






April 2024 NEWSLETTER

April 1, 2024



 (509) 933-7544
 info@healthierkittitas.org
 healthierkittitas.org

PRESS RELEASE FOR IMMEDIATE RELEASE

March 28, 2024

Hearts and Hands of Kittitas County services transferred to Kittitas County Health Network.

The Kittitas County Health Network is excited to announce that starting April 1, 2024, the Hearts & Hands of Kittitas County will be transferring operations of the lending library including the lending of mobility equipment, distribution of incontinence supplies, and nutritional supplementation. The KCHN team will be actively working to make the transition as smooth and seamless as possible for the residents of Kittitas County. The Hospice volunteer program has been transferred to Kittitas Valley Healthcare. We would like to thank the Hearts & Hand of Kittitas County board and staff who have diligently worked to ensure hospice and other vital healthcare services to Kittitas County free of charge since 1983.

The Kittitas County Health Network is thrilled to be able to continue to operate this important service in Kittitas County as the goal of the KCHN since its creation in 2017, has always been to make Kittitas County a healthier place for all to call home.

Important transition details:

- The lending library service will continue to be operated at **302 E. 2nd Ave (corner of 2nd and Ruby) in Ellensburg from 9am-4pm, Monday through Friday, and at 116 N. Oakes Ave, #B in Cle Elum Tuesday, Wednesday & Friday from 9am-4pm. The offices can be reached at 509-968-5117 for Ellensburg and 509-955-3780 for Cle Elum.**
- Donations of equipment and supplies will continue to be accepted at either location during open hours only. Thank you for ensuring that donations are in working order and clean.

All questions or media inquiries can be directed to robin@healthierkittitas.org or 509-933-7544. Would you like to help contribute to the sustainability of these programs in Kittitas County? Monetary donations can be sent to Kittitas County Health Network, 110 W. 6th Ave, #393, Ellensburg, WA 98926.

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Robin Read

Robin Read
Executive Director
Kittitas County Health Network



KCHN Leadership Council in-person in April



Save-the-date for April 10th, 9:30am-11am at the UKC Senior Center. Come learn about Upper County's community paramedicine program and Community Builder's Teen Shop. Tour of the Shop after the meeting!

Mental Health First Aid



MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

Class will be held in person. Minimum class size 10, Maximum class size 20. Class is 8 hours. You must attend both days.

Date and Time:

April 3, 1-5pm and April 4 8:30am to 12:30pm

Location:

United Methodist Church, 3rd and Ruby

Where to Register:

Jim Pinnell, Greeley74@gmail.com

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

This class is provided at no charge with the help of a generous grant provided by the Kittitas County Health Network

Drug Take Back Event April 27th



KITTITAS COUNTY'S

Drug Take Back & Paper Shred DAY

**Saturday,
April 27th at CHCW**

521 East Mountain View Ave

10am - 1pm

For more information scan here



In partnership with:



Washington State
Health Care Authority



Community Health
of Central Washington

Funding provided in part by
Washington Department of Ecology (or Ecology Grants).

healthierkittitas.org





CONDADO DE KITTITAS

Día de

Devolución de y Trituración de papel

Medicamentos Sábado

27 de abril en CHCW

521 East Mountain View Ave

Para obtener más información,
escanee aquí

10am - 1pm



En colaboración con:



Financiamiento proporcionado en parte por
Departamento de Ecología de Washington (o Becas de Ecología).



healthierkittitas.org



HopeSource Workshops

Finance Workshops

Managing Your Money

Attendees will learn how to create a budget, save money with a purpose, control spending and find ways to earn more, as well as review tactics to spend money more efficiently.

Saving Money When You Shop

Attendees will learn how to make their dollar go further. We will teach ways to shop smarter at the grocery store and how to get more for less.

Credit and Debt

Attendees will learn the basics of what credit is and how to use credit cards wisely. The instructor also will discuss managing and clearing debt.

Employment Workshops

Job Quest 101

This workshop covers the essentials of drafting a resume and getting ready for a job interview. Learn about the different types of resumes and how to make a good first impression.

Other Workshops

Renting 101

This workshop covers how to anticipate moving costs, fill out rental applications, avoid scammers, and what to look for when reading and signing a lease.

One-on-One Coaching

One-on-one coaching sessions are available for clients to dive deeper into personal finance and budgeting, resume building and/or interview skills. Mock interviews can be scheduled to help with getting ready for a job search.



HOPE UNIVERSITY

Individual Coaching
and Workshop Courses

Hope University Principles

- Meet you where you are
- Keep it positive
- Put your skills and knowledge into action

Who can participate?

These workshops are designed for anyone wishing to improve their skills in any of our educational areas. This can include high school students to senior citizens.

Upcoming Workshops

Cle Elum

Wednesday, April 17

214 N. Pennsylvania Ave. - Cle Elum Catalyst

2 p.m. – 3 p.m.

Renting 101

Ellensburg

Monday, April 22

211 W. 3rd Ave. - KCRCO

4 p.m. – 5 p.m.

Saving Money While You Shop

Thursday, April 25

312 N. Pearl St. - Ellensburg Catalyst

3 p.m. – 4 p.m.

Job Quest 101 - Resume & Interview Essentials

Contact us at 509.925.1448 or
hopeuniversity@hopesource.us to sign up!

KCHN Sponsored Community Cooking Classes



Alex Mandujano volunteers and leads this BASIC COOKING skills class at the Methodist Church (on Ruby Street) kitchen. KCHN Care Coordinator, Gayle Scott is the cooking class coordinator and secretary of Eastside Opportunity Center. **What's Cooking?** This class is for those not familiar with cooking for themselves and who use the food bank regularly. Learn what chop, dice, and slice means. Get practical experience using a frying pan on a gas stove. Learn how to have vegetables in every meal. From no-recipe breakfast burritos to bread, soup, and chili, this class covers simple meals made in easy-to-understand steps. We help you learn to prepare the food you get from the food bank into a tasty meal. **Cooking Classes are every other Monday and are open to a max of 8 participants. This is a "pay what you can or bring an ingredient" arrangement. To register or for more information call Alex Mandujano at 509-856-4738**

Eastside Opportunity Center

Hours:

Every other Monday---10 am -12 pm Cooking

Wednesday----- 2:00 pm – 4:00 pm—Skills Sampler

Friday-----Every Other—3:00-5:00 pm

Saturday-----Every Other--1:00 pm—3:00 pm—Drop In Time

APRIL 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 What's Cooking? 10am-12pm	2	3 Skills Sampler 2pm-4pm Weaving	4	5	6 Social 1pm-3pm
7	8	9	10 Skills Sampler 2pm-4pm Sewing	11	12	13 Social 1pm-3pm
14	15 What's Cooking? 10am-12pm	16	17 Skills Sampler 2pm-4pm Weaving	18	19	20 Social 1pm-3pm Puppet Project 12pm-4pm
21	22	23	24 Skills Sampler 2pm-4pm Sewing	25	26	27 Social 1pm-3pm Puppet Rehearsals Invitational
28	29 What's Cooking? 10am-12pm	30				

Location: (United Methodist Church)

210 N Ruby Street, Classroom 2

Ellensburg, WA 98926

Phone: 509-968-1041 **Email:** red.eoc22@gmail.com

**Yoga for People in Recovery at The Studio by EDE (Ellensburg
Dance Ensemble)**

Yoga for People in Recovery at The Studio by EDE

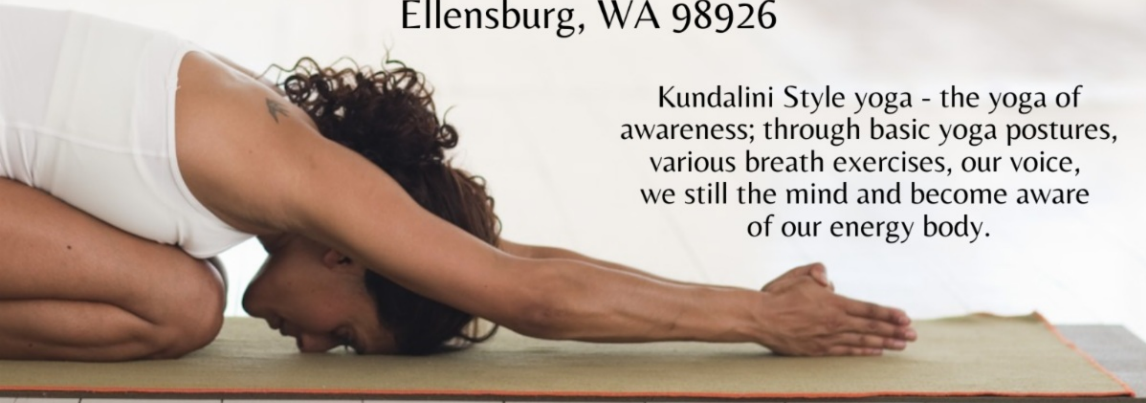
(Ellensburg Dance Ensemble)

Thursdays 7-8 am | March - May

Ede Dance Studio

307 N Main Street

Ellensburg, WA 98926



Kundalini Style yoga - the yoga of awareness; through basic yoga postures, various breath exercises, our voice, we still the mind and become aware of our energy body.

Join us for a 3 month FREE weekly series exploring the theme:

BREAKING HABITS

-- a habit is a subconscious chain reaction between your mind, glandular and nervous system. When we work on changing or breaking habits we do inner-work through reflection(mental), rewiring the brain (physical), releasing blocked feelings (emotional) and redirect the flow of energy

KCHN Team News



Thank you, Jessica!

It is bittersweet to announce that Jessica is the new ESD 105 Community Prevention Specialist for Cle Elum. She will continue to work part-time within the SHIBA program for Kittitas County Health Network. We are grateful to her and her dedication to our community.

Safe Space 101 Training



**JOIN US AT HELEN HOUSE EVERY
FIRST THURSDAY FROM 2-3:30PM
FOR SAFE SPACE TRAININGS!**

LEARN ABOUT:

- ABC'S OF SOGIE/LGBTQ+
- LANGUAGE DO'S AND DONT'S
- MICROAGRESSIONS
- ALLYSHIP
- ...AND MORE!

HAVE A GROUP? FILL
OUT THE INQUIRY
FORM TO BRING THIS
TRAINING TO YOUR
ORGANIZATION.



OPEN TO INDIVIDUALS AND COMMUNITY MEMBERS.

 **Helen House**

INTERESTED? PLEASE REACH
OUT TO US:
INFO@HELEN-HOUSE.ORG
509-968-5064
INFO@HEALTHIERKITTITAS.ORG

 **KITTITAS COUNTY
Health
Network**

Online Inquiry Form for Safe Space Training

FREE Youth Art Classes

PROUDLY SPONSORED BY:



FREE YOUTH ART CLASSES

Join us at NEAR for expressive art classes.
All youth ages 11-17 are welcome.
Activities include mask making, sand play,
clay work, poetry, and more!

**Every 1st and 3rd Tuesday
from 2:30-4:30pm
starting February 6th**

At NEAR located
in Classroom 1 at the
Ellensburg United
Methodist Church

To register, email
contact@northwestexpressivearts.org

PROUDLY SPONSORED BY:



CLASES GRATIS DE ARTE PARA JOVENES

ÚNASE A NOSOTROS EN NEAR PARA CLASES DE ARTE EXPRESIVO. TODOS LOS JÓVENES DE 11 A 17 AÑOS SON BIENVENIDOS. ¡LAS ACTIVIDADES INCLUYEN HACER MÁSCARAS, JUEGOS CON ARENA, TRABAJO CON ARCILLA, POESÍA Y MÁS!

**Cada 1er y 3er martes
de 14:30 a 16:30
a partir del 6 de febrero**

**En CERCA ubicado
en el aula 1 de la
Ellensburg United
Iglesia Metodista, enfrente de la biblioteca
pública**

healthierkittitas.org
northwestexpressivearts.org

Adverse Childhood Experiences (ACEs) Training available!



ACES TRAINING

Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that can have lifelong impacts on an individual's health and well-being. ACEs are common and have widespread effects on our community. When we know about ACEs, we can play a role in reducing the harmful impacts of early adversity.

By taking this training, individuals, businesses, and organizations can learn:



How ACEs impact health and behavior



How to help prevent ACEs



How to help promote resilience



How to be more trauma-informed



SCAN TO REGISTER FOR TRAINING TODAY!



**EMAIL:INFO@HEALTHIERKITTITAS.ORG
HEALTHIERKITTITAS.ORG**

Kittitas County Public Health Champion Award

MEDIA RELEASE

Date: March 20, 2024

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 tenth 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 26, 2024. 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 will be presented for current or future projects that contribute to the health of Kittitas County. The recipient will be notified by May 17, 2024 and will receive the award on June 20, 2024 at the Kittitas County Board of Health monthly meeting.

Examples of previous Public Health Champion Awards are as follows:

- 2015 City of Ellensburg Parks and Recreation for noteworthy work regarding the breadth of programming for residents across the lifespan.
- 2016 Dr. Paul Schmitt for his years of service as a health care provider and his dedication to the health of his community.
- 2017 Kittitas County Early Learning Coalition for the coalition's work to improve the health and success of young children and their families.
- 2018 Open Door Health Clinic for the clinic's mission to provide basic medical care for people living on low incomes without insurance or readily accessible healthcare.
- 2019 APOYO in recognition of their work to provide food, recycled clothing, and furniture to the community.
- 2020 Rolf Williams and 2021 COVID-19 Vaccination Clinic (recognized in 2021 due to COVID-19) for their work and commitment to Kittitas County and the community.
- 2022 Kittitas County Health Network (KCHN) Care Coordination Program for their work to connect vulnerable people with health and other social services.

To Protect and Promote the Health and the Environment of the People of Kittitas County

- 2023 Kittitas County Fire Protection District #6 for the agency's work with vulnerable people in our community and their goal of understanding people wholistically and addressing all their needs.

The mission of BOHAC is to provide advisory feedback and formal recommendations to both the Board of Health and the Kittitas County Public Health Department, 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 heatherswimburfeind@gmail.com

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

###

Community Partners Spotlight



PARTNER SPOTLIGHT



The mission of HopeSource is to move people to self-sufficiency by providing access to education, employment, economic development, and vital services.

[Learn More About HopeSource](#)

Brrrr! Get your KCHN merch today!

Get your KCHN sweatshirts and beanies to stay warm!
All proceeds go to clients in need.



[SHOP NOW](#)

[Shop Now](#)

Featured KCHN Client Testimonial

Client Testimonial

"My care coordinator has been a blessing!
She has helped my family and me find
the resources we needed to make
me feel safe in my home."

Testimonio de Clientes

"¡Mi coordinador de atención ha sido una bendición!
Ella ha ayudado a mi familia y a mí a encontrar
los recursos que necesitábamos para hacer
Me siento seguro en mi casa".



STAY CONNECTED WITH KCHN

Visit the KCHN Website



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

[Unsubscribe info@healthierkittitas.org](mailto:info@healthierkittitas.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

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