



September 2026

Extension in Action



Medicare Open Enrollment Appointments Still Available

Although Medicare Open Enrollment does not begin until October 15, many local Medicare beneficiaries have already scheduled appointments with SHICK counselors to review their coverage for 2027.

If you have not yet scheduled your appointment, there is still time. SHICK counselors continue to have appointment availability at multiple locations throughout the community, but appointment requests increase significantly as Open Enrollment approaches.

During Open Enrollment, SHICK (Senior Health Insurance Counseling for Kansas) provides free, unbiased, and confidential Medicare counseling to help beneficiaries review their current coverage, compare available Medicare Advantage and Part D prescription drug plans, and identify potential cost-saving opportunities.

Counseling appointments are available by appointment only at:

- K-State Extension Sedgwick County
- WSU Eugene M. Hughes Metropolitan Complex
- Oaklawn Wellness Hub
- Cheney Public Library (during Open Enrollment only)

Beneficiaries are encouraged to review their Medicare coverage annually, as premiums, formularies, provider networks, and out-of-pocket costs can change from year to year.

To schedule an appointment, please call 316-660-0126.

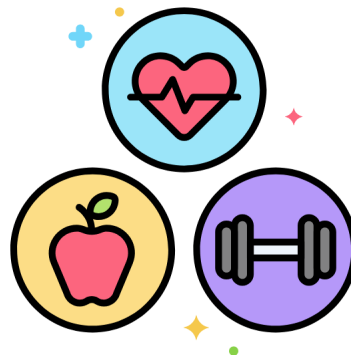
Building Healthy Habits This Summer

The summer may be behind us, but 68 Sedgwick County youth are heading into the school year with new skills and knowledge gained through EFNEP.

This summer, youth participated in seven Teen Cuisine and Junior Chef classes, with each group completing a 5–6 week series.

Through hands-on cooking and nutrition education, participants explored healthy eating, food groups, food preparation and cooking, food safety, and physical activity. They also had opportunities to build confidence in the kitchen, try new foods, and develop positive attitudes and behaviors around healthy eating. These practical skills give youth tools they can carry with them beyond the classroom and into their everyday lives.

We're proud of all the young chefs who spent their summer learning, cooking, and building healthy habits with EFNEP!



**Making the
BEST Better!**



Sedgwick County 4-H: One Program Serving an Entire County

What if one county program could strengthen families, support youth mental and emotional well-being, prepare young people for the workforce, connect generations, engage adult volunteers and reach children whether they live in Wichita, one of our suburban communities or rural Sedgwick County?

Sedgwick County already has that program. It is 4-H.

Too often, 4-H is viewed simply as livestock, ribbons and the county fair. Those are important and highly visible parts of our program, but they represent only a fraction of what Sedgwick County 4-H provides.

4-H is a positive youth development program intentionally designed to help young people belong, learn, connect, lead, serve and prepare for their futures. We accomplish that mission in two important ways: through long-term 4-H club experiences that involve entire families and through school enrichment and community outreach that takes 4-H education directly to thousands of Sedgwick County youth.

Want to learn more about how 4-H impacts thousands of youth and adult leaders in Sedgwick County? Keep reading. >>>



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

Calling All Sedgwick County Wheat Producers

Choosing a wheat variety for next season?

Take a virtual walk through our 2026 Interactive Wheat Plot!

Click on individual varieties to view yield results, hear comments, and find additional information from seed companies.

Use the Interactive Wheat Plot Tour Tool alongside results from the Extension Wheat Variety Test Results to help select varieties for your operation.

View the Wheat Plot 2026 Results Handout.



Growing Growers Continues Local Farm Tour on September 9

Farm Tour Series



- Meadowlark Farm, Orchard & Ciderly
Rose Hill, KS
Tuesday, August 4, 2026
6 PM - 8 PM
- Teck Farms
Hutchinson, KS
Saturday, August 29, 2026
2 PM - 4 PM
- John C. Pair Horticultural Center
Haysville, KS
September 9, 2026
6 PM - 8 PM

Join Growing Growers as we tour local farms and learn about orchard management, agritourism, sustainable specialty crop production, local food marketing, and Community Supported Agriculture (CSA) models that can create new opportunities for growers.

Visits included Meadowlark Farm Orchard & Ciderly on August 4 and Teck Farms on August 29. On Sept. 9, the John C. Pair Horticultural Center will host the final tour stop of the series.

Each tour offers a chance to connect with local producers and explore practical ideas that support successful farm businesses and local food systems.

Register here for the educational farm tours.

People Making an Impact

Welcome Aubrey McKenna!

K-State Extension in Sedgwick County is pleased to announce the hiring of Aubrey McKenna as the county's new Horticulture Extension Agent.

In this role, McKenna will provide research-based educational programming in ornamental horticulture, including lawn and garden care, trees and shrubs, water conservation, soil management, and natural resource stewardship. She will also share leadership of Sedgwick County's Extension Master Gardener program and support youth and community horticulture education efforts throughout the county.



A Wichita-area native who grew up in Andover and now resides in Wichita, McKenna recently earned her bachelor's degree in horticulture from Kansas State University, where she specialized in production horticulture. She gained hands-on industry experience through an internship with a large-scale growing facility in Pensacola, Florida, and most recently worked for a retail florist in Wichita.

"I am really looking forward to growing through this role and the opportunity to serve this county," shares McKenna.

For more information about horticulture programs, the Extension Master Gardener program, or other educational opportunities available through K-State Extension in Sedgwick County, contact the Sedgwick County Extension Education Center at 316-660-0100, or [visit the K-State Extension Sedgwick County website](#).

Doing Good for Kansas



New K-State Research Complex to Drive Innovation for the Future of Agriculture

L. Eldon Gideon Agronomy Research and Innovation Complex bolsters K-State as a leader in productive, profitable and resilient agriculture.

Kansas State University is expanding its capacity to develop crops, technologies and management strategies to support producers from Kansas to the world with the opening of the L. Eldon Gideon

Agronomy Research and Innovation Complex.

The new complex, which is on K-State's Agronomy North Farm, will help producers increase productivity, use water and nutrients more efficiently, and adapt to changing production conditions. It will bring together researchers, students and partners working in plant genetics, soils, water, cropping systems, precision agriculture and data in a connected research environment — linking laboratory discovery, advanced analysis and field-scale testing.

Learn how K-State is expanding interdisciplinary research, teaching and engagement in food and agriculture.

K-State Extension News You Can Use

- Hot temps may encourage homeowners to delay seeding lawns this year
- Healthier eating is a lifestyle choice, says K-State extension agent
- Community health boosts personal health, says K-State expert
- Mulch rings help to promote healthy trees
- K-State aging expert shares tips for preventing falls
- It's a Wash: Clean hands are key to food safety
- In the Garden: Pick pears now, fertilize strawberries



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

Sept. 9 - Sedgwick County Farm Tour Series

Sept. 9 - Kansas State Fair Entries Due to Sedgwick County 4-H Office

Sept. 17 - Medicare Options Class @ Sedgwick County Extension Center

Sept. 24 - Medicare Options Class @ Haysville Senior Center

Sept. 26 - 4-H Harry Hynes Memorial Hospice Gown Sewing Day

Oct. 6 - Medicare Options Class @ Sedgwick County Extension Center

Oct. 7 - K-State Garden Hour Webinar - Groundcovers for Kansas

Oct. 11 - Sedgwick County 4-H Carnival @ Sedgwick County Extension Center

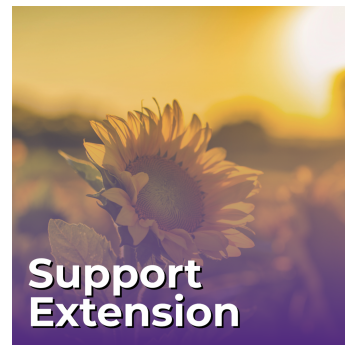
View our full list of events at sedgwick.k-state.edu/events/.



**Volunteer
Opportunities**



Room Rental



**Support
Extension**



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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