

WOW

Washington on Wellness Coalition Community Newsletter

Dec. 2023 & Jan. 2024

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.

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 or 859-336-7741.

The next WOW meeting will be January 31, 2024.

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.

Career Center Events

December Workshops - 9am - register at lccareercenter.org/workshops

Dec. 1 - Successful Resume | Dec. 8 - Successful Interview

Dec. 15 - Successful Job Search | Dec. 22 - Workforce Retention

Toyotomi Open Interviews - Dec. 1, 8, 15, & 22 from 10am-3pm
at Toyotomi, 1 Sakura Drive, Springfield

Online Job Fair - December 5 and 19 from 1pm-3:30pm
Register at lccareercenter.org/jobfair

INOAC Job Fair - December 7 from 10am-2pm
at the Marion County Career Center

Bardstown Career Center Job Fair - December 14 from 3pm-6pm
at 860 W Stephen Foster Avenue, Bardstown

AARP Driving Course

January 17 from 9:45am to 3pm
Washington County Extension Office

Cost: \$20 for AARP members
\$25 for non-members

Checks only - made payable to AARP
Bring your AARP card if you have one
and your license.

Register by calling the WC Extension
Office at (859) 336-7741.

Walk with Ease



Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended

The **Arthritis Foundation Walk with Ease Program**

is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

— Walk With Ease participant

Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve flexibility, strength, & stamina
- Reduce pain and feel great

Walk With Ease - Self Directed

- 6 week program - encouraged to have minimum of 3 walking sessions a week
- Build up to 30 minute walk per session
- Cost is free

Call Lincoln Trail Area Development District - Department for Aging at (270) 737-6082 to learn more and/or to enroll.

HEALTHY CHOICES FOR EVERY BODY

Washington County Extension Office All classes from 11 - 12:30

January 22 - Healthy Cooking for Every Body - focus on making quick breads

January 29 - Food Safety for Every Body - focus on cooking proteins

February 5 - Healthy Affordable Meals for Every Body - focus on cooking whole grains: rice & pasta

February 12 - Shifting to Healthier Choices for Every Body - focus on preparing salads & dressings

February 19 - Fruits & Veggies for Every Body - focus on cooking vegetables various ways

February 29 - Reading Food Labels for Every Body - focus on preparing soups

March 4 - Better Beverage Choices for Every Body - focus on drinks that are full of nutrients

Must have 10 participants registered for classes to take place. Please call to reserve your spot. If you have questions, please contact Laura Milburn at the Washington County Extension Office at (859) 336-7741.



the one-stop shop for FREE mental well-being resources

Credible Mind is the free online platform that brings together expert rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy to use place. Confidential and available 24/7, with Credible Mind you can learn new skills, understand your own mental health, take a mental health assessment and browse our library of thousands of mental wellbeing resources.

Mental health is vital to our overall wellbeing. When we hear "mental health" we tend to think of negative things like feeling anxious, depressed, or stressed. Did you know that mental health also includes emotional, psychological, and social wellbeing? Things like our happiness, eating habits, and job or relationship satisfaction can affect our mental health, too!

Credible Mind covers over 200 topics, including:

- stress
- mindfulness
- burnout
- time management
- anxiety
- sleep
- depression
- relationships
- happiness
- parenting
- grief
- resilience
- substance use
- aging
- self-care and more!



Visit heartlandtrail.crediblemind.com to get started.



SCAN ME

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 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 | 859-336-7766 | washingtonca@ckcac.org
- Bethlehem Baptist Church - 2200 Old Perryville Loop, Springfield, KY 40069
- Holy Rosary Church (Manton) - 4653 Cissellville Rd, Springfield, KY 40069

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

School Food Pantry: Contact the Family Resource Center in your 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.

Meals for Seniors: The Lincoln Trail Area Agency on Aging & Independent Living offers two programs for people over the age of 60. Call 270-737-6082 for home delivered meals. Visit the Senior Center for drive through meals.

Washington on Wellness

For more information, contact:
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Disabilities
accommodated
with prior notification.