



Kittitas County Health Network's May 2025 Newsletter

Executive Director's Note



 **May is
Mental Health
Awareness Month**

In the United States, 1 in 5 individuals experience a mental health concern each year – in Kittitas County, behavioral health concerns are the 7th leading cause of hospitalizations in adults and 3rd leading cause for youth under 17 and 2nd leading cause for young adults 18-24. Addressing the mental health epidemic takes a village – at the Kittitas County Health Network we are so grateful to our amazing community partners who work so diligently to reduce stigma, provide access to care, and support for everyone who lives in our community. In the month of May, remember to take a few minutes to be kind to yourself, prioritize self-care, maintain social connections, and to remember the importance of mental health.

KCHN Workgroup Meeting Reminders for May

May Workgroups Meeting Reminders

**Leadership Council:**

The scheduled Leadership Council and Board Meeting for May 14th will be **cancelled**. We look forward to seeing you all at the annual meeting on June 4th at Hotel Windrow. Details to come soon.

Community Resource Work Group: Thursday, May 15th 12-1:30pm **Zoom**

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

Health Equity Work Group

Tuesday, May 20th 1-2pm in-person @ KVFR

Growing Strong Together (Children, Youth and Families)

Online Wednesday, May 28th 3-4pm

Zoom Link: <https://us06web.zoom.us/j/83018239508>

Any questions, please email info@healthierkittitas.org

Hearts & Hands Program Update



Dear Kittitas County community,

Due to financial limitations, the Hearts and Hands program will be reducing the number of items that each client can receive to 1 of each item per month. We are actively looking to increase the funding and capacity of the program to expand hours and return to providing multiple items to each client. Questions and concerns can be emailed to us at:

Info@HealthierKittitas.org

Thank you for your understanding,

A handwritten signature in dark ink, appearing to read "Mitchell Rhodes", written in a cursive style.

Mitchell Rhodes
Executive Director

Medication Take Back Day + Paper Shred Event Success!

KITTITAS COUNTY'S

Medication

Take Back & Paper Shred

DAY

APRIL 2025

Thanks to our incredible
community partners:

CWU



Community Health
of Central Washington



KCRCO
KITTITAS COUNTY RECOVER
COMMUNITY ORGANIZATION

Washington State
Health Care Authority



WH
Whole Health
PHARMACY

healthierkittitas.org

We collected
a total of **91 LBS**
of medications
& **3600 LBS** of
paper shredding
to properly
recycle.

Wow!

Active Aging Event - May 7th

Active Aging Seniors

HEALTH FAIR

Wednesday, May 7th - 10 AM to 1 PM

UKCSC - Senior Center

located at 719 E. Third Street in Cle Elum

Explore the many services that are available to seniors and their families! Over 30 community business and agencies will be present to share their resources and information with you!

Door Prizes
&
Refreshments!



Living Well

**FREE Senior Living
Referral Service**

Independent & Assisted Living
Memory Care & Adult Family Homes

509-607-9980



ALTC Aging &
Long Term
Care
Southeast Washington
Aging & Disability Resource Center



Kittitas County Public Health Panel Discussion - May 8th



DO YOU HAVE QUESTIONS ABOUT MEDICATIONS FOR OPIOID USE DISORDER (MOUD)?

Local Experts Answer Your Questions.
Join this discussion in person or virtually.

Panelists:



DR JOHN
MERRILL-STESKAL



DR MARK BEARD



DR GILLIAN
ZUCKERMAN



MARYALICE
HARDISON,
ARNP



LEOPOLDO REYES,
SUDP

Date: Thursday, May 8
Time: 7 pm - 8:30 pm
Location: Hal Holmes Community Center



To join the virtual meeting,
scan the QR code
Password: moud

Co-sponsored by the
Hal Holmes Community Center



PRIDE Parade & Festival - May 31st

WANTED

Inclusion ★ Community ★ Love ★ Allyship

WILD WILD
PRIDE



MAY 31, 2025

— PARADE & FESTIVAL —
HISTORIC DOWNTOWN ELLENSBURG

Y'all means ALL

Brought to you by: KITTITAS
COUNTY
PRIDE



Upper Kittitas County Childcare Survey



UPPER KITTITAS COUNTY CHILDCARE SURVEY

We are gathering information on childcare in upper
Kittitas County to inform future programming.
Thank you for taking the time to complete
this short survey.

SCAN TO TAKE THE SURVEY

HEALTHIERKITTITAS.ORG



TAKE THE SURVEY HERE

Youth Summer Kick-Off - June 7th



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

Lower County Community Connect Day Thursday, July 24th

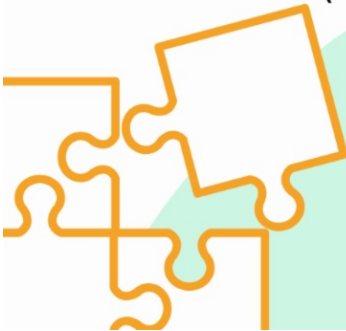


LOWER COUNTY COMMUNITY CONNECT DAY

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)



Foundations in Perinatal Mental Health

FOUNDATIONS IN PERINATAL MENTAL HEALTH



PERINATAL SUPPORT
WASHINGTON



Thursday
May 22, 2025

9am– 5pm PST

FREE
TRAINING

HOTEL WINDROW
502 N MAIN STREET
ELLENSBURG, WA 98926

LUNCH PROVIDED

REGISTER TODAY!

www.perinatalsupport.org/event/kittitas_may2025



WHAT YOU WILL LEARN:

Key concepts and practices in the prevention, identification and treatment of perinatal mood and anxiety disorders (PMADs), as well as how to link parents to support and treatment. *6.5 Contact Hours approved for RNs*



HOTEL WINDROW
HISTORIC ELLENSBURG WA.



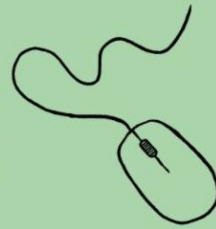
This free training is offered by Perinatal Support WA through a grant from Strengthening Families Washington at the Department of Children, Youth, and Families (DCYF)

REGISTER HERE

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**

SHIBA

Welcome to Medicare!

Join us for a free, unbiased online workshop all about Medicare!



You can also register here:



Tuesday, May 6, 2025
6 p.m. to 7:45 p.m.

To reserve your spot, contact:
Noreen.Brisson@oic.wa.gov

What we'll cover:

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

SHIBA (Statewide Health Insurance Benefits Advisors) is a free, unbiased service of the WA state Office of the Insurance Commissioner.



www.insurance.wa.gov

Turning 65 soon? Then you'll want to join us for this free, unbiased online SHIBA presentation all about Medicare and your options.

Register here: <https://wa-oic.zoom.us/j/9o8ab82NQbWTTvoYi-M-5w>.

To learn more about SHIBA and Medicare visit us at: www.insurance.wa.gov/get-help-medicare

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

Upper Kittitas County Senior Center April Newsletter



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



2025 MAY

Welcome to our May 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 MAY EDITION!

Spring brings exciting technological advances as our Senior Center transitions to modernized systems including a new user-friendly website and MySeniorCenter platform! Read Lori's story (pg 2) for the details.

Join us this May for fantastic events: **Active Aging Health Fair** (5/7) with 30 community businesses and agencies attending; **Older American Luncheon** (5/9), and **Twisted Taco Tuesday** (5/13). Attend "**Miracles of Authentic Living and Aging**", (5/16), this is an introductory class to provide an overview of an upcoming free wellness series. Also, join us for an enlightening **Community Talks on "Healthy Living for Brain and Body"** 5/20. Lastly, for all of our wonderful volunteers, plan to attend the **Volunteer Appreciation event** (5/22).

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
- 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 May 2025



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.

MAY 7 12-1PM

Rent 101

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

MAY 19 2-3PM

Habits for Workplace Success

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

MAY 21 12-1PM

Habits for Workplace Success

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

MAY 22 3-4PM

Managing Your Money

Located at BHC,
205 W 5th Ave.
Ellensburg, WA

MAY 28 1-2PM

Savvy Shopper Seminar

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

MAY 29 12-1PM

Job Quest 101

Located at WorkSource,
100 W University Way Suite 200
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

Kittitas County Recovery Community Organization

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 BINGO 5-6PM	10
11	12	13	14	15	16	17
18	19 Habits for Workplace Success 2-3PM	20	21	22	23	24
25	26	27	28	29	30 MOUD/NALOXONE LUNCH & LEARN 1-2PM	31

Event Space
 Provided by



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

May 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Creative Writing 4:30-5:30pm RECOVERY YOGA 5:30PM	6	7	8 Crochet with Purpose 5:45-7 pm	9	10
11	12 RECOVERY YOGA 5:30PM	13 MAGIC THE GATHERING 5PM	14	15 REIKI 1-4PM (RSVP FOR TIME SLOT) 4 SESSIONS	16 BINGO 5-7PM	17
18	19	20 Feelin' Crafty 4:30-5:30pm	21 509Teens MAGIC THE GATHERING 3-6PM	22	23 KCRCO LUNCH & LEARN 1-2PM 509TEENS 6-8PM	24
25	26 MEMORIAL DAY OFFICE CLOSED	27	28	29	30	31

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

Eastside Opportunity Center

Eastside Opportunity Center

Changes this Month! BAKING IS MOVED TO MONDAY AT 12-2

We are looking for volunteers to lead activities at our classroom. Call Rhonda to inquire about the possibilities.

May 2025						
27	28	29	30	1	2	3
4	5 Cinco De Mayo Celebration What's Cooking? 12-2	6	7	8	9 Sewing and repairs 2-330	10
11	12 12-2 Baking Class	13	14	15	16	17
18	19 What's Cooking? 12-2	20	21	22	23 Craft, sewing and pottery painting 2-5 RSVP	24
25	26 The Plate Method 12-1, classroom 1	27	28	29	30	31
<hr/>						
<u>Location: (United Methodist Church)</u>						
210 N Ruby St. Classroom 1 Ellensburg, WA 98926						
Phone: 509-968-1041 Email: red.eoc22@gmail.com						

STAY CONNECTED WITH KCHN

Visit the KCHN Website





Try email marketing for free today!