

# WOW

## Washington on Wellness Coalition Community Newsletter

# May 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 May 31, 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).

# READY TO REACT

Free Community Emergency Preparedness Event

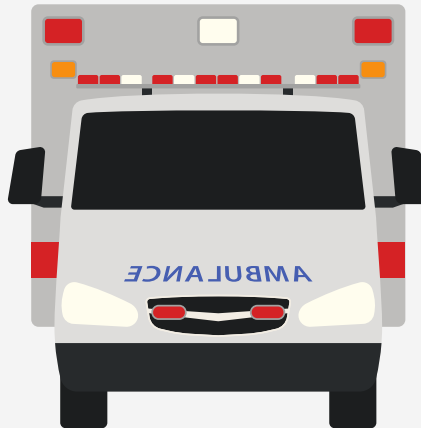
**Thursday, May 18th, 2023**

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

**TACO  
TRUCK**

**DOOR  
PRIZES**

Matt Dixon,  
University of  
Kentucky  
Meteorologist will  
speak at 5:30pm  
about weather trends  
and safety



Booths Include:

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

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

## Chamber After Hours

Real Hope for Addiction  
**Isaiah House**

THURSDAY MAY 4TH | 5:00-6:30



2084 MAIN STREET WILLISBURG, KY

MIKE MULLINS VOCATIONAL BUILDING AT MAIN CAMPUS

## Chamber After Hours

Springfield/Washington County  
Chamber of Commerce and  
Isaiah House are hosting  
Chamber After Hours

May 4 from 5-6:30

Mike Mullins Building  
Isaiah House Campus  
2084 Main St. Willisburg, KY



# Community Baby Shower

THIS EVENT IS OPEN TO ANY  
PARENTS/GUARDIANS WHO ARE EXPECTING OR  
WITH BABIES UP TO ONE YEAR OLD



*Visit with resource vendors, learn about  
healthy choices and car seat safety,  
enjoy free pizza, and win prizes!*

**JUNE 1 ● 4 - 6:30 PM**

**at the Washington County  
TEL Center  
(old Elementary School)  
520 Lincoln Park Road,  
Springfield, KY**



Register by May 22  
with the QR code or by  
calling the Extension  
Office at 859-336-7741



AGING UNBOUND: MAY 2023

# FREE SENIOR CELEBRATION EVENT



**THURSDAY, MAY 25**

**9AM-2PM**

**PRITCHARD COMMUNITY  
CENTER**

Wellness on Wheels, Hardin  
County Book Mobile, Vendors,  
Speakers, Live Entertainment &  
Music, Workshops, Exercise,  
Bingo, Lunch, Door Prizes, &  
More!

For more information, call LTADD at  
270-769-2393. Call CKCATS for  
transportation at 270-692-2136 or  
1-800-242-8225.

# 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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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.