

# WOW

## Washington on Wellness Coalition Community Newsletter

# August 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 August 30, 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).

# 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](http://go.uky.edu/serveKY)



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Food and Environment

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

## **CKCAC Head Start/Early Head Start Back to School Bash** **"Life is Sweet in Head Start Land"** **August 10 from 5-7pm**



Please contact Stephanie Harrison at (502) 331-0055 or [stephanie.harrison@ckyhs.org](mailto:stephanie.harrison@ckyhs.org) if you would like to come and share information with our families!



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](http://www.ckracemanagement.com/races)

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



# Career Center Job Fairs & Events in August

## Komatsu Open Interviews

August 3, 10, 17, 24, & 31  
from 1-4pm at Komatsu

Hiring the following positions:  
Motor Associates, Assembly  
Mechanic, Quality Engineer,  
Fabrication Welder, Motor Shop  
Welder, Winder, Machinist 1, &  
Electrician. Apply online at  
<https://www.komatsu.jobs>

## Kentucky Prescription Assistance Program

August 9 from 9am-3pm at the Career Center

This is a free service that helps eligible Kentuckians obtain prescription medications through assistance programs that are offered by pharmaceutical companies, discount drug programs and discount pharmacy programs. To learn more, call 1-800-633-8100.

## TG Kentucky Job Fair

August 22 from 9am-4:30pm at TG Kentucky

## Virtual Job Fair

August 15 from 1-3:30pm

Register at [lccareercenter.org/fair](http://lccareercenter.org/fair)

## Free Expungement Session

August 30 from 4-6:30pm at the Career Center

Learn about offenses that are eligible for expungement, getting your GED, training opportunities, restoring voting rights, help for a disability, and more.

## Credible Mind Online Platform is Live!

**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 offers assessments to find out how you're doing mentally and emotionally in the areas of flourishing, anxiety, and depression. Your personal information including your name, email address, and responses will not be shared with Heartland Trail ASAP.



All community members who create an account and complete the Mental Health Check-in Assessment by August 31, 2023 will be entered in a drawing to win a \$100 Amazon Gift Card!

Scan the QR code or go to [heartlandtrail.crediblemind.com](http://heartlandtrail.crediblemind.com) to get started.

# 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.

**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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[cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu)



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