The mission of the Washington on Wellness (WOW) Coalition is to utilize community collaboration to promote well-being.

Our focus on wellness includes 8 dimensions: Emotional, Financial, Social, Spiritual, Occupational, Physical, Intellectual, and Environmental.

Our goals include raising awareness of local issues, promoting the well-being of our community, and addressing substance use through wellness.

Next WOW Meeting Date
Our next meeting will be August 26 on Zoom at noon. Cabrina will send information to access the meeting closer to the date via email.
Travel Canceled? Make Magic at Home

Recreational travel may not be possible this year for many families for a variety of reasons, such as health and safety, lack of funds, or closures and restrictions at desired destinations. But that doesn’t mean families can’t enjoy some “vacation” fun at home. Besides giving you a rest from your regular routine, it can be a budget-friendly alternative to actual travel.

Pick a night or weekend and choose a specific “destination” or theme. Consider a location you have always wanted to visit. What activities would you do there? What would you see? What foods would you taste? Write down some ideas and use this to plan ahead if you need supplies to cook a special meal or decorate a room or patio.

Setting

One way to make it feel more like you are somewhere different is to use music and sounds. Search your streaming services for the kind of music that plays in a restaurant or browse the internet for the sounds of ocean waves, a theme park soundtrack, or other location ambiance. Another way to set the mood is through lighting and décor. Decorations don’t have to cost much; you can repurpose things you already own. Just changing the room can make a difference. Set up a card table in a room where you don’t normally dine. Maybe use linens and candles and dress up for the occasion. Kids might have fun playing waiter or waitress and serving Mom and Dad.

Activities

“See” the sites, virtually. Many museums, zoos, or cultural centers have created online tours and opportunities to see things you would normally only see while on vacation. Take a virtual helicopter tour or watch a concert. Set up folding chairs and “ride” a roller coaster with a point-of-view video. Incorporate outdoor activities too. Take a walk and pretend to see the sights. Ride bikes or take a hike. Recreate a ballgame or race. Use a backyard pool or garden hose to create a splash area or “resort pool” to lounge by. Think about your family’s favorite activities on vacation and think about what you can recreate at home!

Sources: Kelly May, Senior Extension Associate for Family Finance and Resource Management
Vacations are Good for Your Health

Vacations, even “staycations,” (staying at home but taking time away from work) are important to take. They contribute to both mental and physical health. Driven to make money, pay bills and be successful, Americans are taking fewer vacations and less time off from work than in the past. But the reality is that you will be healthier and more productive in life and at work if you take some time unplugged and away from your job.

Vacations should provide opportunities for you to relax, which can lower stress levels and decrease your risk for heart and digestion problems in addition to decreasing your risk for anxiety and depression. Unplugging on a vacation can also contribute to more and better sleep, which helps your brain rest and rejuvenate. Even small amounts of time away demonstrate improvement in regards to creativity, social skills and increased energy levels, which can positively influence your work when you return. The key is to find a vacation that is affordable and relaxing to you so that you can come back to life and work refreshed.


Source: Amy Kostelic, Extension Specialist for Adult Development and Aging

Farmers’ Market at the Depot

Saturdays from 8am-noon & Wednesdays from 3-6pm
101 Depot Street in Springfield, KY

Find produce, face masks, honey, hand crafted products, jams, salsa, and treats at the Springfield Farmers’ Market! Stay updated on Facebook at www.facebook.com/Farmers-Market-at-the-Depot-669463269865215

Food Distribution

The food distribution will be August 13 at Idle Hour Park. Call Community Action with questions at (859) 336-7766. Learn more about the process at https://washington.ca.uky.edu/content/monthly-food-distribution.

Boxes and grocery bags are used during the process of assembling and distributing boxes of food. If you have clean boxes or bags to donate, you may bring them to the Extension Office at 245 Corporate Drive in Springfield. Please watch our Facebook page for requests.
Neurobics: Keeping Your Mind Fit

The brain allows you to interact with the world and understand, analyze, and respond to surroundings. A healthy brain is crucial to survival, growth, and everyday successes. Similar to the rest of the body, the brain needs exercise and maintenance in order to optimize and protect its current and future health. In particular, the brain needs socialization, mental stimulation, physical activity, nutrition, and sleep.

Source: Amy Kostelic, UK Extension Specialist for Adult Development and Aging

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**Tomato Zucchini Herb Bake**

| 2 tablespoons | 2 tomatoes, seeded and chopped | ½ teaspoon ground black pepper |
| olive oil      | ½ teaspoon dried basil         | 1 cup cooked long grain brown rice |
| 1 small sweet onion, diced | ½ teaspoon paprika | 2 cups shredded mozzarella cheese, divided |
| 1 ½ pounds zucchini, cubed | ½ teaspoon dried oregano |           |
| 1 clove garlic, minced | ½ teaspoon salt |           |

**Preheat** oven to 350 degrees F. **Lightly grease** a shallow 1 ½-quart casserole dish. **Heat** oil in a large skillet or pot over medium heat. **Sauté** onion for 3 minutes until slightly softened. **Add** the zucchini and garlic and **cook** for 5 to 7 minutes, or until slightly tender. **Add** tomatoes and allow to **heat through**, about 2 minutes. **Add** basil, paprika, oregano, salt, pepper, and rice and **stir** to combine. **Turn off** heat, and **fold in** 1 cup of cheese. **Transfer** to the prepared casserole dish, and **top** with the remaining cheese. **Bake** uncovered for 20 minutes, or until cheese is melted and bubbly.

**Yield:** 6, 1 ½ cup servings

**Nutritional Analysis:** 220 calories, 12g fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 450mg sodium, 17g carbohydrate, 3g fiber, 4g total sugars, 0g added sugars, 12g protein

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**Washington On Wellness**

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