



March 2024 NEWSLETTER

March 1, 2024

KCHN Leadership Council in-person in April



Save-the-date for April 10th, 9:30am-11am at the UKC Senior Center. Come learn about Upper County's community paramedicine program and Community Builder's Teen Shop. Tour of the Shop after the meeting!

Thank you to everyone who took the KCHN Communications Survey!

These are our lucky winners who were drawn at random from the survey respondents list! We appreciate everyone who took the time to help provide insight on ways to improve KCHN Communications.

Congratulations!

Sue Hart
Kim Selzler
Diane Miller



Coat Drive Success!

At the end of February, KCHN wrapped up its winter Coat Drive! Through partnership with Community Health of Central Washington, Kittitas County Recovery Community Organization, and the Kittitas County Jail, **we were able to distribute 150+ coats to organizations in our community that work with those in need.** Including the Department of Children, Youth, and Families; Kittitas County Recovery Community Organization; Never Share Syringe Exchange; Kittitas County Jail; Comprehensive Health Care; M6/28 Clothing Bank, and The Shop Teen Center.

Thank you so much to our community partners who made this possible and all the community members who participated, we couldn't have done it without you! Special shoutout to the firefighters at Kittitas County Fire Protection District 6, who helped us swiftly fill a need and donated two bags of coats!

COAT DRIVE

THANK YOU!



Community Health
of Central Washington

KCRCO

KITTITAS COUNTY RECOVERY
COMMUNITY ORGANIZATION



Health Event - March 2nd



HEALTH EVENT



SATURDAY, MARCH 2ND 11-3PM
KITTITAS VALLEY FIRE & RESCUE
400 E. MOUNTAIN VIEW AVE,
ELLENSBURG

QUESTIONS?

info@healthierkittitas.org
healthierkittitas.org

**PROVIDING PREVENTIVE
SCREENINGS**

MultiCare

- Diabetes
- Blood Pressure
- Cholesterol
- COVID-19 vaccines
for ages 6 months+



REGISTER NOW





EVENTO DE SALUD



SÁBADO 2 DE MARZO 11-3PM
KITTITAS VALLEY FIRE & RESCUE
400 E. MOUNTAIN VIEW AVE,
ELLENSBURG

¿PREGUNTAS?

info@healthierkittitas.org
healthierkittitas.org

**TENDREMOS EXÁMENES
DE PREVENCIÓN**

- Diabetes
- Presión arterial
- Colesterol
- Vacunas COVID-19
para mayores de 6

MultiCare 



REGÍSTRATE AHORA

APOYO



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. **The next class is March 4th 10 am-12 pm. Chili and Cornbread made simple. It will be a two-team chili cook-off with plenty to take home. 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**

Yoga for People in Recovery at The Studio by EDE (Ellensburg Dance Ensemble) Starting March 7th

proudly sponsored by

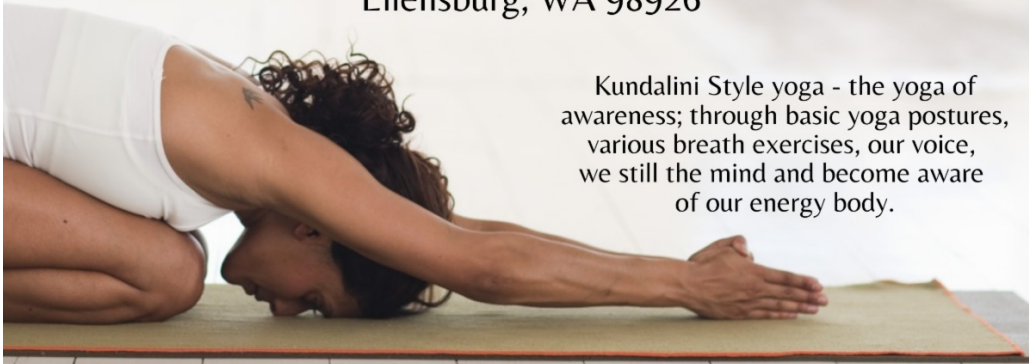


KITTITAS COUNTY
Health Network

Recovery Yoga Class at Ede Dance Studio

Thursdays 7-8 am | March - May
Ede Dance Studio
307 N Main Street
Ellensburg, WA 98926

Kundalini Style yoga - the yoga of awareness; through basic yoga postures, various breath exercises, our voice, we still the mind and become aware of our energy body.



Join us for a 3 month FREE weekly series exploring the theme:
BREAKING HABITS

-- a habit is a subconscious chain reaction between your mind, glandular and nervous system. When we work on changing or breaking habits we do inner-work through reflection(mental), rewiring the brain (physical), releasing blocked feelings (emotional) and redirect the flow of energy

Help us to Welcome Pam to the KCHN Team!



Pamela Tuggle-Miles

Pronouns: she/her

Behavioral Health Community Liaison

pamela@healthierkittitas.org

Pam is a native of the Pacific Northwest having grown up on the “West side” as the locals call it. Pam graduated from Western Washington University with a BA in Speech Pathology and Audiology and later attended Red Rocks Community College and received her certificate in Medical Assisting. Pam and her husband moved to Ellensburg 5 years ago after falling in love with the area when 2 of their 5 children (Pam has 3 boys and Rick has 2 girls) attended and graduated from CWU. Pam has over 20 years’ experience working in community health and has a firm belief that barrier free quality health care is a right not a privilege. For the past 3 years Pam has found her passion working in the area of substance use disorder, recovery and addiction medicine and looks forward to collaborating with community partners to reduce the stigma around substance use and mental health by providing resources and education. In her spare time Pam loves to craft, make home improvements, spend time with her family and enjoy the quiet and beauty of her life with her husband on their 2 acres with 2 dogs and 2 cats.

Safe Space 101 Training

**Join us at Helen House on Thursday, March 7th from 2-3:30 pm to learn about creating safer spaces for the LGBTQ+ community!
Email info@helen-house.org to RSVP.**



**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 Training + Lunch



KITTITAS COUNTY RECOVERY
COMMUNITY ORGANIZATION

A ROADMAP: FROM ACES *to* RESILIENCY

LUNCH PROVIDED!

Presented By



KITTITAS COUNTY
Health
Network



211 W 3rd Ave, Ellensburg



12-1:30PM



Friday March 15th

This training will dive into how Adverse Childhood Experiences show up in ourselves and those we care about. Join us to discuss the effects of ACEs in our community and pathways to resilience.



RSVP ON OUR FACEBOOK EVENT
OR CALL 509-968-5224

[HTTPS://KITTITASCOUNTYRSCO.ORG/](https://kittitascountrysco.org/)

FREE Youth Art Classes

PROUDLY SPONSORED BY:



FREE YOUTH ART CLASSES

Join us at NEAR for expressive art classes.
All youth ages 11-17 are welcome.
Activities include mask making, sand play,
clay work, poetry, and more!

**Every 1st and 3rd Tuesday
from 2:30-4:30pm
starting February 6th**

At NEAR located
in Classroom 1 at the
Ellensburg United
Methodist Church

To register, email
contact@northwestexpressivearts.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 FOR TRAINING TODAY!

**EMAIL: INFO@HEALTHIERKITTITAS.ORG
HEALTHIERKITTITAS.ORG**



KITTITAS COUNTY
Health Network

988 Suicide + Crisis Lifeline Resources

988 Suicide & Crisis Lifeline Resources

Call or Text **988**

Chat 988lifeline.org/chat

Spanish Call 988 (**Press 2**) or Text **AYUDA** to 988

LGBTQI+ Call 988 (**Press 3**) or Text 988 & follow the prompts

Veterans Call 988 (**Press 1**)



Community Partners Spotlight



PARTNER SPOTLIGHT



Kittitas County
Fire District #6

Kittitas County Fire Protection District 6 provides responsive services to the citizens and visitors by investing in training, education, staffing and equipment. We are dedicated and compassionate professionals, who recognize our greatest strength lies in our team approach.

District 6 is located in Upper Kittitas County and serves all of Ronald, Lake Cle Elum, Salmon La Sac north to Hex Mountain and parts of Suncadia. The area served consists of 17.2 square miles. We share automatic mutual aid with Cle Elum Fire Department, Roslyn Fire Department and Hospital District 2. We also provide mutual aid to District 7, District 1 and Easton as requested.

[Learn More About KCFD 6](#)

Featured KCHN Team Member



Please join us in congratulating Tiffini!

We are excited to announce that the NEW KCHN Children, Youth, and Family Project Specialist will be the incredible, Tiffini Hawkins! Tiffini will be working with the KCHN Care Coordination team as a Pediatric Care Coordinator while also working on new projects in the Children Youth and Families section of the Community Health Improvement Plan.

She holds a Bachelor's degree in Psychology and a Master's degree in Public Health from Central Washington University. Currently, she is working towards completing her counselor education and training for licensure through Seattle University. Her research interests in maternal and child health brought her to work within foster care and the hospital setting where she became passionate about improving the outcomes for children and families in Central Washington.

Tiffini is grateful for the experiences that have helped her gain a holistic philosophy of care for children and their families. In her free time, she enjoys writing, being outside, and spending time with her family and friends.

Want to get in touch with Tiffini? Her email is: tiffini@healthierkittitas.org

Brrrr! Get your KCHN merch today!

Where are you Spring? Get your KCHN sweatshirts and beanies to stay warm!
All proceeds go to clients in need.



SHOP NOW

[Shop Now](#)

Featured KCHN Client Testimonial

A KCHN Community partner reached out recently to express how impressed they were that the KCHN Care Coordination team was able to potentially find a solution for their client. They said that they are so grateful to be part of the network and appreciates, Tiffini, for going above and beyond and networking to help this client find a solution get his car fixed, and/or anyone else who collaborated and had solutions. In addition, Before KCHN took over the SHIBA grant, when there was a fiscal sponsor, it was through RSVP, the KCHN partner reiterated that RSVP would never have collaborated and lent support for anything outside the scope of insurance, and even that would be mediocre. The KCHN partner shared that they are very grateful to all of the Care Coordinators who have collaborated with multiple clients now, answered questions when needed, and then the latest, helped find resources to fix a car.

STAY CONNECTED WITH KCHN

Visit the KCHN Website



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

[Unsubscribe info@healthierkittitas.org](mailto:info@healthierkittitas.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

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