

WOW

Washington on Wellness Coalition Community Newsletter

March 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 March 26, 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.

Career Center - March Offerings

March 4 & March 18 - Virtual Job Fair
1:00 PM to 3:30 PM Register at
LTCAREERCENTER.ORG/JOBFAIR

March 5, 12, 19 and 26 Industry Testing for
TABE and Bennett Mechanical every
Wednesday at 8:00 AM @ Lebanon/Marion
Co. Career Center

March 6, 13, 20, and 27 Komatsu Open
Interviews every Thursday 1 to 3@Komatsu,
750 Industrial Drive, Lebanon

March 27 Danville Spring 2025 Regional Job
Fair and Expo 10:00 AM to 2 PM @ The
Showroom, 2405 Lebanon Road, Danville

March 7, 14, 21, and 28 March Workshops
every Friday @ 9:00 AM at the
Lebanon/Marion County Career Center, 516
Workshop Lane, Lebanon

March 28 Marion County Community
Showcase Career and Resource Fair @
Marion County Event Center and Sportsplex,
101 Independence Drive, Lebanon

SUPER STAR Chef

Super Star Chef is a cooking camp for
participants ages 8-12. No previous cooking
experience is required!

- ✓ Master a variety of cooking techniques like chopping, dicing, blending, folding, and whipping
- ✓ Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, muffins and more!
- ✓ Discover foods that fuel your body and energize you!
- ✓ Learn how to read a nutrition facts label and what it takes to be "food safe"



Date: April 7-9
Time: 10 AM-2 PM
(lunch provided)
Location: Washington
County Cooperative
Extension Office
245 Corporate Drive
Springfield, KY 40069
Sign up: Call 859-
336-7741

Erase orientation HAVE A JUSTICE-INVOLVED PAST? YOU CAN ERASE IT!

Erase orientation provides information about eligibility requirements and waiting times for the expungement process in Kentucky. Participants of the orientation will view an informational video and then be enrolled in the Erase program, which guarantees a criminal record check after onboarding. Erase orientation is not an expungement clinic, and Goodwill employees will not be able to provide legal advice. Out-of-state charges are not eligible for expungement.

WHEN

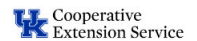
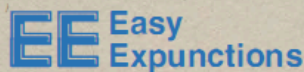
Friday
March 28, 2025
10:00 AM (EST)

WHERE

Elizabethtown Opportunity Center
243 West Dixie Avenue
Elizabethtown, KY 42701

At the time of the orientation, attendees must provide a copy of their driver's license or other state issued identification. A valid email address and working telephone number is required so Easy Expunctions can keep in contact with any attendee who is registering. Easy Expunctions phone number: 1-877-714-8281

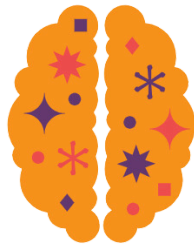
SERVICE PROVIDED IN CONJUNCTION WITH...



March 26

10am at the WC Extension Office

Bingocize® combines the excitement of bingo with easy exercises to improve balance, flexibility, and strength. This engaging program is perfect for older adults and anyone looking to enhance their fitness while having a great time. No special equipment is needed, and all fitness levels are welcome! Lessons will be taught by Marlessa Stark with Lincoln Trail Area Development District. Call 270-737-6082 to learn more.



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

March 7 - | **March 21 -**
By Land or Sea | **School Days**

Taught by Cabrina Buckman, WC Extension FCS Agent
Questions? Call Cabrina at 859-336-7741

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.



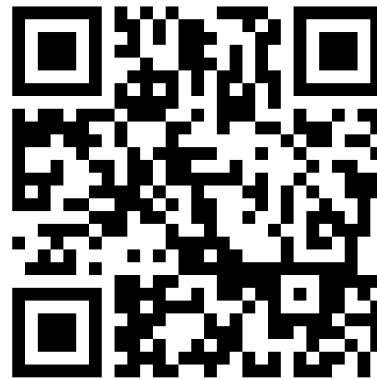
the one-stop shop for FREE mental well-being resources

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, boundaries, stress, movement, grief, time management, sleep



**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:
Cabrina Buckman, MA, RD, LD
Family and Consumer Sciences Agent
Washington County Extension Service
245 Corporate Drive | Springfield, KY
Phone: (859) 336-7741
cabrina.buckman@uky.edu



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Lexington, KY 40506



Disabilities accommodated with prior notification.