

FOR IMMEDIATE RELEASE

For more information,  
contact: Frances Graves  
Director and Community Vitality Agent, Wildcat Extension District  
francesgraves@ksu.edu, (785) 331-5378

## **Turning Challenges into Extension Opportunities During COVID-19**

The coronavirus pandemic has forced big changes on us all. We're learning new ways to live, work, protect our health and support our families. Each day inevitably includes hardship. Whether financial, technological, personal, or professional, it's difficult to know where to turn.

For over 100 years, K-State Research and Extension has provided trustworthy, timely information to help every county in Kansas adapt and thrive. We traditionally offer face-to-face programs on everything from livestock production to meal preparation. Our 4-H and Youth Leadership agents bring activities into our schools and take kids to summer camps. We hold entrepreneurship competitions and grant writing workshops, lead community meetings and generally love bringing people and ideas together.

That mission has not changed although things will look different. Our agents and staff remain committed and are working daily to serve you in new ways through this quarantine period.

We're still conducting socially-distant site visits to analyze pests, plants, livestock and pond issues. We're sharing information on social media and newsletters. We're reaching out to business owners and families with tips for managing stress, staying connected, and staying safe. Our 4-H agents are mailing newsletters, hosting online contests, and planning virtual camps.

A Fred Rogers quote perfectly fits the quarantine mindset for many of us: "Often when you think you're at the end of something, you're at the beginning of something else."

Physical restrictions have forced us to find new and better ways to work together online. Working online has made it easier to connect more often with resources and experts across our state. Experiencing this pandemic together has given us all a crash course on what is essential, and redefined what it means to not only thrive, but to survive.

Your agents and staff at K-State Research and Extension are here with you, and here for you. Please reach out to us by email, online or by phone if we can assist in any way.

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