



## Kittitas County Health Network's January 2025 Newsletter

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KITTITAS COUNTY  
Health Network

### Executive Director's Note



Reminiscing on 2024, KCHN has made many accomplishments, made many changes, and had great momentum on addressing the Community Health Improvement Plan. In 2025, the Kittitas

County Health Network will be focusing on three words: **Stability**, **Sustainability**, and **Growth**. **Stability** in continuing to offer the same services, partnerships, and mission. **Sustainability** for the future of the Network and our important work. KCHN will focus on **Growth** of our partnerships, services, and reach in our county. I wish you all a wonderful and prosperous New Year.

Mitchell R. Rhodes, PhD.

## KCHN Semi Annual Meeting Postponed



# Semi Annual Meeting

# POSTPONED

UNTIL WEDNESDAY, MARCH 12TH 2025

MORE MEETING DETAILS TO COME.

Due to unforeseen circumstances at the venue, the Red Lion Hotel, which experienced a water main break this morning, we regretfully need to inform you that we need to reschedule tomorrow's KCHN Semi-Annual meeting to **Wednesday, March 12, 2025**. Please save this date on your calendars. More meeting details will follow. We apologize greatly for this last-minute change and any inconvenience this may cause. As always, we appreciate your support of KCHN.

## KCHN 2024 Stats



## 2024 STATS AT A GLANCE



### PHONES

leaving incarceration and  
accessing treatment services:  
60



### CLOTHING VOUCHERS

Distributed to individuals  
accessing treatment services:  
38



### CHILDCARE VOUCHERS

Utilized:  
31



### MEDICATION LOCK BAGS

Distributed:  
95



### MEDICATION TAKE BACK EVENTS

**APRIL'S EVENT**  
113 lbs of medication and  
4,800 lbs of shredded paper

**OCTOBER'S EVENT**  
50 lbs of medication and  
3,200 lbs of shredded paper



### ACES TRAININGS

Trained: 160 individuals  
Organizations: Over 6



### WINTER COAT DRIVE

A total of 133 coats have  
been distributed throughout  
the community



### SHIBA STATS

Clients served:  
579

## COMMUNITY HEALTH WORKER PROGRAM

A total of 30 COVID Vaccinations, 82 preventative blood/glucose screenings,  
and 264 clients served county-wide.

## CARE COORDINATION

A total of 241 clients were served in both Upper and Lower Kittitas County.

## HEARTS & HANDS

A total of 1589 visits to Hearts and Hands in both Upper and Lower Kittitas County.

## COMMUNITY CONNECT

## COMMUNITY CONNECT

Over 200 community members attended, over 40 community partners provided resources. There were more than 50 haircuts and several medical screenings provided as well as resources for health insurance, voter registration, water safety, legal services, and much more.

**None of this amazing work could have been done without the support of our incredible community partners. As always, thank you for supporting the Kittitas County Health Network.**

### Resource Fair - Saturday, January 25th

## CHILDCARE + YOUTH RESOURCE FAIR



**SATURDAY, JANUARY 25TH  
AT MORGAN MIDDLE SCHOOL**

400 E 1st Ave, Ellensburg, WA 98926



KITTITAS COUNTY  
Health Network

In partnership with:



Please e-mail  
[trinity@healthierkittitas.org](mailto:trinity@healthierkittitas.org)  
with any questions

Kittitas County families,  
join us at Morgan Middle School  
on Saturday, January 25th from 10 AM -12 PM  
for a FREE Childcare & Youth Program Resource  
Fair featuring local childcares, After School  
Programs, youth activity centers, home school  
co-ops, clubs, etc.). There will be FREE food,  
an Italian soda bar PLUS the first  
nine attendee participants will  
receive a \$25 gift card.

[healthierkittitas.org](http://healthierkittitas.org)



# RESOURCE FAIR



**SATURDAY, JANUARY 25TH  
AT MORGAN MIDDLE SCHOOL**

400 E 1st Ave, Ellensburg, WA 98926



**KITTITAS COUNTY  
Health Network**

**In partnership with:**



Please e-mail  
[trinity@healthierkittitas.org](mailto:trinity@healthierkittitas.org)  
with any questions



Kittitas County residents,  
join us at Morgan Middle School  
on Saturday, January 25th  
from 1 PM -3 PM for a FREE Resource Fair  
specifically for those who are interested  
in joining the childcare/youth workforce  
and/or volunteering in it. There will be  
FREE food, an Italian soda bar PLUS the  
first nine attendee participants will  
receive a \$25 gift card.

[healthierkittitas.org](http://healthierkittitas.org)

**KCHN Coat Drive**



KITTITAS COUNTY  
Health Network



Community Health  
of Central Washington

# COAT DRIVE

Through January 31st

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 LOCATION

**Community Health of Central Washington**

521 E Mountain View Ave Ellensburg

Monday-Friday 7am to 5:30pm

Questions?

Email: [courtney@healthierkittitas.org](mailto:courtney@healthierkittitas.org)

**[healthierkittitas.org](http://healthierkittitas.org)**





KITTITAS COUNTY  
Health Network



Community Health  
of Central Washington



# RECOLECCIÓN DE ABRIGOS



**Hasta 31 de enero**



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

**Community Health of Central Washington**

521 E Mountain View Ave Ellensburg

lunes-viernes 7am to 5:30pm



¿Preguntas?

Email: [courtney@healthierkittitas.org](mailto:courtney@healthierkittitas.org)

[healthierkittitas.org](http://healthierkittitas.org)



**Cold Weather Shelter Information**

# SHELTER

KITTITAS COUNTY FAIRGROUNDS  
WESTERN VILLAGE

[illegible]

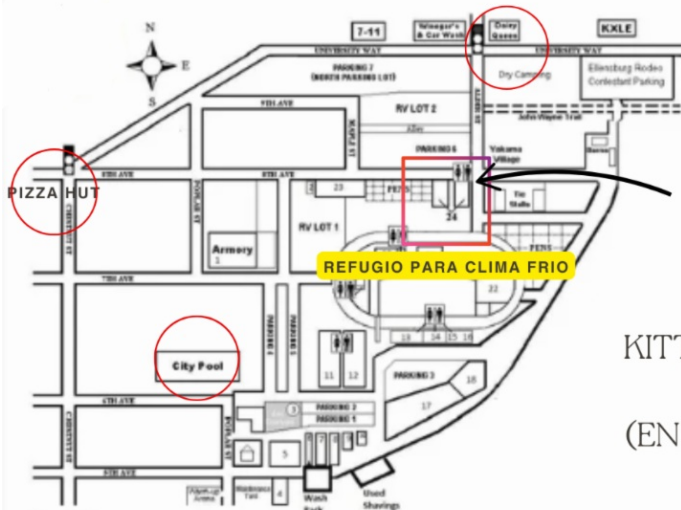
**7 DAYS A WEEK**



**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**

**Become a Senior Companion!**

## Start Out 2025 with a Resolution to Help Others!

### Become a Senior Companion

For one senior couple, their Senior Companion has become an important part of their life – and a friend!

*"Whether Tony is helping us use our cell phones, running an errand, or just sitting on the porch to visit, he is compassionate and has made our lives a little easier. He helps us with a wide range of tasks, but most importantly, he offers us friendship."*

*"We are so grateful to Catholic Charities for providing volunteers who bring hope and help to others in need. Thank you so much for this wonderful program and our Senior Companion, Tony."*



Call 509.946.4645 to learn how you can become a Senior Companion

 **Catholic  
Charities**  
SENIOR SERVICES  
[CCSeniorHands.org](http://CCSeniorHands.org)

## First Responder Substance Use Disorder 101: Lunch & Learn

# FIRST RESPONDER

## ***SUBSTANCE USE DISORDER 101***

# LUNCH & LEARN

***PRESENTED BY DAVID DOUGLAS***

- ✓ SUBSTANCE USE DISORDER INFO
- ✓ NO REGISTRATION NEEDED
- ✓ LUNCH PROVIDED
- ✓ PERFECT FOR ALL FIRST RESPONDERS

**JAN 24TH, 2025 | 12-1PM**

**KCRCO**

**211 W 3RD AVE ELLENSBURG**



### ***CONTACT US:***



509-968-5224



<https://kittitascountyrco.org/>



**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](http://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.

### Developing Positive Work Habits

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, December 16<sup>th</sup> 2 p.m. – 3 p.m.**

Cle Elum Catalyst – 214 Pennsylvania Ave.

*Habits for Workplace Success*

### Ellensburg

**Thursday, December 12<sup>th</sup> 3 p.m. – 4 p.m.**

Ellensburg Catalyst – 312 N Pearl St.

*Habits for Workplace Success*

Contact us at 509.925.1448 or  
[hopeuniversity@hopesource.us](mailto:hopeuniversity@hopesource.us)  
to sign up!

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**CWDR Seeking Board Members and Volunteers**

# SEEKING BOARD MEMBERS & VOLUNTEERS

**MAKE A DIFFERENCE  
IN YOUR COMMUNITY!**



If you live in Kittitas, Chelan, Douglas, Yakima, or Grant County, Central Washington Disability Resources (CWDR) has an exciting opportunity for individuals like you to make a difference in our community!

We're currently recruiting volunteers for our board of directors, Finance Committee, and Governance Committee.

We're seeking passionate individuals with expertise in

**legal**

**finance**

**banking**

**government/nonprofit**

as well as those with lived experience, representing communities of color, or who are bilingual.

Learn more and apply below!

Central Washington Disability Resources:  
Empowering Independence, Inclusion,  
and Wellness for All.



**APPLY HERE!**

[www.mycwdr.org/](http://www.mycwdr.org/)

509-492-5286

**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  
&



**Eastside Opportunity Center**

## Eastside Opportunity Center

**January 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Puppets and Storytelling 3-4pm	7 Fitness 2 pm	8 Coffee Talk 11 am Baking at Pacifica 2-330	9 Fitness 10:30 am	10	11
12 Cooking Planning Mtg 3:00 pm	13 What's Cooking 12-2 pm Home made Mac and cheese with Roasted Veggies	14	15	16 Crafts and Sewing 3-5pm	17	18 Board meeting 1pm OPEN FOR ALL
19	20 Puppets and Storytelling 3-4pm	21 Fitness 2 pm	22 Coffee Talk 11 am	23 Fitness 10:30 am	24	25
26	27 What's Cooking? 12-2 pm Chicken Mole	28	29	30	31	

**Location: (United Methodist Church)**

210 N Ruby St. Classroom 1 Ellensburg, WA 98926    **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**



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