



Kittitas County Health Network's March 2025 Newsletter

KCHN Semi Annual Meeting Reminder - March 12th



Reminder!
**Semi Annual
Meeting**

WEDNESDAY, MARCH 12, 2025

The KCHN Semi-Annual meeting will be held
on **Wednesday, March 12, 2025, at the Ellensburg Red
Lion from 9 AM until 4 PM.** Lunch will be provided.

KCHN Team Members Visiting Washington, D.C.





KCHN Executive Director, Mitchell Rhodes, PhD., along with KCHN Assistant Director, Doug Fulp, KCHN Community Programs Project Director, Alicia Pierce, and KCHN Behavioral Health Project Specialist, Courtney Garzone, are in Washington, D.C. this week attending the Health Resources and Services Administration R-CORP (rural communities opioid response program) reverse site visit to share and learn more ways to make Kittitas County a healthier place for all.



KITTITAS COUNTY
Health Network



March Workgroup Meeting Details

Community Resource Work Group: Thursday, March 20th from 12:00-1:30 pm online.

Zoom Link: <https://us06web.zoom.us/j/81629350148>

Growing Strong Together:

Wednesday March 26th at 3:00 pm in-person at KVFR.

Any questions, please email info@healthierkittitas.org

Fundraiser for the Boys & Girls Clubs of The Columbia Basin



SHIBA Program Needs Volunteers



Currently there are people in our community who are turning 65 and need to sign up for Medicare but are struggling with how. Many residents had quality health care from their employer and never had to think too much about it. There are

also residents that have been on Medicare for years, but Medicare seems to keep changing. We also have residents who don't have access technology and need help navigating the Medicare.gov plan finder website. While Medicare seems to be daunting, it doesn't have to be.

There are wonderful trained skilled volunteers in our community who are there to help! Right now more than ever we are looking to expand our Medicare Counseling program. **We need more Medicare heroes.**

Volunteers for the SHIBA program come from all walks of life. For instance, many may have grandkids, but are looking for a volunteer opportunity that will enable them to give back to their community and stay engaged and productive -but need something with flexibility.

Many have had long and successful careers as teachers, nurses, and attorneys. Since settling into retirement, they find themselves longing for a challenge, wanting to use their skills to benefit their community.

Many people reach retirement and look for meaningful ways they can continue to use their knowledge and experience to give back to their community. That's where SHIBA comes in. Local people, helping local people.

SHIBA is the State Health Insurance Benefits Advisor program. SHIBA is always looking for volunteers who can help people navigate the often-confusing Medicare maze. With hundreds of people reaching retirement age every day, the need for SHIBA volunteers in Kittitas County is greater than ever. All you need is a willingness to learn, integrity, and a desire to help others.

SHIBA provides the training. SHIA volunteers find the work to be mentally stimulating and very rewarding. They also love the flexible schedule, whether it's one-on-one Medicare counseling, speaking to groups, or providing office support, SHIBA can find a role that's just right for you.

Make a difference in someone's life today. Become a SHIBA volunteer. Contact Morgan Stonefield, KCHN SHIBA

coordinator at Morgan@healthierkittitas.org or by calling her directly at 509.794.1569

FISH Commodity Supplemental Food Program

WHAT IS CSFP?

The Commodity Supplemental Food Program (CSFP) offers a supplemental food package to low-income, senior adults 60 years or older. The monthly food package contains a variety of foods with important nutrients for older adults including protein; calcium; iron; vitamins A, C, and D; and Fiber. USDA foods in CSFP align with the Dietary Guidelines for Americans and contain reduced amount of sodium, saturated fat, and added sugar.



Contact Us

Office: (509) 925-5990 Ext. 1008
Direct: (509) 312-8079
Email: Laura.S@kvfish.org

📍 804 Elmview Rd
Ellensburg, WA 98926
Monday-Thursday
8:00am-4:00pm
Fridays 8:00am-12:00pm

www.kvfish.org



FISH

COMMUNITY FOOD RESOURCE
**COMMODITY
SUPPLEMENTAL
FOOD PROGRAM**



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, marital or relationship for prior civil rights activity. This institution is an equal opportunity provider and employer.

¿QUÉ ES CSFP?

El Programa de Alimentos Suplementarios de Productos Básicos (CSFP, por sus siglas en inglés) ofrece un paquete de alimentos complementarios a adultos mayores de bajos ingresos de 60 años o más. El paquete mensual de alimentos contiene una variedad de alimentos con nutrientes importantes para los adultos mayores incluyendo proteínas; calcio; hierro; vitaminas A, C y D; y Fibra. Los alimentos del USDA en CSFP se alinean con las pautas dietéticas para los estadounidenses y contienen una cantidad reducida de sodio, grasas saturadas y azúcar agregada.



Contáctenos

Oficina: (509) 925-5990 Ext. 1008
Cell: (509) 312-8079
Correo Electrónico:
Laura.S@kvfish.org

📍 804 Elmview Rd
Ellensburg, WA 98926
Lunes-Jueves 8:00am-4:00pm
Viernes 8:00am-12:00pm

www.kvfish.org



FISH

PROGRAMA SUPLEMENTARIO
DE PRODUCTOS BÁSICOS



De acuerdo con la ley federal de derechos civiles y las regulaciones y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, discapacidad, edad, orientación o estatus por acción civil anterior, actividad de denuncia. Esta institución es un proveedor y empleador que ofrece igualdad de oportunidades.

EXPERIENCE HEALTHCARE

Experience Healthcare is a fun and rewarding week long program introducing attendees to healthcare careers. Students will learn all aspects of working in healthcare, learn about the range of careers within the field, and learn practical skills!

Requirements / Must be 16 years of age or older / Must be going in high school

JULY 7TH - 11TH 2025



Interested? Talk to your school counselor today to apply. Space is limited. Application deadline 5/31/25.
<https://www.kvhealthcare.org/xphc/>

DSHS Mobile Office is Coming to Cle Elum!



DSHS Mobile Office Oficina Móvil is Coming!

HopeSource Food Bank - Cle Elum
Park and Ride - W Railroad Ave & Oakes Ave.
Cle Elum, WA 98922

03/19/2025 11:00 AM - 2:00 PM



Apply inside • Solicitar adentro

Food • Cash • Medical

Comida • Efectivo • Médico

You can also drop off paperwork,
complete a review, make changes to
an existing case or request an EBT card.

También puede entregar documentos, realizar una revisión,
hacer cambios a un caso existente o solicitar una tarjeta EBT.

[washingtonconnection.org](https://www.washingtonconnection.org)



 Washington State
Department of Social
& Health Services
Transforming lives

Childcare Focus Groups Volunteers Needed



KITTITAS COUNTY
Health Network

Flexible Times

Food Provided

Held at

2411 N Dolarway Rd

Ellensburg, WA

98926



CHILDCARE
FOCUS
GROUPS

VOLUNTEERS NEEDED!

LOOKING FOR...

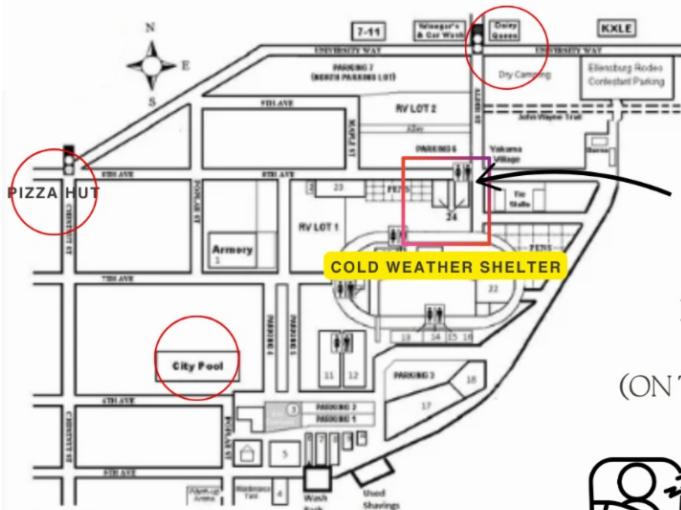
- **Employers**
- **Early Learning
Leaders**
- **Parent/Guardians**

**ARE YOU
INTERESTED?
COMMENT HERE OR
EMAIL TODAY**

trinity@healthierkittitas.org

Cold Weather Shelter Information

COLD WEATHER SHELTER



1010 E 8TH AVE

KITTITAS COUNTY FAIRGROUNDS
WESTERN VILLAGE

(ON THE CORNER OF ALDER AND 8TH)



**NOVEMBER 15,
2024 THROUGH
MARCH 15, 2025**

7 DAYS A WEEK



**CHECK-IN AT 6:30PM &
CHECK-OUT AT 8AM**

**SHOWERS AVAILABLE
TUESDAYS AND
THURSDAYS AT 6PM**



**CONTACT THE SHELTER:
509.899.4690**

[illegible]

KITTITAS COUNTY FAIRGROUNDS
WESTERN VILLAGE
(EN LA ESQUINA DE ALDER Y 8TH)



Upper Kittitas County Senior Center March Newsletter



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



2025 MARCH

Welcome to our March edition!
We have an exciting lineup of
events and activities happening
at the center this month. Read
on to find out what's new!

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
- 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 MARCH EDITION!

The Upper Kittitas County (UKC) Senior & Community Center is hosting several exciting events this March! Join us for the St. Paddy's Day Dinner (March 17th), where we'll enjoy delicious food and festive fun. Evening Bingo is back starting March 7th, and don't miss our Community Talks: Strong Bones, a session focused on health and wellness.

Need help with taxes? Our Tax Help Sessions are here to assist you this season. Plus, be sure to check out our Member Spotlight, and new Volunteer opportunities.

Stay tuned for more updates, and let's continue building a compassionate, vibrant community together!

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin
(509) 674-7530
UKCSC on Facebook
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
(Some holiday closures)

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

DONATE HERE

HopeSource Individual Coaching and Workshop Courses



HOPE UNIVERSITY WORKSHOPS

Hope University workshops are free and open to everyone, from high school students to seniors, and 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.

MARCH 2025 CLASSES

MARCH 5 12-1PM

Savvy Shopper Seminar

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

MARCH 12 12-1PM

Managing Your Money

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

MARCH 17 2-3PM

Job Quest 101

Located at KCRCO,
214 N Pennsylvania Ave.
Cle Elum, WA

MARCH 19 12-1PM

Job Quest 101

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

MARCH 20 12-1PM

Job Quest 101

Located at Worksource,
1100 W University Way
Ellensburg, WA

MARCH 24 3-4PM

Habits for Workplace Success

Located at KCRCO,
211 W 3rd Ave.
Ellensburg, WA

MARCH 26 12-1PM

Renting 101

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

MARCH 27 3-4PM

Savvy Shopper Seminar

Located at Catalyst,
312 N Pearl St.
Ellensburg, WA



HOPEUNIVERSITY@HOPESOURCE.US



509-925-1448

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
&



Kittitas County Recovery Community Organization

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



March 2025

Office Hours Mon - Fri : 9am - 4pm
 211 W 3rd Ave, Ellensburg



KCRCO
 KITTITAS COUNTY RECOVERY
 COMMUNITY ORGANIZATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <i>Creative Writing</i> 4:30-5:30pm	4	5	6	7	8
9	10	11 MAGIC THE GATHERING 5PM	12	13 <i>Crochet with Purpose</i> 5:45-7 pm	14	15
16	17 	18 Trivia Night 5-6PM	19 509TEENS MAGIC THE GATHERING 3-6PM	20 REIKI 1-4PM (RSVP FOR TIME SLOT) 4 SESSIONS	21 STOP THE BLEED LUNCH & LEARN 12-1PM BINGO 5-7PM	22
23	24 <i>Habits for Workplace Success</i> 3-4PM	25 <i>Feelin' Crafty</i> 4:30-5:30pm	26 ADULT GAME NIGHT 5-7PM	27	28 509TEENS 6-8PM	29
30	31	ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE KCRCO OFFICE				


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



March 2025



KCRCO
 KITTITAS COUNTY RECOVERY
 COMMUNITY ORGANIZATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 509TEENS @THE SHOP 4-6PM	3	4	5	6	7	8
9	10	11	12	13	14 BINGO 5-7PM	15
16	17  Job Quest 2-3PM	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Event Space
 Provided by



Kittitas

Office Hours: Wednesdays 9am - 4pm
 117 N Main St, Kittitas, WA

Cle Elum

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

CWDR March Youth Activities

Welcoming Any and All

- Anxiety
- Depression
- Dyslexia
- ADHD/Autism
- Chronic pain
- All Disabilities

Call or Text:
(509) 492-5286
to register

Address: 2009 w
Dolarway suite 101
Ellensburg, WA 98926
Phone: (509) 492-5286

ACTIVITIES OFFERED
ONLINE & IN PERSON



YOUTH ACTIVITIES MARCH 2025

Contact:
Admin@mycwdr.org
with any questions.
Ages: 14-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 FINE ARTS CLUB: PAINTING IN PERSON ONLY  3:00-4:30	5 CAREER READINESS CLUB: RESUME BUILDING ONLINE & IN PERSON  3:00-4:30	6	7
10	11 FITNESS CLUB: WORKOUT PLAN MAKING IN PERSON ONLY  3:00-4:30	12 HEALTH & WELLNESS CLUB: PROPER DIETING ONLINE & IN PERSON  3:00-4:30	13	14
17	18	19 LIFE SKILLS CLUB: S.M.A.R.T. GOALS ONLINE & IN PERSON  3:00-4:30	20	21
24	25	26 FILM CLUB: SCHOOL OF ROCK ONLINE & IN PERSON  3:00-5:00	27	28

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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