

Kittitas County Health Network's December 2025 Newsletter



From all of us at the Kittitas County Health Network

KCHN Workgroup Meeting Reminders



December Workgroups Meeting Reminders

Leadership Council and all workgroup meetings have been cancelled for the month of December.

We hope you enjoy the holidays!

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals





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 healthierkittias.org





Or call us directly at: 509-201-1145

Make a Referral Here

Giving Tuesday - Santa is Coming to Town!





Book Santa Photos Here

SAVE THE DATE | Tree of Love - Dec. 17th



WEDNESDAY, DECEMBER 17TH

At the Odd Fellows Ballroom located at 307 N Pine St. in Ellensburg

MARK YOUR CALENDARS NOW TO JOIN US FOR A REMEMBRANCE CELEBRATION OF THOSE WE HAVE LOST OVER THE PAST YEAR. THIS IS AN OPPORTUNITY TO HONOR LOVED ONES WITH FRIENDS, FAMILY, AND OUR COMMUNITY.





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Cashmere Valley Bank

SOGIE Safe Space Training 101



KITTITAS COUNTY Health Network

- Gender,
- Identity, and
- **E**xpression
- Language dos and don'ts
- Understanding microaggressions
- How to be an ally
- & More!

Coat Drive

Chelenhouseellensburg fiscal project of CascadiaNow!











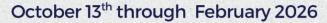






COAT DRIVE







COAT PICK-UP LOCATIONS

APOYO

509.201.1820 Monday-Friday 9am to 4pm



Syringe Service Program - Public Health Department Harm Reduction Tuesdays & Thursdays 9am-12pm and 1-5pm 210 N. Ruby St, Ellensburg (United Methodist Church, Courtyard Classroom 9)



1100 W. University Way, Ellensburg Monday-Friday 8am-5pm























DONACIÓN DE ABRIGOS





13 Octubre a Febrero 2026

LUGARES DE RECOGIDA DE ABRIGOS

APOYO

509.201.1820 Lunes a Viernes 9am to 4pm

Syringe Service Program - Public Health Department Harm Reduction Martes y Jueves 9am-12pm y 1-5pm 210 N. Ruby St, Ellensburg (United Methodist Church, Courtyard Classroom 9)



1100 W. University Way, Ellensburg Lunes a Viernes 8am-5pm



















COAT DRIVE

October 1 - February 28th

We are accepting all sizes of new and gently used coats (**no** hats, gloves, scarves, etc.) to help keep our Kittitas County neighbors warm this winter.

DONATION DROP-OFF LOCATIONS

Kittitas County Commissioners Office 205 W. 5th Avenue Suite 108, Ellensburg Monday-Friday 8am to 4pm

Community Health of Central Washington 521 E. Mountain View Avenue, Ellensburg Monday-Friday 7am to 5:30pm

healthierkittitas.org



















RECOLECCIÓN





1 Octubre - 28 Febrero

Aceptamos de todos los tamaños de abrigos nuevos y usados (**No** aceptamos gorros, guantes, bufandas, etc.) todo debe estar en buen estado, para ayudar a mantener calientes a nuestros vecinos del condado de Kittitas.

LUGARE DE ENTREGA DE DONACIONE

Kittitas County Commissioners Office 205 W. 5th Avenue Suite 108, Ellensburg lunes-viernes 8am to 4pm

Community Health of Central Washington 521 E. Mountain View Avenue, Ellensburg Monday-Friday 7am to 5:30pm

healthierkittitas.org



Kittitas County Early Learning Coalition



Kittitas County Resource Guide

Find available resources in Kittitas County with the NEW 2025 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.



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Visit the Resource Guide Here

SHIBA Open Enrollment Information



Medicare open enrollment is Oct. 15- Dec. 7 The SHIBA program can help you review your options

Medicare's annual open enrollment period starts Tuesday, Oct. 15 and runs through Saturday, Dec. 7. The Office of the Insurance Commissioner's Statewide Health Insurance Benefits Advisors (SHIBA) program can help you review your plan options.

Open enrollment is the time to review your current coverage and decide if there are better options for you based on changes to your current plan, your budget or your health needs. If you think you want to make a switch or if you've been notified that your plan is discontinued, start reviewing your options now.

If you received a letter that your Medicare Advantage plan is leaving, open enrollment is the time to shop for new coverage. You can select either a new Medicare Advantage plan or a Medigap plan and if you need prescription drug coverage, you'll need to get Medicare Part D plan.

"Navigating Medicare options can be overwhelming," says Insurance Commissioner Mike Kreidler. "But it's best to start early. Look over your plan information today and contact our trained SHIBA volunteers in your community. They're ready to answer your questions and help you find a plan that meets your needs. I encourage everyone to take advantage of this free, unbiased service we offer," said Kreidler.

For more than 45 years, SHIBA has provided free, unbiased and confidential help with Medicare and other health care options to people of all ages and backgrounds.

Medicare is not a one-size fits all program and everyone's needs are different. Follow these tips:

- Plan costs and coverage can change every year, so review and keep all letters and notices your current plan sends you.
- List all the current prescription drugs you take, the doses and how often. Then, use the Plan Finder at <u>www.medicare.gov</u> to compare Part D plans.
- Review the 2025 Medicare & You handbook or download a copy at www.medicare.gov/publications/10050-medicare-and-you.pdf
- If you have questions, call us at (509) 794-1569 before you sign up.
- Attend an online SHIBA webinar or find a counseling clinic in your area -- check out our online events
 calendar at www.insurance.wa.gov/medicare-counseling-and-events-calendar.

To schedule your counseling appointment with a SHIBA volunteer, Monday through Friday, call us locally at (509) 794-1569 and ask to speak with a SHIBA volunteer.



Find More Medicare Info Here

THRIVE Youth Mentoring

Youth Mentoring

TRUSTED HEALTHY RESILIENT INSPIRED VALUED EMPOWERED

Discover the power of mentoring!

THRIVE is dedicated to shaping Trusted, Healthy, Resilient, Inspired, Valued, and Empowered youth to influence safe and supportive environments in Kittitas County.

- 1:1 Community-Based Mentoring
- · Create goals & relationships
- Regularly scheduled fun events with peers & other mentors!
- Youth ages 8-18
- Mentors must be 21+

CONTACT US

- **509.925.5246**
- **® @thrivementoring.eburg**
- trinity@healthierkittitas.org

Looking

for Mentors &



Learn More Here

ACES Training



Adverse Childhood Experiences (ACEs) are circumstances in childhood that can have lifelong impacts on an individual's health and well-being. By learning about ACEs, we can improve our community's ability to prevent, treat, and recover from trauma and its effects. Join us to learn about:

- Adverse Childhood Experiences and trauma
- The impacts on health and wellbeing
- The relationship between ACEs and substance use disorder
- How to prevent ACEs
- How to provide trauma-informed care



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



Upper Kittitas County Senior Center December Newsletter



Upper Kittitas County SENIOR CENTER Senior & Community Center

Serving Older Adults and the Community Since 1991



Welcome to December! Enjoy a month filled with programs, events, and holiday cheer at the Center.

CENTER ACTIVITIES

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

Tuesday

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

Wednesday

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

Thursday

- 9:30-11:30 Craft Club
- 12:00-3:00 Pinochle
- 1:00-2:30 Living with Change (1st & 3rd)*
- 2:00-3:00 Writer's Workshop

Friday

- 9:00-10:00 Exercise (Jumping Jaws)
- *Updated dates for December



Welcome to December-and to our final newsletter of 2025!

Join us for our annual Holiday Bazaar on Saturday, Dec. 6! Browse a wonderful selection of handmade crafts and unique gifts created by local artisans.

Our featured craft is Holiday Wreath Making (Dec 4), a fun way to get creative and celebrate the season. There will also be a woodworking coaster-making class, three classes starting on Dec. 3 (see pg. 7 for details).

Our new weekly programs will occur in December and continue into 2026: Guided Meditation on Tuesdays, Memory Café on Wednesdays, and Living with Change - Together Through Transitions on Thursdays (Dec 4 & 18). This month, chair massage will be offered once (Dec 11), and Foot Care will be available three times (Dec 8, 15 & 22nd) - sign up at the Center. These programs are made possible through the Kittitas County Public Health grant.

PSE will host an information table on Dec. 17 to answer questions and share tips for reducing your winter power bill. Please note: The Center will be closed on Christmas Day, December 25.

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

director@ukcseniorcenter.org

Website: https://ukcseniorcenter.org/

Facebook Group: //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
- 11:30 am 1:00 pm

READ MORE

Donate to KCHN



Donate Here

Peers Rising

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

December 2025

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

Monday 1 8	Tuesday 2 9 PEERS & PUZZLES	Wednesday 3	Thursday 4	Friday 5 BINGO 5-7PM	Saturday 6
8	9		11	BINGO 5-7PM	
8	1.	10	11	10	10
	12-1:30рм		Crochet with Purpose 5:45-7 pm	12	13 509Teens © The Shop Teen Center 3-6pm
15	16	17	18	19 GANG AWARENESS LUNCH & LEARN 1-2PM Jolly Jamboree 3-7pm	Gingerbread
22	23	CHRISTMAS EVE OFFICE CLOSED	25 MERRY CHRISTMAS OFFICE CLOSED	26	27
29	30	31			
-	29	29 30	OFFICE CLOSED 29 30 31	OFFICE CLOSED OFFICE CLOSED 29 30 31	22 23 24 CHRISTMAS 25 MERRY CHRISTMAS OFFICE CLOSED OFFICE CLOSED

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





Try email marketing for free today!