

# WOW

## Washington on Wellness Coalition Community Newsletter

# October 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](http://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](mailto:cabrina.buckman@uky.edu) or 859-336-7741.

***The next WOW meeting will be October 30, 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](http://tricitykyuw.com/resource-guide.html).



LOOKING FOR A FUN NEW WAY TO BE MORE ACTIVE?

# LINCOLN TRAIL AREA AGENCY ON AGING & WASHINGTON COUNTY EXTENSION OFFICE

JOIN TOGETHER FOR BINGOCIZE, A HEALTH PROMOTION PROGRAM THAT COMBINES THE GAME OF BINGO WITH INCLUSIVE EXERCISES FOR EVERYONE!

10:00 AM  
WEDNESDAY

30

OCTOBER  
2024

245 CORPORATE DRIVE  
SPRINGFIELD, KY 40069

PLAY | MOVE | LEARN | LAUGH

CALL TO LEARN MORE  
(270) 737-6082



Lincoln Trail

Area Development District  
- established 1968 -





Tri-County Kentucky United Way & Heaven Hill Brands present



**Bardstown, Kentucky**

The Tri-County Kentucky United Way Spirit 5K is a certified course that winds its way through Bardstown, Kentucky. All event proceeds benefit our local United Way and its fight for the health, education, and financial stability of every person in Marion, Nelson, and Washington Counties.

The first 150 participants will receive Spirit 5k swag that includes a Spirit 5k t-shirt, racing bib, and other great items (Age 21+ will receive the sought-after Heaven Hill Brands bag).

**New this Year!**

Heaven Hill Brands is providing door prizes and a reception for all participants!

- Date:** Saturday, October 12, 2024
- Race Start:** 8:30 AM
- Location:** Nelson County Civic Center, 321 South Third Street, Bardstown, KY 40004
- Registration:** [www.ckracemanagement.com/races](http://www.ckracemanagement.com/races) Register by Sept. 21 to guarantee a t-shirt.
- Pricing:** Before September 21, prices are \$20 per individual, \$16 per person for groups of 20 or more, \$50 total for a family of 4 (must be from the same household). After September 21, prices are \$25 per person and there is no t-shirt guarantee.
- Ages:** Fun for all ages!
- Awards:** Awards will be given in each of eleven age groups: Top three winners in each age group – male and female – will receive medals. Trophies to 1st place males and females in under age 21 race categories. Heaven Hill Brands award to 1st place males and females age 21 and over. Overall male and overall female will each receive a gift card. A Spirit Award is given to the business/organization with the most participants.



Tri-County Kentucky United Way

For more information about the Spirit 5K or Tri-County Trifecta, please contact Laura Sedlatschek at [director@tricitykyuw.org](mailto:director@tricitykyuw.org).







WASHINGTON COUNTY

# HOLIDAY ASSISTANCE



### How to Apply:

Complete the application using this link:  
English - <https://forms.gle/eDYax8Xn6WvwDtZ56>  
Spanish - <https://forms.gle/piS1i1mdSxkzeXoT6>

Application deadline: **October 13th**

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



Cooperative Extension Service

## Career Center - October Offerings

- 10/15 Virtual Job Fair - 1 to 3:30 - register: [ltcareecener.org/job fair](http://ltcareecener.org/job%20fair)
- 10/11, 10/18, 10/25, October Workshops every Friday at 9am - Lebanon/Marion County Career Center
- 10/11 Resume Writing Virtual Workshop at 10:00 AM-11:30 AM Register at [ltcareercenter.org/resume-writing](http://ltcareercenter.org/resume-writing)
- 10/10, 10/17, 10/24, 10/31 Komatsu Open Interviews 1 to 4@Komatsu, 750 industrial Drive, Lebanon, KY
- 10/11, 10/25 Toyotomi Open Interviews every Friday at 10-2 at Toyotomi America, 1 Sakura Drive, Springfield
- 10/16, 10/23 Industry Testing TABE 9/10 and Bennett Mechanical Test every Wednesday at 8 at the Career Center
- 10/24 Campbellsville University Job Fair 1 to 3@Heilman Wellness Center Gym, 534 Hoskins Avenue, Campbellsville
- 10/24 Targeted Services Orientation 10:00 to 11:30 @Lebanon/Marion County Career Center, 516 Workshop Lane
- 10/24 ServSafe Food Handler Training, 12 to 4 @Lebanon/Marion County Career Center, 516 Workshop Lane
- 10/25 Loretto Living Center at Loretto Motherhouse, State Registered Nurse Aide Class, 515 Nerinx, Road, Nerinx, KY

## SAVE THE DATE



### Sensory Friendly **SPOOKTACULAR** Glow Party



TRICK OR TREATING, GLOW DANCE,  
PUMPKIN DECORATING

SUNDAY, OCT 13TH,  
3-5 P.M. @ THE BOYLE  
COUNTY EXTENSION OFFICE,  
99 CORPORATE DRIVE, DANVILLE



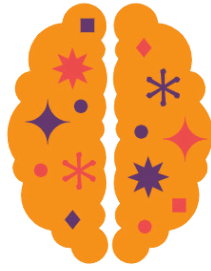
REGISTRATION INFORMATION COMING SOON...



Community Service  
**Ephraim McDowell**  
Health.

Sponsored by Ephraim McDowell Health Community Service in partnership with The Boyle County Extension Office, Heart of Kentucky United Way, Ephraim McDowell Kids Can Do Pediatric Therapy Center and Kendyl & Friends Foundation, INC.





# 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

October 4 - Roam in Rome

October 18 - Savor the Seasons

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](https://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](mailto: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](http://www.ckcac.org) | 859-336-7766 | [washingtonca@ckcac.org](mailto: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](mailto:cabrina.buckman@uky.edu)



**Cooperative Extension Service**  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.