

WOW

Washington on Wellness Coalition Community Newsletter

February 2025

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 February 26, 2025.

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.

Gen Z is Drinking Less Alcohol

Generation Z, or Gen Z for short, refers to the group of people born between about 1997 and 2012. Although they may be closely related to their predecessors, the millennials, Gen Z is consuming considerably less alcohol.

The Trend

Recent research has shown that Gen Z consumes about 20% less alcohol than their millennial counterparts. Many Gen Z'ers are choosing to abstain completely, an increase from 20% to 28% among college students over the last two decades. Among Gen Zers not in college, the rate of abstinence is higher, increasing from 24% in 2002 to 30% in 2018.

Why does Gen Z drink less?

The answer is that we don't entirely know just yet. But there are a few possible explanations. First, education around substance use, and around mental health more broadly, may be improving. Young people are more aware of the risks of alcohol use than they were in past generations and people talk more openly today than they did two decades ago about mental health. Unfortunately, there is an alternative explanation which may be less positive. Some of the decrease in alcohol use seems to be explained by an increase in cannabis use. The perception that cannabis is less harmful than alcohol may be driving the switch.

Source: Dr. Alex Elswick, Assistant Professor and Extension Specialist

Hosparus Community Counseling



Community grief counseling programs are offered through Hosparus Health. If you are interested in staying up to date, please use the QR code to follow Hosparus Green River on Facebook.

Career Center - February Offerings

Feb. 4 and Feb. 18 - Virtual Job Fair - 1 to 3:30pm - Register: Itcareercenter.org/jobfair

Feb. 5, Feb. 12, Feb. 19, and Feb. 26 at 8am- Industry Testing TABE 9/10 and Bennett Mechanical Test at the Lebanon/Marion County Career Center, 516 Workshop Lane, Lebanon

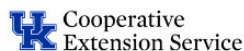
Feb. 11 - Bardstown/Nelson Co. Job Fair 9:30am-2pm at Nelson Co. Civic Center, 321 South 3rd St., Bardstown

Feb. 6, Feb. 13, Feb. 20, and Feb. 27 from 1-4pm - Komatsu Open Interviews at Komatsu, 750 Industrial Drive, Lebanon

Feb. 7, Feb. 14, Feb. 21, and Feb. 28 - Resume and Interviewing Workshops every Friday at 9am at Lebanon/Marion County Career Center, 516 Workshop Lane, Lebanon

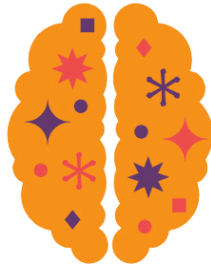
Feb. 27 - Targeted Orientation/Re-entry at 10am at the Lebanon/Marion County Career Center, 516 Workshop Lane, Lebanon

Feb. 27 - Washington County High School Trade Fair 8:30-10:30am for all Washington County High School students, 300 US-150, Springfield



Feb. 26 & March 26
10am at the WC Extension Office

Bingocize® combines the excitement of bingo with easy exercises to improve balance, flexibility, and strength. This engaging program is perfect for older adults and anyone looking to enhance their fitness while having a great time. No special equipment is needed, and all fitness levels are welcome! Lessons will be taught by Marlessa Stark with Lincoln Trail Area Development District. Call 270-737-6082 to learn more.



WITS WORKOUT

*Free sessions to learn about brain health & exercise your wits with fun games!
There is no physical activity - this is exercise for your mind.*

All sessions will be held at the Washington County Public Library
1st & 3rd Fridays at 10am

February 7 - in-person class

February 21 - no in-person class,
packet will be available

Taught by Cabrina Buckman, WC Extension FCS Agent
Questions? Call Cabrina at 859-336-7741



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, happiness, burnout, self-care, parenting, caregiving, boundaries, stress, movement, grief, time management, 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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Lexington, KY 40506



Disabilities accommodated with prior notification.