



October 2022

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension

Director's Note

Denise Dias,

Wyandotte County Director

I grew up in 4-H many years ago, and the lessons that were instilled in me in those early formative years have lasted a lifetime! If you support positive youth programs of any kind, please join me on October 4th by wearing green to show your support for 4-H and all of our Wyandotte County Youth!

National 4-H Week!

4-H is the largest youth development organization, supporting almost six million youth across the county thus far. At Wyandotte County Extension, we have helped hundreds of youth in our county for the last 100 years, with the help of some fantastic volunteers and 4-H Agents.

National 4-H Week showcases the incredible experiences of young people who have learned by doing hands-on projects in health, sciences, agriculture, and citizenship. These kids work daily to make an impact in Wyandotte County, their clubs, schools, and themselves.

Our programs would not be possible without the help of our incredible volunteers and office professionals. They have mentored and cared for these 4-H'ers and helped them grow into true leaders, entrepreneurs, and visionaries.

October 2-8 is officially National 4-H week and we are excited to celebrate! Keep an eye out for the green. If you would like to show your support, wear green on Tuesday, October 4th so we can paint the county green!

Volunteer with WyCo 4-H Youth Development Today!

Jessie Carr

4-H Youth Development Agent

4-H Youth Development empowers young people to lead for a lifetime...but that empowerment isn't possible without caring adult volunteers! Adult volunteers make a difference in young people's lives by sharing their passion, skills, and talents!

Wyandotte County 4-H Youth Development is always seeking responsible and caring adults to serve as volunteers. 4-H offers a wide variety of volunteer opportunities from one-time events or programs or to a multi-year experience as a club or project leader.

In 4-H young people find their "sparks" through the 4-H Learning Pathway and can participate in projects like; photography, visual arts, foods & nutrition, sewing, leadership, civic engagement and 40+ other project areas!

Adult volunteers are needed to help guide and support youth as they discover their sparks and build skills that last a lifetime. If you are passionate about improving the lives of young people serving as 4-H volunteer would be a great fit for you! We can't wait to work with you!

To learn more about volunteering with Wyandotte County 4-H please visit our website!

4-H Youth Development



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WHEN YOUR INCOME DROPS: COMMUNITY AND FAMILY RESOURCES

Chiquita Miller,
Family and Consumer Sciences Agent

Experiencing a loss of income can be devastating. Getting by with less may seem like an impossible task. Learn how to move forward by implementing the keys to success:

- Thinking positively
- Considering the possibilities
- Mapping out your plan

Loss of income or a job can be a traumatic experience. Family and community can be sources of supply, support, and aid. Kansas has many support services that aid those coping with unemployment or loss of income. Other assistance may also be available through local sources or county funding. Examples include church-sponsored counseling and emergency funds, emergency shelters, and community food banks.

Locating resources and access to them will take time and patience. Do not be discouraged if you are referred to several different persons or offices as you inquire about the availability of benefits and services. Programs, services, and requirements change over time.

Key findings:

When your income goes down, review all spending and consider making a budget if you don't already have one.

Look for places to cut back, especially in big spending categories like food costs and even the car you drive. When you can, try to build up an emergency fund so you have a cushion for next time.

Losing income is never easy, but it's also a fairly common experience, often resulting in a pay cut, job loss, or furlough. This fact sheet presents an [overview of some community and family resources](#) that may help during such times.

Family and Consumer Sciences



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EFNEP IS BACK! BUT WHAT IS EFNEP?

Stephanie Whatley-Hopkins
EFNEP Agent

The Expanded Food and Nutrition Education Program, or EFNEP for short, was part of Wyandotte's K-State Research and Extension Office for years. Unfortunately, the program was discontinued in 2021. However, WyCo's K-State Research and Extension Office are excited that EFNEP will be returning soon!

EFNEP was originally developed in the 1960s to teach food safety and nutrition to families with children in low-income communities. Today, the program is run by "76 Land-grant Universities (including Kansas State University) and reach roughly 200,000 low-income adults and 450,000 low-income youth in rural and urban communities each year" (About EFNEP, n.d.)

It is thanks, largely, to the passion of Wyandotte County's community members that EFNEP is being revived. Since its discontinuation last year, the requests and referrals for EFNEP programming have not stopped. Wyandotte's K-State Research and Extension Office work tirelessly to meet the needs of our community, but we are excited to have our community express their needs to us!

In last month's newsletter, we introduced our new Agent, Stephanie Whatley-Hopkins. Since being hired last month, Stephanie has been learning all about EFNEP programming and practicing healthy recipes that people will love to eat and that are easy to make. This includes her favorite frozen cupcakes made from fresh berries, yogurt and granola. The perfect healthy snack on a hot day in "The Dotte."

Nutrition and Food Safety



**Keep an eye out
for updates and
more information
regarding EFNEP
classes on our
social media and
future monthly
newsletters.**

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OCTOBER IS BREAST CANCER AWARENESS MONTH

Lori Wuellner
Food and Nutrition Agent

Did you know that in the U.S. breast cancer is the second most common cancer in women after skin cancer? One in eight American women will have breast cancer at some point. Breast cancer is a type of cancer that starts in the breast when a genetic change causes normal cells to grow out of control. You might be wondering who's at risk...

- 1) being female
- 2) getting older (women between the ages of 50-69 have the highest risk.)

While these are risk factors out of our control there are some steps women can take to reduce risks including achieving and maintaining a healthy weight; eating a diet rich in fruits, veggies, and whole grains; regular physical activity; drinking little or no alcohol; avoid or minimize post-menopausal hormone treatment, and breastfeed.

The key- early detection! Finding breast cancer early and getting medical treatment immediately are key strategies in prevention. Also, knowing your family's health history can motivate you to be more proactive with screenings, especially for diseases that have impacted your family tree.

To find out how to track family history go to, <https://www.cdc.gov/genomics/famhistory/index.htm>, and click on My Family Health Portrait to the right of the page.

This information was taken from the following KSRE fact sheet,
Lower Your Risk of Breast
Cancer, <https://bookstore.ksre.ksu.edu/pubs/MF3536A.pdf>

Nutrition and Food Safety



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HALLOWEEN FOR ALL KIDS?

Jan McMahon

Nutrition Program Assistant

Halloween is a fun day for most kids. My grandkids came back from “trick or treating” with a pillowcase two-thirds full! I have read that most kids bring home Halloween night 3,500 to 7,000 calories from their fun evening. WOW.

Thinking back to the days when their mom was a kid it was a tough holiday for us. She was diagnosed with type I diabetes at age 3. My mind was how do I prevent a sugar overdose and not end up in the hospital? Before Halloween, I visited the neighbors where we would be trick or treating. After I talked with them about my problem, I left them with non-candy items, colored pencils, crayons, coloring books, rings, hair ribbons, etc. As she got older, she figured out other friends had a mountain of candy. Time for a new game plan. So, after she went trick or treating. We went through the candy dividing it up.

1. Give away—stuff she did not like (not much in that group)
2. items were good for when she had low blood sugar like Smarties, and jelly beans.
3. All other candy. From the last batch She agreed to pick out 5 favorite items and I “bought back” the leftovers. I knew her weakness--- stuffed animals. So, she got a soft fluffy teddy bear. I got the candy. Then in days ahead with lunches, she picked out a piece to go with her lunch. She could go run off the calories.

Then we met a friend who had food allergies and Halloween was a tough night for them too. I learned about the Teal Pumpkin Project. Teal pumpkin states you have non-food items for trick and treat night to include kids with food allergies. Please keep these items in separate containers to prevent cross-contamination. The candy wrapper may have enough allergen to make them sick.

Remember kids with other special needs may not understand to take 1 or 2 pieces of candy. So, pack an extra dose of love and patience in your Halloween stash of goodies

<https://www.foodallergy.org/resources/about-teal-pumpkin-project>

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WHAT IS THE GLUE THAT HOLDS OUR COMMUNITY TOGETHER?

Denise Dias
Extension Director

The glue is social capital. Social capital is created through hundreds of little and big actions we make daily. Building social capital begins by understanding the three main conditions of social capital.

The first is Efficacy or the belief to make a difference.

The second one is Trust, which is relying on the truth.

The last is Engagement. Engagement means that you do something without any expectation of return on investment.

When efficacy, trust, and engagement are strong, the networks and connections between people become an asset.

Building trust is something that needs to happen at a very basic level. You can build trust with others by doing what you say you will do. If you make a promise, follow through and honor your commitment. Trust is also something that develops over time. So what are the ways we can build trust in our community? Have a conversation with someone you do not know. Find common ground and work together on a project. Discuss a community issue or do a favor for someone. Getting involved in an activity or going to an event or celebration helps trust develop.

Taking the time to build some connections with others in Wyandotte County will help all of us to live in a positive environment. We each have to make a small effort to move our community forward. It may be scary or uncomfortable to do some of these things, but in time you will find it enjoyable. If each of us makes a small difference every day all can enjoy a better life in the Dotte!

Community Development



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Lynn Loughary
Horticulture Agent

Fall is on its way and the jury is still out as to how brilliant our fall foliage color will be. There are trees that turn red, purple, yellow, orange, and brown. Specific plant pigments determine individual colors. Foliage derives its normal green color from chlorophyll, the substance that captures the energy of the sun. Other pigments produce fall colors. Reds and purples are caused by anthocyanins, yellows by xanthophylls, and oranges by a combination of carotenes and xanthophylls. Browns are the result of tannins present in the leaf. Most of these substances are present throughout the growing season but are masked by the green color produced by chlorophyll. Anthocyanins are the exception and are produced after the chlorophyll is destroyed in the fall.

Why do some red maple trees have yellow fall foliage instead of brilliant red? Although fall color will vary with different environmental conditions, in many cases the yellow foliage of these red maples is simply due to the genetics of the individual tree. Unnamed red maple trees grown from seed are not always brilliant red. They have highly variable fall colors. A number of things can reduce the intensity of color, including extreme heat or drought during the summer and cloudy days and warm nights in the fall.

Warm, sunny days and cool nights are ideal for good color. The sunny days encourage photosynthesis and, thus, sugar accumulation in the leaves. As fall progresses, each leaf develops an abscission layer at the base of the petiole, or leaf stem, that prevents these sugars from being transported down the trunk to the roots for storage. This high sugar content in the leaves produces more intense colors. Cloudy days and warm nights prevent some of the sugar accumulation in the leaves and result in less vibrant colors.



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Upcoming Events



October:

October 1- 4-H New Year!

October 2-8- National 4-H Week

October 3- Dining with Diabetes

October 4- Wyandotte County Extension
Council Election

October 4- Paint the County Green! (Wear
green to support 4-H)

October 6- Creating a Sensory Garden

[Register Here](#)

October 12- ServSafe

October 18- Five Minute Menu Planning

October 26- Holiday Food Safety

October 29- Jack-o-lantern Jamboree

November:

November 7- Dining with Diabetes

Connect with us!



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