

WOW

Washington on Wellness Coalition Community Newsletter

July 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 July 31, 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.

July Events with the Career Center

July 2 & July 16 Virtual Job Fair - 1pm to 3:30pm - Register: [lccareercenter.org/job fair](http://lccareercenter.org/job%20fair)

July 3, 10, 17, 24 and 31 Industry Testing at 8am at the Lebanon/Marion County Career Center, 516 Workshop Lane, Lebanon, KY

July 5, 12, 19 and 26 Resume, Interviewing, Soft Skills Workshop at Lebanon/Marion County Career Center

July 5 Norby's Farm Fleet Job Fair - 10am to 2pm at Norby's, 192 Lebanon Trade Center, Lebanon, KY

July 5, 12, 19, and 26 Toyotomi Open Interviews 10 to 2@Toyotomi, 1 Sakura Drive, Springfield, KY

July 11, 18, 25, Komatsu Open Interviews 1pm to 4pm at Komatsu, 750 Industrial Drive, Lebanon, KY

July 17 ServSafe Food Handler Training - 10am to 2pm at Lebanon/Marion County Career Center
Sponsored by: Marion County Adult Education. Call (270) 364-208-6833 to register for the training.

July 26 Targeted Services Orientation for Re-entry and Recovery Resources Workshop
9am at Lebanon/Marion County Career Center, 516 Workshop Lane, Lebanon, KY



NEW PIONEERS
FOR A SUSTAINABLE FUTURE

#1000HoursOutsideKY



Introducing our most engaging summer challenge yet!

VISION

Our community spends a collective 1,000 hours outside this summer; playing, learning, and connecting with our environment.

WHY

It's simple: Time spent outdoors = happier and healthier people (and planet)! We're combating the rising tide of nature deficits, eco-anxiety, and screen time takeover by supporting 1000 hours of outdoor exploration and play for our community. All ages can thrive when spending more time playing, learning, and connecting outdoors!

Visit newpioneers.org to learn more!

Post with #1000HoursOutsideKY to share and grow our movement!

JOIN US!

Whether you say "Sign me up!" or "I have more questions", we invite you to join us! Consider the adventures this summer might bring if you spend a few more hours outside each week.

New Pioneers will offer *various outdoor programs* this summer to encourage all ages to get outside. You can follow event updates on our website at newpioneers.org.

We're also issuing you a fun challenge - don't only spend time outside this summer, but **record the time you spend outside** and share it with your community! *We want to reach a cumulative sum of 1,000 hours of recorded time outside throughout central Kentucky - and we want you to help us get there!*



Expungement Clinic

**Friday, July 19 from 9am-3pm
at Spero Health,
106 Belinda Blvd., Danville, KY
(859) 439-0340**

Walk-ins will be limited due to space. Pre-register by Wednesday, July 17 via email to sara.stark@ky.gov. Include your full name, full address (no PO Box), date of birth, & social security number.



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 grief
boundaries stress movement sleep
time management



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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