

WOW

Washington on Wellness Coalition Community Newsletter

August 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

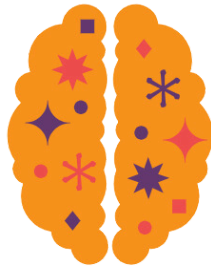
Any interested person may join the WOW Coalition for free. Active members meet on the last Wednesday of each month at noon. Inactive members may receive updates and minutes via email. A Member Directory is online at washington.ca.uky.edu/washington-wellness.

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 August 28, 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.



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



Sponsored by
Marion County Heartland Coalition

SEPTEMBER 7TH 2024

Food Trucks

DJ/Music

Inflatables

Guest Speakers

Reading of Names

FREE EVENT
T-SHIRTS FOR
THE FIRST 50
ATTENDEES!

Overdose Awareness Night

Honorary Luminaries

\$5.00 Cash ONLY

Purchase at event OR
at an Advance Purchase location:

Communicare

Marion Co. Extension Office

Marion Co. Public Library

AT THE PARK

Graham

Memorial Park

6pm - 10pm

DRIVER LICENSE



Driver's License Pop-Up Event

A driver's license pop up event
is scheduled for August 7th at
the Washington County
Extension Office.



Learn more at
<https://drive.ky.gov/Drivers/Pages/Popup-Map.aspx>.
Scan the QR code to make an
appointment

School Open Houses

WCES – August 12

NWES – August 13

WCMS – August 19

WCHS – August 20

First Day of School

August 26, 2024



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
burnout self-care parenting happiness
boundaries stress caregiving grief
time management movement sleep



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:
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Family and Consumer Sciences Agent
Washington County Extension Service
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Phone: (859) 336-7741
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Disabilities
accommodated
with prior notification.