

WOW

Washington on Wellness Coalition Community Newsletter

June 2023

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/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 26, 2023. There is no June meeting.

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.

WCES/WCMS SUMMER HANG OUT

IF YOU HAVE QUESTIONS CONTACT
FRYSC COORDINATOR, JESSE MATTINGLY AT
(859) 336-7554

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JULY 5, 19, AND 26
AUGUST 2 AND 9

12:30-1:30PM

>OPEN TO AGES
5 AND UP

SPRINGFIELD HOUSING
AUTHORITY AT THE
COMMUNITY CENTER ON
HILLTOP

DAIRY Month

Schedule of Events:

Milking Demo @ 1:00 p.m.
Butter Making @ 3:00 p.m.

Activities 12:00 p.m. - 4:00 p.m.

Free Hand-Dipped Ice Cream from
Chaney's Dairy Barn
Paw Paw Ice Cream Tasting
Paw Paw Tree Raffle
Free Inflatable
Kentucky Kate
Viewing Dairy Cows and Goats

JUNE 9,
2023



Washington County Extension Office
245 Corporate Dr., Springfield, KY

KY Career Center June Workshops

WORKFORCE SUCCESS FRIDAYS

June 2 | 9:00 a.m.
Successful Resume

June 9 | 9:00 a.m.
Successful Interview

June 16 | 9:00 a.m.
Successful Job Search

June 23 | 9:00 a.m.
Successful Workforce
Retention

LOCATION

All workshops will take place at 9:00 a.m.
Kentucky Career Center-Lincoln Trail
516 Workshop Lane • Lebanon, KY 40033
(270) 692-6870

REGISTER

[Ltcareercenter.org/workshops](https://ltcareercenter.org/workshops)

There is no cost to attend, but registration is required.



5 Tips for Effective Parenting

As a parent, it can be difficult to respond appropriately to those we love. After all, we are human and can be easily swayed by our emotional state. However, being an effective parent requires a selfless perspective and a kind heart. Here are a few tips that can help you to be a more effective parent.

ADAPTABILITY

Having a flexible mind to see other people's emotions despite your own can be helpful. Ask yourself the question, "Is there another way to look at this?" Being able to adapt to our children's or partner's emotional state instead of our own can lead to fewer behavioral issues and family conflicts.

RESPECT

As the breadwinner and chief caretaker, we deserve the respect of our children, however children and teens are worthy of respect too! It is important to remember that receiving respect is a reflection of giving respect.

INTENTIONALITY

Being intentional about the time we spend with our children is critical. Guiding, teaching, and influencing them toward whatever goal you have in mind be it better behavior, personal growth, or healthy relationships takes intention. Being intentional helps maintain focus on the result.

BOUNDARIES

Creating and even recreating healthy boundaries helps let good things into our families, while keeping the undesired things out. Using intentionality to create boundaries will help define the good and the bad whether the reason for the boundary is media, behavior, relationships, healthy eating, sleeping, etc. Boundaries help our children learn balance and self-discipline.

GRATITUDE

This is not simply a polite response, but rather a cultivated mindset that examines our situation, circumstance, or life and identifies the good in it. A daily expression of gratitude is a habit that scientifically leads to improved physical and mental health, reduced aggression, improved self-esteem, and better sleep.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

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

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.

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
245 Corporate Drive | Springfield, KY
Phone: (859) 336-7741
cabrina.buckman@uky.edu



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Disabilities
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