



October 2026

Sedgwick County Extension Council Election

**TUESDAY
Oct. 13**



**8 a.m. to 5 p.m. In-Person
8 a.m. to 7 p.m. Online**

Sedgwick County Extension Council Elections Set for October 13

Sedgwick County residents are invited to participate in the annual Sedgwick County Extension Council elections on Tuesday, October 13, 2026. Eligible voters will elect 12 representatives to the Extension Council, with three members representing each of four program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Vitality.

The Extension Council helps guide local Extension programming to meet the needs of Sedgwick County residents. All Sedgwick County

citizens of voting age are eligible to vote.

In-person voting will take place from 8 a.m. to 5 p.m. in the front lobby of the Sedgwick County Extension Education Center. Online voting will be available from 8 a.m. to 7 p.m. at sedgwick.ksu.edu.

Extension in Action

Don't Miss Your Medicare Plan Review Opportunity

Medicare Open Enrollment is just around the corner, running from October 15 through December 7 each year. During this time, Medicare beneficiaries can review and make changes to their Medicare Advantage and Part D prescription drug plans for the coming year.

Even if you are satisfied with your current coverage, it is important to remember that premiums, deductibles, provider networks, covered medications, and other plan benefits can change from year to year. A plan that worked well this year may not be the best fit next year.

Demand for Medicare counseling appointments is already increasing throughout the region. Beneficiaries are encouraged to schedule their reviews early and not wait until the last few

weeks of Open Enrollment.

Free, unbiased Medicare counseling is available through the Senior Health Insurance Counseling for Kansas (SHICK) program. If appointments are not available at your preferred location, assistance may also be available through local Extension offices, senior centers, Area Agencies on Aging, and other counseling sites.

A Medicare plan review can help ensure you understand your options and make informed decisions about your healthcare coverage for the upcoming year.

To learn more or schedule an appointment, please call 316-660-0126 or contact your local SHICK counseling site.



A New 4-H Year, A New Opportunity to Grow

October is one of my favorite times of the 4-H year because it represents a new beginning. A new 4-H year means new projects, new goals, new experiences, and another opportunity for our young people to discover just how much they are capable of accomplishing.

The new 4-H Year started on October 1. Make sure you take time to enroll in **4-H Online**. Choose what you will learn about this year. All returning 4-H members need to be enrolled by

December 1.

As we begin the 2026–2027 4-H year, I want to challenge every Sedgwick County 4-H member to try something new. Choose a project you have never tried before. Take on a leadership role. Volunteer for a community service project. Give a presentation at your club meeting. Attend 4-H Day. Teach a younger member something you have learned. There are so many opportunities in 4-H, but sometimes we have to be willing to step outside our comfort zone to discover what we can do.

-Stephanie Hays, K-State Extension Sedgwick County 4-H Youth Development Agent

View the October 4-H Newsletter for a full list of upcoming 4-H opportunities.

When Every Minute Counts

Although September was National Preparedness Month, it is important to continue this conversation throughout the year. It's an opportunity for families to reflect on how they could respond to unexpected situations such as severe storms, tornadoes, floods, wildfires, extended power outages or any other emergency that could affect the community. Preparedness is not about living in fear, but rather about taking simple steps that allow us to respond with confidence when a crisis occurs.

This year's theme for FEMA's Ready Campaign is "Americans Stand Ready," highlighting the importance of unity, resilience, and personal preparedness. It reminds us that taking proactive steps before a disaster can help protect our families, support emergency responders, and strengthen our communities. The campaign emphasizes that preparedness is a shared responsibility and encourages everyone to be self-reliant, protect their loved ones, and work together to build a more resilient nation.

To help families put these preparedness principles into practice, one of the key recommendations from the Extension Disaster Education Network (EDEN) is to develop a family emergency plan. Everyone in the household should know what to do if an emergency occurs at home, school, work, or while traveling. It is important to identify evacuation routes, designate a meeting place, and maintain an up-to-date list of emergency contacts.



Discussing these plans in advance can reduce confusion and stress when every minute counts.

Liz Brunscheen-Cartagena, K-State Extension Family Life and Resources Agent, shares more essential steps to make sure your family is prepared for a disaster in her October article.

Read the article in Spanish.



Free Cooking and Nutrition Classes Coming to Oaklawn in November

The Expanded Food and Nutrition Education Program through K-State Extension in Sedgwick County is offering a free six-week class series to help people prepare healthier meals on a budget and incorporate more physical activity into their daily routines.

Led by Extension Agent Alicia Bruster, classes will be held Tuesdays, Nov. 3 through Dec. 8, from 6 to 7:30 p.m. at the Oaklawn Activity Center. Participants who attend all six sessions will receive a free Kitchen Restore kit filled with useful cooking tools and equipment to help them put their new skills into practice at home.

Registration is required. To sign up, call 316-660-1199.



K-State Extension Sedgwick County to Host Commercial Pesticide Applicator Training

The 2026 Commercial Pesticide Applicator Training Workshop is scheduled for Wednesday, November 18, 2026, from 8:00 am to 5:00 pm. Credits toward recertification will be available for Commercial Applicators in categories 3A and 3B.

Register before November 4th to get the early bird price of \$70/person. After November 4th, the cost is \$85/person. Registration closes Wednesday, November 11th, or when all seats are filled.

People Making an Impact

Congratulations to **Liz Brunscheen-Cartagena**, K-State Extension Family Life and Resources Agent, on her Continued Excellence Award at the recent National Extension Association of Family and Consumer Sciences Conference. This award recognized her years of service and excellence in delivering worthwhile Extension programs to the people of Sedgwick County. We are proud of the impact Liz makes every day!



KANSAS STATE UNIVERSITY Extension Sedgwick County

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Please join us in congratulating **Jeff Seiler**, Agriculture and Natural Resources Agent with K-State Extension in Sedgwick and Cowley counties, on being recognized as one of the Wichita Business Journal's 2026 Young Professionals! This recognition celebrates emerging leaders who are making meaningful contributions through their professional achievements, community involvement and service to the region. Congratulations, Jeff, on this well-deserved recognition!

Doing Good for Kansas



K-State Expands Regenerative Agriculture Impact

A next-generation partnership at Kansas State University shows that when a land-grant university, farmers and a food company work together, good things happen.

One of those good things: Through its partnership with King Arthur Baking Co., an [interdisciplinary K-State team](#) is helping farmers across Kansas and beyond to learn and adopt regenerative agriculture practices

that transform agriculture to be more efficient, resilient and profitable.

Learn how K-State and King Arthur are helping to move regenerative practices from research into farm adoption.

K-State Extension News You Can Use

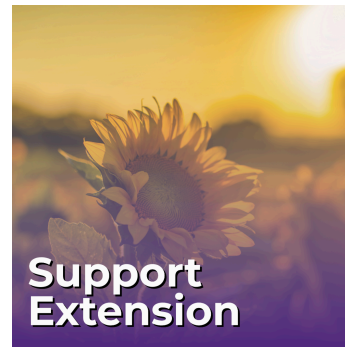
- Food and Mood? What you eat often affects how you feel, says K-State nutrition expert
- Spring lawn care starts with proper lawnmower winterization
- Baking brings benefits beyond sweet treats
- Parenting Tips: Bond with kids even in routine tasks
- Farmers urged to start thinking about ARC, PLC decisions
- Kansas groups work together to curtail rise in state's suicide rate



Where You'll Find Us: Extension Events and Opportunities in Sedgwick County

- Oct. 4-10 - National 4-H Week
- Oct. 8-Dec. 2 - Stay Strong, Stay Healthy (Recurring classes)
- Oct. 10-11 - State 4-H Shotgun Match
- Oct. 11 - 4-H Carnival and Grow 4-H Celebration, 5-7 p.m., Ext. Education Center
- Oct. 25 - Sedgwick County 4-H Leaders' Retreat, 2-4 p.m., Ext. Education Center
- Oct. 28 - October Virtual Local Food Town Hall
- Nov. 1 - 4-H Officer Training, 2-4 p.m., Extension Education Center
- Nov. 4 - K-State Garden Hour: Houseplant Propagation and Care
- Nov. 8 - County 4-H Project Awards Ceremony, 2-4 p.m., Ext. Education Center
- Nov. 14 - 4-H Project Fair, 9 a.m.-Noon, Extension Education Center
- Nov. 18 - Commercial Pesticide Applicator Training Workshop
- Nov. 21-22 - Kansas Youth Leadership Forum, Rock Springs

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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