

WOW

Washington on Wellness Coalition Community Newsletter

November 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.

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 November 29, 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.

Learn about Routine Childhood Immunizations

November 20 at noon EST
Scan the QR code or visit
<http://bit.ly/3QgfKhx> to register.



After registering, you will receive an email with directions on joining the meeting.

Presenter: Ibby Hopper, RN
Senior Director of School Based Health Services, Healthy Kids Clinic, Cumberland Family Medical Centers Inc.



AARP Driving Course

January 17 from 9:45am to 3pm
Washington County Extension Office

Cost: \$20 for AARP members
\$25 for non-members
Checks only - made payable to AARP
Bring your AARP card if you have one and your license.

Register by calling the WC Extension Office at (859) 336-7741.

Free Fall Health Series

Taught by Springfield Physical Therapy
Mondays in November - 11am
Washington County Extension Office
245 Corporate Drive, Springfield

Nov. 6 - Women's Pelvic Health
Nov. 13 - Dizziness & Vertigo
Nov. 20 - Fall Prevention
Nov. 27 - The Magic of Muscle Mass

Register by calling the Extension Office at 859-336-7741

If you don't register, you are still welcome to attend.

Registration helps us to prepare for the classes.

HOLIDAY ASSISTANCE

Make spirits bright this holiday season by helping the parents and youth in Washington County!
You can sponsor gifts for a child by picking up the tag at any of these locations:

Cornerstone Christian Church | Holy Trinity Church | Manton Church | River of Life Church | St. Rose Church
St. Dominic Church | Temple Baptist Church | Washington County Extension Office
Willisburg Christian Church | Willisburg Church of God of Prophecy



Bring gifts to the Extension Office by December 1st! Questions? Contact the Family Resources Center in your school or the Washington County Extension Office 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:

- stress
- mindfulness
- burnout
- time management
- anxiety
- sleep
- depression
- relationships
- happiness
- parenting
- grief
- resilience
- substance use
- aging
- self-care and more!



Visit heartlandtrail.crediblemind.com to get started.



SCAN ME

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
245 Corporate Drive | Springfield, KY
Phone: (859) 336-7741
cabrina.buckman@uky.edu



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Disabilities
accommodated
with prior notification.