



August 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 new SHIBA sponsor for Kittitas County

Kittitas County Health Network is the new Statewide Health Insurance Benefits Advisor sponsor for Kittitas County. SHIBA, as a public service, supports people of all ages and has over 250 trained volunteers statewide to provide free, impartial, and confidential counseling and education to people in their local communities on Medicare, health care and prescription drug access, fraud, and abuse.

Statewide Health Insurance Benefits Advisors (SHIBA) is a program of the Washington State Office of the Insurance Commissioner. SHIBA has a network of trained volunteers across Washington who offer free, unbiased help with your Medicare and other healthcare choices.

Have Questions? Jessica Hall-Cranefield, KCHN Administrative Assistant/SHIBA Volunteer Coordinator can be reached at jessica@healthierkittitas.org or (509) 933-7544.

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|--|---|--|--|
|  OFFICE of the INSURANCE COMMISSIONER SHIBA WASHINGTON STATE Enrolling in Medicare for the first time or already enrolled? Reviewing plan options? Troubleshooting a problem? SHIBA can help! |  COSTS |  INSURANCE |  DOCTOR |
| |  MEDICARE | |  HEALTH CARE |
| |  MEDICINE |  CLINIC |  EMERGENCY |

Contact Kittitas County Health Network, your local SHIBA office, at 509-933-7544 or healthierkittitas.org.



2023 Community Survey

We are interested in your opinions about Youth Substance Use in our community. Your responses will help inform and improve prevention programs for our youth. Please fill out the 2023 Community Survey below to help promote a stronger and healthier community.

This 5-7 minute survey is completely anonymous.



Start Survey Here



Iniciar Encuesta Aquí

Save the Date for International Overdose Awareness Day

INTERNATIONAL OVERDOSE AWARENESS DAY

THURSDAY AUGUST 31 2023



WHERE:
MOUNTAIN VIEW PARK
1201 E SEATTLE AVENUE
ELLENSBURG, WA

WHEN:
10 AM - 1 PM

Raise awareness and commemorate those who have been lost to overdose

VISIT [HEALTHIERKITTITAS.ORG](https://healthierkittitas.org) FOR THE LATEST UPDATES!

Sponsored By:



KCHN Client Recommends Vision For Independence Center

A KCHN client with macular degeneration and vision loss praises the non-profit, Vision for Independence Center, for helping with her deteriorating vision over the years.



Located in Downtown Yakima in the "300 Building" at:
311 N 4th Street, Suite 104
Yakima, WA 98901

Phone: (509) 452-8301
 Fax: (509) 469-3970
 Email: vicinfo@vicyakima.org
 Web: www.vicyakima.org

Tuesday, Wednesday,
 & Friday
 9 a.m. - 4 p.m.



Help Brings Hope

According to Centers for Disease Control, the leading causes of vision loss in the U.S. are macular degeneration, cataracts, diabetic retinopathy, and glaucoma. The number of people with vision loss due to disease could increase by 50% by the year 2030.

Adjusting to vision loss brings about life-changing challenges to individuals and their families. Acknowledging this trend, VIC strives to meet the growing needs of individuals with vision loss.



Offering **HOPE**
 and maximizing
QUALITY OF
LIFE for people
 with vision loss



About Us

The Vision for Independence Center is a non profit organization located in Yakima serving Yakima and Kittitas Counties. VIC's mission, . . . *offering hope and maximizing quality of life for people with vision loss*, is accomplished by:

- Providing evaluations for low vision (the Low Vision Clinic).
- Increasing awareness of low vision and its causes along with the various methods used to maximize the quality of life for those with low vision.
- Providing the opportunity to buy assistive devices.
- Providing information about



other low vision services.

Low Vision Clinic

The Clinic

VIC's team of professionals and volunteers help people with vision loss to optimize their remaining sight. This includes identifying the best adaptive devices to address their individual needs. Clients receive a:

- Consultation with staff and comprehensive evaluation with an optometrist. Optometrists are trained in low vision rehabilitation.
- Recommendation for potentially helpful low vision devices.
- Referral to other resources, as appropriate, that also provide low vision services.

To Make an Appointment

Contact us at:
 Phone: (509) 452-8301
 Email: vicinfo@vicyakima.org



Payment

Medicare, Medicaid, and private insurance are accepted. No one is turned away for inability to pay.

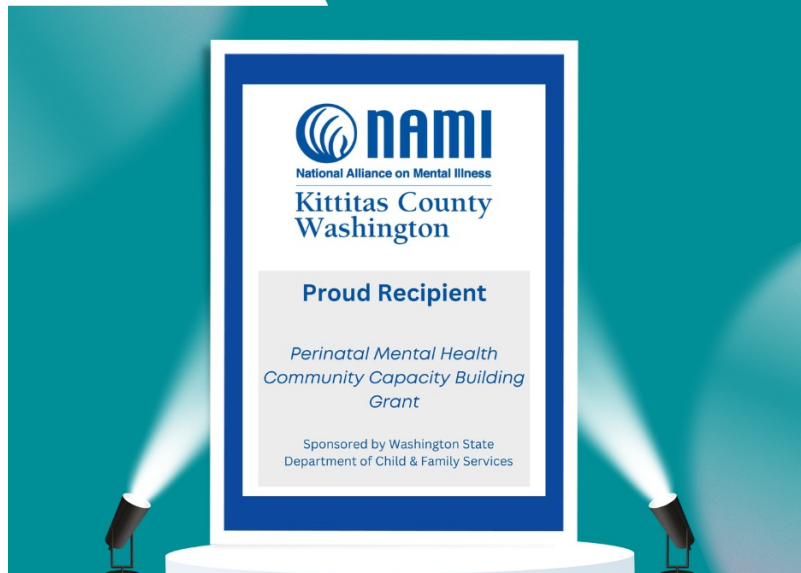
The Store (open to the public)

A variety of adaptive devices and low vision aids are available to purchase. Clients have the opportunity to try out devices with the assistance of a caring and committed staff that can provide individual instruction prior to purchase. Items include:

- Task lamps
- Talking devices
- Magnifiers and telescopes
- Devices with large buttons & displays

Learn more about VIC

Community Partners Spotlight



Congratulations to KCHN Partner, NAMI Kittitas, for receiving the Perinatal Mental Health Community Capacity Building grant through the Department of Children, Youth, and Families (DCYF).

This grant will allow NAMI Kittitas to partner with local providers to start providing tangible and equitable mental health support for those in our county experiencing perinatal mental health struggles (during pregnancy or postpartum).

The National Alliance on Mental Illness (NAMI) is a nationwide organization that seeks to destigmatize discussions surrounding mental health and provide resources for people with disorders and their families.

[Learn more about NAMI Kittitas](#)

KCHN Team Highlight

Congratulations to Gayle Scott who just celebrated her two year anniversary at KCHN!

Gayle is a CWU graduate and a long time Kittitas County resident. Returning here after a stint in the Navy, Gayle has not left since. She enjoys making art as well as performance art. She has experienced firsthand how art brings a community together while volunteering at local events. Gayle loves helping people and making connections with them. In her free time, she can be found hanging out with her family at home in the country.

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



Gayle Scott

Care Coordinator /
Community Health Worker
Pronouns: she/her

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

A young man struggling with mental health and recovery support was referred to KCHN by our partners at NAMI.

His sleep was adversely affected and full-time employment seemed out of reach. We connected him to the KCRCO and the Pinnacle Sleep Center. Today he is employed full-time and doing great. He thanks the care coordination team for supporting his goals and his community health worker for taking the time to listen to his concerns and offering pertinent advice.



Testimonio de Clientes Martes

Un joven que lucha con la salud mental y el apoyo de recuperación fue referido a KCHN por nuestros socios en NAMI. Su sueño se vio afectado negativamente, y el empleo a tiempo completo parecía fuera de su alcance. Lo conectamos con el KCRCO y el Pinnacle Sleep Center. Hoy es empleado, a tiempo completo y le va muy bien. Agradece al equipo de coordinación de atención por apoyar sus objetivos y a su trabajadora de salud comunitaria por tomarse el tiempo para escuchar sus preocupaciones y ofrecer consejos pertinentes.



STAY CONNECTED WITH KCHN

Visit KCHN Website



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

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