



## Kittitas County Health Network's June 2025 Newsletter

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**KCHN Annual Meeting is *Tomorrow* at Hotel Windrow**

**Please join us for the KCHN Annual Meeting and A-Team Summit tomorrow, Wednesday, June 4<sup>th</sup> at the Hotel Windrow!**

The day will be packed with discussions and presentations on the work of the Network and our partners in implementing the Community Health Improvement Plan.

The *A-Team Summit* from 10 PM -12 PM.  
The *Annual Meeting* is from 12 PM - 3 PM. The annual meeting will begin with a catered lunch from Señor Bones.

We look forward to seeing you all!



Through cross-sector **community collaboration** and systems integration, we aim to ensure that **all people** in Kittitas County are **supported** in achieving **health and well-being**.

### **KCHN Annual Meeting Agenda**

- 12:00 – Arrive and Lunch
- 12:30 – Welcome and Kick Off
- 12:35 – KCHN Board Meeting
  - Board Members
  - Budget
  - Approving Executive Committee Items
- 1:00 – CHIP Activity Updates
  - Access to Care
    - Care Coordination
    - Community Health Workers
    - Lending Library
    - SHIBA
  - Behavioral Health
    - School Based Therapy
  - Children, Youth, and Families
    - Community Builders
- 2:00 – Break
- 2:05 – Strategic Plan Presentation
  - Role of the Network
  - Role of the Work Groups
- 2:45 – Awards
- 2:55 – Wrap Up



Through cross-sector **community collaboration** and systems integration, we aim to ensure that **all people** in Kittitas County are **supported** in achieving **health and well-being**.

#### KCHN A-Team Summit Agenda

10:00 – Arrive and Networking  
10:30 – Welcome and Kick Off  
10:40 – Care Coordination/Case Management Round Table Discussion  
11:20 – A-Team Structure Discussion  
11:40 – Confidentiality Paperwork and Contact List Updates  
11:50 – Closing

### KCHN Workgroup Meeting Reminders for June



# June Workgroups Meeting Reminders

**KCHN Annual Meeting:** We look forward to seeing you all at the annual meeting tomorrow Wednesday, June 4<sup>th</sup> at Hotel Windrow. **Community Resource Work Group:** *cancelled*. **Growing Strong Together (Children, Youth and Families):** *In-person, Wednesday June 25<sup>th</sup> 3-4 PM at KVFR located at 400 E. Mountain View Ave in Ellensburg.*

*Any questions, please email [info@healthierkittitas.org](mailto:info@healthierkittitas.org)*



**Youth Summer Kick-Off - Saturday, June 7<sup>th</sup>**



# youth summer kick-off



**LEARN ABOUT ACTIVITIES AND  
EVENTS AVAILABLE  
THROUGHOUT SUMMER**

- ☒ Food
  - ☒ Yard games
  - ☒ Activities
  - ☒ Community resources
  - ☒ Raffle: prizes called at 2:30pm
- 
- 

**SATURDAY, JUNE 7TH 11AM-3PM  
@ MORGAN MIDDLE SCHOOL'S FIELD**

**Scan QR code to  
register to table**



Questions? e-mail:  
[courtney@healthierkittitas.org](mailto:courtney@healthierkittitas.org)





2.º Anual

# Inicio del Verano para jóvenes

**INFORMARSE SOBRE LAS  
ACTIVIDADES Y EVENTOS  
DISPONIBLES DURANTE EL  
VERANO**

- ☒ Comida
- ☒ Juegos de patio
- ☒ Actividades
- ☒ Recursos comunitarios
- ☒ Rifa: premios a las 2:30pm

**SÁBADO, 7 DE JUNIO DE 11 A.M. A 3 P.M.  
@ MORGAN MIDDLE SCHOOL'S FIELD**

**Recovery Yoga**



# RECOVERY YOGA

AT THE KCRCO IS BACK!

June 2<sup>nd</sup> & 9<sup>th</sup> @ 211 W 3<sup>rd</sup> Ave &  
30<sup>th</sup> @ 116 w 3<sup>rd</sup> Ave suite 100  
5:30pm-6:30pm

All experience levels welcome!  
Equipment provided

211 W 3rd Ave, Ellensburg  
509-968-5224  
kittitascountyrco.org

SUPPORTED BY:



## The Ellensburg Mile: A Fundraiser for FISH Food Bank

JUNE  
21  
9 AM



RUN,  
JOG,  
WALK

## THE ELLENSBURG MILE



*A fundraiser for FISH Food Bank*

[LEARN MORE HERE](#)

## Grand Opening 509Teens Center





Contact us : (509) 968-5224  
 kc509teens@gmail.com  
 Facebook: @509teens  
 Insta/Tik Tok: 509\_teens  
 www.509teens.com

**June 2025**  
 211 W 3<sup>rd</sup> Ave, Ellensburg  
 Starting June 25<sup>th</sup> new address: 116 W 3<sup>rd</sup> Ave, Ellensburg



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 509TEENS @ THE SHOP 4-6PM	2	3	4 Early Release Hangout 1-3PM	5	6	7
8	9 OFFICE CLOSED	10 OFFICE CLOSED	11 OFFICE CLOSED	12 OFFICE CLOSED	13 OFFICE CLOSED	14
15	16 OFFICE CLOSED	17 OFFICE CLOSED	18 OFFICE CLOSED	19 JUNE TEENTH OFFICE CLOSED	20 OFFICE CLOSED	21
22	23 OFFICE CLOSED	24 OFFICE CLOSED	25 TEEN CENTER GRAND OPENING 12-3	26 Teen Drop in 12-3pm	27 Teen Drop in 12-3pm 509TEENS 3-5PM	28
29	30 Teen Drop in 12-3pm	1 Teen Drop in 12-3pm	2 Teen Drop in 12-3pm	3 Teen Drop in 12-3pm	4 Teen Drop in 12-3pm	5

ALL EVENTS ARE FREE , MATERIALS & FOOD PROVIDED

**Lower County Community Connect Day**

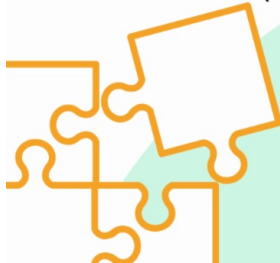


## **LOWER COUNTY COMMUNITY CONNECT DAY**

**Save the date: Thursday, July 24th 2-6pm**

We're seeking community members & resource providers to table, provide raffle items, and/or volunteer for our upcoming resource fair

Questions? Please contact:  
courtney@healthierkittitas.org  
509.925.5246 (KCHN)



KITTITAS COUNTY  
Health  
Network

**FREE Basic Computer Classes**



Central Washington Disability Resources

# **Free Basic Computer Class**

**Are you an individual with a  
disability?**

**This class is for you!**



**Free Basic computer classes for individuals with disabilities, designed to develop the skills and confidence needed to navigate a computer. Computers will be provided for this class.**

**One-on-one instruction is available.**

**Classes are offered once a month in each of the five counties that we serve and last one hour, from 2:00pm-3:00pm**

**1st Monday (Grant County)**

Coming Soon, Location TBD

**2nd Monday (Yakima County)**

@ Worksource Yakima  
1205 Ahtanum Ridge Dr, Union Gap, WA 98903

**3rd Monday (Chelan and Douglas Counties)**

@ Thriving Together  
801 Eastmont Ave Suite C, East Wenatchee WA 98802

**4th Monday (Kittitas County)**

Central Washington Disability Resources  
2009 Dolarway Suite 101, Ellensburg WA 98926

**RSVP by contacting us:**

**Phone:**

**(509) 492 5286**

**Email:**

**[admin@mycwdr.org](mailto:admin@mycwdr.org)**

**Upper Kittitas County Senior Center June Newsletter**





# Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



## 2025 JUNE

Welcome to our June 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
- 8:30-10:00 Woodworking (now weekly)
- 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 JUNE EDITION!

Summer is near, and this month features something for everyone - from entertainment to education, health services to social gatherings. Enjoy our popular Evening BINGO and don't miss the special **BINGO Bonanza and Lasagna Dinner & Raffle** event later in the month! Film enthusiasts will appreciate our First Friday Feature complete with complimentary popcorn. The Kittitas County Health Network will be hosting an informative table on **Medicare/Medicaid Fraud Prevention**.

Our educational offerings continue with the **Miracles of Authentic Living and Aging series** (sessions #3, #4, and #5) and a practical Community Talk on Shoe Choices. Ladies, don't miss the popular **Sassy Ladies Symposium**, and everyone is invited to participate in our delightful Show & Tell & Treats social gathering. Come connect with friends, learn something new, and enjoy the warm community atmosphere that makes our Senior Center special! For specific times and additional information see page 3-5.

#### EXECUTIVE DIRECTOR, UKCSC

Lori Nevin  
(509) 674-7530  
UKCSC on Facebook  
<https://ukcseniorcenter.org/>  
[centerdir23@gmail.com](mailto: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

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

DONATE HERE

**HopeSource Individual Coaching and Workshop Courses**

# Hope University Workshops June 2025

**JUNE 4 12-1PM**

**Managing Your Money**  
Located at FISH Food Bank,  
804 Elmview Rd.  
Ellensburg, WA

**JUNE 11 12-1PM**

**Job Quest 101**  
Located at FISH Food Bank,  
804 Elmview Rd.  
Ellensburg, WA

**JUNE 16 2-3PM**

**Savvy Shopper Seminar**  
Located at KCRCO Cle Elum,  
214 N Pennsylvania Ave.  
Cle Elum, WA

**JUNE 17 12-1PM**

**Job Quest 101**  
Located at WorkSource,  
1100 W University Way  
Ellensburg, WA

Workshops are free and open to everyone. We focus on practical learning with a positive, supportive approach. Our guiding principles: meet you where you are, keep it positive, and turn knowledge into action.



**JUNE 18 12-1PM**

**Rent 101**  
Located at FISH Food Bank,  
804 Elmview Rd.  
Ellensburg, WA

**JUNE 23 3-4PM**

**Job Quest 101**  
Located at KCRCO,  
211 W 3rd Ave  
Ellensburg, WA

**JUNE 25 12-1PM**

**Habits for Workplace Success**  
Located at FISH Food Bank,  
804 Elmview Rd.  
Ellensburg, WA

**JUNE 26 3-4PM**

**Managing Your Money**  
Located at Catalyst,  
312 N Pearl St  
Ellensburg, WA

HopeSource

**Family Expressive Arts Support Group**

# Let's Make Art

PROMOTING  
FAMILY WELLNESS  
THROUGH CREATIVE  
ART EXPRESSION

Nan Doolittle, MA, LMHC, CEAP  
Nan Doolittle Expressive Arts, LLC  
(509) 607-0193

## FAMILY EXPRESSIVE ARTS SUPPORT GROUP

Free to families with babies 0-2 years  
Siblings always welcome

1st & 3rd Thursday Each Month  
February- June 2025  
5:30pm -7pm

201 N Pearl St.  
Ellensburg WA 98926

Click or Scan  
to Register



PIZZA DINNER  
PROVIDED



SPONSORED BY THE KITTITAS COUNTY PERINATAL BEHAVIORAL HEALTH TASK FORCE

## Peers Rising (Formerly the KCRCO) June Calendars

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

Office Hours  
Mon - Fri 9am - 4pm

June 2025

211 W 3rd Ave, Ellensburg  
Starting June 23<sup>rd</sup> new address:  
116 W 3<sup>rd</sup> Ave, Suite 100



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Creative Writing 4:30-5:30pm RECOVERY YOGA 5:30PM	3	4	5	6	7
8	9 RECOVERY YOGA 5:30PM OFFICE CLOSED	10 OFFICE CLOSED	11 OFFICE CLOSED	12 Crochet with Purpose 5:45-7 pm OFFICE CLOSED	13 OFFICE CLOSED	14
15	16 OFFICE CLOSED	17 OFFICE CLOSED	18 OFFICE CLOSED	19 JUNE TEENTH OFFICE CLOSED	20 OFFICE CLOSED	21
22	23 Peers Rising Grand Opening 11-2pm Job Quest 3-4PM	24	25	26	27	28
29	30 RECOVERY YOGA 5:30PM					

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



# June 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 OFFICES CLOSED	11	12 OFFICES CLOSED	13	14
15	16 Savvy Shopper 2-3PM	17 OFFICES CLOSED	18	19 JUNE TEENTH OFFICES CLOSED	20	21
22	23	24	25	26	27	28
29	30					



Office Hours: Tuesdays & Thursdays: 9am - 4pm  
 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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