



Woodford County  
Cooperative Extension Service  
184 Beasley Drive  
Versailles, KY 40383-8992  
(859) 873-4601  
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Hello everyone!

For those I have not had the pleasure to meet yet, my name is Hannah Thornsberry. I am the new Extension Agent for Family and Consumer Sciences in Woodford County. I cannot wait to get to know everyone and to be able to help Woodford County become the best it can be!

Best,  
Hannah Thornsberry

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**Featured Recipe:**

[Slow Cooker Smoky Black-Eyed Peas](#)

Many people believe that eating black-eyed peas at the start of a new year will bring good luck, health and abundance. If you are looking to incorporate black-eyed peas into a meal this month, try this healthy slow cooker meal!



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



### Moneywi\$e: Understanding the Cost of Convenience

**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY  
JANUARY 2024

THE MONTH'S TOPIC:  
UNDERSTANDING THE COST OF CONVENIENCE

Our society lives on fast lanes. Most any purchase is available at the push of a button, making delivery a convenience concept of the past. The question is... what cost of the convenience really cost?

**SPENDING LEADS**  
Spending freedom is valued for being. However, this freedom is a small part of a larger picture. Spending leads are not necessarily innocent purchases that add to our lives. These spending habits have the potential to drain our budgets if gone unchecked. Spending leads can take part of our normal routines, which can make them difficult to spot.

Examples of common spending leads include snacks, coffee, baked goods, delivery services, mobile and "on-demand" apps, digital downloads, streaming services, utilities, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

**CONVENIENCE IS COSTLY**  
Examples of spending leads common to many households and families are food and grocery deliveries and services are food and grocery

delivered. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery have become household staples. Using these "convenience" services can quickly add up. It's important for you to consider additional charges such as service and delivery fees and other tips.

**OTHER COMMON LEADS**  
Other common convenience spending leads include unused auto-theft memberships and subscriptions. For example, streaming or cable services. You could save \$100 to \$200 a year by cutting any unused and streaming services with an average cost of \$15 a month. Or, monthly memberships to \$15 to \$100 a month. Consider whether you use your account each year.

Cooperative Extension Service  
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## Health Bulletin: Ask a Pharmacist!

**ADULT HEALTH BULLETIN**  
JANUARY 2024

ASK A PHARMACIST!

Pharmacists are healthcare professionals who are trained to dispense medications and provide patient education. They are also trained to identify drug interactions and side effects, and to provide advice on how to take medications correctly. Pharmacists are also trained to provide immunizations and to provide counseling on lifestyle changes that can improve health.

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UK Cooperative Extension Service

# Learn to Quilt!

*Machine*

- A Hands-on Class for Adults -

February 5, 19, 26 (Mondays)

6:00 - 8:30 p.m.



Make a simple hot mat, followed by an easy and fun table runner. You will be using a rotary cutter, machine piecing, machine quilting, & finishing with applied binding. Finished size is 12"x36". For those with some basic sewing skills or those new to machine piecing and machine quilting, or those with some experience who want to complete a project!

## Supplies to Bring:

- Fat quarter bundle OR 5-6 assorted/coordinated fat quarters OR five 1/4 yard cut fabrics
- 3/4 yard coordinated fabric for backing and binding
- Neutral or matching colored thread (cotton or all-purpose)
- Basic sewing kit (scissors, pins, seam ripper, shears, sewing gauge, tape measure, etc.)
- \*Rotary cutter, and ruler
- \*Sewing machine - (also bring the owner's manual, power cord, bobbins, needles, and foot control)
- Optional - 1/4" foot and walking foot
- Batting will be supplied

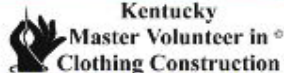
*\*If needed, and with prior notification, sewing machines and cutting tools are available for loan during class time.*

\$20 fee Register and pay by January 15

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Taught by:  
Candy Simms, Certified Master Clothing Volunteer  
Jackie Edwards, Master Clothing Volunteer  
Jennifer Klee, Sewing Leader



### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disability accommodations available with prior notification.

# SEW MUCH FUN

## Winter Workshop

### ONE NIGHT PROJECTS

#### What to Know

**Date:** Monday, January 22, 2024

**Time:** 6:00-8:30 PM

**Location:** Woodford County Extension Basement

**Class Fee:** \$5 per person per class  
(due one week before class)

#### 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.



### REGISTER

 Woodford County Extension Office  
184 Beasley Drive  
Versailles, KY 40383

 859-873-4601

 Register by January 12, 2024



This mini-tote has 2 outer and one center pocket with an optional drawstring at the top. The finished size is 7" tall and 8" wide. Great for travel, storing 6 1/2" or smaller quilt rulers - or use your imagination - for yourself or gift-giving. Only 2 fat quarters required for the project.

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Facilities  
accommodated  
with prior notification.

# Homemaker Happenings



## 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 - January 8, 6 pm  
 Circle of Friends - January 18, 6 pm  
 Hand2Hand - January 8, 10 am  
 Patchwork - January 15, 6 pm

### Leader Lesson

#### Transferring Cherished Possessions January 11 at noon Woodford County Extension Office

Estate Planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.

# January 2024

| SUNDAY        | MONDAY   | TUESDAY                                  | WEDNESDAY     | THURSDAY  | FRIDAY  | SATURDAY      |
|---------------|--|--|---------------|---|---|---------------|
|               | OFFICE CLOSED <sup>1</sup>                                   | <sup>2</sup>                             | <sup>3</sup>  | LEADERSHIP WOODFORD CO. <sup>4</sup><br>SCRAP HAPPY QUILTERS 2:30PM | <sup>5</sup>  | <sup>6</sup>  |
| <sup>7</sup>  | HAND TO HAND 10AM <sup>8</sup><br>BUSY BEES 6PM              | DISTRICT BOARD MEETING 12PM <sup>9</sup> | <sup>10</sup> | LEADER LESSON 12PM <sup>11</sup>                                    | <sup>12</sup>   | <sup>13</sup> |
| <sup>14</sup> | OFFICE CLOSED <sup>15</sup><br>PATCHWORK 6PM                 | <sup>16</sup>                            | <sup>17</sup> | CIRCLE OF FRIENDS 6PM <sup>18</sup>                                 | REGION 19 FCCLA STAR EVENT COMPETITIONS <sup>19</sup> | <sup>20</sup> |
| <sup>21</sup> | SEW MUCH FUN! <sup>22</sup>                                  | <sup>23</sup>                            | <sup>24</sup> | <sup>25</sup>   | <sup>26</sup>   | <sup>27</sup> |
| <sup>28</sup> | WOODFORD COUNTY HOMEMAKER BOARD MEETING 5:30PM <sup>29</sup> | <sup>30</sup>                            | <sup>31</sup> |   |   |               |

