



## July 2024 NEWSLETTER

### First KCHN Raffle Fundraiser Success!



**RAFFLE  
FUNDRAISER**

**\$ 3,470**



A HUGE thank you to everyone who purchased tickets for Kittitas County Health Network's first inaugural fundraising raffle! We have collected a grand total of \$3,470 that will go towards KCHN's mission of empowering individuals to access vital resources that enhance their health and overall well-being in Kittitas County!

### Thank you For Attending the Annual Meeting!

We had 39 attendees join us at Hotel Windrow for the 2024 KCHN Annual Meeting. Thank you to everyone who came to share, collaborate and strive to make Kittitas County a healthier place for all.



### Vaccine Clinic at APOYO Success!

Thank you to our amazing partners who helped make last month's vaccine clinic at APOYO a success. We had 150 community members attend and enjoy FREE tacos from Santa Grill. We had two COVID-19 vaccines, 29 blood pressure screenings, and 31 blood screenings.



### Hearts and Hands Services Still Helping Our Community



### 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](http://healthierkittitas.org)  
509.933.7544  
[info@healthierkittitas.org](mailto: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.*

## Save the Date for Community Connect Day!

**Mark your calendars for the FREE Community Connect event on Wednesday, July 31st from 2pm-6pm at The Armory. We're looking for volunteers to help during this event! Please consider signing up for a shift:**

[Sign Up Here](#)



KITTITAS COUNTY  
Health Network

# COMMUNITY CONNECT

*Event*

WEDNESDAY,  
JULY 31ST  
2PM TO 6PM AT  
THE ARMORY

901 E 7th Ave  
Ellensburg

**FREE!**

FOOD • MEDICAL SCREENINGS • HAIRCUTS  
PLUS Informational Presentations  
& Raffle Prizes



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



KITTITAS COUNTY  
Health Network

# CONECTANDO A LA COMUNIDAD

*Evento*

MIÉRCOLES,  
31 DE JULIO  
2PM A 6PM EN  
EL ARMORY

901 E 7th Ave  
Ellensburg

**¡GRATIS!**

COMIDA • EXÁMENES MÉDICOS • CORTES DE PELO  
ADEMÁS Presentaciones Informativas  
y premios de la rifa



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

**HopeSource Workshops**

## 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.



## HOPE UNIVERSITY

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

**Tuesday, July 17<sup>th</sup> 2 p.m. – 3 p.m.**

Cle Elum Catalyst – 214 Pennsylvania Ave.

*Job Quest 101: Resume & Interview Essentials*

#### Ellensburg

**Thursday, July 25<sup>th</sup> 3 p.m. – 4 p.m.**

Ellensburg Catalyst – 312 North Pearl St.

*Managing Your Money*

**Monday, July 29<sup>th</sup> 4 p.m. – 5 p.m.**

KCRCO – 211 West 3<sup>rd</sup> Ave.

*Savvy Shopper Seminar*

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

## KCHN Sponsored Community Cooking Classes




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**



# Eastside Opportunity Center

Changing lives with life skills classes, fun and friendship

JULY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10		12	13
	What's Cooking? 10am-12pm		Skill Sampler 2:00-4:00pm		Kreative Kats Project	Drop-in 1:00-3:30
14	People with Puppets 3-5pm	16	17	18	19	20
	Computer Group 2-4				Board Games 3:00-6:30pm	
21	22	23	24	25	26	27
	What's Cooking? 10am-12pm		Sewing 2:00-4:00pm		Computer OS Basics 11am	Drop-in 1:00-3:30
28	29	30	31			
	Computer Group 2-4					

**Location: (United Methodist Church)**

210 N Ruby Street, Classroom 1

Ellensburg, WA 98926

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

## Counselor Camp 2024



# Counselor Camp 2024

## September 20-22

Counselor Camp is an inspiring weekend conference, held in beautiful Randle WA, designed for professionals who work with adolescents and young adults within the broad scope of behavioral health, education, prevention and more.














[Learn More Here](#)

**KCHN Team News**



## **We want to thank Robin Read, KCHN Executive Director since 2017**

It is bittersweet to announce that Robin will be leaving KCHN in early September. In the meantime, she will be working closely with the KCHN Executive Board to find a new leader to guide KCHN into the future. We

thank her for her many years of leadership and for her unwavering dedication and commitment to making Kittitas County a healthier place for all to live and thrive in.

### **KCHN is Hiring**

 KITTITAS COUNTY Health Network

*We Are*  
**HIRING**

**Position:**  
Executive Director

**Apply Today!**

[Learn More Here](#)



**JOIN US AT HELEN HOUSE EVERY  
FIRST THURSDAY FROM 2-3:30PM  
FOR SAFE SPACE TRAININGS!**

**LEARN ABOUT:**

- ABC'S OF SOGIE/LGBTQ+
- LANGUAGE DO'S AND DONT'S
- MICROAGRESSIONS
- ALLYSHIP
- ...AND MORE!

HAVE A GROUP? FILL  
OUT THE INQUIRY  
FORM TO BRING THIS  
TRAINING TO YOUR  
ORGANIZATION.



OPEN TO INDIVIDUALS AND COMMUNITY MEMBERS.

 **INTERESTED? PLEASE REACH  
OUT TO US:**  
INFO@HELEN-HOUSE.ORG  
509-968-5064  
INFO@HEALTHIERKITTITAS.ORG

 **KITTITAS COUNTY  
Health  
Network**

Online Inquiry Form for Safe Space Training

**Adverse Childhood Experiences (ACEs) Training available!**



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!**



**EMAIL: [INFO@HEALTHIERKITTITAS.ORG](mailto:INFO@HEALTHIERKITTITAS.ORG)  
[HEALTHIERKITTITAS.ORG](http://HEALTHIERKITTITAS.ORG)**

## Jerrold's School Supply Drive

# Ready, Set, Learn

## School Supply Drive

Everything a child  
needs for a  
successful school  
year.

**Jerrol's**



We are on a mission to ensure that every student in Kittitas County, grades K-12, is equipped for a successful return to school! It's our 3rd annual Back To School Supply Drive, and we're ramping it up to new heights!

Whether you're a parent or a student in need of assistance with school supplies for any reason, we're here to support you. You can go to [student.jerrols.com](http://student.jerrols.com) to learn more, scan the QR Code to start requesting supplies, or email [amy@jerrols.com](mailto:amy@jerrols.com) if you have any questions.



Registration for school supplies will be open  
May 13th-July 22nd.

Don't have access to a computer? No Problem! You can come to Jerrol's, or the Ellensburg Public Library to register!



# En sus Marcas, Listos, Aprende

## Campaña de útiles escolares

Todo lo que un niño  
necesita para un año escolar  
exitoso

# Jerrols



¡Es nuestra tercera campaña anual de útiles escolares para el regreso a clases y la estamos llevando a nuevas alturas! ¡Tenemos la misión de garantizar que todos los estudiantes del condado de Kittitas, grados K-12, estén equipados para un regreso exitoso a la escuela!

Si usted es un padre o un estudiante que necesita ayuda con los útiles escolares por cualquier motivo, estamos aquí para ayudarlo. Puede visitar [Student.jerrols.com](http://Student.jerrols.com) para obtener más información, escanear el código QR para comenzar a solicitar útiles escolares o enviar un correo electrónico a [amy@jerrols.com](mailto:amy@jerrols.com) si tiene alguna pregunta.



La inscripción para útiles escolares estará abierta del 13 de mayo al 22 de julio.

¿No tienes acceso a una computadora? ¡Ningún problema!  
¡Puedes venir a Jerrol's o a la Biblioteca Pública de Ellensburg para registrarte!



STAY CONNECTED WITH KCHN

Visit the KCHN Website



Kittitas County Health Network | 107 E Mountain View Avenue | Ellensburg, WA 98926  
US

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