



Woodford County
Cooperative Extension Service
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Hello everyone!

The new year is rolling by quickly. February brings about lots to celebrate--Black History Month, Valentine's Day and American Heart Month! This year February is extra special because there is a 29th day! It takes the earth 365.24 days to orbit the sun. In order to keep our calendar year balanced, we add an extra day every four years!

Best,
Hannah Thornsberry

Featured Recipe:

[Savory Winter Pork Stew](#)

February can be one of the coldest months of the year in Kentucky. There is not better time for a warm bowl of soup! Use this Savory Winter Pork Stew as an easy way to enrich your body with both protein and vegetables!



February isn't too late! Stop by the Extension Office to pick up a copy of our brand-new Food and Nutrition calendars for 2024.



Bulletins

Click on the bulletins below to learn more about health and wealth! Each month there will be a different current topic in each bulletin.

Healthy Choices for Healthy Families: Make Resolutions Stick: Focus on Family



Moneywise: Bulking Up a Think Credit File

Cooperative
Extension Service

MONEYWISE

VALUING PEOPLE. VALUING MONEY. FEBRUARY 2024

BULKING UP A THIN CREDIT FILE

Your credit score is used when you apply for new credit, but also it could be used to check your eligibility for insurance, rent, or a new job. However, some people have not yet had enough credit to generate a FICO, the largest company that provides software for calculating credit scores, estimates that 3.5 million people in the U.S. do not have enough data in their credit files to generate a FICO Score.

A credit score tells businesses how likely you are to pay back what you owe in a timely way. Your score is based on the information in your credit report, such as payment history, length of time you've had accounts open, and how often you open new accounts. These new open "yet have a file" are sometimes called "credit invisible." Others may have a file, but their credit practices may have led to a score that is not as high as they might wish.

The good news is, there are a few tools available to those who wish to bulk up a thin credit file, either to create a score or to improve the score they already have. Two of these tools are called Experian Boost and UltraFICO.

ULTRAFICO
UltraFICO is a free service that uses additional information that you agree to share to generate the credit score. Using a secure online portal, you link your banking accounts, such as checking or savings, so that your banking activity can be weighed in with your credit report data. This score does not replace your traditional score or become part of your credit report. You can set up UltraFICO to share it with lenders. This score may be useful if you have consistently high positive balances averaging at least \$400 in your bank account.

EXPERIAN BOOST
Experian is one of the three credit reporting bureaus, and it offers to use their service

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Health Bulletin: When and Where to Get Medical Care

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ADULT HEALTH BULLETIN

FEBRUARY 2024

Download this 100-page issue of the adult, free, monthly Cooperative Health Bulletin: [Click Here to Download](#)

1000 Evans
Des Moines, Iowa
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www.iasas.org

THIS MONTH'S TOPIC
WHEN AND WHERE TO GET MEDICAL CARE

The types of medical providers you choose rapidly over the past several years. From computers, apps, and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is having blue, or unconscious,
- is having a stroke,
- has a broken arm, leg, neck, or has a broken back that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page ➡

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SEW MUCH FUN

Spring Workshop



ONE NIGHT PROJECTS

➔ What to Know

Project: Hanger Hideaway

Date: Monday, March 4, 2024

Time: 6:00-8:30 PM

Location: Woodford County Extension Project Rooms

Class Fee: \$5 per person per class, due February 27
(payment must be made to reserve spot)

➔ Prerequisites

Participants must have attended previous Woodford County sewing classes OR be confident in basic sewing machine skills (thread, operating a sewing machine, sewing straight lines, etc). Basic sewing skills will not be taught.

➔ Supplies

A supply list will be provided to those registered. In addition to bringing the supplies, a kit of basic sewing notions, tools and a functioning machine will be needed. A limited number of Extension machines are available, but must be reserved in advance.



This handy hanger cover requires 1/2 yard fabric and all-purpose zipper. The project is perfect for home use or as a travel accessory to store jewelry or valuables while hanging a garment. Makes a great gift, too!

REGISTER

📍 Woodford County Extension Office
184 Beasley Drive
Versailles, KY 40383

☎ 859-873-4601

🕒 Register by February 25, 2024

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

Lexington, KY 40506



Homemaker Happenings

The [Kentucky Extension Homemakers Association](#) (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. Follow the [Woodford County Extension Homemakers Facebook Page](#) and the [Kentucky Extension Homemaker Association Facebook Page](#) to learn more!

Homemaker Club Schedule


Busy Bees - February 12, 6 pm
Circle of Friends - February 15, 6 pm
Hand2Hand - February 12, 10 am
Patchwork - February 19, 6 pm

Leader Lesson

Savor the Flavor March 1 - 10am-3pm Boyle County Extension Office

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store — or they may be already in your cupboard! Making your bread at home can save you money AND it tastes better because it is fresh! This lesson will focus on sourdough and whole-grain recipes from artisan bakers! The cost is \$5.00 (check or cash accepted). Lunch and a tasting are included with the cost. Please call the Boyle County Extension Office at (859)-236-4484 before February 26th to register. You won't want to miss this!

FEBRUARY 2024

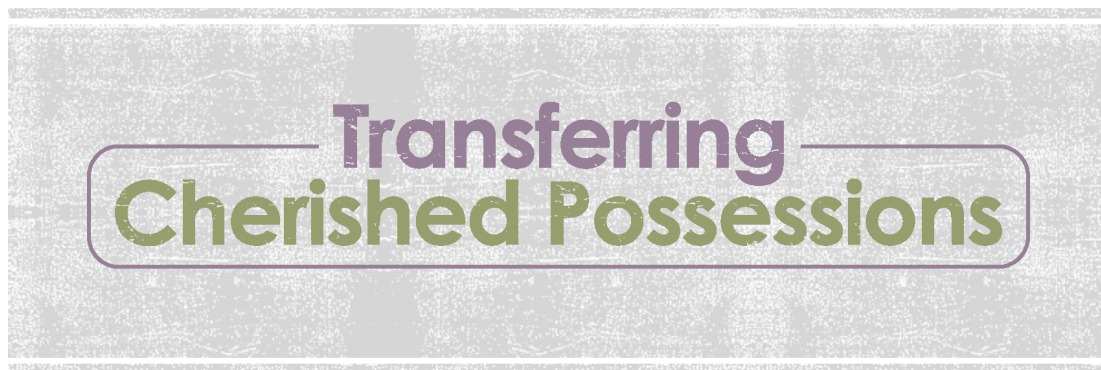
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 FCCLA STAR Event Competition	3
4	5	6 WOODFORD CO. HOMEMAKER COUNCIL MEETING 6PM	7	8	9	10 WINTER CRAFT DAY
11	12	13	14 VALENTINE'S DAY 	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Mark your calendars!

The "Transferring Cherished Possessions" Leader Lesson was a huge hit! There has been a large amount of interest in doing a deeper dive into this material. Join us at the **Woodford County Cooperative Extension Office every Tuesday in March from 3pm-4pm** for an in-depth conversation about the benefits and stressors that come about when planning for your estate.

Dates: March 5, 12, 19, 26

Time: 3pm



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Disabilities accommodated with prior notification.