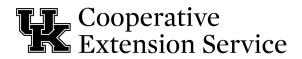
Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

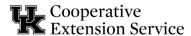
March 2025



Cooperative Extension Service

Spencer County PO Box 368 100 Oak Tree Way Taylorsville KY 40071-0368 (502) 477-2217

Fax: (502) 477-1343 spencer.ca.uky.edu



"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:

- 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.

in partnership with



Cooperative **Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran statu physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disabilimay be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating





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	e	4 Patchworkers Quilt Guild - 10 am Bunco - 11 am Active Living - 10 am	v	9	7	February 1 8
6	10	Homemaker Leader Lesson in Henry County	12	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	Patchworkers Quilt Waterford Home-Guild - 10 am Active Living - 10 am	19 Waterford Home- makers - 10am	20	21	22
23	24 Thread and Thimble ble - 10am	Active Living - 10 am Cultural Arts items due to the Extension Office.	26 Spencer County Cultural Arts judging - 2 pm	27	28 Louisville Area Cultural Arts Judging in Henry County	"March into Wellness" Health Fair 9:30 am
30	31	1	2	3	4	KENTUCKY OF THE KENA KERS ASSOCIATION OF THE KENA KENA KENA KENA KENA KENA KENA KEN

NEED HELP CLEANING UP?

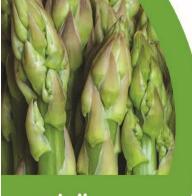
TRAINED VOLUNTEERS ARE AVAILABLE TO HELP:

- 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

3 tablespoons Dijon mustard 1/2 cup low fat mayonnaise 1 lemon, juiced (approximately 3 tablespoons)

2 teaspoons black pepper 1/2 teaspoon salt 16 spears fresh asparagus, trimmed

2 teaspoons dried thyme 4 skinless, boneless chicken breast halves (about 5 ounces each) 4 slices skimmed mozzarella cheese 1 cup 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 1-11/2 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 q fiber, 2 q sugars, 41 q protein.