

WOW

Washington on Wellness Coalition Community Newsletter

September 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.

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 September 27, 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.

How can we serve you, Kentucky?

Take a ten-minute survey
to help us develop programs
addressing needs in
your community.

go.uky.edu/serveKY



KENTUCKY
COOPERATIVE EXTENSION

An Equal Opportunity Organization.



WK Martin-Gatton
College of Agriculture,
Food and Environment

KENTUCKY STATE
UNIVERSITY
College of Agriculture, Community, and the Sciences

Farm Appreciation Day

Dominican Sisters of Peace and St. Catharine Farm

September 9, 2023
10:00 a.m. – 4:00 p.m.

- *Farmers Market
- *Bouncy Houses
- *Craft Vendors
- *Food Trucks
- *Hayrides
- *Petting Zoo
- *Balloon Animals
- *Magic Show
- *Cotton Candy and Popcorn
- *Face Painting

Door Prizes

- **Big Green Egg**
- **50 lb. Box of Beef**
- **Cooler**

Demonstrations

- *Hay equipment by Ag Revolution
- *Springfield-Washington Co. Rescue Squad



The Tri-County KY United Way Spirit 5K is a certified course that winds its way through Bardstown. Proceeds benefit our local United Way and its fight for the health, education, and financial stability of every person in Marion, Nelson, and Washington Counties. The first 150 participants will receive Spirit 5K swag that includes a t-shirt, racing bib, and other great items (21+ year olds receive the sought after Heaven Hill bag).

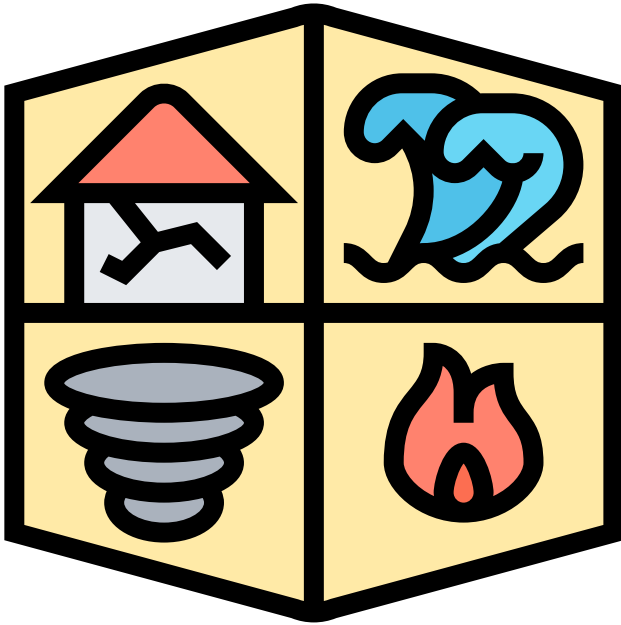
October 7, 2023 at 8:30am
at the Nelson County Civic Center
Register at
www.ckracemanagement.com/races

For more information about the Spirit 5K or Tri-County Trifecta, please contact Laura Sedlatschek at director@tricitykyuw.org or visit <http://www.tricitytrifecta.com/>.

Proceeds Benefit Tri-County Santa's Kids



Free Class - Coping with Trauma After a Natural Disaster



Washington County Extension Office
September 25 at 10:30am

After a traumatic event, it is important to recognize how to cope with the events. By learning how to cope with the trauma, we can grow stronger as individuals and communities. The growth will help us remain healthy and well, but also allow us to help each other when future traumatic events might occur.



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

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.

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:
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



Follow us on Facebook at
facebook.com/WashingtonOnWellness



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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 status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.