

WOW

Washington on Wellness Coalition Community Newsletter

September 2024

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 September 25, 2024.

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.

Recovery Month Events

Take time to Celebrate and Support Sobriety and
Raise Awareness for Addiction Recovery Resources
Throughout the Month

September
2024

4 Wed

Overdose Prevention and Response Training

Hosted by Lincoln Trail Distrit
Health Department at the Marion
County Public Library - Loretto
Branch 3:30-4:30
Light refreshments

5 Thurs

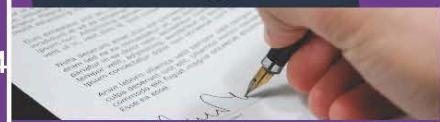
Free HIV & Hepatitis C Testing and Harm Reduction Services at Tractor Supply

Hosted by Lincoln Trail Distrit
Health Department & UK Target4
11:00-4:00

5 Thurs

Proclamation Signing

Join Judge Daugherty and Fiscal
Court to recognize September as
National Recovery Month. Dave
Hourigan Building 4:00



7 Sat

Overdose Awareness Night at the Park

A night to remember those
lost to overdose and hear
messages of hope. Luminary
service at dark. Graham
Memorial Park 6:00-10:00pm



9 Mon

Lunch & Learn: Overdose Prevention and Response Training

Hosted by Lincoln Trail Distrit
Health Department at the Marion
County Public Library 12:00-1:00
Lunch provided.

9 Mon

Proclamation Signing

Join Lebanon's Mayor
Crenshaw and City Council to
recognize September as
National Recovery Month.
Lebanon City Hall 7:00



11 Wed

Kentucky Chamber Foundation's Fair Chance Academy

An opportunity for our business
community to learn more about
Fair Chance employment and
community resources.
Registration Required.

13 Fri

Dr. Alex Elswick

Join us for Heartland Trail ASAP's
Annual Meeting with Keynote
Speaker, Dr. Elswick, from the
University of Kentucky and
Kentucky Voices for Hope.

Limited Seating. Reservation
Required.

17 Tues

Kentucky's Mobile Harm Reduction Unit - Walmart Parking Lot

Hosted by Lincoln Trail Distrit
Health Department & KY
Department of Public Health
10:00-4:00

See Reflections of Recovery Art Exhibit at the
Overdose Awareness Night at the Park and all month
at the Marion County Public Library.



For More Information, email: mheartlandcoalition@gmail.com





The Tri-County Kentucky United Way is hosting the Tri-County Trifecta, which is a fun series of three 5k races, in partnership with Farmers National Bank and Marion County Chamber of Commerce (Pokey Pig), Washington County Chamber of Commerce (Sorghum Shuffle), and the United Way (Spirit 5K). This series is fun for all ages and represents each of the three counties served by the United Way - Marion, Nelson, and Washington!



Register for all three races individually or as a bundle at www.ckracemanagement.com/races.



You must register and participate in all three races to be considered a Trifecta participant and to be eligible for Trifecta swag and awards! The Trifecta is held in conjunction with the Spirit 5k on October 12, 2024. Race times from all three races will be calculated and averaged to determine winners in all categories.



Saturday, September 28, 2024
 Race Start: 8:00 AM
 Location:
 FNB Annex Building
 128 West Main Street
 Lebanon, KY 40033



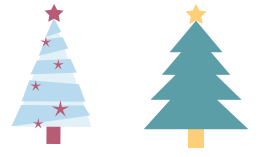
Saturday, October 5, 2024
 Race Start: 8:00 AM
 Location:
 The Opera House
 124 West Main Street
 Springfield, KY 40069



Saturday, October 12, 2024
 Race Start: 8:30 AM
 Location:
 Nelson County Civic Center
 321 S. 3rd Street
 Bardstown, KY 40004



WASHINGTON COUNTY HOLIDAY ASSISTANCE



How to Apply:

Complete the application using this link:

English - <https://forms.gle/eDYax8Xn6WvwDtZ56>

Spanish - <https://forms.gle/piS1i1mdSxkzeXoT6>

Application deadline: **October 13th**

Contact with questions:

Wendy Chesser, NWES FRYSC - (859) 375-4038

Jesse Mattingly, WCES/WCMS FRYSC - (859) 336-7554

Megan Couch, WCHS YSC - (859) 336-5475

Washington Co. Extension Service - (859) 336-7741

Tiffany Wheatley - (859) 481-4807

Eligibility Requirements:

- children must attend Washington Co. School or reside in Washington Co. over 50% of the time
- children may not have over 3 unexcused absences
- children must be ages birth-18 years old (18 year olds must still be in high school)
- applicants must complete Cyber Safe Schools training
- applicants must meet income requirements (details are on the online application)



Cooperative Extension Service

**SPERO HEALTH OF
LEBANON PRESENTS**

SELF CARE FAIR

**Thursday
September 26, 2024
9:00 AM - 3:00 PM**

**305 Koehler Drive
Lebanon, KY
40033**

QUESTIONS?
CALL 270.402.8259
VENDORS: PLEASE RSVP TO
amy.walston@sperohhealth.com

Many Different Vendors!
Games & Door Prizes!
Lunch Provided!

CAR SEAT CHECKS

.....
SEPTEMBER 17TH
2-6 pm

Marion Co. EMS
436 W Walnut Street
Lebanon, KY

Infant Carriers to Booster Seats!

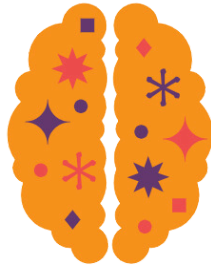
- Get answers from a certified technician
- Have your current car seat inspected
- Get a new car seat installed
- Assistance available obtaining a car seat through Medicaid

Walk-ins are welcome.
To make an appointment, call
270-692-3393 or scan the QR code



In partnership with





WITS WORKOUT

Free sessions to learn about brain health & exercise your wits with fun games!

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

September 6 - Forget Me, Not!
forgetfulness contributors

September 20 - Take a Number!
intellectual challenge

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:
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



Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.