

WOW

Washington on Wellness Coalition Community Newsletter

November 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 January 29, 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.

Leaving Your Legacy

Free Estate Planning Class Series

Agricultural Estate Planning

January 21 - 6pm - Washington Co. Extension Office

Presented by: Steve Isaacs, UK Extension Professor, Farm Management and HR Specialist

- Transitioning the Family Farm
- Opportunity vs Obligation (Family Conversations)
- Assembling a Team

Transferring Cherished Possessions

January 22 - 6pm - Washington Co. Extension Office

Presented by: Cabrina Buckman, Washington Co. FCS Agent

- Ideas on Distributing Your Assets (non-titled property)
- Working with Loved Ones to Divide Cherished Keepsakes
- Tips for Communicating without Conflict

Estate Planning 101

January 23 - 6pm - Washington Co. Extension Office

Presented by: Nichole Huff, UK Assistant Extension Professor of Family Finance and Resource Management

- Estate Planning Basics for a General Audience
- 3 Key Steps to Estate Planning
- Tools to Help You Get Started

Register by calling the Washington Co.
Extension Office at 859-336-7741

245 Corporate Dr., Springfield, KY 40069

Free Dinner
Included with
Registration



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Washington County Schools Commander Ready Mentor Program



LEAD THE WAY! MENTOR TODAY!

Build Relationships
Make a Positive Impact
Develop Leadership Skills
Strengthen Your Community

Interested in being a mentor to a Washington County student?

- Must pass a background check
- Complete a mentor training sponsored by WC Schools
- Be able to donate ONE hour a week to mentor

Scan the QR Code to sign up or email
tracy.abell@washington.kyschools.us





WASHINGTON COUNTY

HOLIDAY ASSISTANCE



If you would like to sponsor a local child's Christmas gifts, please look for tags at your church or the Washington County Extension Office!

Please deliver unwrapped gifts in a garbage bag to the Extension Office by December 7th. Thank you!


Contact with questions:
FRYSC in your child's school
Washington Co. Extension Service - (859) 336-7741
Tiffany Wheatley - (859) 481-4807



UK Cooperative Extension Service

Career Center - November Offerings

- Nov. 5 and Nov. 19 - Virtual Job Fair - 1 to 3:30pm - Register: lccareercenter.org/jobfair
- Nov. 14 and Nov. 21 - Komatsu Open Interviews - 1 to 4 at Komatsu, 750 Industrial Drive, Lebanon, KY 40033
- Nov. 1, Nov. 8, Nov. 15, Nov. 22 - Toyotomi Open Interview - 10 to 2 at Toyotomi, 1 Sakura Drive, Springfield, KY
- Nov. 6, Nov. 13, Nov. 20 and Nov. 27 - Industry Testing TABE 9/10 and Bennett Mechanical Test
- Targeted Orientation 10:30 to 11:30 at Lebanon/Marion County Career Center - Call (270) 692-6870
- Serv Safe Training - 12:00 at Lebanon/Marion County Career Center - Call (270) 692-6870



GOODWILL INDUSTRIES OF KENTUCKY

Erase

HAVE A JUSTICE-INVOLVED ORIENTATION PAST? WE CAN ERASE IT!



The Erase Orientation will assist you in registration and provide information on expungement. This is not an expungement clinic.

WHEN
Tuesday, November 26
10 a.m.–Noon and 1–3 p.m.

WHERE
Goodwill Elizabethtown Opportunity Center
243 W Dixie Avenue
Elizabethtown, KY 42701

Participants must bring a drivers license or state-issued ID. This is an in-person class with a limit of 30 attendees.

SERVICE PROVIDED IN CONJUNCTION WITH...

Lost Medicaid? Had a Life Event? Need Health Coverage?



kynect
Together for a better Kentucky

 NEED HEALTH COVERAGE?	 HAVE QUESTIONS ABOUT YOUR CURRENT HEALTH PLAN?	 NEED TO UPDATE YOUR INFORMATION?
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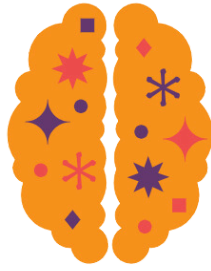
Scan the QR Code below or contact your local kynector today!



kynect.ky.gov

- Event Location: Goodwill Opportunity Center
- Event Address: 234 W. Dixie Ave, Elizabethtown, Ky 42701
- Event Date and Time: December 4th, 2024 10AM - 2PM
- kynector Name: Jeanna Smith
- Phone Number: 502-918-1379
- Email Address: jeanna.smith@kipda.org

Expert Help Available At No Cost To You!



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

November 1 - Star Gazing

November 15 - The Best Medicine

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 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:
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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