



April 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.



Network Partner, Happy Feet Academy, Awarded ARPA Funding

The Kittitas County Board of Commissioners awarded \$500,000 of the American Rescue Plan Act (ARPA) Funds to expand childcare by 34% in our community. Kittitas County Health Network's community partner, Happy Feet Academy, was awarded funds to expand childcare in Kittitas County through the construction of a new early learning facility that will serve up to 112 children with half of the student slots allocated to low-income families.

KCHN is proud to have been part of this collaborative effort to support the allocation of these funds that will directly benefit the ever-growing need for childcare in our community. The Network recognizes the impact that these funds will have on hard-working families who have been on waitlists in the hopes of getting their children into outstanding early learning facilities in Kittitas County.

KCHN thanks all those involved in making this happen including the Kittitas County Board of County Commissioners, the Washington State Department of Commerce and KVH for their outstanding dedication to these families.

Kittitas County Public Health Champion Award

MEDIA RELEASE

Date: March 16, 2023
Contact: Kasey Knutson, Public Information Officer, 509-962-7515

Kittitas County Public Health Champion Award

The Kittitas County Board of Health Advisory Committee (BOHAC) is sponsoring the ninth annual Kittitas County Public Health Champion award. The award is intended to honor and recognize individuals, groups, or organizations that have made significant contributions to the health of Kittitas County. This award is made possible by a generous donation from former Kittitas County Health Officer Jim Gale.

Any individual, group, or organization that has positively influenced the health of Kittitas County and its residents may be nominated. Anyone can submit a nomination for the award, including self-nomination.

Nomination forms are available online at <http://www.co.kittitas.wa.us/health> or at the Kittitas County Public Health Department (KCPHD). Nominations should be sent to KCPHD by April 28, 2023. Nominations can be mailed to 507 N. Nanum St., Suite 102, Ellensburg, WA, 98926, or emailed to publichealth@co.kittitas.wa.us.

BOHAC will review the applications and choose a recipient. An award in the amount of \$500.00 to \$1000.00 will be presented for current or future projects that contribute to the health of Kittitas County. The recipient will be notified by May 15, 2023 and will receive the award on June 15, 2023 at the Kittitas County Board of Health monthly meeting.

The mission of BOHAC is to provide advisory feedback and formal recommendations, to both the Board of Health and the Health Department of Kittitas County, related to policy, funding, initiatives, and emergent needs, in support of the goals and mission of the Kittitas County Public Health Department. If you are interested in donating to the Annual Kittitas County Public Health Champion Award fund, please contact Heather Burfeind, BOHAC Treasurer, at heather.burfeind@esd401.org.

For more information regarding BOHAC or the Public Health Champion Award, please contact the Kittitas County Public Health Department at (509) 962-7515.

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Childcare Workshop Series

Childcare WORKSHOP SERIES

Presented by the Kittitas County Chamber of Commerce and
the Kittitas County Health Network.

APRIL SCHEDULE:

- April 5:** Kittitas County Childcare Assessment Overview
Speaker: Nicole Matthews - *Project Director* with the Kittitas County Health Network
- April 12:** Employer-Supported Childcare Technical Assistance
Speaker: Paige Coleman - *Childcare Program Specialist* with the Washington State Department of Commerce
**Employer Roundtable Discussion 1:30-2:30 p.m. after presentation*
- April 19:** Resources For Families in Kittitas County
Speaker: Claudette Lindquist - *Licensed Childcare Consultant* and Early Childhood Education Faculty at Heritage University
- April 26:** Solutions For Childcare in Kittitas County
Speaker: Nicole Matthews - *Project Director* with the Kittitas County Health Network



Every Wednesday in April | 12-1 p.m. | Light Snacks & Refreshments | No-Cost
Please register in advance at kittitascountychamber.com

Register Here for Childcare Workshop
Series

Safe Space Training Opportunities



Sign up for a class to become a Safe Space trainer! We have spots open in four different sessions from now until June. 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.

Sign up now here:

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

OR contact the Safe Space coordinator, Sarah Foy

at: Sarah@healthierkittitas.org

National Drug Take Back Day



National Drug Take Back Day

APRIL 22, 2023 9 AM - 1 PM

521 E Mountain View Avenue
Ellensburg WA 98926

Resources available!



Medication Lockboxes



Document Shredding



Sharps Disposal



Medication Drop off

Join us **Saturday April 22, 2023 from 9 am to 1 pm in the Community Health of Central Washington parking lot** for National Drug Take Back Day!

This is an opportunity to shred your documents, dispose of your unwanted, unused, or expired medications or sharps safely and securely and get a free medication lockbox to keep your family safe. We can't wait to see you there!

Network Partner Upcoming Events & Programs



**Outdoor Learning in Early Childhood:
Growing up WILD! and Trees & Me
Saturday, April 22, 9 AM to 12 PM**

If you work with young children, this training is for YOU!

Schools and education settings across the globe are looking at extending their learning spaces to the outdoors, but why? And what can that look like? This workshop gives participants an opportunity to experience a wide range of **FUN activities** that are **developmentally appropriate for children ages 3 to 7**. Each participant will receive copies of the **Growing Up WILD** and the brand-new **Project Learning Tree "Trees and Me"** guides, filled with activities and materials to support outdoor learning on yards and grounds of care centers and schools.

Guides are provided free of charge to participants who complete the workshop courtesy of the Kittitas County Health Network.

Participants who complete the workshop will also receive **3 STEM clock hours or 3 STARS/MERIT hours**.



Location: Cle Elum, WA
Exact location provided following registration.



To register, click the Register button above or type in the following URL into a web browser: <https://www.tfaforms.com/5041574>



724 Columbia Street NW, Suite 255
Olympia, WA 98501
360.705.9289
rdrummond@pacificeducationinstitute.org

Links & Alliances Round Table Chat

Calling all youth and young adults!
Are you part of the LGBTQIAA2S+ community? Join the 25th Annual Links and Alliances Conference Round Table on April 15 from 2-4 pm at the Everett Public Library.
We want to hear from you!

Register now here:
2023RountableChat.eventbrite.com – the event is free! Social activist Aleksa Manila will moderate and a special guest in attendance will be the founder of the Links and Alliances conference, Dennis Worsham! For further questions regarding the event, please reach out to liza.patchen-short@snoco.org

Links & Alliances Round Table Chat
Saturday, April 15, 2023
2 - 4pm - Everett Public Library
(2702 Hoyt Ave., lower level auditorium)

We'd like to hear YOUR voice!

Are you a youth (14-17) or young adult (18-20) member of the LGBTQIAA2S+ community? If so, please join us for a round table chat to talk about future events in our area. We would love to hear your ideas about conferences, dances, and/or something completely new and different! Not quite sure? Come get inspired!

Community! Conversation! Snacks!

Seating is prioritized for youth and young adults 14-20 years of age. Early registration is recommended to reserve your seat. Day-of registrations are available until capacity is reached.
Register here: <https://2023RountableChat.eventbrite.com>

Our chat will be moderated by Aleksa Manila, who is a fabulous social activist by day and socialite by night, originally from Manila, Philippines and now calling Seattle home. We will also be joined by Dennis Worsham, who started the Links & Alliances conference back in 1997!

Sponsored by:

DOCTORS TALK ADDICTION

A panel of medical professionals discuss treatment,
including medication, and long-term recovery.

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Dr. Chris Bundy, MD, MPH Executive Medical Director of the
Washington Physicians Health Program (WPHP)
Dr. Nancy Hecox, Pharm D. Clinical Pharmacist
Dr. Greg Rehmann, MD, FAAFP, FASAM Medical Director,
Sundown M Ranch (SMR)

—

Joining us is State Representative Tom Dent

—

Friday April 28, 2023
Hal Holmes Community Center
201 S Ruby St. Ellensburg
6:00-8:00pm
Refreshments & Raffle Prizes



KCHN Team Highlight

We are thrilled to have Gabriela Martinez on the KCHN team!

Introducing KCHN's newest team member, Gabriela "Gaby" Martinez, who is a first-generation Mexican-American looking forward to graduating with her Bachelor's degree in Psychology and Social Services and is working toward a second Bachelor's degree in Biology with a Pre-med specialization. Since 2017, Gaby has worked with the elderly as a Nursing Assistant Registered (NAR). Gaby has been involved in the Ellensburg community for the past two years - volunteering at Youth Services of Kittitas County, Skookum House, and Spirit Therapeutic Riding Center. She has also volunteered as a medical interpreter at the Union Gospel Mission of Yakima.

During this time, she has acquired expertise in schedule management, conducting in-home visits, and assessing individual and community needs. Gaby has a great commitment to herself and the community she serves in welcoming challenges and taking action to improve the quality of life of others through knowledge, education, and meaningful connections. Gaby sees



Gabriela Martinez

Pronouns: she/her
Community Health Worker

the opportunity to help others as a gift and as a blessing. In her spare time, you can find her spending time with her cat, Chelu, talking to friends, working out, listening to a variety of music, and painting.

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

KCHN Has NEW Merch!

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

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 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 on the
KCHN website!



Alicia Ogren, KCHN Program Director



*Sascha Burckhardt,
KCHN Care Coordinator/
Community Health Worker*

Featured KCHN Client Testimonial

KCHN Client Testimonial

"You are true heroes."



STAY CONNECTED WITH KCHN

Visit KCHN Website



Kittitas County Health Network | 107 E Mountain View Avenue, Ellensburg, WA 98926

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