



WOW

Washington on Wellness Coalition Community Newsletter

December 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. 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 January 25, 2023.

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.



WREATH WORKSHOP

Make your own winter wreath with live greenery!

DECEMBER 9
WC EXTENSION OFFICE
COME ANYTIME FROM 9AM-4PM
COST - \$15, BOW INCLUDED

Call 859-336-7741 to register



Holiday Ice Skating

DECEMBER 10, 2022
12:00 PM - 8:00 PM
BEHIND THE JUDICIAL CENTER
SPONSORED BY
SPRINGFIELD TOURISM
*SKATES ARE PROVIDED
*THIS IS A FREE EVENT

CONTACT SPRINGFIELD TOURISM
FOR MORE INFORMATION
859-336-5412 X6

Kentucky Career Center & Job Club Kentucky

Kentucky Career Center Workshops

The KY Career Center - Lincoln Trail will be sponsoring workshops on Fridays at 516 Workshop Lane in Lebanon. Attendance is free, but registration is required. Register at LTcareercenter.org/workshops. Call 270-692-6870 with questions. December workshops include:

December 2 at 9am - Successful Resume
December 9 at 9am - Successful Interview
December 16 at 9am - Successful Job Search

Toyotomi Job Fair

Toyotomi America is holding an onsite job fair on December 14 from 10am-2pm. Toyotomi is located at 1 Sakura Drive in Springfield. Call 859-336-3725 with questions. The first 20 qualified applicants who fill out an application and interview will receive a gas card and lunch.

Job Club Kentucky

Job Club Kentucky is a series of workshops presented by Fayette County Cooperative Extension Service, the University of Kentucky Alumni, and UK Human Resources. Participate in person at the Fayette County Extension Office or on Zoom.

December 13 at 9am - Be Strategic When Choosing Your Professional References, presented by Caroline Francis, Director of UK Alumni Career Services

Register for the Zoom Webinar:

<https://bit.ly/JC121322>

View only:

<https://www.facebook.com/FayetteCoFCS/>

View past Job Club meetings:

<https://bit.ly/JobClubRecordings>

Self-Care through the Holidays

The holiday season is often thought of as a time of celebration and rest, but for many people the holidays cause a lot of stress. The stress can come from worry about money, travel, work, child care, or dealing with the absence of someone you love. The results of holiday stress can negatively affect relationships at work and in our family.

To deal with the stress of the holiday season, we should find ways to better care for ourselves by engaging in self-care.

Self-care is a broad term involving attitudes, knowledge, and activities to improve or maintain our well-being. Self-care generally applies to reducing stress, but it is important to supporting our physical well-being as well as our relationships. On the other hand, well-being involves living out our mental and physical health to achieve our dreams, passions, goals, and keep or form new relationships. Focusing on self-care involves use of coping skills, which are a set of activities or skills to reduce our stress. Coping skills and activities can vary, but often include drawing, painting, sewing, hunting or fishing, taking walks, or using boxed breathing.

When thinking about stress and self-care, we should consider events or situations that create stress and those coping activities that reduce our stress. A simple way to evaluate your stress is to make a list and rank those things that cause stress from least to greatest. That way, you can find your most problematic stressors. Once you've made that list, do the same for your coping skills. Rank them from least to greatest in terms of what gives you the most relief from stress.



If your symptoms of stress, anxiety, depression, or other mental health challenges are worsening, then it's important to seek support and professional help. If your symptoms or experiences are worsening within the last couple of weeks or more and include the following, seek support and professional help:

- Problems sleeping or falling asleep
- Increased sadness or thoughts of suicide
- Difficulty getting out of bed
- Prolonging or procrastinating certain tasks
- Trouble focusing or making decisions
- Loss of interest in normally enjoyable activities
- Problems completing daily activities

Some examples of seeking professional help can include contacting your primary care provider, your counselor, or therapist, especially before you begin feeling overwhelmed. If you feel like you are in a crisis, then you can seek help immediately by texting, chatting, or calling **988** or <https://988lifeline.org/>, which is the Suicide and Crisis Lifeline.

Reference: National Institute of Mental Health (2021). "Caring for Your Mental Health." 2022, from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>.

Source: Paul Norrod, DrPH RN, Extension specialist for rural health and farm safety

Addressing Local Hunger

To help address local hunger, it has been requested to list local places to find food in this newsletter. If you have information about a food source, 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

Community Action: www.ckcac.org | 859-336-7766 | washingtonca@ckcac.org

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

Kids' Backpack Program: provides meals for children over the weekend. Families apply through the Family Resource Center in their 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.

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



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Disabilities
accommodated
with prior notification.