

July 2024 NEWSLETTER

First KCHN Raffle Fundraiser Success!



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



HEARTS & HANDS: A SERVICE PROVIDED BY KITTITAS COUNTY HEALTH NETWORK

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 509.933.7544 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:







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.

HopeSource

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 17th 2 p.m. – 3 p.m. Cle Elum Catalyst – 214 Pennsylvania Ave. Job Quest 101: Resume & Interview Essentials

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Ellensburg

Thursday, July 25th 3 p.m. – 4 p.m. Ellensburg Catalyst – 312 North Pearl St. *Managing Your Money*

Monday, July 29th 4 p.m. – 5 p.m. KCRCO – 211 West 3rd Ave. Savvy Shopper Seminar

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

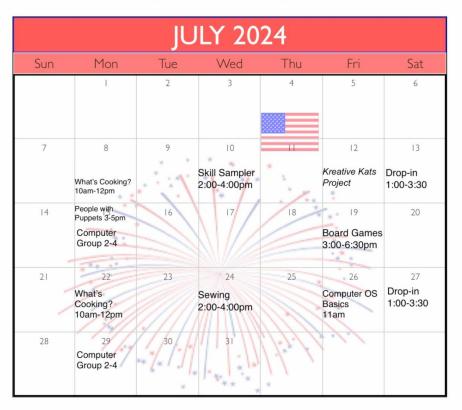
KCHN Sponsored Community Cooking Classes



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



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



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

Learn More Here

Safe Space 101 Training



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.



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OPEN TO INDIVIDUALS AND COMMUNITY MEMBERS.

INTERESTED? PLEASE REACH KITTITAS COUNTY OUT TO US: Health INFO@HELEN-HOUSE.ORG 509-968-5064 USE INFO@HEALTHIERKITTITAS.ORG

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 TODAY!



FOR TRAINING EMAIL:INFO@HEALTHIERKITTITAS.ORG HEALTHIERKITTITAS.ORG

Jerrol's School Supply Drive



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** to learn more, scan the QR Code to start requesting supplies, or email **amy@jerrols.com** if you have any questions.

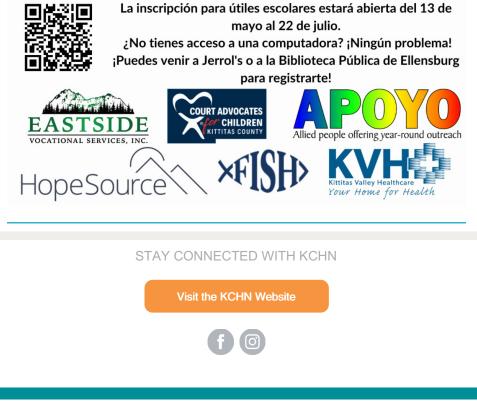
> Registration for school supplies will be open May 13th-July 22nd. Don't have access to a computer? No Problem! You can come to Jerrol's, or the Ellensburg Public Library to register!





¡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 <u>Student.jerrols.com</u> para obtener más información, escanear el código QR para comenzar a solicitar útiles escolares o enviar un correo electrónico a <u>amy@jerrols.com</u> si tiene alguna pregunta.



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

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