

# WOW

## Washington on Wellness Coalition Community Newsletter

# July 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 July 26, 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).

# WCES/WCMS SUMMER HANG OUT

IF YOU HAVE QUESTIONS CONTACT  
FRYSC COORDINATOR, JESSE MATTINGLY AT  
(859) 336-7554

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JULY 5, 19, AND 26  
AUGUST 2 AND 9

12:30-1:30PM

>OPEN TO AGES  
5 AND UP

SPRINGFIELD HOUSING  
AUTHORITY AT THE  
COMMUNITY CENTER ON  
HILLTOP



## Public Health Emergency Unwinding

### Kentucky Medicaid Renewals

#### Here is what you need to know to stay covered!

If you or a family member currently has health coverage through Medicaid or the Kentucky Children's Health Insurance Program, called KCHIP, there are changes coming.

#### What's changing?

Because of COVID-19, the federal government declared a public health emergency (PHE). During this time, changes were made so that Medicaid and KCHIP renewals were not required, so people did not lose their coverage.

However, Kentucky will restart Medicaid annual renewals April 1, 2023. Make sure you take the necessary steps to keep your coverage!

★ You will receive a letter when it is your time to renew.

#### What do you need to do?

##### 1 Update your information:

Make sure [kynect.ky.gov](https://kynect.ky.gov) has your correct:

- ✓ mailing address
- ✓ phone number
- ✓ email

This way, we can contact you without delay.

##### 2 Check your mail:

You will get a letter about your Medicaid or KCHIP renewal **when it is your time**. The letter will let you know if you need to complete a form or send in information to keep your coverage.

##### 3 Send in information:

If you get a form, fill it out, return it right away. Make sure to give us any information we request. The information will help determine if you still qualify for coverage.

#### Have questions? Need help?

To make sure your information is updated, visit [kynect.ky.gov](https://kynect.ky.gov) or call 855-4kynect (855-459-6328)

**Kentucky Medicaid will reach out to you when it is your time to renew.**

You can also get help from your local Department for Community Based Services (DCBS) staff and from kynectors. To find a kynector or your local DCBS office please visit <https://kynect.ky.gov/healthcoverage>.



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/>.





# **BENEFIT FOR FIRE CHIEF JUSTIN REYNOLDS**

Saturday, July 8, 2023  
at the KC Hall in Springfield, KY

Questions? Call Keasha Harmon at 859-805-1776  
or Mike Kelty at 859-805-1577

## **MEALS**

Fish, Baked Beans,  
Coleslaw, Drink & Dessert

Adults: \$12

Kids, 10 & under: \$5

Carryout starts at 3:30pm

Dining In opens at 4pm

## **AUCTION**

Silent Auction starts at 4pm

Live Auction starts at 6pm

Donations can be delivered to any  
WC Department or First Responder.  
Proceeds go to Justin for medical  
expenses during recovery.

## **Activities to Help Anxiety**

Anxiety disorders are a set of disorders that are often categorized by worrying or fear of social or environmental circumstances or events. The onset of an anxiety disorder may vary, but often occurs during childhood. Symptoms manifest as the person ages. As with other mental health challenges, treatment for anxiety can include medication and non-medication treatments. Also, people can try non-medication activities to help lessen their anxiety. It can also boost the benefits of medicines and non-medication therapies. The activities include:

Maintain a routine, such as  
keeping a set sleep schedule

Take medications  
as prescribed

Manage stress through  
self-care & coping skills

Connect with someone you trust  
about your feelings of anxiety

Be aware of things that  
trigger your anxiety

Move your body daily by  
taking short walks,  
stretching, or exercising

Avoid the use  
of alcohol

Seek professional help,  
especially if symptoms worsen

# 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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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.