


# Spencer County Family and Consumer Sciences Newsletter

*Beth Maxedon, Spencer County FCS Agent*

## March 2025

 Cooperative  
Extension Service

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Spencer County  
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 Cooperative  
Extension Service

## “March into Wellness”

**March 29, 2025**  
**9:30 - 12:30pm**

**Spencer County Extension Office**  
**100 Oak Tree Way**  
**Taylorsville, KY 40071**

**There will be a variety of free services included:** in partnership with

- General Wellness Services
- Blood Pressure Testing
- Informational Booths
- Health Presentations
- Door Prizes
- Games and activities for all ages

And a variety of other resources and information about health and wellness.



## 2nd Annual Wellness Day

Join us for the second Annual Wellness Day at the Spencer County Extension Office located at 100 Oak Tree Way in Taylorsville, Kentucky.

It will be held from 9:30 - 12:30 and there will be a variety of free health services, health information, and community health partners available to members of the community.

More information will be coming in February so stay tuned and we hope to have you join us on March 29th, 2025 for Wellness Day!

### 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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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## Upcoming Dates

**3/11:** Homemaker Leader Lesson Day at the Henry County Extension Office.

**3/17:** Louisville Area Council Meeting

**3/25:** Last day to turn in Spencer County Cultural Arts items for judging

**3/28:** Louisville Area Cultural Arts Contest in Henry County

**3/29:** Wellness Day with Health Screening and vendors at the Spencer County Extension Office

**4/11:** Lunch Bunch International Taste of Puerto Rico at Spencer County Extension Office, RSVP by calling the office, limited spots.

**May 6-8:** KEHA State Meeting in Lexington

**6/17:** Louisville Area KEHA Meeting in Henry County at the Celebration Barn.

## Group Updates

### **Thread and Thimble Monthly Projects**

March: Sewing Caddies

April: Project Pouches

May: Little purses

### **Bunco Group Monthly Potluck Themes**

March: International Women's Day - Heirloom Meals Potluck and recipe share

April: Rainy day recipes

May: Derby

## Homemaker Groups

### **Patch worker Quilt Guild (3/4, 3/18)**

When: 1st and 3rd Tuesday of the month

Where: Spencer County Extension Office

Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

### **Loyal Homemakers (3/13)**

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

### **Bluegrass Basket Guild (3/13)**

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Nichole Hutchins- (502) 422-0719

Facebook: <https://www.facebook.com/groups/129924587048584>

Time: 4 PM

### **Waterford Homemakers (3/19)**

When: 3rd Wednesday of the month

Where: Spencer County Extension Office

Contact: Judy Broyles - (502) 821-2108

Time: 10 AM

### **Gardening Association**

Contact Vicki Clark - (859) 576-9104

### **Thread & Thimble (3/24) - RSVP**

When: 4th Monday of the month

Where: Spencer County Extension Office

Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

### **Bunco Group (3/4)**

When: 1st Tuesday of the month

Where: Spencer County Extension Office

Contact: Cindy Neely and Julie Hart

Time: 11 AM

### **Lunch Bunch (3/14)**

When: 2nd Friday of the month

Where: Attend UL Healthy Heart Screening

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

### **Active Living (March 4, 18, 25)**

When: Every Tuesday of the month

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM


### **Cook Wild KY (4/7)**

When: 1st Thursday of even months, 5PM

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Theme: "In the Face of Disaster."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Patchworkers Quilt Guild - 10 am <b>Bunco - 11 am</b> Active Living - 10 am	5	6	7	February 1  8
9	10	11 Homemaker Leader Lesson in Henry County	12	13 Loyal Homemakers - 10:30 am Bluegrass Basket Guild - 4 pm	14 Lunch Bunch - 11 am at Hometown Pizza in Taylorsville.	15
16	17 Louisville Area KEHA Council Meeting	18 Patchworkers Quilt Guild - 10 am Active Living - 10 am	19 Waterford Homemakers - 10am	20	21	22
23	24 Thread and Thimble - 10am	25 Active Living - 10 am <b>Cultural Arts items due to the Extension Office.</b>	26 Spencer County Cultural Arts judging - 2 pm	27	28 Louisville Area Cultural Arts Judging in Henry County	29 “March into Wellness” Health Fair 9:30 am - 12:30 pm
30	31	1	2	3	4	5 



# NEED HELP CLEANING UP?

## TRAINED VOLUNTEERS ARE AVAILABLE TO HELP:

- General flood clean up
- Damaged wall removal
- Tarp-cover roofs
- Pick up debris
- Stop mold growth
- Remove broken appliances



## VOLUNTEER HOTLINE 1-502-607-6665

Operators are available 8 am to 8 pm (Eastern).  
After hours, voicemail is available.



## Dijon Chicken Asparagus Roll Ups

<b>3 tablespoons</b> Dijon mustard	<b>2 teaspoons</b> black pepper	<b>4</b> skinless, boneless chicken breast halves (about 5 ounces each)
<b>½ cup</b> low fat mayonnaise	<b>½ teaspoon</b> salt	<b>4</b> slices skimmed mozzarella cheese
<b>1</b> lemon, juiced (approximately 3 tablespoons)	<b>16</b> spears fresh asparagus, trimmed	<b>1 cup</b> panko bread crumbs

**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.

**Yield:** 4 servings

### **Nutritional Analysis:**

370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

Plate it up!

