

WOW

Washington on Wellness Coalition Community Newsletter

December 2024/January 2025

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 ADD, Area Agency on Aging & Independent Living
- 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 29, 2025.

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.

Leaving Your Legacy

Free Estate Planning Class Series

Agricultural Estate Planning

January 21 - 6pm - Washington Co. Extension Office

Presented by: Steve Isaacs, UK Extension Professor, Farm Management and HR Specialist

- Transitioning the Family Farm
- Opportunity vs Obligation (Family Conversations)
- Assembling a Team

Transferring Cherished Possessions

January 22 - 6pm - Washington Co. Extension Office

Presented by: Cabrina Buckman, Washington Co. FCS Agent

- Ideas on Distributing Your Assets (non-titled property)
- Working with Loved Ones to Divide Cherished Keepsakes
- Tips for Communicating without Conflict

Estate Planning 101

January 23 - 6pm - Washington Co. Extension Office

Presented by: Nichole Huff, UK Assistant Extension Professor of Family Finance and Resource Management

- Estate Planning Basics for a General Audience
- 3 Key Steps to Estate Planning
- Tools to Help You Get Started

Register by calling the Washington Co.
Extension Office at 859-336-7741

245 Corporate Dr., Springfield, KY 40069

Free Dinner
Included with
Registration



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
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Beyond the Scroll: Tips for Healthy Social Media Habits

Social media is something that we all use daily. Social media can be a useful tool and can provide us with the news and other information we might need in small bite sizes. Despite this, social media can also be toxic and can negatively impact mental health. There are several things we can do to better navigate social media and be mindful of our mental health.

- **Turn off notifications.** Notifications can serve as a huge distraction. Turning off notifications for social media can help you stay present and can potentially reduce stress and anxiety. If turning off notifications seems too challenging for the time being, try out using the “do not disturb” feature on your phone.
- **Limit your time on social media.** Spending a lot of time on social media can contribute to feelings of isolation, anxiety, and lower self-esteem. Limiting your time on social media can help you focus on more important life tasks and can improve your mental health.
- **Stop comparing yourself to others on social media.** As the saying goes, “comparison is the thief of joy” and can lead to things such as low self-esteem and poorer mental health. By following pages and creators that resonate with your interests and values, you can curate a more positive online experience. This can help promote mental well-being. Remember to use social media as a source of inspiration rather than a tool for comparison.

In addition to these tips, there are also a few ways that you can increase your self-esteem and your self-confidence to not only feel better about yourself, but to also reduce the impact of social media on your mental health.

- **Positive affirmations.** Positive affirmations, when practiced often, can improve your mental health and well-being. Positive affirmations do not have to be complex, saying something as simple as, “I am enough,” can go a long way!
- **Build healthy relationships.** Healthy relationships can promote positive mental health and can impact our view of ourselves in a positive way.
- **Participate in self-care.** Practicing self-care on a regular basis can provide you with a strong foundation for your mental health.
- **Move your body.** Exercise is not only good for your physical health but also has the potential to improve your mental health and overall well-being.

Social media can be a valuable tool, but it is important to use it mindfully. By following these tips, you can protect your mental health and enjoy the positive aspects of social media.

References: <https://newsinhealth.nih.gov/2022/09/healthy-social-media-habits>
<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
<https://www.mentalhealthfirstaid.org/2022/03/how-and-why-to-practice-self-care/>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being

Career Center - December Offerings

Dec. 3 and Dec. 17 - Virtual Job Fair - 1 to 3:30pm - Register: lccareercenter.org/jobfair

Dec. 4, Dec. 11, and Dec. 18 - Industry Testing TABE 9/10 and Bennett Mechanical Test at the Lebanon/Marion County Career Center, 516 Workshop Lane, Lebanon

Dec. 5 and Dec. 12 - Komatsu Open Interviews at Komatsu, 750 Industrial Drive, Lebanon

Dec. 6, Dec. 13, Dec. 20, and Dec. 27 - Workshops every Friday at 9am at Lebanon/Marion County Career Center

Hosparus Community Counseling



Community grief counseling programs are offered through Hosparus Health. If you are interested in staying up to date, please use the QR code to follow Hosparus Green River on Facebook.

Teens & Fentanyl

The synthetic opioid fentanyl has been responsible for the majority of overdose deaths during the current opioid crisis. In fact, according to the 2023 Kentucky Overdose Fatality Report, nearly 80% of overdose deaths involved fentanyl. In the past, most of these deaths have been among adults aged 35 to 44 years old. However, recent data indicate an increase in the number of fentanyl-related deaths among teenagers. Nationally, about 22 adolescents aged 14 to 18 died each week from overdoses in 2022, a sharp rise in the death rate for this age group.

What is causing the increase in adolescent overdose death?

It is important to note that while the overdose death rate has increased for adolescents, illicit drug use among this population has decreased. In other words, although teen drug use is going down, teen drug-related death is going up. The reason for this is an influx of counterfeit pills made mostly or entirely of fentanyl but pressed and marked to resemble known prescription medications. As a result, teenagers may unwittingly experiment with what they think is an FDA-approved medication but what is, in fact, the potent opioid fentanyl. Teens are likely unaware of the potential risk of overdose while experimenting with what they believe to be “safe” medications. Parents and educators can educate teens about the risk of contaminated pills and also provide overdose response education and access to Naloxone, a medication which can temporarily reverse an opioid overdose.

Reference: Friedman, J., & Hadland, S. E. (2024). The overdose crisis among US adolescents. *New England Journal of Medicine*, 390(2), 97-100.

Source: Dr. Alex Elswick, Assistant Professor and Extension Specialist

Washington County Schools Commander Ready Mentor Program



**LEAD THE
WAY!
MENTOR
TODAY!**

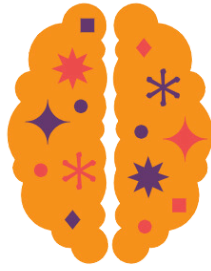
**Build Relationships
Make a Positive Impact
Develop Leadership Skills
Strengthen Your Community**

Interested in being a mentor to a Washington County student?

- Must pass a background check
- Complete a mentor training sponsored by WC Schools
- Be able to donate ONE hour a week to mentor

Scan the QR Code to sign up or email tracy.abell@washington.kyschools.us





WITS WORKOUT

*Free sessions to learn about brain health & exercise your wits with fun games!
There is no physical activity - this is exercise for your mind.*

All sessions will be held at the Washington County Public Library
1st & 3rd Fridays at 10am

December 6 and 20, 2024

January 3 and 17, 2025

Taught by Cabrina Buckman, WC Extension FCS Agent
Questions? Call Cabrina 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:

aging ADHD resilience anxiety
forgiveness mindfulness purpose friendships
humor gratitude body image depression
relationships creativity goal setting happiness
burnout self-care parenting caregiving grief
boundaries stress movement sleep
time management



Scan the
QR code or
type in the
website



Visit 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 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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Family and Consumer Sciences Agent

Washington County Extension Service

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Lexington, KY 40506



Disabilities accommodated with prior notification.