



# WOW

## Washington on Wellness Coalition Community Newsletter

# January 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/content/wow-member-directory](http://washington.ca.uky.edu/content/wow-member-directory).

Anyone may receive the free monthly WOW newsletter with information on community events, helpful articles, and recipes 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 January 25, 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).

# BIG BLUE BOOK CLUB

Register for our upcoming  
book club as we read

## IS BUTTER A CARB?

by Rosie Saunt & Helen West

The first 200 registered participants  
will receive a free book.



SCAN ME

 College of Agriculture,  
Food and Environment  
Family and Consumer  
Sciences Extension

## Join the Online Big Blue Book Club

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this zoom series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The series will be recorded if you cannot attend in real time. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

# Flu Information for Parents

## What is flu?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses cause illness, hospital stays, and deaths in the United States each year.

## How serious is flu?

Flu illness can vary from mild to severe. While flu can be serious even in kids who are healthy, it can be especially dangerous for young children and children of any age who have certain chronic health conditions. Children younger than 5 years old—especially those younger than 2—are at higher risk of developing serious flu-related complications. Children of any age with certain chronic health conditions like asthma and diabetes are also at higher risk.

## What are the signs and symptoms of flu?

**Symptoms of the flu can include:**

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* It's important to note that not everyone with flu will have a fever.

## Protect your child

**The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.**

Ask your health care provider which flu vaccine is right for your child.

- Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.
- Children 6 months through 8 years of age may need 2 doses of vaccine.
- Children younger than 6 months are at higher risk of serious flu illness, but are too young to be vaccinated. Parents, siblings, and people who care for infants should be vaccinated in order to help protect younger children you cannot be vaccinated.

**In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.**

- Stay away from people who are sick, cover your coughs and sneezes, wash your hands often with soap and water, do not touch your eyes, nose, and mouth.

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor right away if you are worried about your child's illness.**

- Make sure your child gets plenty of rest and drinks enough fluids. If your child is at higher risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.
- If your child becomes sick with flu illness, CDC recommends that they stay home for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

### Is there medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antiviral treatment of the flu works best when given as soon as possible, ideally 1-2 days after flu symptoms develop. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.



**For more information, visit  
[www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm)  
or call 800-CDC-INFO**

**#FIGHT FLU**



**U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention**

# 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)



Follow us on Facebook at  
[facebook.com/WashingtonOnWellness](https://facebook.com/WashingtonOnWellness)



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**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.