

# WOW

## Washington on Wellness Coalition Community Newsletter

# April 2023

### Partners in Wellness

- Anthem BlueCross BlueShield, KY Medicaid
- Career Center
- Central KY Head Start
- Communicare
- Department of Community Based Services
- Dominican Sisters of Peace
- Elizabethtown Community Technical College
- House of Hope Inc.
- Housing Authority of Springfield
- Humana Healthy Horizons
- KY Division of Behavioral Health
- Lincoln Trail District Health Department
- New Pioneers for a Sustainable Future
- Passport Health
- Rivendell Behavioral Health
- Silverleaf Sexual Trauma Recovery Services
- Tri-County KY United Way
- University of KY Health Education
- University of Louisville Peace Hospital
- Washington County Extension Service
- Washington County Schools

### What is WOW?

The Washington on Wellness Coalition (WOW) is a community coalition comprised of agencies, volunteers, officials, and citizens. All are welcome. Our mission is to utilize community collaboration to promote well-being. Our goals include raising awareness of local issues, promoting the well-being of our community, and addressing substance use disorder through wellness.

### Membership & Meetings

Any interested person may join the WOW Coalition for free. Active members meet on the last Wednesday of each month at noon. Inactive members may receive updates and minutes via email. A Member Directory is online at [washington.ca.uky.edu/washington-wellness](http://washington.ca.uky.edu/washington-wellness).

Anyone may receive the free monthly WOW newsletter with community information and helpful articles via email or mail. Members may also submit items to be included in the newsletter. Contact Cabrina Buckman with questions at [cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu) or 859-336-7741.

***The next WOW meeting will be April 26, 2023.***

### Access Local Resources

Tri-County Kentucky United Way has a resource directory that serves Marion, Nelson, and Washington Counties. This directory is available at [tricitykyuw.com/resource-guide.html](http://tricitykyuw.com/resource-guide.html).

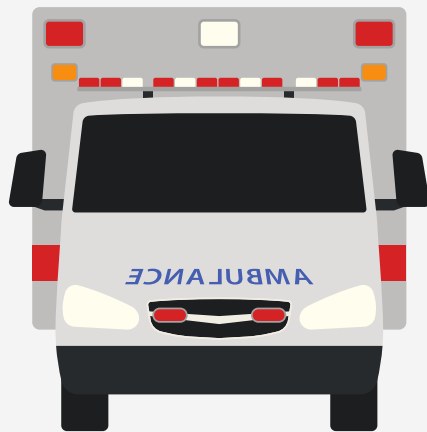
SAVE THE  
*date*

# READY TO REACT

Emergency Preparedness Event

**Thursday, May 18th, 2023**

3 PM - 7 PM, Washington County Extension Office  
245 Corporate Dr., Springfield, KY



Booths Include:

- EMS
- Fire Department
- Kentucky Fish and Wildlife
- Creating an Emergency Kit
- Inflatables
- Food Trucks
- And MORE!!

For more Information: Washington County Extension Office (859)336-7741

## A Helping Hand for New & Expecting Parents

**April 6, 2023 from 11am-12:30pm**  
**at the Marion County Public Library**  
**210 E Main St., Lebanon, KY**

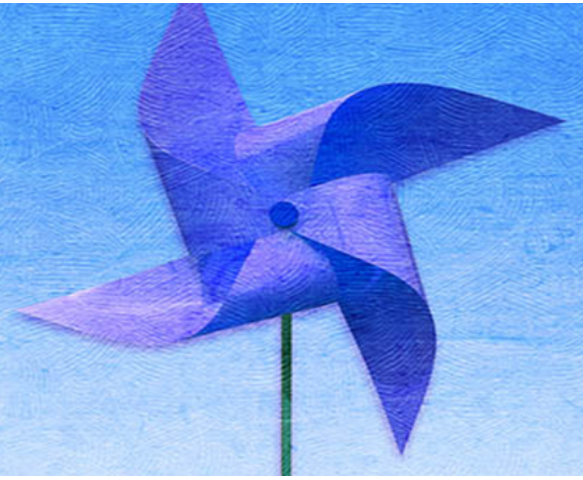
This event is presented by the Lincoln Trail District Health Department's Maternal Child Health Program. Light refreshments will be served and drawings will be held for door prizes. Topics include:

- symptoms during/after pregnancy to discuss with your doctor
- ways to soothe a crying baby
- why shaking a baby is dangerous
- what a safe sleep environment looks like
- why a crying infant can be frustrating

Admission is free! Scan the QR code to RSVP



# April is Child Abuse Prevention Month



## Child Abuse Awareness Event

**April 13, 2023 from 5pm-7pm  
at Centre Square  
237 North Spalding Ave, Lebanon, KY**

Come out to learn more about preventing child abuse and how to make a difference in a child's life! This event is sponsored by Central Kentucky Head Start and Community Collaboration for Children. For more information, contact Head Start at (270) 795-4301.



## Give Your Child a Head Start

Children ages 3 and 4 can now be enrolled in the Head Start program for the 2023-2024 school year. In Head Start, your child will enjoy activities that will help them grow cognitively, socially, emotionally, and physically. They welcome your involvement as a parent or guardian and will work as a partner to help your child reach their full potential to become Kindergarten Ready!

**What to do first?** Parent/legal guardian may complete the application online at [ckyhs.org](http://ckyhs.org).

**What do you need?**

- proof of birth (birth certificate, immunizations, insurance card, health work)
- proof of income documentation (2022 tax form 1040, 2022 W-2, pay stubs, child support, public assistance, foster care reimbursement, unemployment letter, etc.)

**What happens next?** Once you submit the application a Family Advocate will be in contact with you for a quick interview. The Family Advocate will get any additional information to complete the application.

If you have questions, please contact Julie Ritchie at 270-699-0926.



# Addressing Local Hunger

To help address local hunger, food sources are listed here. If you have information to add, please email [cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu) or call 859-336-7741.

**Blessing Boxes:** nonperishable food items available to anyone in need and may be re-filled by any donor.

Washington County locations include:

- Springfield Police Station - One Police Drive, Springfield, KY 40069
- St. Dominic Elementary School - 303 West Main Street, Springfield, KY 40069
- Willisburg City Hall - 2516 Main Street, Willisburg, KY 40078
- Mackville Community Center - 10651 Main Street, Mackville, KY 40040
- Springfield Christian Church - 201 East Main Street, Springfield, KY 40069
- AME Zion Church - 300 E High Street, Springfield, KY 40069
- Holy Rosary (Manton) Church - 4653 Cissellville Road, Springfield, KY 40069
- Washington County High School - 300 US-150, Springfield, KY 40069
- Community Action: [www.ckcac.org](http://www.ckcac.org) | 859-336-7766 | [washingtonca@ckcac.org](mailto:washingtonca@ckcac.org)

**Feeding America Monthly Food Distribution:** run by Community Action and held at Idle Hour Park in Springfield; held on 2nd full week of the month on Thursday

**Kids' Backpack Program:** provides meals for children over the weekend. Families apply through the Family Resource Center in their child's school.

**St. Dominic Food Pantry:** Wednesday mornings from 9:00am-10:30am | help line: 859-805-0964 | located at 303 West Main Street in Springfield. The food pantry is open to anyone in Washington County.

**Supplemental Nutrition Assistance Program (SNAP) (formerly food stamps):** <https://benefind.ky.gov>  
Individuals may also call the Department for Community Based Services at 859-336-3977 or visit them at 803 Bel Vista Drive in Springfield.

## Washington on Wellness

For more information, contact:

Cabrina Buckman, MA, RD  
Family and Consumer Sciences Agent  
Washington County Extension Service  
245 Corporate Drive | Springfield, KY  
Phone: (859) 336-7741  
[cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu)



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with prior notification.