

November 2023 NEWSLETTER

Kittitas County Health Network is excited to be sharing Network news with you every month along with partner events and programs throughout our community.

Drug Take Back Day + Paper Shred Event Success!



We had another successful Drug Take Back event with over 50 community members attending! Thank you to everyone who stopped by to dispose of their unused medications and sharps. We distributed lockboxes, Naloxone, sharps containers, and resource flyers for medication disposal sites and treatment. The paper shred portion was a huge hit. Thank you to our community partners Kittitas County Sheriff and Community Health of Central Washington - Ellensburg for helping us host this great community event!

Pediatric Vaccine Clinic at APOYO



We had over 70 participants attend the KCHN Pediatric Vaccine clinic at APOYO last month! We handed out gift cards, Unidos Nueva Alianza had a diaper giveaway, and APOYO provided 30 food boxes. Thank you to our

community partners APOYO, Juntos en Comunidad, Unidos Nueva Alianza, and the Yakima Valley Community Foundation for supporting the event!

Number of Vaccines Provided at the Event

- 14 **COVID-19** for pediatrics (two firsts, one 2nd, and 10 Boosters.)
- 15 Adult **COVID-19** boosters.
- **Flu shots** seven pediatric and nine adults.
- **T DAP** 5
- **POLIO** 14
- **MMRV** 2
- **Hepatitis B** 7



KCHN Awarded Additional Funding for Latinx Outreach

Thanks to the incredible work of KCHN Community Health workers, Teodora Moreno Guzmán and Fatima Andraca, KCHN has been awarded additional funding for our LatinX Community Health Worker Program from the Yakima Valley Community Foundation.



**Yakima Valley
Community Foundation**

\$18,000

Vote KCHN for Best of Kittitas County 2023!



We're so honored to be nominated for Best Non-Profit Organization!
We'd love to have your vote. You can vote daily until 11/9.

[Vote
Here](#)

KCHN Communications Survey



HOW ARE WE DOING?

TAKE OUR COMMUNICATIONS
SURVEY TODAY TO HELP US
IMPROVE KCHN OUTREACH.

healthierkittitas.org



We're gathering feedback related to the quality, accessibility, and community engagement of KCHN communications. In our current strategic plan, we have a communications goal to share the value and impact of the Network with the community to generate excitement and support for our contributions to the health and well-being of the community. It is important to us to know where we can improve KCHN outreach efforts. We need your help in providing feedback that will play a key role in updating the KCHN Communications Plan.

It should take less than 10 minutes of your time to complete.
Once submitted, your response automatically enters you in a gift card giveaway to a locally-owned business.

[Take the Survey
Here](#)

SHIBA & Care Coordination at Health Insurance Fair

Washington State
Health Care Authority



Benefits Fair

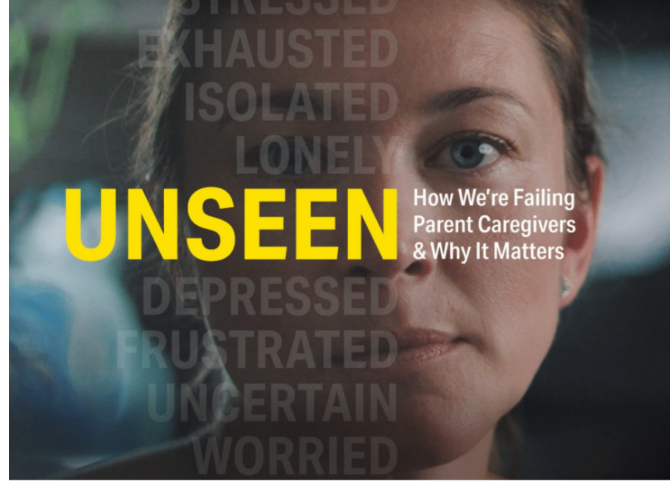
WEDNESDAY, NOV. 8TH FROM 11-3PM
AT THE SURC BALLROOM

Learn about SHIBA and the KCHN Care Coordination Program



[Learn More
Here](#)

November is National Caregiver Month



UNSEEN

How We're Failing Parent Caregivers & Why It Matters

FREE DOCUMENTARY SCREENING & PANEL DISCUSSION

HOSTED BY:



WHEN:

Tuesday, Nov. 14, 2023
Doors open at 5pm.
Documentary starts at 5:30pm.
(approx. 51 mins length).
Light refreshments available.

WHERE:

Morgan Performing Arts Center located at 400 East First Ave in Ellensburg.

Join us to start the critical conversation about supporting caregivers in our community. Panel discussion following the screening.

[Learn More Here](#)

Holiday Support Series

Getting Through the Holidays

A free 4 part series
Presented by Eastside Opportunity Center in collaboration with Northwest Expressive Arts Response
Location: 210 North Ruby Classroom 1

Everyone could use some help sometimes. These community life skill classes have something for just about anyone experiencing stress this holiday season. From time management to healthy eating, better relationships and emotional well being, come learn and have fun with other community members.

Part 1

Organizing 9/23 from 1-3 pm

The holidays are stressful for nearly everyone. You might find yourself not having enough time for things that matter to you. Maybe you are feeling overwhelmed with all the places you have to be and things that must get done. Have a better holiday season with some simple tips and tricks. Learn as you participate in the discussion then make holiday cards for those on your list.

Part 2

Eating Right. 10/16 from 5:30-7:30 pm

'Tis the season of sugary foods and tempting treats. Eating healthy is a challenge during the holidays. Make a change that will last all year as you learn to cook good food for yourself and your family. From meal planning to shopping list a simple to follow recipes, come join us for an evening of good food and good company. A simple meal preparation will be demonstrated.

Part 3

Healthy Relationships 11/18 from 1-3pm

As the big get-together nears, does your heart fill with apprehension? Do you do everything possible to avoid family and social gatherings every holiday? Healthy relationships make life better. Find support and growth for better relationships as part of this community centered class.

Part 4

Holiday Emotions 12/6 from 1-3pm

It happens every holiday season: the blues, loneliness, grief, and sadness. Break the cycle of misery this holiday season. Join other community members in this unique class of personal exploration and healing.

Sponsored by



Save the Date For Upcoming Semi-Annual Meeting

Semi-Annual Meeting

WEDNESDAY, JANUARY 10TH 2024
MORE DETAILS COMING SOON



KCHN Care Coordination Team is Expanding!



Join the KCHN team!

CARE COORDINATOR AND PEDIATRIC CARE COORDINATOR

[Learn How to Apply Here](#)

2023 Community Survey

We are interested in your opinions about youth substance use in our community. Your responses will help inform and improve prevention programs for our youth.

This 5-7 minute survey is completely anonymous.

Please take the 2023 Community Survey to help promote a stronger and healthier community.



Washington State Health Care Authority Kittitas County Health Network

[Start Survey Here](#)

Realice la Encuesta Comunitaria de 2023 para ayudar a promover una comunidad más fuerte y saludable.



Washington State Health Care Authority Kittitas County Health Network

[Iniciar Encuesta Aquí](#)

KCHN Care Coordination Program



We help improve
life at home.



For client referrals visit
healthierkittitas.org



Call Us
509-933-7544



Email Us
info@healthierkittitas.org

The Kittitas County Health Network's Care Coordination program helps prevent overutilization of emergency services such as 911 calls, emergency department visits, and hospitalizations. Our Care Coordination team can also facilitate access to resources in the community.

To download a digital copy of the Kittitas County Resource Guide or to refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral by clicking the link below.

[Visit the KCHN Website](#)

Community Partners Spotlight



PARTNER SPOTLIGHT



Community Health of Central Washington was founded with one bold and clear vision: All people in our region should enjoy access to affordable and appropriate health care.

[Learn more about Community Health of Central Washington](#)



Public health promotes and protects the health of people and the communities where they live, learn, work, and play. KCPHD's vision is for all Kittitas County residents to have the freedom and ability to pursue healthy lives in a healthy environment.

[Learn more about Kittitas County Public Health](#)

Featured KCHN Team Member

Meet Sascha

Sascha is a Pacific Northwest native and graduated from Central Washington University in 2019. Sascha has experience working in social services over the last 4 years including direct client services and case management. Sascha is passionate about meeting members of our community where they are and coming up with creative solutions to move toward their next goal in life. When not at work, Sascha is a professional freelance musician and private teacher and frequently can be heard or seen around the Northwest playing in orchestras, big bands, jazz clubs, recording sessions, and more.



Sascha Burckhardt

Care Coordinator /
Community Health Worker
Pronouns: he/him

Brrrr! Get your KCHN merch today!

Chilly weather is officially here! Get your KCHN sweatshirts and beanies. All proceeds go to clients in need.



SHOP NOW

KCHN Sweatshirt

Our comfy sweaters will keep you warm without making you feel like you live in a sauna. Black cotton and polyester mix with simple white embroidery makes it classic and easy to dress up or pair with your favorite joggers.

Sizes S-2XL are available now!
\$40.00

KCHN Beanie

Get cozy with our dual-color beanies, perfect for these cool winter days! Black and grey go well with whatever you have going on and transition easily from walking the dog to a night on the town!

One size fits most.
Limited supply.
\$20 each

[Shop Now](#)

Featured KCHN Client Story

The KCHN Care Coordination program was contacted about an elderly farmer who recently became ill and required care after surgery. Our team has worked with him and his family to set specific goals for himself such as improving his physical health and eating healthier. Within two weeks, he has already achieved 3 out of his 5 goals since beginning care coordination. He is well on his way to achieving his wellness goals.



STAY CONNECTED WITH KCHN

[Visit KCHN Website](#)



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