

# K-STATE

## Research and Extension

### Sedgwick County

August 2024 *eNews*

*"Knowledge for Life"*

[Click here for all of our Summer/Fall 2024 events!](#)

## Horticulture

### Tips for Outdoor Water Conservation



With hot temperatures, drying winds, and minimal rainfall across the area, drought conditions are quickly worsening in the landscape. As a result, additional water restrictions on outdoor water use loom in the near future. Now is the time to take action, however, and help your landscape & garden

plants adapt to drier conditions. Gradual reductions in water use will help plants most effectively make the transition to decreased water availability, and in summary, increase the likelihood of your landscape making it through periods of drought and water restrictions. [Read More](#)



#KSTATEGARDENHOUR

# K-STATE GARDEN HOUR

## Establishing a More Environmentally Sustainable Lawn

Wednesday, August 7th 12:00PM -1:00PM CST

Whether you are interested in reducing your water bill or supporting pollinators, there are alternatives to growing and maintaining typical turfgrass lawns. Sharon Ashworth, Douglas County Horticulture Agent, will discuss reducing the water, herbicides, and fertilizers used on fescue lawns and replacing fescue turfgrass with low-growing alternatives that support our pollinators.



Register Here!



Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



Reducing the amount of area your lawn takes up is a goal for many people, whether that's to reduce water use, support pollinators, or just create less maintenance. Learn more about "Establishing a More Environmentally Sustainable Lawn" on the next K-State Garden Hour webinar on Wednesday, August 7th, 2024. Dr. Sharon Ashworth, Douglas County Horticulture Agent, will share alternatives for a Tall Fescue lawn in Kansas in order to help you save on water, herbicide, and fertilizer use. This free webinar will be presented live from Noon to 1pm, and recorded and available online. Register for upcoming webinars or find past recordings online at: [www.ksre-learn.com/KStateGardenHour](https://www.ksre-learn.com/KStateGardenHour)

# Health and Nutrition



*Now Available!*

# Blood Pressure Monitor Kits



Sedgwick County



SEDGWICK COUNTY  
Health Department



American  
Heart  
Association.

## Libraries With Heart

American Heart Association, K-State Research and Extension, and Wichita Public Libraries are excited to announce Libraries with Heart Program. Your libraries now give you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, instructional toolkit, a logbook, and pre/post surveys. You can borrow a blood pressure monitor for up to 14 days by visiting [wichitalibrary.org](http://wichitalibrary.org) catalog and placing hold on the blood pressure kit from any library location.

# SNAP-Ed/EFNEP



**SNAP-Ed** offers **FREE** nutrition education classes to help you make healthier choices. If you are eligible for or receiving SNAP, TANF, TEFAP, Head Start, SSI, WIC, or free/reduced lunches, these classes are for you. If you are unsure if you qualify, we encourage you to sign up anyway.

We have two ways for you to participate in FREE nutrition education classes in August – in-person at the Sedgwick County Extension Office or virtually via Zoom! See details below.

Participants in both classes will also be eligible to receive a Kitchen Restore kit. Are you missing items in your kitchen that would make it easier to cook and enjoy more nutritious meals at home? Attend at least 4 of the 6 classes in this series and receive a Kitchen Restore kit.

### **In-Person Nutrition Classes**

**Dates:** Wednesdays, August 14 – September 18, 2024

**Time:** 11:00 AM – 12:00 PM

**Where:** Sedgwick County Extension Office, 7001 W 21<sup>st</sup> St N, Wichita, KS 67205

To sign up for this series or to learn more, please call Laurie at 316-660-0133 or visit [bit.ly/3KXgTZc](https://bit.ly/3KXgTZc).

### **Virtual Nutrition Classes**

**Dates:** Fridays, August 16 – September 20, 2024

**Time:** 10:30 AM – 11:30 AM

**Where:** Zoom

To sign up for this series or to learn more, please call Hayley at 316-660-0122 or visit [bit.ly/3Wo9I1d](https://bit.ly/3Wo9I1d).

# Community Vitality



## First FRIDAY e-CALL

**The 7 Essentials : A Practical Guide to Results**

Doug Griffiths, Author of "13 Ways To Kill Your Community"

**Join Us August 2, 2024  
9:30-10:30 am**

**Register Today**

<https://ksre-learn.com/ecall>

**K-STATE**  
Research and Extension

**First Friday E-Call: August 2, 2024.**

**Doug Griffiths**, Author of "13 Ways to Kill Your Community" presents **"The 7 Essentials"** Practical Next Steps to Community Development.

<https://ksre-learn.com/ecall>



## Grant Writing Basics

Online Workshop

Grants are a vital piece in your community's funding... and you can do it.

**Join Us August 6,8 2024**

**1:30 - 4:30pm**

**Cost: \$60**

**Register Today**

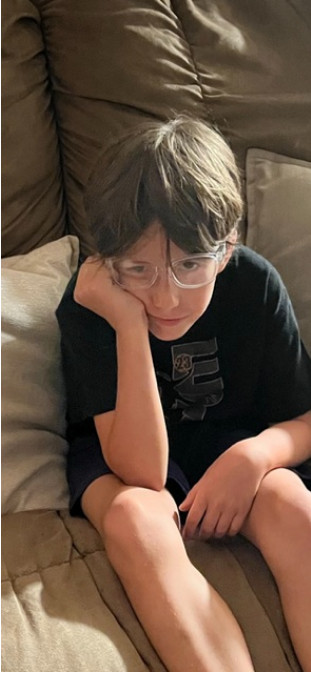
<https://ksre-learn.com/grant-writing-basics>

**K-STATE**  
Research and Extension

**Online Grant Writing Basics Workshop: August 6, 8, 2024**

# Family Life

## I'm Bored!



We're now a month into the enchanting season of long days and unstructured hours, with children at home feeling free and relaxed. By this point in the summer, you may be hearing a lot of "I'm bored" from your kids. This is when it's crucial for parents to remember that even during the flexible summer months, maintaining some structure and routine is essential to prevent boredom and behavioral issues.

[Read More English](#)

[Read More Spanish](#)

# Aging and Medicare

## Upcoming Medicare Class and Medicare Open Enrollment

Are you new to Medicare and want to better understand the program? Do you have questions about eligibility, signing up, Original Medicare Parts A and B, Medigap (supplement insurance), Part D, Medicare Advantage Plans or how to get help paying for Medicare costs? We can help!

The Senior Health Insurance Counseling for Kansas (SHICK) assistance program through the Sedgwick County K-State Research and Extension office will be hosting a Medicare Options class on August 22nd from 5:30 to 7 pm in the Meadowlark room here in our main office. There is no cost to attend this informative session but you must register ahead of time, and you can do so here:

<https://lp.constantcontactpages.com/ev/reg/f5tgdk6>

If you are already on Medicare, don't forget the Annual Open Enrollment Period for Part D will begin soon. Every year, during the annual enrollment period (October 15 through December 7), beneficiaries have the opportunity to change their Medicare Part D drug plans.

If you would like assistance with this process, you can meet with one of our Medicare counselors to discuss your drug plan options, call the SHICK office in Sedgwick Co (316)660-0126. We will be happy to meet with you at our main office at 7001 W 21st St N, our WSU Metroplex office at 5015 East 29th St N, The Wellness Hub through the Derby Rec Center at 4904 S. Clifton Ave, The Cheney Library or over the phone by appointment. Act quickly as appointments are available on a first come, first served basis.

This Project was supported in part by grant numbers 2201KSMISH, 90MPPG0081-01 and 90SAPG0093-05 from the US Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



Sedgwick County

# Agriculture

# Wheat Pre-Plant Meeting

**MONDAY, AUGUST 12**  
**CLEARWATER HIGH SCHOOL**

1201 Ross Ave, Clearwater, KS

Dinner starts at 6 pm. Program to follow. Meal provided by American AgCredit.



**Topic of Discussion**



*Preparing for wheat drilling:  
varieties, agronomics, disease*

**WHEAT PRE-PLANT**



**SPEAKERS:**

**Romulo Lollato**  
K-State Wheat Specialist

**For more details, contact us:**

**316-660-0144**  
**620-326-7477**



**Kelsey Andersen Onofre**  
K-State Wheat Disease Specialist



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 Jeff Seiler, 316-660-0153, or Randy Hein, 620-326-7477. Kansas State University Agricultural Experiment Station and Cooperative Service. K-State Research and Extension is an equal opportunity provider and employer.

Wheat drilling is around the corner! Join us for our Wheat Pre-Plant Meeting on August 12<sup>th</sup>! For help in variety selection, check out the [Interactive Wheat Plot](#) and the [2024 Wheat Plot Results!](#)





# K-STATE

Research and Extension

## South-Central Kansas Replicated Wheat Variety Tests 2024

Andale, Clearwater, Haysville, Newton, Belle Plaine, Caldwell

Special thanks to our Wheat Plot Sponsors:



American  
AgCredit



SEDGWICK COUNTY FARM BUREAU®  
AGRICULTURAL ASSOCIATION



# 4-H and Youth Development

# 4-H School Enrichment



As school starts back up, we in the 4-H Youth and Development Department are getting our school enrichment programming ready to go for the 2024-2025 school year. We offer a variety of programs, including a series on screenless coding, a series on mindfulness, as well as singular classes during certain seasons that cover a variety of topics, including the

butterfly life cycle and wheat science. The classes are provided for free or at low cost. They provide experiential learning through hands-on activities, designed to strike a spark in young curious minds, showing them just how fun learning can be. Check out all of Sedgwick County Extension's school enrichment classes at [www.tinyurl.com/school-enrichment](http://www.tinyurl.com/school-enrichment). We have a lot of fun connecting with youth in classrooms all throughout our county. If you would be interested in being a part of our team as a volunteer school enrichment educator, please fill out our contact form at

[https://kstate.qualtrics.com/jfe/form/SV\\_afJnmscKgvKBaya](https://kstate.qualtrics.com/jfe/form/SV_afJnmscKgvKBaya).

## K-State News

### K-State 105 Entrepreneurial Blueprint Initiative

[K-State 105](#) and [NetWork Kansas](#) are working together to support innovative community-based projects focused on entrepreneurship and small business development.

Through the [K-State 105 Entrepreneurial Blueprint Initiative](#), K-State 105 funding will support several collaborative community projects that involve NetWork Kansas and [K-State Research and Extension](#). The collaboration aims to leverage resources and build



new ways to foster economic growth and community development in Kansas.

Community organizations and groups are encouraged to apply for this funding opportunity.

[Learn more about the K-State 105 Entrepreneurial Blueprint Initiative.](#)

## Get Involved!



### Volunteer Opportunities

K-State Research and Extension — Sedgwick County exists to serve the people of south central Kansas. Our mission thrives because of community support. We offer many opportunities for volunteers to offer their time and skills, from gardening to youth development to programming support.

[Learn more about ways to support our programming and the needs of the community.](#)

## Looking for an event space?



**Consider having your next event at the Extension Education Center!**

[Read more](#)



# Please help support Extension community services in Sedgwick County through the Extension Education Foundation, Inc.

When you shop Dillons Food Stores, Dillons will make a donation to the Extension Education Foundation, Inc.

1. Go to [Dillons.com/communityrewards](https://Dillons.com/communityrewards)
2. Log into your Dillons account
3. Search for NPO number **CY612**
4. Click enroll



Mail-in donation form

## **Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

### **K-State Research and Extension - Sedgwick County**

This monthly e-newsletter is intended to inform citizens of events, activities and research-based information from K-State Research and Extension Center - Sedgwick County

7001 W. 21st St. N., Wichita, Kansas 67205

K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension 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, please contact:

Dr. Brantley, PhD, Extension Director, Sedgwick County 316-660-0105

K State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well being of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K State campus in Manhattan. For more information, visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu)



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working for you*

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