



June 2023 NEWSLETTER

Kittitas County Health Network is excited to be sharing Network news with you every month along with partner events and programs throughout our community.

Look for upcoming editions of the KCHN Newsletter in your inbox each month.



KCHN Hosted Family Art Event at Heritage Center

KCHN enjoyed hosting the 'Investing in Your Future' event at the Heritage Center on May 21st. Thank you to all our event sponsors - APOYO Community, Jerrol's, NEAR, Mountain City Dental, and the amazing families that joined us for art activities and pizza!

KCHN Hosts Childcare and Youth Program Fair



Thank you for attending the Childcare and Youth Program Fair held at CWU!

A brand-NEW Summer 2023 Camps and Youth Programs section has been added on the KCHN Child Care Work Group Padlet to promote summer and childcare activities within Kittitas County. Feel free to share this link with parents, organizations, and/or community as a centralized location to find childcare options. Also feel free to either upload any additional program information to the Padlet and/or send to Jessica to get added.

If you would like to join our childcare workgroup, please feel free to reach out to Jessica at jessica@healthierkittitas.org. The childcare work group meets every 3rd Thursday of the month, virtually, at 1pm.

[Child Care Work Group \(padlet.com\)](https://www.padlet.com)

KCHN Celebrates Senior Health & Fitness Day!

The KCHN Care Coordination team had a great time at the KVH-sponsored event painting rocks with seniors and educating them on local senior services.



Happy Pride Month!

Pride Parade



JUNE 3, 2023
ELLENSBURG, WA

KCHN is excited to support network partner, Helen House, for the Kittitas County Pride Parade on Saturday, June 3rd starting at 11 am at Lind Hall on the Central Washington University Campus.

[Learn More About the Parade](#)

KCHN Annual Meeting



Wednesday, June 14th

Kittitas County Health Network will be holding our Annual Meeting at CWU Wellington Event Center (WEC) located on campus.

In addition, we will also have parking passes available to those that need one but are likewise encouraging carpooling, please let KCHN know if you will be needing a pass.

KCHN will also be hosting a social at "The Pearl Bar & Grill" directly following the annual meeting, appx 4:30 pm to 6:30pm.

Email Jessica to RSVP at Jessica@healthierkittitas.org

Hilinski's Hope Event at CWU



On Wednesday, June 14th from 3:30-5:00pm, CWU will host Mark and Kym Hilinski on campus to share *Tyler's Story: Ending Mental Health Stigma in Sport*. This opportunity with Mark and Kym Hilinski serves to honor their son, Tyler and spark conversation around the severity and implications of unmet mental health needs. This event is open and **free** to all campus and community friends. Please forward and share this with your teams, colleagues, and fellow athletes.

In an effort to select best location options within the CWU Student Union and Recreation Center, CWU asks that you please register for your free tickets below. You are welcome to register yourself, or an entire department/organization within this link. This is simply to ensure that CWU has enough space and chairs available; you will not need actual tickets in hand to attend this event.

Please note this event does include discussion of emotional content; please make the best choice for yourself.

[Register Here](#)

Hybrid Washington State Harm Reduction Event

Transforming Our Communities

Learning Together, Supporting Each Other

June 27 & 28, 2023

Join us for presentations and panels on:

- Grief and loss
- Youth and opioid use disorder
- Harm reduction
- Sharing experiences from people who use drugs
- Drug checking

Hybrid event

Virtual presentations and panels

Regional in-person gatherings around Washington State for networking and discussion

Questions? Contact Lisa Rey Thomas

lrthomas@uw.edu

More details coming soon!



CENTER FOR COMMUNITY-ENGAGED
DRUG EDUCATION, EPIDEMIOLOGY,
AND RESEARCH



UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

Learn more at: adai.uw.edu/transforming-our-communities

KCHN will be hosting a Washington State Harm Reduction Event called Transforming Our Communities at Kittitas Valley Fire & Rescue on Tuesday, June 27th, and Wednesday, June 28th from 8:30 am-3 pm.

Register Here

Congratulations to KCHN Partner,
Kittitas County Fire Protection District #6



The Kittitas County Board of Health Advisory Committee (BOHAC) is pleased to announce that the Kittitas County Fire Protection District #6 will be awarded the 2023 annual Kittitas County Public Health Champion Award. The award is in recognition of their work to care for some of the most vulnerable people in our community and their goal of understanding people wholistically and addressing all their needs. The award will be presented during the Kittitas County Board of Health meeting on Thursday, June 15th, 2023, at 10:00 am.

The meeting is open to the public.

The award comes with a \$500 donation to be used to benefit the health of the community. BOHAC recognizes Kittitas County Fire Protection District #6 as a community partner providing "boots on the ground" for so many people in the community and providing them with a lifeline to access services, which improve the quality of their life.

[Read More Here](#)

Safe Space Training



Sign up for a class to become a Safe Space trainer!

Have multiple folks from your office who want to get trained? We can also book a personal session for groups of 6 or more in a location of your choice.

June 30, 2023, 11AM-1PM

Sign up now here:

<https://www.signupgenius.com/go/10c0e4dadae28a3ffc8-safe/>

**OR contact the Safe Space coordinator, Sarah Foy at:
sarah@healthierkittitas.org**

Thank you Nicole & Gaby

Thank you.

For being such an important part of the KCHN team



A BIG congratulations to Nicole Matthews on her new position with Greater Health Now.

All of us at KCHN thank her for the incredible work that she has done in the last two years. We look forward to working with her again in the future to continue to improve access to affordable and quality childcare in Kittitas County.

We wish Gabriela Martinez all the best as she steps away from KCHN later this month to focus on preparing for medical school.

KCHN Team Highlight

Congratulations to Teodora!

In recognition of 2 years of building our Community Health Worker program and taking on natural leadership roles, Teodora has been promoted to the Lead Community Health Worker.

[Read More About the KCHN Team Here](#)



**Teodora Moreno
Guzmán**

Pronouns: she/her
Lead Community Health Worker

Get your KCHN merch today!

KCHN sweatshirts and beanies are still available.
All proceeds go to clients in need.



SHOP NOW

KCHN Sweatshirt

Our comfy sweaters will keep you warm without making you feel like you live in a sauna. Black cotton and polyester mix with simple white embroidery makes it classic and easy to dress up or pair with your favorite joggers.

Sizes S-2XL are available now!
\$40.00

KCHN Beanie

Get cozy with our dual-color beanies, perfect for these cool winter days! Black and grey go well with whatever you have going on and transition easily from walking the dog to a night on the town!

One size fits most.
Limited supply.
\$20 each

[Shop Now](#)

Featured KCHN Client Testimonial

Client Testimonial Tuesday

"My care coordinator helped me to realize that I can be in control of my life and advocate for myself with a little assistance."



Testimonio de Clientes Martes

"Mi coordinador de atención me ayudó a darme cuenta de que puedo tener el control de mi vida y abogar por mí mismo con un poco de ayuda".



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