

Sedgwick County EXTENSION NEWSLETTER

Knowledge for Life

June 2026



Summer Living

Summer has arrived in Sedgwick County, bringing longer days, warmer weather and plenty of opportunities to learn something new and give back to your community. In this month's newsletter, you'll find practical, timely resources to help you and your family stay safe and informed, from water safety and CPR awareness to Medicare fraud prevention and ways to share your garden harvest through the Plant A Row program.

We're also excited to share our **Q1 Impact Report**, which highlights how K-State Extension in Sedgwick County is putting research-based education into action.

As always, I invite you to explore our [website](#) and [Facebook page](#), and [reach out to us](#) if you are looking for information and resources on any of our topic areas.

Kelli Anderson, Extension Director

Extension in Action

Lend a Hand in Reducing Hunger

The **Plant a Row for the Hungry** program is a grassroots initiative that encourages home gardeners, hobby farmers, and community gardens to grow extra produce to donate to local food banks, shelters, and families in need.

The Plant A Row program officially kicked off on June 1, with produce **donations accepted at ten convenient locations** throughout the Wichita area.

We encourage gardeners to consider donating any extra fruits, vegetables, and herbs from their gardens this season. These donations help reduce food waste while also supporting Sedgwick County residents experiencing food insecurity. When donating produce, please provide items that are fresh, high-quality, and something you would feel comfortable serving at your own table. We also ask that leafy greens not be donated, as they have a very short shelf life after harvest.

Thank you for helping make fresh, locally grown produce accessible to our community!

JUST ONE ROW CAN MAKE A DIFFERENCE TO OTHERS IN OUR COMMUNITY

PAR
PLANT A ROW

PLANT A ROW
Is a local partnership between Sedgwick County Extension Master Gardeners and ICT Food Rescue to encourage, collect and deliver donations of fresh, healthy produce from home and community gardens to food insecure neighbors in need at no cost.

Begin Donating June 1, 2026

DROP-OFF LOCATIONS

Brady Nursery 11200 W. Kellogg	Botanica 701 Amidon St.
Hillside Feed & Seed 1805 S. Hillside	Valley Feed & Seed 1903 S. Meridian
Johnson's Garden Center - East 6225 E. Shadybrook	Johnson's Garden Center - West 2707 W. 13 th St.
Woodard Mercantile 4160 N. Maize Rd Maize	Woodard Mercantile 1313 E. Hwy 54 Andover
Hong's Landscape & Nursery 8904 E. 31 st St. S.	Tree Top Nursery & Landscape 5910 E. 37 th St. N.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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K-STATE Research and Extension
Master Gardener Sedgwick County

Sedgwick County working for you

KANSAS STATE UNIVERSITY Sedgwick County

JUNK DRAWER ROBOTICS

From June 15th to June 18th, join us for "Junk Drawer Robotics" sessions where activities such as "Pennies in a Boat", "Sink or Float", "Slip N Slide", and "Rolling Along" will be taught.

SCAN THE QR CODE TO REGISTER!

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READING MAKES CENTS

JUNE 15TH-18TH
Where: Bison room
TIME: 3-4 PM

Join us for 4 fun lessons!

Join one or all!

- Monday - Coin Rubbings
 - Explore coins through hands-on art and discovery.
- Tuesday - I Spy a Dollar: Signs/Symbols
 - Learn about the symbols and features found on U.S. currency.
- Wednesday - Double It: The Rule of 72 Activity
 - Discover how money can grow over time.
- Thursday - Famous Faces: Making A Case Activity
 - Learn about the people featured on our money.

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Register here

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Join Sedgwick County 4-H for Four Days of Fun

Join Sedgwick County 4-H summer enrichment leaders for two fun, hands-on learning opportunities June 15–18 at the Sedgwick County Extension Education Center.

Youth can explore STEM concepts through **Junk Drawer Robotics**, with activities like "Pennies in a Boat," "Sink or Float," "Slip N Slide," and "Rolling Along."

They can also build financial literacy skills through **Reading Makes Cents**, a four-day series featuring coin rubbings, U.S. currency symbols, how money grows over time, and the famous faces found on our money.

Families may register for one session or join all four days of learning, discovery, and summer fun with K-State Extension Sedgwick County.

Register for Junk Drawer Robotics or **register for Reading Makes Cents** by June 12.

Click here to view upcoming Sedgwick County 4-H events.

Summer is a season full of joy, rest, outdoor play, and unforgettable family moments. For many children, it means enjoying pools, lakes, water parks, and refreshing activities under the sun. However, while families celebrate the arrival of summer with enthusiasm, one of the most serious and silent risks for children also increases: drowning.



According to the Centers for Disease Control and Prevention (CDC), drowning is the leading cause of unintentional injury death in children ages 1 to 4 in the United States. Among teenagers (15–19 years), drowning rates are lower than in preschoolers, but remain significant due to greater water exposure, recreational activities, and reduced supervision. Each year, approximately 4,000 drowning deaths occur across all ages, along with about 8,000 non-fatal incidents requiring medical care.

Keep reading for Extension recommendations on protecting your children around water to ensure a safe and fun summer!>>>

Read this article in Spanish. >>>

Seasonal Solutions



Learn Hands-Only CPR during CPR and AED Awareness Week

Would you be ready to save the life of someone you love?

Hands-Only CPR can make a critical difference during the first few minutes of a cardiac arrest and is as effective as conventional CPR for teens and adults who collapse at home, at work, or in public.

Hands-Only CPR involves two simple steps:

1. Call 911 immediately if you see a teen or adult suddenly collapse.
2. Push hard and fast in the center of the chest to the beat of a song with about 100–120 beats per minute, such as “Stayin’ Alive.”

For teens and adults, Hands-Only CPR can help save lives. For infants and children, the American Heart Association recommends **CPR** with breaths. Each year, more than 23,000 children experience cardiac arrest outside of a hospital. About 40% are sports-related, and nearly 20% involve infants.

CPR & AED Awareness Week is a great reminder that anyone can learn lifesaving skills. Join the American Heart Association’s Nation of Lifesavers initiative and be prepared to help a loved one, neighbor, friend, or co-worker in an emergency.

Article adapted from the American Heart Association CPR and AED Awareness Week Community Toolkit.

Medicare Fraud Prevention Week: Stay Alert and Protect Your Coverage

June 1–5 was Medicare Fraud Prevention Week, a reminder to stay aware of scams that can affect your healthcare coverage.

Recently, our SHICK/Senior Medicare Patrol (SMP) office has seen an increase in unrecognized charges for medical supplies billed to Medicare but never received. We’ve also heard about unsolicited calls and text messages requesting personal or Medicare information.

To protect yourself:

- Review your Medicare Summary Notice (MSN) carefully (now mailed twice a year)
- Check your account anytime at Medicare.gov (we can help you set one up)
- Never share your Medicare number with unknown callers

Important: Medicare and Social Security will not call you unexpectedly to ask for your personal information. Treat any such call as suspicious.

If something doesn't seem right, trust your instincts.

Call 1-800-MEDICARE, 316-660-0126, or visit <https://smpresource.org/> for help.

The **SHICK program** provides free, unbiased Medicare counseling to help you understand your choices and timing. Before making a decision, talk with a trusted counselor to review your specific situation.



Medicare Fraud Prevention Week:
FAMILIES & CAREGIVERS

Talk to your loved ones about protecting their Medicare number like they would a bank account number.



800.860.5260



Local Impact, Lasting Results



Master Gardeners Welcome 2,400 Residents to Spring Garden Fair

On May 2, the Sedgwick County Extension Master Gardeners welcomed more than 2,400 residents to the Spring Garden Fair, an educational event focused on helping participants successfully grow food at home. Master Gardeners provided research-based education through topic-specific booths covering seed-starting basics, drip irrigation, composting, soil health, gardening in small spaces and raised beds, water-wise gardening practices, pollinators for the vegetable garden, and fruit crops well-suited for Kansas growing conditions.

In addition to the educational opportunities offered during the Spring Garden Fair, the Master Gardeners also hosted a plant sale fundraiser that generated more than \$6,000 to support the Extension Master Gardener program. Funds raised through the sale help sustain many of the free educational

events, workshops, and outreach efforts provided to Sedgwick County residents throughout the year. A sincere thank you goes out to the residents of Sedgwick County for their continued support of Extension Master Gardener programming and community education efforts.

K-State Extension Sedgwick County Releases Q1 Impact Report

View our [Q1 Impact Report](#) to see how K-State Extension in Sedgwick County is putting research-based education into action across our community. From youth development and horticulture to nutrition, agriculture, Medicare counseling, and community partnerships, this report highlights the programs, people, and partnerships helping Sedgwick County residents build skills, solve problems, and improve quality of life.



K-State Extension News You Can Use

- **K-State food scientist shares tips for outdoor meals during harvest**
- **Healthy lawns offer strongest defense against weeds**
- **Colorful Landscapes: K-State expert suggests summer plants that are resistant to heat and drought**
- **Simple changes make the difference in cooling off cattle**

- K-State food scientist urges consumers to read food labels carefully



Where You'll Find Us: Extension Events and Opportunities

June 5 -7 > 2026 Sedgwick County Garden Tour

June 12-14 > 4-H Geology Field Trip

June 18 > Medicare Options Class @ Sed. Co. Extension Education Center

June 26 > Medicare Options Class @ Bel Aire Recreation Complex

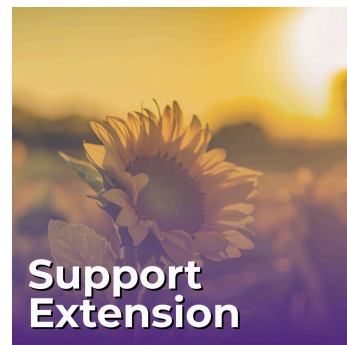
July 1 > K-State Webinar: Addressing Food Insecurity Through Extension

July 8-11 > Sedgwick County Fair - Cheney, KS

July 29 > July Virtual Local Food Town Hall

Aug. 4 - Sedgwick County Farm Tour Series

View our full list of events at sedgwick.k-state.edu/events/.



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

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

K-State 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 Kansas State University campus in Manhattan.

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