

WOW

Washington on Wellness Coalition Community Newsletter

December 2025 & January 2026

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.

There is no December meeting due to the holidays. The next WOW meeting will be January 28 at noon at the WC Extension Office.

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.



FREE Health Screening

Sponsored by Ephraim McDowell Health

McDowell Wellness Center

Open to the public for anyone 18 Years of age or older.

Friday, January 9, 2026

10:00 a.m. - 1:00 p.m.

- Blood pressure
- A1C (Blood Sugar level)
- Cholesterol
- Mental Health Screening
- Body Composition
- Colorectal Cancer Screening Kits

McDowell Wellness Center
1107 Ben Ali Dr.
Danville, KY 40422



Community Service
Ephraim McDowell
Health.

Walk-ins are welcome!

Start your New Year with a Wellness
Check and prioritize your health!



ARE YOU INTERESTED IN BECOMING AN EMT?

Ask your career counselor about the Baptist Health Emergency Medical Technician (EMT) Training program available at your career center. This free class is offered through self-directed and in-person learning. Baptist Health will cover the cost of the course, provide books and other learning materials to help you be successful, and pay for the required national background check.

After completing the program, you will be able to take the National Registry of Emergency Medical Technicians (NREMT) exam. You will be responsible for the \$104 testing fee. Once you pass the exam, you can apply for EMT jobs with an agency of your choosing.

Class size is limited; contact your career center for an application.

Important program dates:

- Applications due Dec. 20, 2025. Ask your career counselor for an application.
- Class begins Jan. 20, 2026.
- Classes are Tuesday and Thursday from 1:30-4:30 p.m. Virtual attendance is expected at each class, with a few in-person classes held at your local career center.
- Class ends May 14, 2026, but may be completed earlier depending on class progress.

Program requirements:

- At least 18 years of age.
- Possess a high school diploma/GED.
- Pass a national background check with no record of felony convictions. You will not be permitted to take the NREMT exam with a felony conviction.
- Possess an active driver's license or the ability to obtain one.
- Meet the general EMT skills and abilities, as outlined by your career counselor.



This training program is funded through a generous donation from Truist Bank.

FY26-0269

Dec. 2025

Terri Thomas Director

terri.thomas@marioncountky.gov

Elizabeth Mattingly Asst. Director

Elizabeth.Mattingly@marioncountky.gov

516 Workshop Lane Lebanon Ky 40033 P (270) 692-6870
Marioncountky.com or post jobs on KCC.KY.GOV

Lebanon/Marion County CAREER CENTER



Find us on Facebook

Lebanon/Marion County Career Center



LebanonMarionCoCareerCenter

111 North Cross Main Street Springfield Ky 40069
P (859) 481-5801 SWEDA.ORG

Training/tuition assistance | WIOA Adult /Youth
Melissa Young: 270-692-6870 or (270) 216-0357

Miranda Nalley, Putting KY First/Re-entry Services
Case Manager (502) 507-0836

Voc. Rehab - Julia Scott, (270) 766-5121

Office for the Blind Christopher Bratcher
(270) 766-5121 or (502) 764-1838

Goodwill Senior Comm Service Emp. Program-Kim
Culliton kimberly.culliton@goodwillky.org

Silverleaf (270) 234-9236

Veterans Services Mark Koenig (502) 764-1826

Office of KY Veterans Services/Benefits
Lisa Marshall (270) 321-9323

Health Insurance KIPDA Health Coverage
Ginny Whitt 502-536-0196

Springhaven Domestic Violence Services
Sara Giles - 502-827-2248 | 800-767-5838

Weekly Industry Testing & Resume Workshops
Call at (270) 692-6870 Nancy Shockency

Job Corps Jacob Dudgeon outreach and Admissions
Counselor (270) 225-0128
dudgeon.jacob@jobcorp.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 Springfield Career Center 9 to 3	2 Ginny Whitt/KIPDA Health Care 10-12 Virtual Job Fair 1 to 3:30 lccareercenter.org/jobfair	3 Industry Testing@8	4 Komatsu Open Interviews 1 to 4 PM@Komatsu	5 Workshop@9
8 Springfield Career Center 9 to 3	9	10 Industry Testing@8	11 Komatsu Open Interviews 1 to 4 PM@Komatsu	12 Workshop@9
15 Springfield Career Center 9 to 3	16 Ginny Whitt/KIPDA Healthcare Virtual Job Fair 1 to 3:30 lccareercenter.org/jobfair	17 Industry testing@8	18 Komatsu Open Interviews 1 to 4 PM@Komatsu	19 Workshop@9
22	23	24 Industry Testing@8	25 Christmas/Holiday	26 Christmas/Holiday
29	30	31 Industry Testing@8	1/1 New Years Day! Closed	1/2 Holiday Closed



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.

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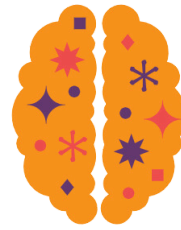
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Visit heartlandtrail.crediblemind.com

ILLINOIS
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COLLEGE OF AGRICULTURAL, CONSUMER
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Extension Service



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.*

December 12 & 19

January 10 & 16

**Washington County Public
Library - 10am**

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

Seasonal Affective Disorder (SAD)

A mood change linked to shorter, darker days.

Common Signs:



Low Energy



Low Mood



Changes in sleep
or appetite



Why It Happens?

Less daylight can affect the body's internal clock and mood-regulating hormones.

What Can Help:



More light



Regular routines



Professional support
when needed



CredibleMind

Washington County Food Resources & Assistance

Food Banks

St. Dominic Church - Wednesdays 9-10:30am
303 West Main, Springfield, KY 40069
859-805-0964

Rockbridge Baptist Church - 2nd & 4th Saturday at 11:30am
460 Rockbridge Lane, Willisburg, KY 40078

Antioch Christian Church - 3rd Saturday at 10am
334 Antioch Church Lane, Willisburg, KY 40078

Blessing Box Locations

Springfield Police Station - One Police Drive, Springfield
St. Dominic School - 303 West Main St., Springfield
Willisburg City Hall - 2516 Main St., Willisburg
Mackville Community Center - 10651 Main St., Mackville
Springfield Christian Church - 201 East Main St., Springfield
Ame Zion Church - 300 E High St., Springfield
Holy Rosary (Manton) - 4653 Cissellville Rd., Springfield
First Baptist Church - 336 East High St., Springfield

Emergency Food Assistance:

Call Community Action at 859-336-7766

Mobile Food Pantry through Community Action

Monthly food distribution to Washington County residents at Idle Hour Park in Springfield, held on the 2nd full week of the month on Thursday. Times: 11:30-1:30 - get there early! Dates subject to change due to weather or availability. Contact Community Action with questions at 859-336-7766.

December 18 | January 15 | February 12 | March 12
April 16 | May 14 | June 18

WC Family Resource Youth Services Centers (FRYSC)

Contact one of the FRYSC offices for guidance on community based resources or for information regarding our Feeding America Food Pantry.

North Washington Elementary & Middle:
Wendy Chesser, 859-375-4038

Washington Co. Elementary & Middle:
Jesse Mattingly or Megan Travis, 859-336-5490

Washington Co. High School:
Megan Couch, 859-336-5475

Scan the QR code to submit a request for someone to contact you



Washington on Wellness

For more information, contact:
Cabrina Buckman, MA, RD, LD
Family and Consumer Sciences Agent
Washington County Extension Service
245 Corporate Drive | Springfield, KY
Phone: (859) 336-7741
cabrina.buckman@uky.edu



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.