

August 2024 NEWSLETTER

Thank you to everyone who made Community Connect Day such a great event yesterday!



Community Resource Work Group July Meeting Highlights



Thank you to everyone who attended the Community Resource Work Group meeting held at KVFR in July. We had 24 people in attendance with representation from 14 different organizations. We brainstormed next steps for 3 Community Health Improvement Plan activities:

- Youth Mentoring
- Increasing People with Behavioral Health Lived Experience in the Workforce
- Implementing Evidence-based Mental Health Programming in the schools

We also discussed emerging needs around housing, utility assistance, crisis support, and life skills support.

Our discussions also covered current substance use trends: law enforcement is seeing a decrease in overdoses but an increase in fentanyl.

National Night Out Event



EAT WITH THE HEAT BBQ

Help us celebrate National Night Out with hot dogs and hamburgers

FREE DELICIOUS BBQ

Vendors Include:

KVFR, ASPEN, Kittitas Co. Early Learning Coalition, Kittitas Co. Sheriff's Office, Kittcom, CWU PD, WA State Patrol, KVH, DNR, CASA, 811 Call Before You Dig, & Seedlings Center for Early Learning

DATE: August 6, 2024

TIME: 6 p.m. - 8 p.m.

LOCATION: Memorial Park

7th & Poplar

National Night Out Is Brought To You By the Ellensburg Police Department

SHIBA FREE Online Presentation

Welcome to Medicare!

Join us for a free, unbiased online presentation all about Medicare!



COSTS



INSURANCE



DOCTOR

Wednesday, Aug. 14, 2024
6 p.m. to 7:30 p.m.

To reserve your spot, register at:
Noreen.Brisson@oic.wa.gov

MEDICARE



HEALTH CARE

What we'll cover:

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

SHIBA (Statewide Health Insurance Benefits Advisors) is a free, unbiased service of the WA state Office of the Insurance Commissioner.



MEDICINE



CLINIC



EMERGENCY

OFFICE of the
INSURANCE
COMMISSIONER
SHIBA WASHINGTON STATE

EPD 2024 Cop on Top Event



2024 COP ON TOP

Hot Dog BBQ (12pm-6pm)

Help us celebrate and raise funds for our local
Special Olympics athletes

Join us to watch local law enforcement leaders "stranded" on the roof of Fred Meyer to draw awareness and raise donations for our local athletes

New this year!!! Try your hand at soaking an officer.



Back to school backpacks will be lowered from the roof for the first 150 kids attending the event. Goodie bags will also be lowered down for kids.

Multiple raffles. Drawings will be conducted at 6pm.

Need not be present to win.

[All donations received will go to local athletes](#)

DATE: August 15, 20234 TIME: 12 p.m. - 6 p.m.

LOCATION: Fred Meyer; 201 S. Water St.

Cop on Top Is Brought To You By Law Enforcement of Kittitas County in
partnership with Fred Meyer



2024 COP ON TOP RAFFLES!!!

\$5.00 RAFFLE TICKET PRIZES

- GIFT CERTIFICATE FOR 50 GALLONS OF FUEL (GAS/DIESEL)

DONATED BY A-1 PETROLEUM



- 11 FT. INFLATABLE PADDLE BOARD WITH ACCESSORY BAG, LEASH, PADDLE, & TWO-WAY HAND PUMP

DONATED BY TWIN PINES DRIVE IN



\$1.00 RAFFLE TICKET PRIZES

- OUTDOOR PACKAGE (TWO CHAIRS & COOLER)
- 5, FIVE GALLON PROPANE RE-FILLS

- RAFFLE DRAWINGS WILL BE HELD AT 6:00 PM
- NEED NOT BE PRESENT TO WIN

Cop on Top Is Brought To You By Law Enforcement of Kittitas County in partnership with Fred Meyer

UKC Fun in the Sun Event

FUN IN THE SUN
WITH NONPROFITS
SERVING UPPER
COUNTY!

Saturday, August 17th 11am-1pm
Cle Elum Skateboard Park

Join us in celebration of
National Nonprofit Day!
Come for free live music,
drinks, hot dogs, yoga, games,
prizes, and more.

509-674-7530

509 Teens Back to School Event



International Overdose Awareness Day

INTERNATIONAL OVERDOSE AWARENESS DAY

SAVE THE DATE

WEDNESDAY AUGUST 28th, 2024

1:00 p.m. to 4:00 P.m.

Hal Holmes Community Center


*Join us to hear from community
members and receive resources*



SATURDAY AUGUST 31, 2024

*Raise awareness and commemorate those who
have been lost to overdose in the Rodeo Parade*

 info@healthierkittitas.org

 509-933-7544

Visit healthierkittitas.org
for the latest updates!

Blood Pressure Workshop

High Blood Pressure: the silent KILLER

This workshop aims to raise awareness, provide education, and empower the Latinx community in Walla Walla and College Place, as well as nine surrounding counties, to take proactive steps towards managing and preventing high blood pressure.

By: Josue Reyes, ARNP

Josue Reyes ARNP was born in Panama City, Panama and moved to the United States at six years old. He attended Walla Walla Community College obtaining an Associates degree in nursing and general studies transfer degree. Completed Bachelor's degree of Science in Nursing at Washington State University. He continued his education at WSU earning a Master's degree in nursing as a Family Nurse Practitioner in 2009. Served the Walla Walla community for over 15 years having practiced medicine at Adventist Health Medical Group, the Walla Walla Clinic, SOS Health Services, and Park Manor/Regency rehabilitation and skilled nursing facilities with a focus in family, internal, and geriatric medicine primary care. He recently started an independent private pay mobile medicine practice-Walla Walla Mobile Care which evaluates and treats patients in their own homes or offices.

In Person and Zoom

When: August 29, 2024
Where: In person: 255 SE Larch Ave. College Place, WA
Online via Zoom (scan the QR code)
Time: 6pm-7pm

Contact:

Teodora Moreno Guzman | teodora@healthierkittitas.org
Fatima Andraca | fatima@healthierkittitas.org
Socorro Garcia | socorrog@firstfruits.com
Judith Jackson | judith@centerforlatinoleaders.org
Deanna Martinez | deadeanna@centerforlatinoleaders.org
Ariana Acosta | aryta.acosta@gmail.com
Maria Remington | nremington@greaterhealthnow.org



La Presión Arterial Alta Un Asesino Silencioso

Este taller tiene como objetivo crear conciencia, brindar educación y empoderar a la comunidad latina en Walla Walla y College Place, así como a nueve condados circundantes, para tomar medidas proactivas para controlar y prevenir la presión arterial alta.

By: Josue Reyes, ARNP

Josue Reyes ARNP nació en la Ciudad de Panamá, Panamá y se mudó a los Estados Unidos a los seis años. Asistió a Walla Walla Community College obteniendo un título asociado en enfermería y un título de transferencia de estudios generales. Completó su Licenciatura en Ciencias de Enfermería en la Universidad Estatal de Washington. Continuó su educación en WSU y obtuvo una maestría en enfermería como enfermero practicante de familia en 2009. Sirvió a la comunidad de Walla Walla durante más de 15 años y ejerció la medicina en Adventist Health Medical Group, la Clínica Walla Walla, SOS Health Services y Park Manor./Rehabilitación de regencia y centros de enfermería especializada con un enfoque en atención primaria de medicina familiar, interna y geriátrica. Recientemente inició una práctica de medicina móvil, privada e independiente: Walla Walla Mobile Care, que evalúa y trata a los pacientes en sus propios hogares u oficinas.

En Persona y En Zoom

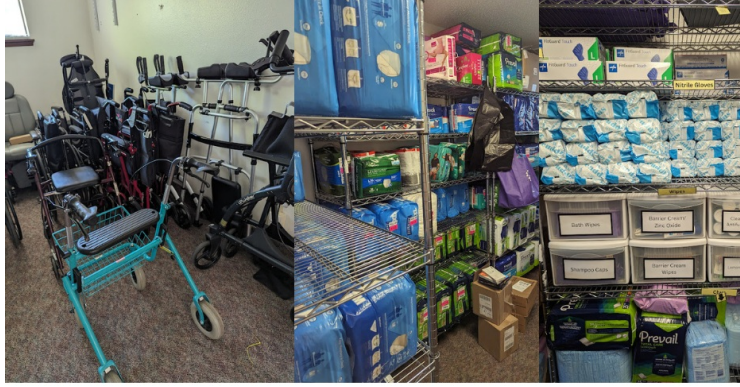
Cuando: August 29, 2024
Donde: En Persona: 255 SE Larch Ave. College Place, WA
En Línea a Través de Zoom (escanea el código qr)
Hora: 6pm-7pm

Contactarse Con:

Teodora Moreno Guzman | teodora@healthierkittitas.org
Fatima Andraca | fatima@healthierkittitas.org
Socorro Garcia | socorrog@firstfruits.com
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Maria Remington | nremington@greaterhealthnow.org



Hearts and Hands Services Still Helping Our Community



HEARTS & HANDS: A SERVICE PROVIDED BY KITTITAS COUNTY HEALTH NETWORK

Who We Are

We provide peace, comfort and support to the most vulnerable population in Kittitas County. This includes those suffering from a chronic illness, disability, the frail elderly, and those with short term medical needs. We provide these services to anyone in Kittitas County, regardless of income, free of charge.



Our Office Locations

UPPER COUNTY

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

LOWER COUNTY

302 E 2nd Ave
Ellensburg, WA 98926
509-968-5117
Mon-Fri 8 am-4 pm

Learn More

healthierkittitas.org
509.933.7544
info@healthierkittitas.org



What We Offer

MOBILITY AID LENDING LIBRARY:

- Wheelchairs (all types)
- Transport chairs
- 2 wheel walkers
- 4 wheel walkers
- Crutches
- Cane (single point, 3-point, 4-point)
- Knee scooters
- Bedside commodes
- Commode buckets
- Toilet risers
- Toilet safety rails
- Shower chairs
- Shower bench
- Stools
- Bed sheets
- Washable bed pads
- Bibs
- Hospital gowns
- Blankets
- Shoe horns
- Gait belts
- Sock aids

We ask that all equipment borrowed be returned to KCHN after use. This helps us continue to serve our community.

INCONTINENCE SUPPLIES:

- Pull-Ups: small -2XL
- Tabs: small -2XL
- Bladder Pads: Uni and Female
- Chux (Disposable Bed Pad)
- Wipes
- Gloves: M-L
- Barrier cream
- Barrier wipes
- Shower caps
- Shampoo caps
- Cleansing spray
- Dentips (mouth swabs)
- Lemon Glycerin mouth swabs

Incontinence Supplies are limited to 2 visit per month with a maximum of 2 packages of each item monthly.

NUTRITIONAL SUPPLEMENTS:

All Nutrition Clients must have physician clearance prior to receiving supplies.

- Ensure chocolate 24/case
- Ensure Vanilla- 24/case
- Ensure strawberry- 24/case
- Glucerna chocolate- 24/case
- Glucerna strawberry- 24/case

Nutritional Supplies are limited to 2 visits per month with a maximum of 2 cases monthly. Subject to availability.

ACEs & Resiliency Facilitator Training



ACEs or Adverse Childhood Experiences are circumstances in early life that have been shown through research to affect the body and brain, leading to widespread impacts on health across the lifespan. The Kittitas County Health Network ACEs & Resiliency Training Program aims to increase knowledge of ACEs in the community to improve our community's capacity to prevent, address, and recover from ACEs.

We are seeking professionals and community members from all sectors to become facilitators of ACEs & Resiliency training and to spread awareness within their networks.

Training includes:

- 5 hour self-paced virtual training on the role of ACEs and Trauma in Substance Use Disorder
- Training license through Overdose Lifeline
- 1 hour synchronous training on facilitation
- Ongoing learning resources, cohort support, and guidance

Requirements:

- Commit to facilitating 2 trainings per year until 2026
- Attend monthly meetings of the ACEs & Resiliency Collaborative

Anticipated to start September 2024

For more information email info@healthierkittitas.org



988 Suicide & Crisis Lifeline

THE MYTH

Mental health issues are a result of personality weakness or character flaws, and people can "snap out of it" if they try hard enough.

THE TRUTH

Mental health conditions have nothing to do with being lazy or weak. Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

988
SUICIDE & CRISIS
LIFELINE

Eastside Opportunity Center

Eastside Opportunity Center

New Offerings this Month!

- Time Change for Monday Cooking Class: 2- 4 pm
- Added: Sunday Afternoon Cooking Planning Group 5-6:30 pm
- Computer Groups
- Kreative Kats Vocational Project

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 2:00-4:00 pm Skills Sampler	8	9 Vocational Project 2 pm-4 pm Kreative Kats	10 1:00-3:30pm Drop In
11 Cooking Planning Group 5-6:30 pm	12 What's Cooking? 12- 2 pm Computer Group 2-5 pm	13	14	15	16 Game Night-- -Board or video games 2:00- 4 pm	17
18	19	20	21 2:00-4:00 pm Sewing	22	23 11 AM Computer-OS Basics Kreative Kats Project 2 pm-4 pm	24 1:00-3:30 pm Drop In
25 Cooking Planning Group 5-6:30 pm	26 What's Cooking? 12-2 pm Computer Group 2-5pm	27	28	29 Fair Opens	30 Fair and Rodeo	31 9:30 am Rodeo Parade Downtown Fair and Rodeo

Location: 210 N Ruby St. Classroom 1 Ellensburg, WA 98926 (United Methodist Church)

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



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**

Homeless Survey

Your input is needed to help shape Kittitas County's 5-year plan to address homelessness. Your insights are invaluable in guiding our efforts to support those in need and create effective solutions. Please take a few minutes to complete this brief survey.

Help Shape Our Community's 5-Year Homelessness Plan

Your Voice Matters!

We need your input to develop a comprehensive 5-year plan to address homelessness in our community. Your feedback is crucial in guiding our efforts to support those in need and create effective solutions.



**Scan the QR
Code or Visit:**

www.surveymonkey.com/r/P7H5V3B

For More Information Contact: Brittany Bouchouari, bbouchouari@hopesource.us
Thank you for your participation and commitment to our community!

English Survey

Ayúdenos a crear nuestro plan comunitario para la falta de vivienda de 5 años

¡Su voz es importante!

Necesitamos su participación para desarrollar un plan integral de 5 años para abordar la falta de vivienda en nuestra comunidad. Sus comentarios son cruciales para guiar nuestros esfuerzos para apoyar a aquellos que lo necesitan y crear soluciones eficientes.



**Escanee el
código
QR o visite**

www.surveymonkey.com/r/P7H5V3B

Para más información, póngase en contacto con:
Brittany Bouchouari, bbouchouari@Hopesource.us
¡Gracias por su participación y compromiso hacia nuestra comunidad!

Spanish Survey

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!



KITTITAS COUNTY Health Network
EMAIL: INFO@HEALTHIERKITTITAS.ORG
HEALTHIERKITTITAS.ORG

KCHN Team News



Thank you Tiffini!

We want to thank Tiffini Hawkins, for all her amazing work as a Pediatric Care Coordinator at the Kittitas County Health Network! We're excited for her next role at Seattle Children's and all the incredible opportunities she has to support the youth within Kittitas County.

STAY CONNECTED WITH KCHN

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