



Woodford County
Cooperative Extension Service
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woodford.ext@uky.edu

Woodford County
FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

M. Elizabeth Coots
County Extension Agent
Family & Consumer Sciences

Featured Recipe:

[Butternut Squash Health Bars](#)

Butternut squash is in season right now, and this is a great recipe to make, full of fall flavors.



Featured Article:

[The Wonders of Baking Soda](#)

Have you used baking soda for anything other than baking? There are a multitude of other uses for this common ingredient!



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. For a printed copy of Bulletins contact the Extension Service at (859)873-4601.

[Healthy Choices for Healthy Families: Healthier Baked Goods](#)

HEALTHY CHOICES FOR HEALTHY FAMILIES
SEPTEMBER / OCTOBER 2022

Healthier baked goods

The holidays are a time to share with family and friends. While we often think of baked goods as indulgent treats, they can also be a healthy choice. This bulletin provides tips for making healthier baked goods that are still delicious. It includes recipes for pumpkin pie, apple pie, and more. The bulletin also provides information on how to choose healthier ingredients and how to make healthier substitutions. For more information, visit [www.healthychoicesforhealthyfamilies.org](#).

CONTINUED ON PAGE 2

[Moneywise: Understanding Your Credit Score](#)

MONEYWISE VALUING PEOPLE. VALUING MONEY.
OCTOBER 2022

THIS MONTH'S TOPIC: UNDERSTANDING YOUR CREDIT SCORE

Do you know your credit score? Credit scores provide insight into an individual's creditworthiness. They are used by lenders to determine the terms of any loans or credit, such as mortgages, car loans, or credit cards. To understand your credit score, it is important to understand the individual components that make up credit scores and the reasoning behind them.

CREDIT SCORE COMPONENTS
Calculating a credit score uses five categories:

- Payment history** is the largest part of your credit score. Make sure a track record of your ability to pay back borrowed money. Credit scores penalize late payments, missed payments, or accounts in collections. Consistent late payments often have a negative effect.
- Amounts owed** is the second largest part, accounting for 20% of a credit score. This is a ratio of your current balances to your credit limits. The more you owe, the higher your credit score. It is also a ratio of your current balances to your credit limits. The more you owe, the higher your credit score.
- Length of credit history** makes up 15% of your credit score. This category considers how long your accounts have been open. Older accounts are viewed more favorably than newer ones.
- New credit** accounts for 10% of a credit score. This category considers the number of new accounts you have opened. Opening too many accounts may lower your credit score. It is also a ratio of your current balances to your credit limits. The more you owe, the higher your credit score.
- Credit mix** makes up 10% of your credit score and considers the different credit products you are using. For example, do you have a mortgage? Do you have a car loan? Do you have a credit card?

DISCLAIMER: This bulletin is for informational purposes only and does not constitute an offer of any financial product or service. It is not intended to be used as a substitute for professional advice. For more information, visit [www.moneywise.org](#).

[Health Bulletin:](#)



Versailles Presbyterian Church

Contact

Phone
(859) 873-3491

Email
pastor@versaillespres.org

Address
130 N Main Street
Versailles, KY 40383

Dates

September 13th
12:00-4:00

October 11th
12:00-4:00



Resource Fair

— and community household pantry —

An event intended to serve those looking for a little help in certain areas of life and those working with vulnerable populations.

Over 25 organizations will be present with information about health care, housing, food, education, and other essential services.

Agencies Represented

Health Care

- Woodford County Health Department
- Medicaid sign-up
- Brightview Health
- Bluegrass Hospital
- Woodford Wheels
- Kentucky Cancer Project

Housing

- Simon House
- Isaiah House
- Woodford Housing Authority (on-line)
- Various housing resources (all accessed on-line)
- Mommy to Mommy

Food and Household Supplies

- Food Pantry (10/11 only)
- SNAP Sign-up
- Spark Café
- Community Household Pantry (paper goods and personal items)

Education

- Woodford County Library
- Mentors and Meals
- Anderson County Community College (GED information)
- Woodford County Schools Family Resource Officers (various schools)
- Bluegrass Community and Technical College
- Kentucky Career Center

Essential Services

- Bluegrass Community Action
- Woodford County Extension Office

Healthy Aging Summit

October 18, 2022

10:00 a.m. – 2:00 p.m.

Woodford County Senior Citizens Center

You still have time to register for this great conference to learn about brain healthy, reducing risks, life planning, healthy eating, and home safety and fall prevention. Lunch is included – and it's FREE! Call the Extension Office to register or [register online here](#).

Organize Your Time and Space

October 25, 2022

10:00 a.m.

Organizing your time and workspace not only improves job performance, but it can enhance your overall well-being while decreasing stress levels and boosting productivity.

Your job performance might not be at a company, factory or office; it might be in your kitchen, your hobby space or garden. This lesson will compare aspects of a productive workspace to those of a non-productive workspace, describe techniques that maximize time and apply organizational concepts for enhanced productivity. Please contact the

Extension Office to RSVP

Relatives as Parents Support Group

October 25, 2022

6:00 p.m.

Are you raising the child of one of your relatives? You don't have to be in it alone! Come meet others in similar situations who understand the complex situation of raising a child of a relative. Please contact us to RSVP.

Are you raising the child of one of your relatives? **You don't have to be in it alone!**
Come meet others in similar situations who understand the complex situation of raising a child of a relative.

RAP RELATIVES AS PARENTS SUPPORT GROUP

2022: August 30, September 27, October 25, November 15
2023: January 24, February 28, March 28, April 25, May 23

6:00-7:00 p.m. (Tuesdays)

Held at: Woodford County Extension Office
184 Beasley Road, Versailles, KY
Children are welcome. Dinner is provided.



Contact us to RSVP tinyurl.com/yckc6vx7

Jasmine Hazelwood (High School)
jasmine.hazelwood@woodford.kyschools.us
859-753-1577

Deann Watts (Southside & Hometown)
deann.watts@woodford.kyschools.us
859-879-4687

Celine Galvan (Northside & Simmons)
celine.galvan@woodford.kyschools.us
859-753-7692

Mallory White (Middle School & Safe Harbor)
mallory.white@woodford.kyschools.us
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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



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

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Heritage Skills Days

October 28-29, 2022

Registration is open and closes on September 30! [Register online here](#) or you can also [view the catalog here](#).

Fall Craft Workshop

November 5, 2022

This fall workshop will offer cookie decorating, chicken scratch embroidery, and painted mini-wooden pumpkins. You will pay one fee for all three classes, with lunch included.

Fall Craft Day!

Sponsored by Woodford County Extension Homemakers

November 5, 2022
9:00 a.m. - 2:15 p.m.

\$40
Includes all 3
classes and lunch.

8:30 a.m. Registration & Refreshments

9:00 - 10:30 a.m. Class 1

Cookie Decorating

Learn how to make beautifully decorated cookies using royal icing. All supplies provided.



10:45 a.m. - 12:15 p.m. Class 2

Mini Block Painted Pumpkins

Use wooden blocks to create a set of three decorative pumpkins. Sizes will vary from 2" to 4" in height. Please bring a hot glue gun and hot glue sticks.



12:15 - 12:45 p.m. Lunch

12:45 - 2:15 p.m. Class 3

Chicken Scarth

Try your hand at this embroidery-type fabric art on a pillow-top. Create the cross in class and will be provided directions on how to finish the pillow at home. Please bring a 6"-8" hoop/frame.



Payment due by October 21. Bring payment to the Extension Office.
Cash or check (checks payable to "Woodford Co. Homemakers").



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elizabeth.coots@uky.edu

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LEXINGTON, KY 40546



It's Sew Fine: Sewing Seminar - Call for Instructors!

Deadline to submit: December 1, 2022

The annual "It's Sew Fine: Sewing Seminar" will be held April 13-14, 2023 at the Boyle County Extension Office, and we are looking for instructors to teach classes on sewing topics related to garment construction, home dec, quilting, and accessory. [Click here to submit your class!](#) Note: student registration for this seminar will open in early February 2023.

Teacher Submission Form: It's Sew Fine: Sewing Expo 2023

It's time to submit a class for the 2023 It's Sew Fine: Sewing Expo. This is an opportunity for garment construction, home dec, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **April 13-14, 2023**. Depending on class structure, accommodations for teachers will be offered at a local hotel. Your class can be full day, half day or if needed 1 ½ day in length.

The deadline for submission is December 1st. Click on the link to go to the submission form.

Submitting an application does not guarantee class selection.

Committee will make final class selections.

<https://tinyurl.com/n8222wyp>

COOPERATIVE EXTENSION

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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!



Upcoming Homemaker-Specific Dates to Note

Secret Santa Committee Meeting

October 7, 2022

10:00 a.m.

Please note that this meeting has been changed and above is listed the new meeting date and time. Please be sure someone from your club is in attendance to continue planning for this event, which will be held December 3, 2022.

Leader Lesson

Organize Your Time and Space

October 25, 2022

10:00 a.m.

Organizing your time and workspace not only improves job performance, but it can enhance your overall well-being while decreasing stress levels and boosting productivity. Your job performance might not be at a company, factory or office; it might be in your kitchen, your hobby space or garden. This lesson will compare aspects of a productive workspace to those of a non-productive workspace, describe techniques that maximize time and apply organizational concepts for enhanced productivity.

*[Click here for the schedule of leader lessons.](#) Remember that anyone is invited to attend – homemaker or not. They will be held at the Woodford County Extension Office, with the instructor being brought in via Zoom. Each lesson will include a hands-on portion taught by Elizabeth, so **please RSVP so we can plan for the needed materials.***

County Council Meeting

November 1, 2022

6:00 p.m.

Please make plans to join us at the next council meeting. You do not have to be a club officer to attend these meetings, but please be sure at least one person per club attends.

We have several items of business to discuss and plan for upcoming programs.

County Fair Exhibits Meeting

November 2, 2022

10:00 a.m.

If you are interested in helping reorganize the county fair exhibits categories, please join us at this meeting. Bring your suggestions or share them ahead of time with your Club President or with Elizabeth. We will be updating the exhibit categories for the 2023 county fair.

Time to Renew Your Membership!

Due November 30, 2022

Don't forget to renew your membership and pay your dues. County dues are \$11.00 for one year. As a reminder, dues increased this year due to the \$1 increase on the state level. \$5.00 will go to KEHA, \$1.00 will go to Ovarian Cancer Screening, .50 will go to the Fort Harrod Area, and \$4.50 stays here in Woodford County.

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Disabilities
accommodated
with prior notification.



The Wonders of Baking Soda

Baking soda isn't just for baking. It's actually a very useful, multipurpose product to have in your home. It is inexpensive and easy to find. Baking soda, or sodium bicarbonate, is found in a crystalline form in nature. It is then ground into a fine powder for use in cooking. But cooking isn't the only use for this versatile compound. Listed below are a variety of household uses for baking soda.



bottom of your trash can or dishwasher to help neutralize odors from smelly garbage or dirty dishes waiting for a full load. Baking soda can also be used to eliminate odors in stinky shoes or gym bags. Simply pour two tablespoons of baking soda in thin pieces of fabric or layered cheesecloth and tie with a string. Place one bag in each stinky shoe or gym bag. Remove the bags before using.

Stain remover – Baking soda and water pastes can be used to remove stains from glassware, coffee cups, and plastic containers. To help remove stubborn stains from clothes, try adding a ½ cup of baking soda to your regular amount of laundry detergent. Stains can also be removed from carpet by covering the stain with a thin layer of baking soda and then spraying with a 1-to-1 mixture of vinegar and water. Let it sit for 1 hour or until the surface dries. Scrub the baking soda loose with a brush and then vacuum.

Natural cleaner – A mixture of baking soda and water can be used as a nonabrasive cleaner. This means it will not scratch glass. Make a paste and apply directly with a sponge or cloth to the surface you want to clean. Ovens, stovetops, microwaves, sinks, tubs, tile, marble, and tarnished silver are a just a few examples. To safely clean stubborn pots and pans, the American Cleaning Institute recommends adding baking soda to the pan, filling with hot water and letting it soak for 15 to 30 minutes. The baking soda will help remove cooked-on food. For tarnished silver, mix 3 parts baking soda to 1 part water and rub onto the silver with a clean cloth or sponge. Rinse and dry for a shiny finish.

Deodorizer – Neutralize odors in the refrigerator, trash can, and closet. Keep an open box of baking soda in the refrigerator to help remove odors. Sprinkle the powder in the

Air freshener – Baking soda is a safe and effective alternative to commercial air fresheners. It interacts with odor particles in the air and neutralizes them, rather than masking them. You can create your own air freshener with a small jar, some cloth, your favorite essential oils, and a piece of string or ribbon. Simply place ⅓ cup of baking soda in a small jar. Add 10 to 15 drops of essential oil and cover the jar with a thin piece of cloth. Tie with a string or ribbon. Gently shake the jar for a pleasant scent.

Fire extinguisher – Baking soda is effective at putting out small grease and electrical fires. When baking soda is heated it releases carbon dioxide (which makes dough rise). The carbon dioxide smothers the flames and extinguishes the fire. Many households have baking soda within reach as a first step in fighting kitchen fires.

Reference” American Cleaning Institute: <https://www.cleaninginstitute.org/> Source: Annhall Norris, Extension Specialist for Food Preservation and Safety



Woodford County
Health + Wellness Roundtable presents:

HEALTHY AGING SUMMIT

OCTOBER 18

10:00am - 2:00pm

Doors open at 9:30am

Woodford County Senior Citizens Center
285 Beasley Road
Versailles, KY 40383

REGISTRATION

Registration is FREE & required.

DEADLINE TO REGISTER: 10-7-22

Please contact the Woodford County Extension
Office to register or register online with the QR
code below.

Email: elizabeth.coots@uky.edu, (859) 873-4601

Link to register: tinyurl.com/4eztd6v2

VENDORS

Vendors welcome

Free to attend!

Set up begins at 9:30am

Please provide your
own table & door prize.

TOPICS

Brain Health: How You Can Help

Reduce Your Risk

Life Planning

Healthy Eating

Home Safety & Fall Prevention

DETAILS

Lunch is FREE, provided
by Holly Hill Events!

FREE COVID Boosters &
Flu Shots will be
available!

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Registration:

