



Kittitas County Health Network's February 2025 Newsletter



WE LOVE YOUR SUPPORT

thank you

FROM THE ENTIRE



TEAM

KCHN Semi Annual Meeting Reminder

Reminder

Semi Annual Meeting

WEDNESDAY, MARCH 12, 2025

The KCHN Semi-Annual meeting to **Wednesday, March 12, 2025**. Please save this date on your calendars. More meeting details will follow.

KCHN featured on Dr. John's Radio Show



Korach Loop Antenna
ca. 1920

[LISTEN TO THE EPISODE HERE](#)

Dementia Friends Kittitas County

Dementia Friends Kittitas County



"Every time I learn more it helps me understand and be more patient with my mom."



Changing the way people think, act, and talk about dementia.

HOW DO I BECOME A DEMENTIA FRIEND?

Attend a **free** in person or virtual information session (60-90 minutes).

WHAT WILL I LEARN AT A DEMENTIA FRIENDS INFORMATION SESSION?

- What dementia is, the most common type, early signs and symptoms
- 5 key messages
- Communication tips and strategies
- Ways to take action
- Resources and support

OTHER WAYS TO GET INVOLVED:

- **Volunteer** as a Dementia Friends Champion- free training
- **Request an Information Session** for your organization, business, club, group,

CONNECT WITH US:

Regional Coordinator: Johnica Castro
johnica.castro@dshs.wa.gov
(509)965-0105, ext. 1103

Champion: Michael Hendrick
hendrick27@charter.net



FIND US ON FACEBOOK:
Dementia Friends Kittitas
<https://www.facebook.com/profile.php?id=61565540064491>



Great Turnout for Día de los Reyes Magos!



The Día de los Reyes Magos event at the Oddfellows was a huge success! Thank you to The Ellensburg Rotary Club's Literacy Committee who provided books, and Alisson Carpenter who donated face painting for the kids. We had over 45 families in attendance that received FREE toys. Thank you to Bearded Sinners of Washington, an reater Health Now

Childcare + Youth Resource Fair Success!



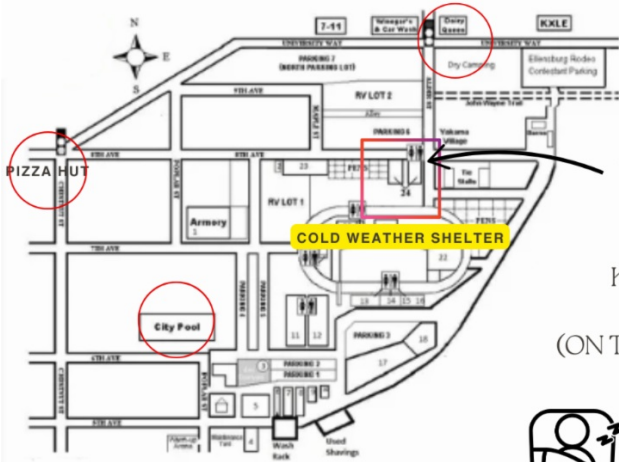
Thank you to every community partner who made the recent Resource Fair at Morgan Middle School such a success!

Cold Weather Shelter Information

SHELTER

1010 E 8TH AVE

KITTITAS COUNTY FAIRGROUNDS
WESTERN VILLAGE
(ON THE CORNER OF ALDER AND 8TH)



**NOVEMBER 15,
2024 THROUGH
MARCH 15, 2025**

7 DAYS A WEEK

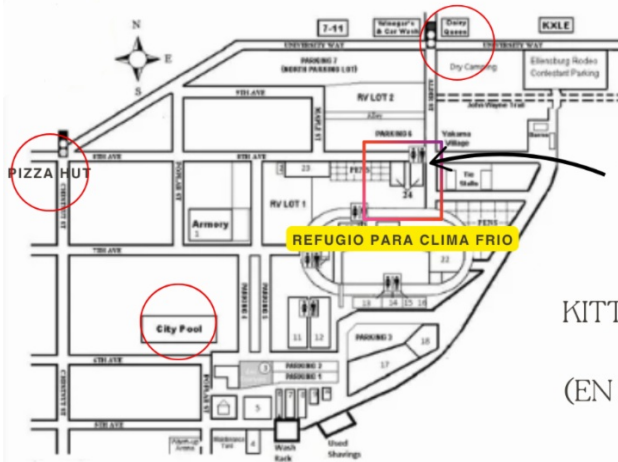
**CHECK-IN AT 6:30PM &
CHECK-OUT AT 8AM**

**SHOWERS AVAILABLE
TUESDAYS AND
THURSDAYS AT 6PM**

CONTACT THE SHELTER:
509.899.4690



REFUGIO PARA CLIMA FRIO



1010 E 8TH AVE

KITTITAS COUNTY FAIRGROUNDS
WESTERN VILLAGE
(EN LA ESQUINA DE ALDER Y 8TH)

**DEL 15 DE NOVIEMBRE, 2024
HASTA EL 15 DE MARZO, 2025**

LOS SIETE DIAS DE LA SEMANA

REGISTRO DE ENTRADA A
LAS 6:30PM Y REGISTRO DE
SALIDA A LA 8:00AM

DISPONIBILIDAD PARA
BAÑARSE LOS MARTES Y
JUEVES DE 6:00 PM



**CONTACTO DEL REFUGIO:
509.899.4690**

Upper Kittitas County Senior Center February Newsletter



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



Welcome to our February 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
- 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 FEBRUARY EDITION!

This February, the Upper Kittitas County Senior Center is excited to offer various programs to engage and connect our community. Join us for Community Talks on "Making Smart Housing Decisions for Your Golden Years" where you will gain insight on key considerations for aging in place. Check out the Foot Care and Chair Massage new February offering (FREE for current members). Further don't miss our Weekly Craft Club on Thursdays, a fun and relaxing way to get creative, meet new friends, and make something special each week. We'll also take a moment to remember Ben Goldie and honor his lasting contribution to our community through Goldie's Diner. We invite you to participate in these wonderful opportunities and make this month one to remember!

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
(Some holiday closures incl. February 17th President's Day/Washington's Birthday)

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

[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

HopeSource Individual Coaching and Workshop Courses

Finance Workshops

Managing Your Money

Students will learn how to create a budget, save money with a purpose, control spending and find ways to earn more, as well as review tactics to spend money more efficiently.

Savvy Shopper Seminar

Students will learn how to make their dollar go further. The course will teach ways to shop smarter at the grocery store and how to get more for less.

Employment Workshops

Job Quest 101

Students will learn to determine what kind of resume they need and how to put their best foot forward – both on paper and in an interview.

Habits for Workplace Success

This workshop covers the basics of how to be an employee who employers are seeking. It offers attendees soft skills training to help get, and keep, the job they want.

Other Workshops

Renting 101

This workshop goes over how to apply for rental housing, determine your budget and avoid scams.

One-on-One Coaching

One-on-one coaching sessions are available for clients to dive deeper into personal finance and budgeting, resume building and/or interview skills. Mock interviews can be scheduled to help with getting ready for a job search.



Individual Coaching
and Workshop Courses

Hope University Principles

- Meet you where you are
- Keep it positive
- Put your skills and knowledge into action

Who can participate?

These workshops are designed for anyone wishing to improve their skills in any of our educational areas. This can include high school students to senior citizens.

Upcoming Workshops

Cle Elum

Monday, February 10th 2 p.m. – 3 p.m.

Cle Elum Catalyst – 214 Pennsylvania Ave.

Managing Your Money

Ellensburg

Monday, February 24th 3 p.m. – 4 p.m.

KCRCO – 211 West 3rd Ave.

Savvy Shopper Seminar

Thursday, February 27th 3 p.m. – 4 p.m.

Ellensburg Catalyst – 312 N Pearl St.

Savvy Shoppers Seminar

Contact us at 509.925.1448 or
hopeuniversity@hopesource.us
to sign up!

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
activities including
mask making, clay
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
&



Kittitas County Recovery Community Organization



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <i>Creative Writing</i> 4:30-5:30pm	4	5	6	7	8
9	10	11 MAGIC THE GATHERING 5PM	12 KARAOKE 5-6PM	13 Crochet with Purpose 5:45-7 pm	14	15
16	17 ★ PRESIDENT'S DAY ★ OFFICE CLOSED	18 Trivia Night 5-6PM	19 509TEENS MAGIC THE GATHERING 3-6PM	20 REIKI 1-4PM (RSVP FOR TIME SLOT) 4 SESSIONS	21 BINGO 5-7PM	22
23	24 Managing Your Money 3-4PM	25 <i>Feelin' Crafty</i> 4:30-5:30pm	26	27	28 HUB AND SPOKE LUNCH & LEARN 12-1PM 509TEENS 6-8PM	

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

February 2025

NEWSLETTER

KCRCO

KITTITAS COUNTY RECOVERY
COMMUNITY ORGANIZATION



Office Updates

-KCRCO now has three offices across Kittitas County!

Ellensburg: 211 W 3rd Ave Monday-Friday 9am-4pm

Cle Elum: 214 N Pennsylvania Ave (Catalyst Co-Working Building) Tuesdays & Thursdays 10am-4pm

Kittitas: 117 N Main St (Catalyst Co-Working Building) Wednesdays 10am-4pm.

-Looking to send someone our way for services?
We now have a **referral form** located on our Website!

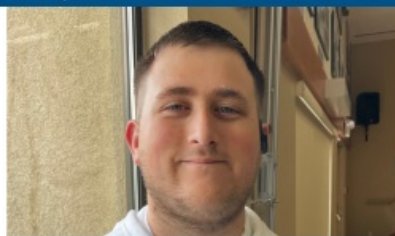
Event Updates

We have NEW events on our calendar:

Don't miss out on **Creative Writing** the 1st Monday of each month from 4:30-5:30pm in our Ellensburg office. We also brought **Trivia Night** back the 3rd Tuesday of each month from 5-6pm in our Ellensburg office.

Other Event News:

We now have Magic the Gathering for anyone 18 years old+ the 2nd Tuesday starting at 5pm in our Ellensburg office and a sepperate event for 12-17 year olds the 3rd Wednesday from 3-6pm in our Ellensburg office. Karaoke has now been moved to a quarterly event.



Josh Welshans
NOW Youth Leader



Tamyah Dabney
NEW Administrative Assistant



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 509TEENS @THE SHOP 4-6PM	3	4	5	6	7	8
9	10 Managing Your Money 2-3PM	11	12	13	14	15
16	17  PRESIDENT'S DAY OFFICES CLOSED	18	19	20	21 DISASTER PREP LUNCH & LEARN 12-1PM	22
23	24	25	26	27	28	

Event Space
 Provided by



Office Hours Tuesdays & Thursdays: 10am - 3pm
 214 N Pennsylvania Ave, Cle Elum, WA

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

STAY CONNECTED WITH KCHN

Visit the KCHN Website



Kittitas County Health Network | 2411 W Dolarway Rd Unit 1 | Ellensburg, WA 98926 US

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Try email marketing for free today!