

# WOW

## Washington on Wellness

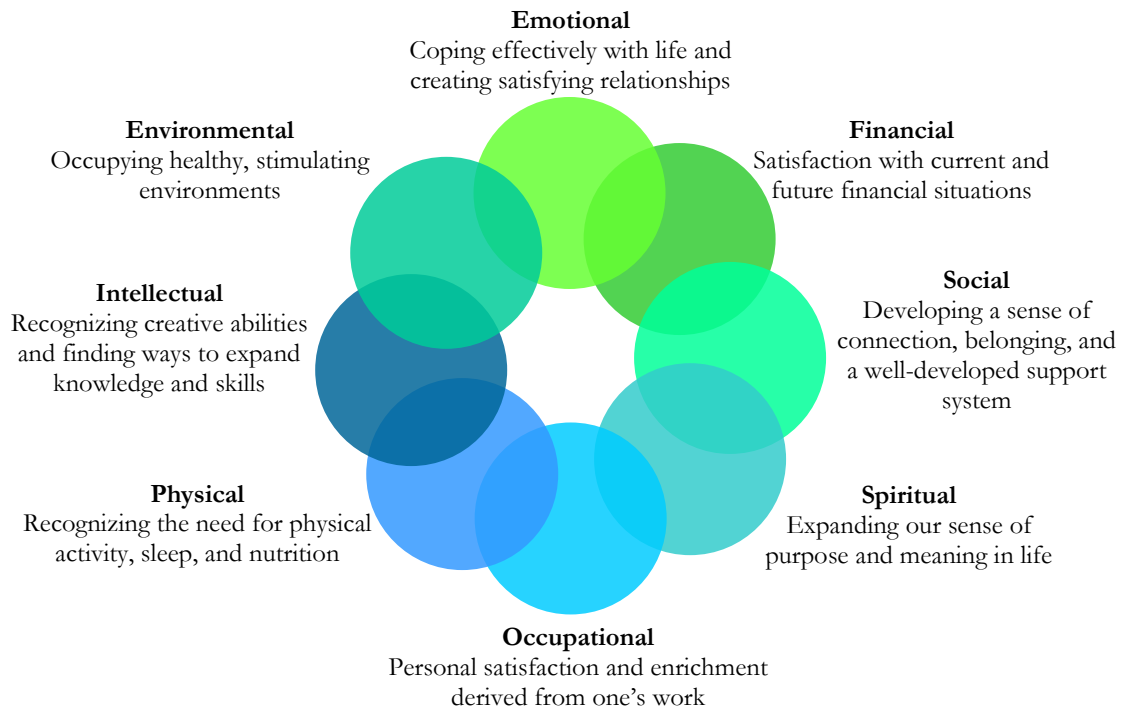
# November 2016

### Partners in Wellness:

- Aetna Better Health of KY
- Air Methods
- Central Kentucky Community Theatre
- Central Kentucky Television
- Central Kentucky Head Start
- Communicare
- Dominican Sisters of Peace
- Isaiah House Recovery Center
- KY Cancer Program
- KY Career Center
- KY Health Cooperative
- KORT Physical Therapy
- Lincoln Trail District Health Department
- New Pioneers for a Sustainable Future
- Serenity Fitness
- Spring Haven, Inc.
- Springfield City Administration
- SWEDA
- The Way to Recovery
- Washington County Citizens
- Washington County Extension Service
- Washington County Emergency Medical Services
- Washington County Fiscal Court
- Washington County Public Library
- Washington County Schools

### What is Wellness?

The Washington on Wellness (WOW) coalition serves to raise awareness for wellness issues, promote the well-being of our community, and work towards bolstering our appeal to the industrial community. Our focus on wellness includes 8 dimensions:



Source: Adapted from Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

### Next WOW Meeting Date

**Wednesday, November 30 at noon at the WC Extension Office.**  
Lunch will be provided. Everyone is invited to attend!  
RSVP to [cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu).

## Monthly Food Distribution—Volunteers Needed!

The Feeding America Mobile Food Pantry/Community Action Commodity food distribution will be November 17 from 11am-12:30 at the WC Recycling Center. Volunteers should be there at 10am. To volunteer, please call the WC Extension Office at (859) 336-7741. For document/eligibility information, call Community Action at (859) 336-7766.

## Washington County Public Library Programs

All programs will take place at the WC Public Library, unless noted otherwise. Registration is requested: (859) 336-7655

### Tales for Tots (ages 1-3 years)

Mondays- 10am | Wednesdays- 1:30pm | Nov. 4 & 18- 10am

### Laugh & Learn (ages 3-6 years)

Tuesdays- 5pm & 6pm | Thursdays- 3:30pm | Nov. 11-3:30pm

### Open Creative Writing Sessions

Nov. 1- 6pm | Nov. 8- 10am | Nov. 15- 6pm | Nov. 21- 5pm  
Nov. 22- 6pm | Nov. 23- 6pm | Nov. 29- 6pm

### DIY Book Bags

Adults: Nov. 2- 3pm | Teens: Nov. 16- 3:30pm

**Madeline McDowell Breckinridge** Nov. 3 at 6pm

### Lunch & Learn: Healthy Fruits & Veggies

Nov. 9 at 12:30pm

**Main Street Readers** Nov. 10 at 5pm

**Medicare Seminar** Nov. 15 at 6pm

**A Night with Joe Keith Bickett** Nov. 17 at 6pm

**Board of Trustees Meeting** Nov. 21 at 5:30pm

**Pet Health** Nov. 21 at 6pm

**Pokémon Club** Nov. 20 at 4pm

**Let's Go Lego!** Nov. 5 at 10am

**Chess Club** Nov. 17 from 3-5pm

**Tween Readers Club** (ages 8-12) Nov. 23 at 3:30pm

**Teen Readers Club** (ages 13-17) Nov. 28 at 3:30pm



## Shop Local for the Holidays

### CHRISTMAS CRAFTERS MARKET AND BAKERY

Located at the Louisville Store Building  
Booths open on Saturday, Nov. 19 from 9am-3pm  
Sneak Preview on Friday, Nov. 18 from 5-7pm

For more information, call Nell Haydon at (859) 336-5412 ext. 2  
or email [springfieldmainst@gmail.com](mailto:springfieldmainst@gmail.com).



## Central KY Community Theatre

### Little Women

Produced by: Jerry Fowler Law Office &  
Carrie Fowler's Enchanted Princess Parties

Nov. 4-13

**Show Times:** Friday & Saturday - 7pm | Sunday - 2pm

**Ticket Prices:** Adults- \$12 | Seniors- \$10 | Students- \$7

This fantastic musical is adapted from the novel by Louisa Mae Alcott. Our Youth Actors bring you all the power and tenderness of this classic work, along with the musical magic that makes for a wonderful evening of story and talent.

## Kids in the Kitchen

Spend quality time with your kids & learn the basics of cooking! There is no cost and all ages are allowed. At least one parent or guardian must stay with kids and participate.

Space is limited! Call to register: Barbara Pettus, FRYSC Coordinator at 859-336-5490 or Cabrina Buckman, WC Extension Office at 859-336-7741. This program will be repeated at the Mackville Community Center in April 2017.

All classes will be at the Washington County High School from 5:30-6:30 pm:

- Nov. 7 - Mastering Measurements
- Nov. 10 - Food Safety & Basic Skills
- Nov. 14 - Microwave Cooking
- Nov. 17 - Meal Planning & Menu Building

## Purchase a Holiday Wreath and Help Local Children

Investing in our youth is vital to our community and society's future. Members of the Washington County Master Gardener Association are showing their holiday spirit by helping local youth in issues of hunger, development, and education. They will be putting their green thumbs to work to make Christmas wreaths from fresh greenery. All wreaths will be pre-dipped in Wilt Pruf to prolong freshness. The proceeds go to the Food for Kids Backpack Program, 4-H Camp Scholarships, and the Master Gardener College Scholarship Program. For several years, the Washington County 4-H teens have coordinated the Food for Kids Backpack Program in which local children are given food to sustain them on weekends and over holidays. Donations from local organizations, businesses, and individuals have always helped to fund the program. Do your part to help the youth in our community and celebrate the holidays in style with a fresh, locally handmade wreath.

Call the WC Extension Office at (859) 336-7741 to order your wreath.

### 12" wreath- \$25

Make checks payable to the Washington County Master Gardener Association. Business wreaths will be delivered on Nov. 18. Individual wreaths can be picked up on Dec. 2 from 8am-4pm at the Ext. Office.

## Donating to Charity

Millions of Americans donate money and household goods to charities every year.

**Donate to approved charities.** Tax deductions only apply to approved charities. Visit the IRS website to see if the charity you are interested in donating to is approved.

**Ask for receipts.** In order to get your reduction, you must have a bank record or written document, such as a receipt, from the charity to which you donated.

**Donate household goods.** You may donate household items including furniture, furnishings, electronics, appliances and linens. Clothing must be in at least good condition. Keep a list of items, noting the condition of the item for your tax records.

For larger donations, such as vehicles, visit the IRS website for special instructions.

**Be mindful of your budget.** If you are making a cash donation, be sure that the donation fits within your budget. It is easy to make small donations when asked to at the checkout counter but these donations can quickly add up.

**Pick a charity that is important to you.** If there is a special cause that is close to your heart, look into charities that provide aid for the cause and be sure that it is an approved charity.

**Source:** Jennifer L. Hunter, Extension Specialist for Family Financial Management, UK; College of Agriculture, Food and Environment & Kristyn Jackson, LMFT, Ph.D. Candidate, Dept of Family Sciences

## WOW Winter Wellness Scorecard



Experience family fun and wellness during the cold winter months with the Winter Wellness Scorecard! Complete and submit the activities on the scorecard for a chance to win wonderful prizes, including Kentucky Kingdom season passes, gift cards, camping equipment, board games, and more. The program lasts from October 27, 2016 to January 31, 2017. Only use one scorecard per participant. All ages and members of the family are encouraged to participate. Pick up more scorecards at the Washington County Extension Office. Call 859-336-7741 or email [cabrina.buckman@uky.edu](mailto:cabrina.buckman@uky.edu) with questions.

## Local Exercise Classes

Exercise	Instructor	Class Details	Price	Contact Info:
Yoga	Jennifer Lawson	Beside Methodist Church on E. Main St. Tuesday—5:30pm & Saturday—10am	Class-\$8 Punch Card: 10 classes-\$50 or 5 classes-\$25	<a href="https://www.facebook.com/JenniferLawsonYOGA">https://www.facebook.com/JenniferLawsonYOGA</a>
Zumba	Angela Medley	Lebanon Health and Fitness: Tuesday—6pm, Thursday—6:45pm & Saturday—8am  Holy Rosary: Saturday—9:30am  St. Catharine College: Sunday—6pm	\$5 per class	<a href="mailto:allgoodnaturalhealth@gmail.com">allgoodnaturalhealth@gmail.com</a>  <a href="https://www.facebook.com/Zumba-with-Angela-929029830474516/">https://www.facebook.com/Zumba-with-Angela-929029830474516/</a>
CrossFit E2		Class schedule listed online at <a href="http://www.crossfite2.com">www.crossfite2.com</a>  681 McMurty Lane, Springfield, KY	See website or call for price	859-333-3158 <a href="http://www.crossfite2.com">www.crossfite2.com</a>
3-Thirty-3, Leave No Doubt CrossFit		Call for schedule 333 Old Springfield Rd., Lebanon, KY	Call for price	270-699-6108
Get Fit	Celeste Lanham	Springfield Baptist Church Tuesday & Thursday—4pm	Class-\$5 Punch Card: 5 classes-\$18	Celeste Lanham 859-336-1123

### KY Cancer Program: Plan to be Tobacco Free

The KY Cancer Program has an educational program for industry, agencies, organizations and individuals called Plan To Be Tobacco Free to assist Kentuckians who are interested in overcoming tobacco use and dependence. Tobacco Treatment Navigators conduct FREE classes for individuals who use tobacco, their friends and families. The interactive discussion topics help participants to:

- learn about tobacco use and nicotine addiction
- assess their readiness to quit
- find out about medications available through health care providers
- learn about over-the-counter products that can help

- understand the benefit of group support
- identify resources available from community and national organizations
- take advantage of social media resources
- assess personal habits
- develop a customized plan to quit

The program is based on the US Public Health Service's Clinical Practice Guidelines, Treating Tobacco Use and Dependence.

Contact the KY Cancer Program if interested at [s.gude@louisville.edu](mailto:s.gude@louisville.edu) or 502-348-0143.

## Washington On Wellness

For more information, contact:  
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