



WOW

Washington on Wellness Coalition Community Newsletter

October 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.

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 or 859-336-7741.

The next WOW meeting will be November 30, 2022. Everyone is invited to attend the Tri-County ASAP Meeting on October 28 from 11am-2pm at the Washington County Extension Office.

Declining Adolescent Drug Use during the Pandemic

The percentage of adolescents who reported using substances sharply decreased in 2021. According to the Monitoring the Future survey, 2021 was the largest single-year decrease in drug use since the survey began in 1975.

Monitoring the Future Survey

The National Institute of Drug Abuse funds the Monitoring the Future survey each year. It collects data from students in the eighth, 10th, and 12th grades in the United States. Although there were significant decreases in teen substance use across all drug types, there were notable decreases in marijuana, alcohol, and vaping use. The decreases in cigarette smoking and alcohol consumption are consistent with long-term trends. But the decreases in marijuana use and vaping are surprising. The survey also found decreases in high-risk behavior such as binge drinking.

What Explains the Decline in Drug Use?

Researchers continue to debate all of the causes of this decline, but they agree that the restrictions caused by the COVID-19 pandemic are the main reason. The shelter-in-place orders during the pandemic allowed parents to better supervise their children. Parental supervision reduces the likelihood that adolescents will use drugs. Researchers suggested other factors may have contributed to the decline in adolescent drug use including decreased drug availability and changes in peer pressure experienced by youths. Results of the 2022 Monitoring the Future survey will indicate how many of these gains will be maintained following the pandemic.

Source: Dr. Alex Elswick, assistant professor and Extension specialist

National Institute on Drug Abuse. 2022. 2021 Monitoring the Future survey. Available at: <https://nida.nih.gov/research-topics/trends-statistics/infographics/monitoring-future-2021-survey-results>



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.

October 11 • November 22 • December 6

FEEDING AMERICA/COMMUNITY ACTION MONTHLY FOOD DISTRIBUTION

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



**Oct. 13
at Idle
Hour Park**

United Way Tri-County Trifecta

The Tri-County Kentucky United Way is conducting a fun series of three 5k races, in partnership with Farmers National Bank, Marion County Chamber of Commerce, and Washington County Chamber of Commerce. 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 for all three races in order to participate in the Tri-County Trifecta and to be eligible for a t-shirt and awards.



Saturday, September 24, 2022

Race Start: 8:00 AM

Location:

FNB Annex Building
128 West Main Street
Lebanon, KY 40033



Springfield, Kentucky

Saturday, October 1, 2022

Race Start: 8:00 AM

Location:

The Opera House
124 West Main Street
Springfield, KY 40069



Saturday, October 8, 2022

Race Start: 8:30 AM

Location:

Nelson County Civic Center
321 S. 3rd Street
Bardstown, KY 40004

Halloween Events around Town

Trick or Treat at ECTC: October 27 from 3-6pm

River of Life Fall Festival: October 30 at 4pm

**Trunk or Treat at Springfield Baptist Church:
October 31 from 5:30-7:30pm**

**Trick or Treat at Idle Hour Park & Neighborhoods:
October 31 from 4:30-7:30pm**

The City of Springfield is inviting businesses, organizations, industries, churches or individuals who wish to participate to come set up a table to pass out candy or do an activity. Plans are to set up around the walking trail but exact location will be announced before the event. Spaces will not be assigned but registration is required. Please call City Hall at 859-336-5440 by October 24 to register for participation.

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.

Kentucky Proud Recipe

Twice-Baked Acorn Squash

- **2 medium** acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach, chopped
- **4 strips** turkey bacon, cooked and crumbled
- **1/2 cup** grated parmesan cheese
- **1** thinly sliced green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.



Washington On Wellness

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.