



Kittitas County Health Network's August 2026 Newsletter



International Overdose Awareness Day

AUGUST
MON **31** 2026

1-3 PM AT
MOUNTAIN VIEW PARK
IN ELLENSBURG

Join us in commemorating
community members and
loved ones impacted
by overdose.

This is a global day of
remembrance that provides
tools, resources, and a space
for people to honor those
we've lost and drive
community change.

**25 YEARS ON.
STILL NEEDED.**



KITTITAS COUNTY
Health Network



Kittitas County
Public Health
Department



Peers
Rising

Comprehensive
HEALTHCARE

healthierkittitas.org



KITTITAS COUNTY
Health Network



August Workgroups Meeting Reminders

Leadership Council

Wednesday, August 12th online at 9:30 am

Zoom Link: <https://zoom.us/j/96791509911>

Board of Directors

None this month.

Combined Health Equity AND Community Resource Workgroup*

CORRECTED FROM PREVIOUS EMAIL

Thursday, August 20th at **in person at IOOF Lodge** from 12 pm to 1:30 pm
(307 N Pine Street in Ellensburg)

Growing Strong Together Workgroup

None this month.

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals



Greater
Health
Now

CARE COORDINATION PROGRAM



KITTITAS COUNTY
Health Network

The KCHN Care Coordination Program works with healthcare and social service providers to improve the physical, social, and behavioral health of community members. Care Coordinators prioritize client voice, whole-person support, and warm hand-offs.

HOW IT WORKS

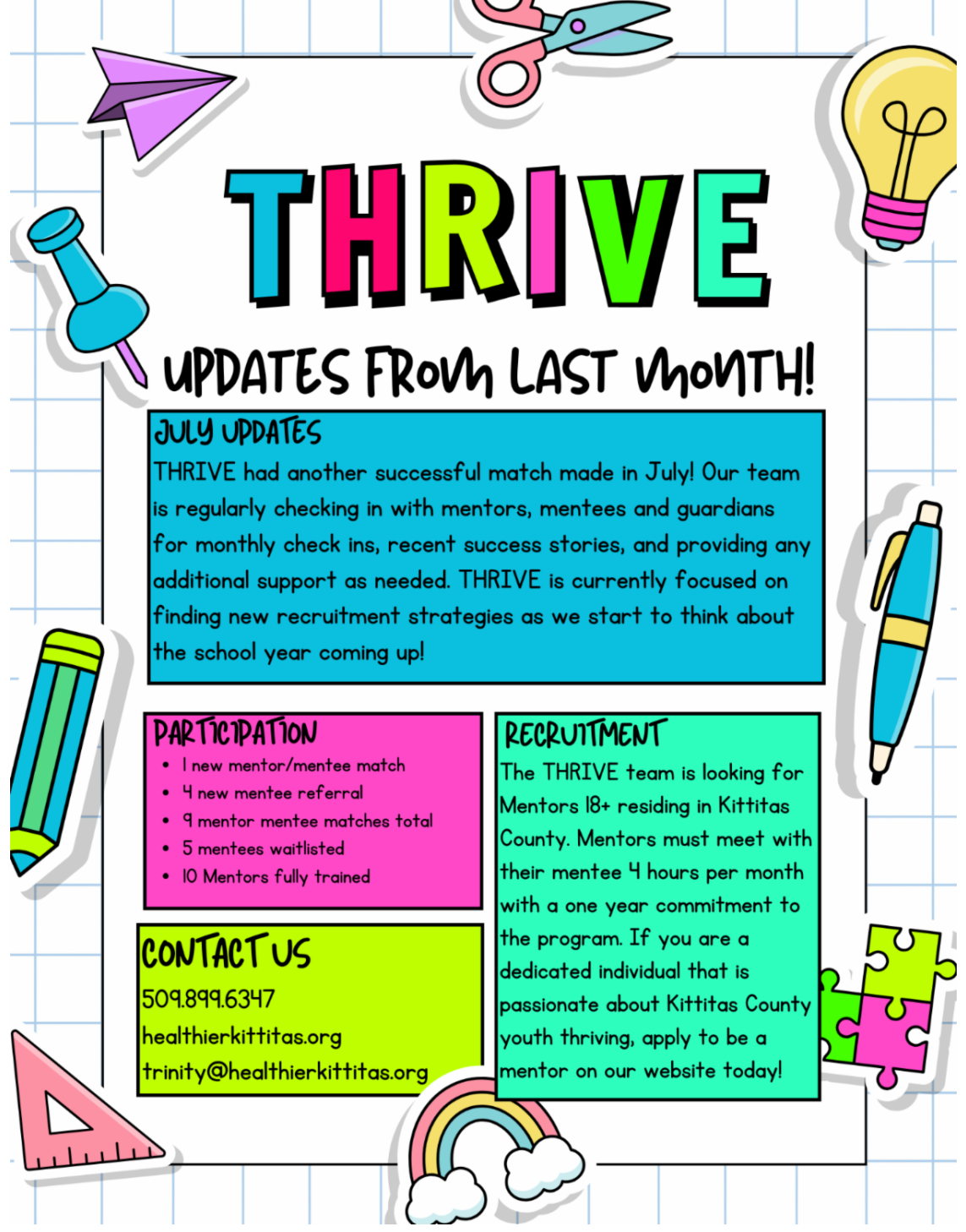
To refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral through our website at **healthierkittitas.org**



Or call us directly at:
509-201-1145

Make a Referral

THRIVE Youth Mentoring Updates



THRIVE

UPDATES FROM LAST MONTH!

JULY UPDATES

THRIVE had another successful match made in July! Our team is regularly checking in with mentors, mentees and guardians for monthly check ins, recent success stories, and providing any additional support as needed. THRIVE is currently focused on finding new recruitment strategies as we start to think about the school year coming up!

PARTICIPATION

- 1 new mentor/mentee match
- 4 new mentee referral
- 9 mentor mentee matches total
- 5 mentees waitlisted
- 10 Mentors fully trained

RECRUITMENT

The THRIVE team is looking for Mentors 18+ residing in Kittitas County. Mentors must meet with their mentee 4 hours per month with a one year commitment to the program. If you are a dedicated individual that is passionate about Kittitas County youth thriving, apply to be a mentor on our website today!

CONTACT US

509.899.6347

healthierkittitas.org

trinity@healthierkittitas.org

A Community Conversation on Homelessness

KITTITAS COUNTY HEALTH NETWORK PRESENTS

A COMMUNITY CONVERSATION ON HOMELESSNESS



JOIN THE DISCUSSION TO STRENGTHEN OUR COMMUNITY.

***Open
to the
public,
all are
welcome.***

THURSDAY

**AUG
20TH**

IOOF LODGE
307 N.
PINE ST

12 TO 1:30PM

Hosted by:

**JOSEPHINE
ENSIGN**

*Professor Emeritus at the
University of Washington*

Josephine is an accomplished
speaker and workshop
facilitator on homelessness,
helping people gain a deeper
understanding of the effects of
health and social policies on
all of us.

For more information:
HEALTHIERKITTITAS.ORG



KITTITAS COUNTY
Health Network

Adopt a Student at Jerrol's

ADOPT ^A STUDENT

2026

DONATE TO
HELP LOCAL
STUDENTS
START THE
SCHOOL YEAR
WITH THE
SUPPLIES THEY
NEED.



[Learn More Here](#)

KCPHD Resources

WHAT IS AN OPIOID OVERDOSE?

Opioids affect the central nervous system and will slow breathing, blood pressure, heart rate, and lower body temperature. This can cause an individual to become unresponsive and stop breathing. An overdose may look like someone is falling asleep. There is a drug called Naloxone that can reverse an opioid overdose.

NALOXONE AND OVERDOSES

Naloxone is not addictive and is safe to use on anyone who may be experiencing an opioid overdose. It will not work on other types of overdoses. Naloxone does not last long, therefore 911 needs to be called. Anyone can carry Naloxone in Washington State.

WHERE CAN I GET NALOXONE?

Naloxone is available locally at no charge to the public through KCPHD and at the Ellensburg SSP location. It can also be purchased at any pharmacy. To get free Naloxone mailed to your home, visit: <https://phra.org/mail-order-naloxone>

NEVER USE ALONE HOTLINE

1 (877) 696-1996



507 N. Nanum St, Suite 102
(509) 962-7515

Mission:

To protect and promote the health and the environment of Kittitas County.

PUBLIC HEALTH RESOURCES AND MEDICATION DISPOSAL IN KITTITAS COUNTY

Updated June 2026

¿QUÉ ES UNA SOBREDOSIS DE OPIOIDES?

Los opioides afectan el sistema nervioso central y causan respiración lenta, presión arterial, latidos del corazón y disminución de la temperatura corporal. Esto puede hacer que la persona pierda la respuesta y deje de respirar. Una sobredosis puede tener la apariencia de que alguien se está quedando dormido. Existe un medicamento llamado Naloxona que puede revertir una sobredosis de opioides.

NALOXONA Y SOBREDOSIS

La naloxona no es adictiva y es segura para cualquiera que esté sufriendo una sobredosis de opioides. No funcionará en otros tipos de sobredosis. Naloxona no dura mucho tiempo, así que llámé al 911. Cualquiera puede ser portador de Naloxone en el estado de Washington.

¿DÓNDE PUEDO CONSEGUIR NALOXONA?

La naloxona está disponible localmente sin coste para el público a través de KCPHD y en la sede de la SSP de Ellensburg. También se puede comprar en cualquier farmacia. Para recibir Naloxona gratis en su casa, visita: <https://phra.org/mail-order-naloxone>

NUNCA USAR SOLO LÍNEA DIRECTA

1 (877) 696-1996



507 N. Nanum St, Suite 102
(509) 962-7515

Misión:

Proteger y promover la salud y el medio ambiente del condado de Kittitas.

RECURSOS DE SALUD PÚBLICA Y ELIMINACIÓN DE MEDICAMENTOS EN EL CONDADO DE KITTITAS

Actualizado junio de 2026

ACES Training



Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that impact health and well-being. ACEs are common and affect entire communities. When we know about ACEs, we can all play a role in reducing the harmful impacts of early adversity.

By taking this FREE 90 minute training, individuals, businesses, and organizations can learn:



How ACEs impact health and behavior



How to help promote resilience



How to provide trauma-informed care



KITTITAS COUNTY
Health Network

**All are welcome! To request a training, email: info@healthierkittitas.org.
healthierkittitas.org**

SHIBA Workshops

Welcome to Medicare!

Join us for a free, unbiased workshop all about Medicare!



Wednesday, September 16th 2-4 PM
at the
Ellensburg Adult Activity Center
506 S Pine St in Ellensburg

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.



To register, email: morgan@healthierkittitas.org

 509.794.1569

LEARN ABOUT **YOUR** MEDICARE BENEFITS

Join Us for a Free Virtual Presentation
September 23 | 6 - 8pm



What We'll Cover:

Medicare Parts A, B, C, and D

Your Medicare benefits and options

How to avoid Medicare fraud

*Scan the code, or visit
bit.ly/45aMmky to register.*

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



Hope University Workshops

Hope University Workshops

August
2026



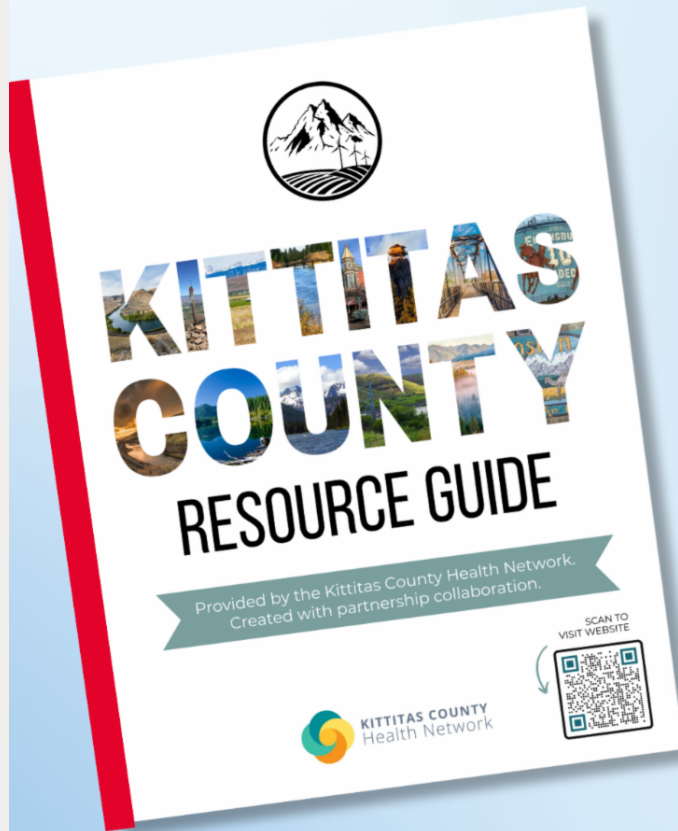
AUG 3	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
AUG 5	2-3PM	Rent 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
AUG 10	2-3PM	Transit Guide	Located at WorkSource, 1100 W University Way, Ellensburg, WA
AUG 12	2-3PM	Savvy Shopper Seminar	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
AUG 17	12-1PM	Transit Guide	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
AUG 17	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
AUG 24	2-3PM	Managing Your Money	Located at WorkSource, 1100 W University Way, Ellensburg, WA
AUG 26	2-3PM	Habits for Workplace	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
AUG 27	3-4PM	Transit Guide	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
AUG 31	2-3PM	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.



Kittitas County Resource Guide

Find available resources in Kittitas County with the Kittitas County Resource Guide website. Available to download and search in multiple languages, the Kittitas County Resource Guide is your one-stop shop for all community resources.



Scan here to
visit the
Resource Guide
website.



kittitascountyresources.org



Encuentra recursos disponibles en el condado de Kittitas con el web de la Guía de Recursos del Condado de Kittitas. Disponible para descargar y buscar en varios idiomas, la Guía de Recursos del Condado de Kittitas es tu centro integral para acceder a todos los recursos comunitarios.



CONDADO DE KITTITAS
GUÍA DE RECURSOS

Provisto por la Red de Salud del Condado de Kittitas. Creado en colaboración con socios.

ESCANEA PARA VISITAR EL SITIO WEB

KITTITAS COUNTY Health Network

Línea de crisis por texto
Mensaje de Texto: Envía HOME al 741741 |
Sitio web: crisistextline.org

KITTITAS COUNTY RESOURCE GUIDE

ROPA

SERVICIOS PARA DISCAPACITADOS

EDUCACIÓN

ES

Escanea aquí para visitar el sitio web de la Guía de Recursos.



kittitascountyresources.org

KITTITAS COUNTY Health Network

[Visit the Resource Guide Here](https://kittitascountyresources.org)

Upper Kittitas County Senior Center
August Newsletter



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991

 **2026
AUGUST**

Sunshine, summer fun, and plenty to look forward to! Join us this August for exciting programs, activities, and special events.

CENTER ACTIVITIES

Monday

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

Tuesday

- 8:00-10:00 Ham Radio
- 9:00-12:00 Bridge
- 9:30-10:30 Tech Support
- 10:00-12:00 VSO drop-in (1st & 3rd)
- 1:30-2:15 Gentle Chair Yoga & Balance
- 2:30-4:30 Mahjong

Wednesday

- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:30 Woodworkers Club
- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-12:30 Games
- 12:00 Blood Pressure Checks
- 12:00-1:15 Kiwanis (1st & 3rd)
- 1:00-2:00 Memory Cafe (1st & 3rd)

Thursday

- 9:30-11:30 Craft Club
- 11:00 - 12:00 Healing Breath & Meditation
- 12:00-3:00 Pinochle
- 12:30-2:00 Grief Support (Aug 20)
- 2:00-3:00 Writer's Workshop (Aug 6 cxld)

Friday

- 9:00-10:00 Exercise (Jumping Jaws)
- 1:00-2:00 Show & Tell & Treats (3rd)

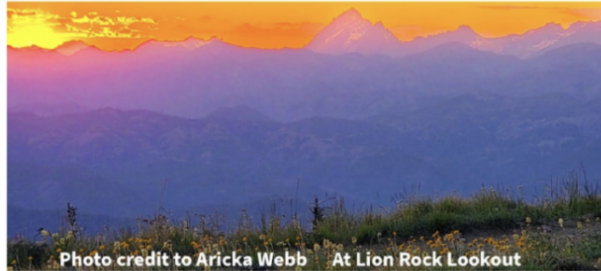


Photo credit to Aricka Webb At Lion Rock Lookout

August brings creativity, friendly competition, and community celebration to the Senior Center.

Join us August 6 at 1:00 pm for the Anniversary Ribbon Cutting, Putnam Garden Dedication, and appetizers. We hope you'll stay for the **Annual Member Meeting** at 2:00 pm for updates on the Center.

The month begins with the **Senior Games All-Volunteers Meeting on August 3** at 5:00 pm.  **First Thursday Craft Class on August 6** will feature paper mache flowers, and families are invited to enjoy a free **Magic Show for kids on August 11.**

The **Senior Games will be held August 13 through 15**, beginning with the Opening Ceremony and continuing with games, activities, and friendly competition. The event concludes with the **Closing Ceremony on August 15** from 4:00 - 5:00 pm. Registration information is included inside the newsletter.

You can also enjoy **Healing Breath & Meditation Thursday (August 13, 20, 27)** from 11:00 a.m. to noon, along with your favorite ongoing programs and activities.

We look forward to seeing you at the Annual Member Meeting and the Senior Games!

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

director@ukcseniorcenter.org

Website: <https://ukcseniorcenter.org/>

Facebook Group: [//www.facebook.com/ukcsc.centennial.center](https://www.facebook.com/ukcsc.centennial.center)



LOCATION & HOURS

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

Hours: Monday - Friday between 8:00 am - 2:00 pm

Meals served:

- Breakfast 8:00 am - 10:00 am
- Lunch 11:30 am - 1:00 pm

Newsletter Circulation 1,250+

READ MORE

Donate to KCHN

DONATE TO

the Kittitas County Health Network

Your support and contributions will enable the Kittitas County Health Network to meet our continued goal of making Kittitas County a healthier place to live for all!



**DONATE
HERE**



KITTITAS COUNTY
Health Network
healthierkittitas.org

Donate Here

Peers Rising

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

August 2026

Office Hours Mon - Fri : 9am - 4pm
116 W 3rd Ave, Unit 100, Ellensburg, WA 98926



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 HARM REDUCTION PRESENTATION 12-3PM	6 OFFICE CLOSED	7	8
9	10	11 PEERS & PUZZLES 12-1:30PM DND NIGHT 6PM - 8:30PM	12 ASK-A-DOULA & CHILD BIRTH EDUCATION 2-4PM	13 Crochet with Purpose 5:45-7 pm	14	15
16	17 Transit Guide 12-1PM	18 <i>Feelin' Crafty</i> 12-1pm	19 ASK-A-DOULA & CHILD BIRTH EDUCATION 2-4PM	20 TELEBUPE PRESENTATION 2-3PM	21 BINGO 5-7PM	22
23	24	25	26 ASK-A-DOULA & CHILD BIRTH EDUCATION 2-4PM	27 Transit Guide 3-4pm	28	29
30 OFFICE CLOSED 12-4PM	31					

ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE PEERS RISING ELLENSBURG OFFICE



STAY CONNECTED WITH KCHN

[Visit the KCHN Website Here](#)





Try email marketing for free today!