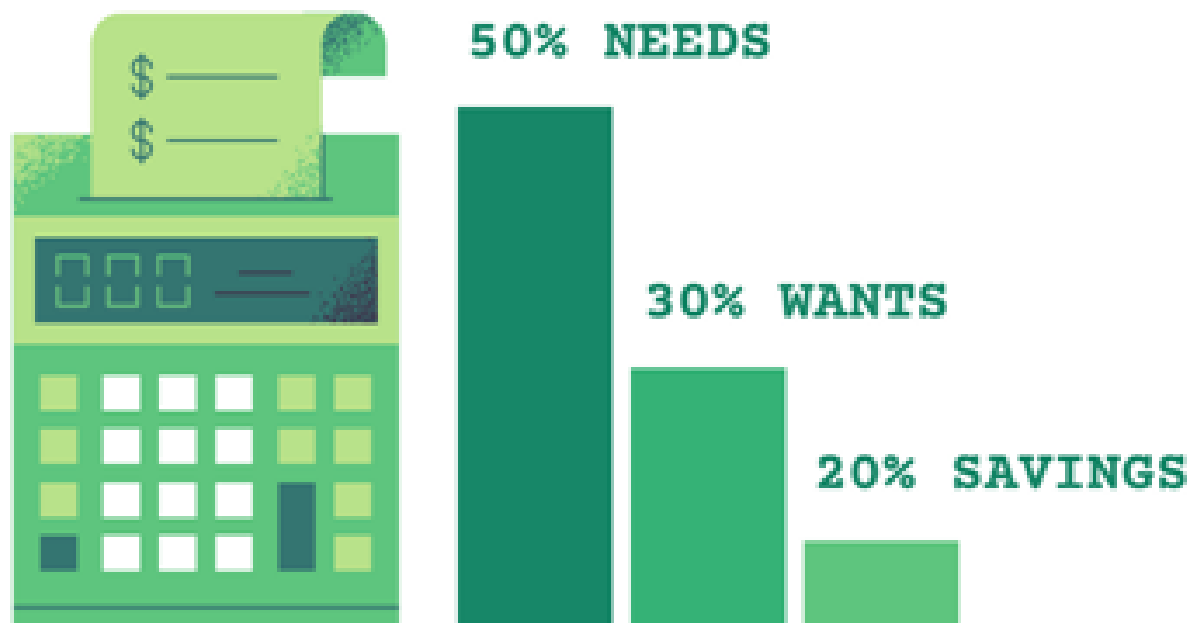
## Budgeting Basics with K-State Extension Services

Join us on September 13 at 6:30 p.m. for Budgeting Basics. Having a hard time tracking your expenses? Creating a manageable budget is an important step toward a healthy financial future. However, it's not always easy to get started. A percentage-based budget can create new ways to get the ball rolling towards financial security!

Using the 50-30-20 rule budget offers a user-friendly way to divide your income into three categories.

Register online if you would like to attend via zoom!

<https://kckpl.librarymarket.com/event/budgeting-basics>



Please contact Chiquita Miller, [chmiller@ksu.edu](mailto:chmiller@ksu.edu), for more information

# SEPTEMBER EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY  
HORTICULTURE - LAWN AND GARDEN

## Easy to Grow Shrubs

Presented by Susan Mertz, Director of Horticulture at Powell Gardens

- Learn about easy-to-grow shrubs and perennials!
- September 1 @ 11:30am
- Register online [here](#)

## Master Gardener Volunteer Training

If you are passionate about gardening and want to share that passion, becoming a Master Gardener is the perfect opportunity!

- Tuesdays 9 a.m.- 4 p.m. (September 13 - Oct 25)
- In-person at Ag Hall of Fam
- Cost: \$125 for a lifetime of knowledge!
- **Applications due Sept 1**

## Creating a Sensory Garden

Presented by Pamela Hubbard, Penn State Extension Master Gardener

- Learn design considerations for sensory gardens!
- October 1 @ 11:30am
- Register online [here](#)

Do you have lawn and garden questions?

Please contact Lynn Loughary, KSRE

Horticulture Agent, at 299-9300, ext 104 or by email [lloughar@ksu.edu](mailto:lloughar@ksu.edu)



**K-STATE**  
Research and Extension  
WYANDOTTE COUNTY

# Master Gardener

Volunteer Training

SEPT. 13 - OCT 25, 2022  
TUESDAYS 9 AM - 4 PM  
IN-PERSON  
AG HALL OF FAME  
\$125

**APPLY TODAY**  
Due Sept 1

Join us! Kansas Extension Volunteers share a passion for gardening, community education, and life-long learning.

For more information, visit [www.wyandotte.k-state.edu](http://www.wyandotte.k-state.edu) or contact Lynn Loughary, 913-299-9300, [lloughar@ksu.edu](mailto:lloughar@ksu.edu)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.



# SEPTEMBER EXTENSION DEPARTMENT UPDATES

JESSIE CARR  
4-H YOUTH DEVELOPMENT

## SMART Goals

The start of a new school year is the perfect time for youth (and adults!) to set new goals. SMART Goals are a great tool to plan for the future, to help make big projects more attainable, or to learn something new.

**Specific:** the more specific your goal, the better!

**Measurable:** setting measurable goals helps determine your progress!

**Adaptable:** your goals may change along the way & that's okay!

**Realistic:** dreaming big is encouraged, but so is setting realistic goals

**Time-bound:** setting a time boundary helps you stay on track with your goals!

To practice creating SMART goals you can visit [4-H & Setting SMART Goals](#)

[For more information about 4-H Youth Development contact Jessie Carr, carrjessie@ksu.edu](mailto:carrjessie@ksu.edu)

