

# WOW

## Washington on Wellness Coalition Community Newsletter

# November 2022

### 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.

### Mission & Goals

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 November 30, 2022.***

WASHINGTON COUNTY

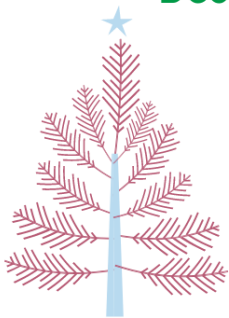
# HOLIDAY ASSISTANCE

Help to make the season bright for the youth in our community by donating to the Holiday Assistance program. You may sponsor a child by selecting their tag in churches around town or donate individual items (basic toys, teen items, sports equipment, art supplies, etc.). Here's the timeline:

Mid-November: tags are distributed around town

Dec. 5-9: donors deliver unwrapped gifts to the WC Extension Office

Dec. 14-15: families pick up gifts at the WC Extension Office



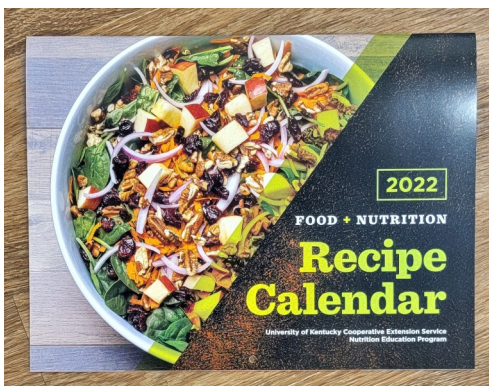
*Tiffany Wheatley, Committee Chair, 859-481-4807*  
*Wendy Chesser, NWES/NWMS FRYSC, 859-375-4038*  
*Jessica Mattingly, WCES/WCMS FRYSC, 859-336-7554*  
*Tessa Simpson, WCHS YSC, 859-336-5475*  
*Washington County Extension Service, (859) 336-7741*



## Cooking through the Calendar

Laura Milburn holds recipe demonstrations and tastings each month at 4pm at the Washington County Public Library. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

**November 22 • December 6**



## FEEDING AMERICA/COMMUNITY ACTION MONTHLY FOOD DISTRIBUTION

*Call Community Action with questions at 859-336-7766.*



**Nov. 17  
at Idle  
Hour Park**

# Truth & Consequences - Volunteers Needed

Truth and Consequences is a program that teaches high school freshman students the consequences of substance use and other high-risk behavior. Students hear from speakers and walk through real-life scenarios to see what would happen to them. Volunteers are needed to accompany students through these scenarios. Truth and Consequences will be held on December 1 from 9am-11:30am at the Judicial Center. There will be a lunch for volunteers at the Old Louisville Store building. If you have any questions, call the Extension Office at (859) 336-7741 or email [cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu). Thank you for your consideration.



## WREATH WORKSHOP

Make your own winter wreath with live greenery!

**DECEMBER 9**  
**WC EXTENSION OFFICE**  
**COME ANYTIME FROM 9AM-4PM**  
**COST - \$15, BOW INCLUDED**

Call 859-336-7741 to register



Springfield Main Street's 17th Annual  
**Christmas  
Crafters' Market**

---

**December 2 4:00 PM - 8:00 PM**  
**December 3 10:00 AM - 4:30 PM**

---

Our market will feature 40 local vendors with handmade and homemade products.

Located in Saint Dominic Parish Community Center  
312 West High Street - Springfield, KY



## Medication Safety

National Check Your Meds Day was October 21, but you can practice medication safety anytime! The National Institute of Health provides these tips to help you keep track of all of your medicines:

- **Write down all medicines you take.** This includes over-the-counter drugs and dietary supplements. The list should include the name of each medicine, amount you take, and time you take it. If it's a prescription, also note the doctor who prescribed it and reason it was prescribed. Show the list to all of your healthcare providers, including physical therapists and dentists.

- **Check expiration dates on bottles.** If a medicine is past its expiration date, you may be able to dispose of it at your pharmacy or check with your doctor about how to safely discard it. Your doctor can also tell you if you will need a refill.
- **Keep medicines out of reach of young children.** Teach children to only take prescription medicines that are prescribed to them.
- **Keep medications in the original container.** Never combine different medications into one bottle, as this may cause confusion and lead to mistakes when taking medicine later.

Source: Dr. Natalie Jones, former UK Extension Family Health Specialist

Do you need new meal ideas?

## Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.



### Cauliflower Mushroom Poppers

<b>1</b> head cauliflower, chopped	<b>¼ cup</b> Parmesan cheese	<b>1 teaspoon</b> salt
<b>60</b> whole baby Portabella mushrooms	<b>¾ cup</b> crushed bran flakes	<b>¼ teaspoon</b> pepper
<b>1 cup</b> nonfat plain yogurt	<b>½ cup</b> chopped red bell pepper	<b>½ teaspoon</b> garlic powder
<b>½ cup</b> reduced fat shredded cheddar cheese	<b>½ cup</b> chopped green bell pepper	Paprika

**Preheat** oven to 325 degrees F. **Grease** a 9-by-13-inch baking pan. **Steam** the cauliflower by placing in a saucepan in ½-inch of boiling water, cover with lid and cook for 5 minutes. **Drain. Place** cooked cauliflower in a bowl and **mash** using a potato masher. **Remove** the stems and **scoop** out the caps of mushrooms. **Chop** stems for later use. **Combine** yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium

bowl. **Stir** in cauliflower and ½ cup of the reserved chopped mushroom stems. **Stuff** the cauliflower mixture into the hollowed mushroom caps. **Sprinkle** with paprika. **Bake**, uncovered for 20 minutes.

**Yield:** 20 servings, 3 mushrooms per serving

**Nutritional Analysis:** 45 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 200 mg sodium, 5 g carbohydrate, 1 g sugars, 4 g protein.

## 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.