



# May 2024 NEWSLETTER

May 1, 2024



## Drug Take Back + Paper Shred Event Success!



A **BIG** thank you to our community partners at the Kittitas County

Recovery Community Organization, Community Health of Central Washington - Ellensburg, Kittitas County Sheriff, Ellensburg Healthy Youth Coalition, and the Kittitas County Public Health Department for helping us host such a successful Drug Take Back + Paper Shred Event last weekend. Thank you to Kittitas County Solid Waste for helping us with the paper shredding.



**KITTITAS COUNTY'S**

# **Drug** **APRIL 2024** **Take Back & Paper Shred** **DAY**

**We collected a total of 113 LBS of medications & filled 7 bins of paper shredding to properly recycle.**

**WOW!**

*In partnership with:*



Funding provided in part by Washington Department of Ecology (or Ecology Grants).

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

**Mark Your Calendars - KCHN ANNUAL MEETING JUNE 5TH**



**Save-the-date for the KCHN Annual Event on Wednesday, June 5<sup>th</sup> at Hotel Windrow from 9am-5pm. More details to come.**



Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"

[Buy Your KCHN Raffle Tickets Here](#)

**KCHN Orientation in Cle Elum - May 30th at 12pm**



KITTITAS COUNTY  
Health Network

## Kittitas County Health Network Orientation

Come learn about KCHN history, who we are and how we collaborate with community partners to make Kittitas County a healthier place to live for all!



**THURSDAY, MAY 30TH AT 12PM**

**UKCSC Centennial Center  
719 East Third Street in Cle Elum**

Lunch will be provided

**Hearts and Hands Services Still Ongoing**



(509) 933-7544  
info@healthierkittitas.org  
healthierkittitas.org

**PRESS RELEASE FOR IMMEDIATE RELEASE**

**March 28, 2024**

**Hearts and Hands of Kittitas County services transferred to Kittitas County Health Network.**

The Kittitas County Health Network is excited to announce that starting April 1, 2024, the Hearts & Hands of Kittitas County will be transferring operations of the lending library including the lending of mobility equipment, distribution of incontinence supplies, and nutritional supplementation. The KCHN team will be actively working to make the transition as smooth and seamless as possible for the residents of Kittitas County. The Hospice volunteer program has been transferred to Kittitas Valley Healthcare. We would like to thank the Hearts & Hand of Kittitas County board and staff who have diligently worked to ensure hospice and other vital healthcare services to Kittitas County free of charge since 1983.

The Kittitas County Health Network is thrilled to be able to continue to operate this important service in Kittitas County as the goal of the KCHN since its creation in 2017, has always been to make Kittitas County a healthier place for all to call home.

*Important transition details:*

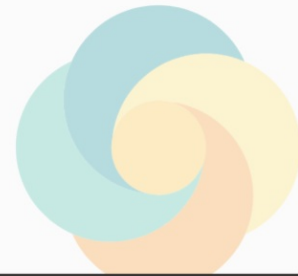
- The lending library service will continue to be operated at **302 E. 2nd Ave (corner of 2nd and Ruby) in Ellensburg from 9am-4pm, Monday through Friday, and at 116 N. Oakes Ave, #B in Cle Elum Tuesday, Wednesday & Friday from 9am-4pm. The offices can be reached at 509-968-5117 for Ellensburg and 509-955-3780 for Cle Elum.**
- Donations of equipment and supplies will continue to be accepted at either location during open hours only. Thank you for ensuring that donations are in working order and clean.

All questions or media inquiries can be directed to [robin@healthierkittitas.org](mailto:robin@healthierkittitas.org) or 509-933-7544. Would you like to help contribute to the sustainability of these programs in Kittitas County? Monetary donations can be sent to Kittitas County Health Network, 110 W. 6th Ave, #393, Ellensburg, WA 98926.

###

*Robin Read*

Robin Read  
Executive Director  
Kittitas County Health Network



**KCHN is Hiring! SHIBA Care Coordinator**

# Join the KCHN team!



NOW  
HIRING

This is an exciting opportunity to help support the organization's pursuit of our mission and vision. The Kittitas County Health Network's SHIBA Project Specialist is part of a team responsible for driving KCHN's work forward. This position is primarily responsible for coordinating the State Health Insurance Benefits Advisors program—managing volunteers, coordinating and participating in events, conducting community outreach, connecting clients with volunteers, and meeting contract deliverables.

[Learn More](#)

**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.



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

Wednesday, May 15<sup>th</sup>

214 Pennsylvania Ave – Cle Elum Catalyst

**2 p.m. – 3 p.m. Renting 101**

#### Ellensburg

Thursday, May 23<sup>rd</sup>

312 North Pearl St – Ellensburg Catalyst

**3 p.m. – 4 p.m. Job Quest 101: Resume & Interview Essentials**

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

### Hours:

Every other Monday---10 am -12 pm Cooking

Wednesday----- See schedule

Friday-----cancelled for May

Saturday-----Every Other--1:00 pm—3:00 pm—Drop In Time

MAY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Crafig with Fran and Gayle 130pm-3pm	2	3	4 Social 1pm-3pm
5	6	7	8	9	10	11
12	13 What's Cooking? 10am-12pm	14	15	16	17	18 Social 1pm-3pm
19	20	21	22	23	24	25 Puppet Project 12pm-4pm
26	27 What's Cooking? 10am-12pm	28	29 Skills Sampler 2pm-4pm Sewing	30	31	

### Location: (United Methodist Church)

210 N Ruby Street, Classroom 2

Ellensburg, WA 98926

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

**Yoga for People in Recovery at The Studio by EDE  
(Ellensburg Dance Ensemble)**

# Yoga for People in Recovery at The Studio by EDE

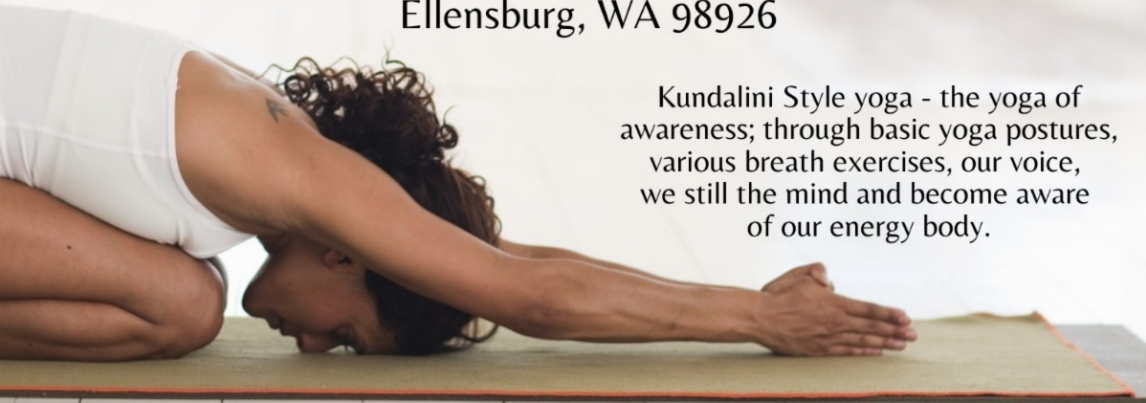
(Ellensburg Dance Ensemble)

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

**KCHN Team News**



## **Congratulations to Teodora!**

¡Felicitaciones a la increíble trabajadora comunitaria líder en salud de KCHN, Teodora, por sus 3 años en la Red! Estamos muy agradecidos por sus incansables esfuerzos para hacer del condado de Kittitas un lugar más saludable para vivir para todos.

Congratulations to the incredible KCHN's Lead Community Health Worker, Teodora, on her 3 years at the Network! We are so grateful for her relentless efforts to make Kittitas County a healthier place to live for all.

## **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
- MICROAGGRESSIONS
- 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

**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](mailto:contact@northwestexpressivearts.org)

PROUDLY SPONSORED BY:



# CLASES GRATIS DE ARTE PARA JOVENES

ÚNASE A NOSOTROS EN NEAR PARA CLASES DE ARTE EXPRESIVO. TODOS LOS JÓVENES DE 11 A 17 AÑOS SON BIENVENIDOS. ¡LAS ACTIVIDADES INCLUYEN HACER MÁSCARAS, JUEGOS CON ARENA, TRABAJO CON ARCILLA, POESÍA Y MÁS!

**Cada 1er y 3er martes  
de 14:30 a 16:30  
a partir del 6 de febrero**

**En CERCA ubicado  
en el aula 1 de la  
Ellensburg United  
Iglesia Metodista, enfrente de la biblioteca  
pública**

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

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



# ACES TRAINING

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**



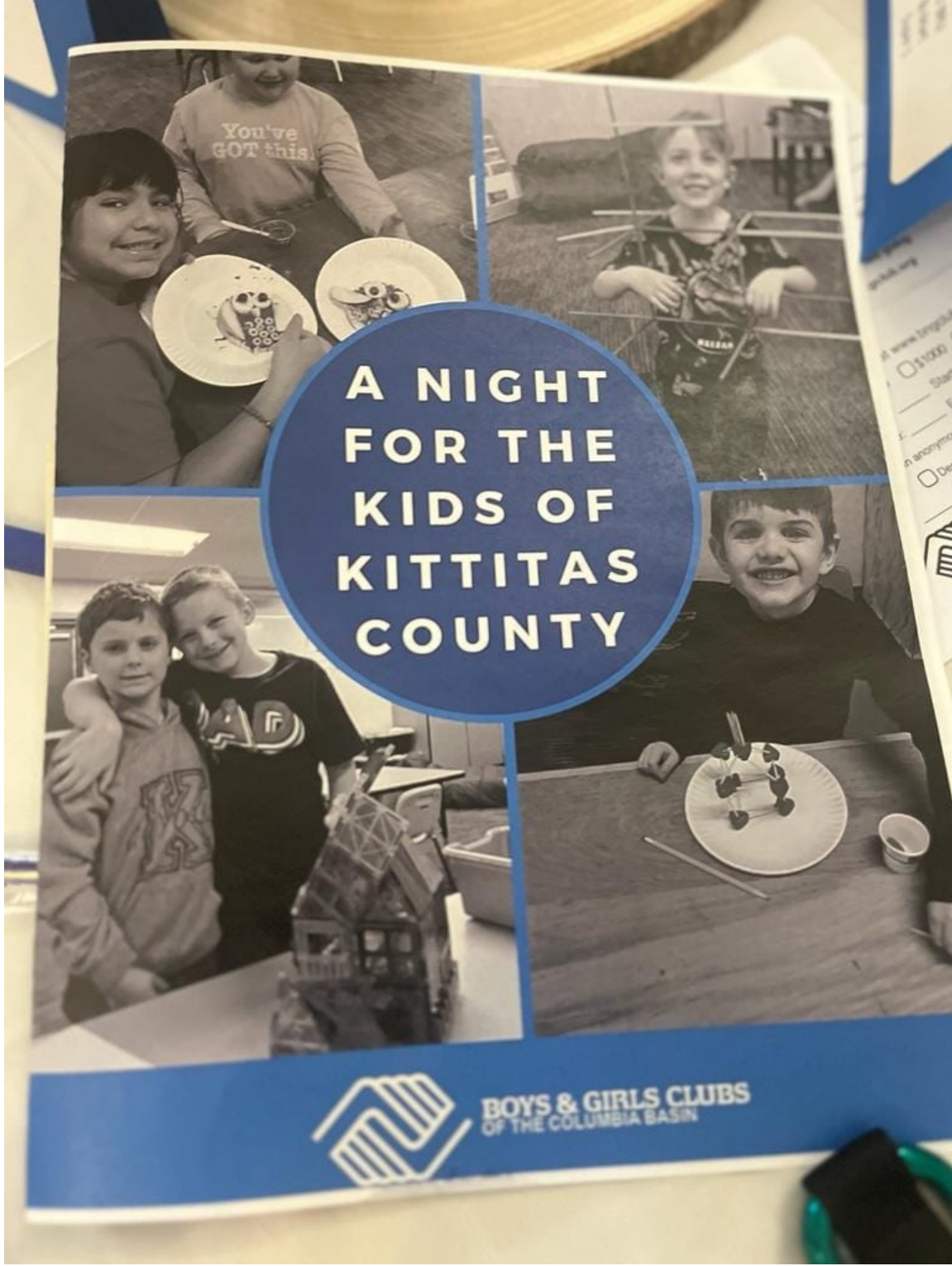
**SCAN TO REGISTER FOR TRAINING TODAY!**



**EMAIL:INFO@HEALTHIERKITITAS.ORG  
HEALTHIERKITITAS.ORG**

## Community Partners Spotlight





The KCHN crew had a great time supporting the Boys & Girls Club of Kittitas County at their fundraising dinner last month.



[Learn More About Boys & Girls Club](#)

## Featured KCHN Client Testimonial

# Client Testimonial

A young man struggling with mental health and recovery support was referred to KCHN by our partners at NAMI.

His sleep was adversely affected and full-time employment seemed out of reach. We connected him to the KCRCO and the Pinnacle Sleep Center. Today he is employed full-time and doing great. He thanks the care coordination team for supporting his goals and his community health worker for taking the time to listen to his concerns and offering pertinent advice.



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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