

## Kittitas County Health Network's April 2025 Newsletter

#### Thank you to all who attended the KCHN Semi Annual!







#### **Leadership Council:**

Wednesday, April 9th at 9:30 am **Zoom link:** https://zoom.us/j/96791509911 **Community Resource Work** 

**Group:** *In-person* Thursday, April 17<sup>th</sup> from 12 pm-1:30 pm at

KVFR 400 E. Mountain View Ave Ellensburg, WA

#### **Growing Strong Together:**

Online Wednesday, April 23<sup>rd</sup> from 3 pm-4 pm

Zoom Link: https://us06web.zoom.us/j/83018239508

Any questions, please email info@healthierkittitas.org

#### **KCHN Contact Information**



#### CONTACT INFORMATION

#### **KCHN ADMIN**

Information on KCHN services, workgroups, etc.

509.925.5246

#### **CARE COORDINATION:**

To refer a client for care.

509.201.1145

#### **LENDING LIBRARY:**

Information on mobility devices, incontinence supplies, etc.

509.968.5117

#### SHIBA:

Information on Medicare/Medicaid.

509.794.1569

#### **LENDING LIBRARY LOCATIONS:**

116 Oakes Ave Suite B Cle Elum, WA 98922 509-955-3780 Tues, Wed, Fri 9 am-4 pm

302 E 2nd Ave Ellensburg, WA 98926 509-968-5117 Mon-Fri 1pm-5 pm (or by appointment)

Email us directly or visit our website for more information:

info@healthierkittitas.org



healthierkittitas.org

PHYSCIAL ADDRESS:

2411 W Dolarway Rd Unit 1, Ellensburg, WA 98926

**MAILING ADDRESS:** 

110 W 6th Avenue PMB #393 Ellensburg, WA 98926

Family Art Night at Jerrol's - Monday, April 7th



healthierkittitas.org

Questions? Email: Trinity@healthierkittitas.org

**Recovery Documentary screening and panel discussion** 



# RECOVERY IS POSSIBLE IN KITTITAS COUNTY

Join us for a Recovery Documentary screening and panel discussion

Q&A hosted by people with lived experience

Family-friendly event Light refreshments provided

APRIL 16TH, 2025 6PM-7:30PM

**SURC** Theatre

**SURC 210** 

Presented in partnership by:



Office of Health Promotion Collegiate Recovery Community



**PRIDE Silent Auction and Parade & Festival** 



#### FUNDRAISER AT GARD VINTNERS

APRIL 17, 2025 | 5:00 - 8:00 PM

FREE EVENT | CASH BAR | LIGHT REFRESHMENTS 311 N Pearl St, Ellensburg, Washington







Sparkle in your Western attire 🔧



## WANTED

Inclusion \* Community \* Love \* Allyship

## WILD WILD SECTION OF THE PROPERTY OF THE PROPE

**MAY 31, 2025** 

### — PARADE & FESTIVAL —

HISTORIC DOWNTOWN ELLENSBURG

— Cast Y'all means All — Cast — Cast

Brought to you by: PRIDE

**Medication Take Back Day + Paper Shred - April 26th** 





**KITTITAS COUNTY'S** 

## Medication Take Back & Paper Shred NAV Saturday

For more information scan here

Saturday, April 26 at CHCW 521 East Mountain View Ave

9am - 1pm



In partnership with:















**CONDADO DE KITTITAS** 

## Día de devolución

DE Medicamentos y desturcción de papel

### SÁBADO, Abril 26 en CHCW

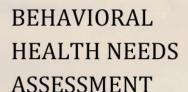
521 East Mountain View Ave 9am - 1pm

Para obtener más información escanee aquí



**KCPHD Community Survey** 

#### **COMMUNITY SURVEY**





Complete the survey and enter to win a \$25 gift card!

If you have any questions or want a paper copy of the survey, please contact us at  $(509)\ 962\-7515$ .

#### **ENCUESTA COMUNITARIA**

EVALUACIÓN DE
NECESIDADES DE SALUD DEL
COMPORTAMIENTO

¡Completa la encuesta y participa para ganar una tarjeta de regalo de \$25!

Si tiene alguna pregunta o desea una copia impresa de la encuesta, comuniquese con nosotros al (509) 962-7515.

TAKE THE SURVEY HERE

**Lower County Community Connect Day Thursday, July 24th** 



### Save the date: Thursday, July 24th 2-6pm

We're seeking community members & resource providers to table, provide raffle items, and/or volunteer for our upcoming resource fair

Questions? Please contact: courtney@healthierkittitas.org 509.925.5246 (KCHN)







**RISE Youth Mentoring Program** 



**Coming September 2025!** Shaping Resilient, Inspired, Self-Confident, Empowered Youth. A youth mentoring program of Kittitas County Health Network. Stay tuned by following RISE on Facebook or Instagram **@rise.mentoring** 

FOLLOW ON FACEBOOK

**SHIBA Program Needs Volunteers** 



Currently there are people in our community who are turning 65 and need to sign up for Medicare but are struggling with how. Many residents had quality health care from their employer and never had to think too much about it. There are also residents that have been on Medicare for years, but Medicare seems to keep changing. We also have residents who don't have access technology and need help navigating the Medicare.gov plan finder website. While Medicare seems to be daunting, it doesn't have to be.

There are wonderful trained skilled volunteers in our community who are there to help! Right now more than ever we are looking to expand our Medicare Counseling program. We need more Medicare heroes.

Volunteers for the SHIBA program come from all walks of life. For instance, many may have grandkids, but are looking for a volunteer opportunity that will enable them to give back to their community and stay engaged and productive -but need something with flexibility.

Many have had long and successful careers as teachers, nurses,

and attorneys. Since settling into retirement, they find themselves longing for a challenge, wanting to use their skills to benefit their community.

Many people reach retirement and look for meaningful ways they can continue to use their knowledge and experience to give back to their community. That's where SHIBA comes in. Local people, helping local people.

SHIBA is the State Health Insurance Benefits Advisor program. SHIBA is always looking for volunteers who can help people navigate the often-confusing Medicare maze. With hundreds of people reaching retirement age every day, the need for SHIBA volunteers in Kittitas County is greater than ever. All you need is a willingness to learn, integrity, and a desire to help others.

SHIBA provides the training. SHIA volunteers find the work to be mentally stimulating and very rewarding. They also love the flexible schedule, whether it's one-on-one Medicare counseling, speaking to groups, or providing office support, SHIBA can find a role that's just right for you.

Make a difference in someone's life today. Become a SHIBA volunteer. Contact Morgan Stonefield, KCHN SHIBA coordinator at Morgan@healthierkittitas.org or by calling her directly at 509.794.1569

**Upper Kittitas County Senior Center April Newsletter** 



## Upper Kittitas County Community Center

Serving Older Adults and the Community Since 1991



Welcome to our April edition!
We have an exciting lineup of
events and activities happening
at the center this month. Read
on to find out!

#### CENTER ACTIVITIES

#### Monday

- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-11:30 Line Dancing Lessons
- 12:00-3:00 Bingo (Card selling starts at 12:00 Game starts at 1:00)

#### Tuesday

- 8:00-10:00 Ham Radio
- 9:00-12:00 Bridge
- 9:30-10:30 Tech Support
- 1:30-2:15 Gentle Chair Yoga & Balance

#### Wednesday

- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:00 Woodworking (now weekly)
- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-12:30 Games
- 12:00 Blood Pressure Checks
- 12:00-1:15 Kiwanis (2nd & 4th Wednesday)

#### **Thursday**

- 9:30-11:30 Craft Club
- 12:00-3:00 Pinochle
- · 2:00-3:00 Writer's Workshop

#### Friday

• 9:00-10:00 Exercise (Jumping Jaws)



#### **WELCOME TO OUR APRIL EDITION!**

This month, we're excited to bring you a variety of events and updates! On April 4th, join us for the inspiring movie "Unbroken." **Kittitas County School Retirees**, don't miss our special luncheon on April 15th, and later that afternoon, attend **Community Talks on Footcare** for expert health tips.

On April 10th, stay on top of your health with a **Lifeline Screening.** Then, mark your calendars for the delicious **Baked Potato Feast** on April 18th—a fun event for all! If you need help with taxes, be sure to check out **Free Tax Help on Page 6** for assistance.

We're also thrilled to announce that our newsletter has expanded by 3 content pages this month, offering even more valuable content. A special thank you to our 9 amazing sponsors, whose support makes all of this possible. Explore these events and more in this month's issue—we can't wait to share it with you!

#### **EXECUTIVE DIRECTOR, UKCSC**

Lori Nevin (509) 674-7530 UKCSC on Facebook centerdir23@gmail.com



#### HOURS AND LOCATION

- Come visit the Center M-F between 8:00 am 2:00 pm
- Breakfast is served M-F between 8:00 am 10:00 am
- Lunch is served M-F between 11:30 am 1:00 pm

Come visit us at 719 E 3rd St. Cle Elum, WA 98922

**READ MORE** 

**Donate to KCHN** 



DONATE HERE

**HopeSource Individual Coaching and Workshop Courses** 

## Hope University Workshops April 2025

#### **APRIL 2 12-1PM**

Habits for Workplace Success Located at FISH Food Bank. 804 Elmview Rd. Ellensburg, WA

#### **APRIL 9 12-1PM**

Savvy Shopper Seminar Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA

#### APRIL 16 12-1PM

Managing Your Money Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA

#### **APRIL 17 12-1PM**

Job Quest 101 Located at WorkSource, 1100 W University Way Ellensburg, WA



Workshops are free and open to everyone. We focus on practical learning with a positive, supportive approach. Our guiding principles: meet you where you are, keep it positive, and turn knowledge into action.

#### **APRIL 21 2-3PM**

Job Quest 101 Located at KCRCO Cle Elum, 214 N Pennsylvania Ave. Cle Elum, WA

#### APRIL 23 12-1PM

Job Quest 101 Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA

#### APRIL 24 3-4PM

Savvy Shopper Seminar Located at Catalyst, 312 N Pearl St. Ellensburg, WA

#### APRIL 28 3-4PM

Savvy Shopper Seminar Located at KCRCO. 211 W 3rd Ave Ellensburg, WA



**FREE Middle School Expressive Arts Support Program** 

## FREE MIDDLE SCHOOL EXPRESSIVE ARTS SUPPORT PROGRAM!







#### Hosted by:

- Nan Doolittle, MA, LMHC, CEAP
- · Malia Davis, CWU Senior Intern



Who: 6th-8th Grade Kittitas County Students

When: Every 2nd and 4th Monday 2:30-4:30 PM through June 2025!

Registration: Forms and parent release forms on site. Can be emailed to parents and returned to Nan prior to first class What: Expressive arts activites including mask making, clay work, collages, 3-D projects and more!

work, collages, 3-D projects and more

Contact: Nan Doolittle with any questions (509)-607-0193 Where: Elks Building 119 W. 5th Ave, Eburg. Second floor across from suite 202. The Expressive Arts Studio

#### **SPONSORS:**

Nan Doolittle Expressive Arts, LLC

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**Kittitas County Recovery Community Organization** 

Contact us: (509) 968-5224 info@kittitascountyrco.org Follow us: @kittitascountyrco www.kittitascountyrco.org

#### **April 2025**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6509TEENS ©THE SHOP 4-6PM		8	9	10	BINGO 5-6PM	12
13	14	15	16	17	18	19
20	21 Job Quest 2-3PM	22	23	24	25	26
27	28	29	30			

Event Space Provided by

Cle Elum

Office Hours: Tuesdays & Thursdays: 9am - 4pm 214 N Pennsylvania Ave, Cle Elum, WA

ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE CATALYST CO-WORKING BUILDING

Contact us: (509) 968-5224 info@kittitascountyrco.org Follow us: @kittitascountyrco www.kittitascountyrco.org April 2025
Office Hours Mon - Fri : 9am - 4pm

KCRCO
KITTITAS COUNTY RECOVERY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 RECOVERY YOGA 530PM Creative Writing	8MAGIC THE GATHERING 5PM	9	10 Crochet with Purpose 5:45-7 pm	11	12
13	14:30-5:30pm RECOVERY YOGA 5:30PM	15	16509Teens MAGIC THE GATHERING 3-6PM	17 REIKI 1-4PM (RSVP FOR TIME SLOT) 4 SESSIONS	18 SUD TREATMENT & RECOVERY LUNCH & LEARN 1-2PM	
					BINGO 5-7PM	
20	21	22 Feelin' Crafty 4:30-5:30pm	23	24	25 509TEENS 6-8PM	26
27	28 Habits for Workplace Success 3-4PM	29	30			

ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE KCRCO OFFICE

**CWDR Earth Day Cleanup** 



### **CWDR EARTH** DAY CLEANUP!

Join us for a fun day of cleaning up the trash along Dolarway! Lets all give back to our community.



#### We will Provide

- Trash bags
- Nitrile glovesFive grabbers will be provided

#### What to Bring

- Comfortable clothes
- Water bottle
- · Work gloves
- Friends and family!

When: 04.22.2025 from 2:00pm to 3:00pm

Meet at CWDR 2009 W. Dolarway Suite 101. Routes will be decided from there.

STAY CONNECTED WITH KCHN

Visit the KCHN Website







Try email marketing for free today!