



## Kittitas County Health Network's November 2024 Newsletter

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**KITTITAS COUNTY**  
Health Network

### Executive Director's Note



November gives us all a great time to reflect on gratitude. Here at KCHN, we are grateful to our partners and the opportunities we have to collaborate with each of you. Likewise, the staff at KCHN is grateful for the opportunity to move into our own office space for the first time since the Network was founded nearly six years ago.

Please join us in celebrating our new office at 2411 W Dolarway Rd, Suite 1 with a Ribbon Cutting and Open House on Monday, November 18<sup>th</sup> from 3:00-4:30 PM. I look forward to sharing our new space with you as we look towards the future of KCHN.

I wish you all a Happy Thanksgiving.

**Mitchell R. Rhodes, PhD.**



KITTITAS COUNTY  
Health Network

*You are cordially invited to our*  
**RIBBON CUTTING  
& OPEN HOUSE**

**Friday, November 18th  
from 3 to 4:30 PM**

Join us to celebrate the NEW KCHN Office  
with a ribbon cutting ceremony  
followed by an open house to explore  
our new space located at:

**2411 W Dolarway Rd, Suite 1.**

Snacks provided.



**KCHN Office**  
**2411 W Dolarway Rd, Suite 1**  
**[healthierkittitas.org](http://healthierkittitas.org)**

### **Moving Update - Temporary Delay in Phone Service**

With moving there are always hiccups – and let me tell you that is certainly the case with the Kittitas County Health Network's recent move to our new offices! Circumstances beyond our control have left KCHN without phones in our new offices and it will take time for service installed. With the delay in phone service, we will likewise be getting a different new number than what we previously advertised. **In the meantime, if you need to call KCHN staff, please call (509) 968-5117, call the Care Coordination team at (509) 201-1145, email the staff member directly, or send us an email to [info@healthierkittitas.org](mailto:info@healthierkittitas.org).** We

will do everything we can to return messages as soon as possible.  
We apologize for the inconvenience.

## HRSA Grant Implementation



Over the last 6 months (March 1, 2024-August 31, 2024) through the HRSA Implementation Grant: Our ACEs trainers were able to train 100 individuals over 8 cross-sector trainings. Kittitas County Public Health Department Harm Reduction Specialist distributed over 100 kits of Naloxone at the Syringe Service Program and educated over 380 community members on Naloxone Use (way to go Lauren!)

KCHN has been able to distribute 54 lock bags for safe medication storage. 38 Hub and Spoke referrals were made to Community Health of Central Washington's Connect Program which provides individuals with medication for opioid use disorder.

The Health Network distributed 23 clothing vouchers and 38 cell phones to reduce barriers for those re-entering the community from incarceration. Recovery Yoga has had 234 participants in over 26 classes. A Community Conversation that was facilitated by KCHN Community Liaison, Pam Muggle-Tiles, on September 19<sup>th</sup> (pictured above) had 21 community members and service providers present to participate in a conversation to reduce stigma around substance use disorder in our community.

## KCHN Coat Drive



KITTITAS COUNTY  
Health Network



Community Health  
of Central Washington

# COAT DRIVE

Through January 31st

We are accepting all sizes of new and gently used coats (no hats, gloves, scarves, etc.) to help keep our Kittitas County neighbors warm this winter.

## DONATION DROP-OFF LOCATION

**Community Health of Central Washington**

521 E Mountain View Ave Ellensburg

Monday-Friday 7am to 5:30pm

Questions?

Email: [courtney@healthierkittitas.org](mailto:courtney@healthierkittitas.org)  
**healthierkittitas.org**



KITTITAS COUNTY  
Health Network



Community Health  
of Central Washington



# RECOLECCIÓN DE ABRIGOS



**Hasta 31 de enero**



Aceptamos de todos los tamaños de abrigos nuevos y usados (No aceptamos gorros, guantes, bufandas, etc.) todo debe estar en buen estado, para ayudar a mantener calientes a nuestros vecinos del condado de Kittitas.

## LUGARE DE ENTREGA DE DONACIONE

**Community Health of Central Washington**

521 E Mountain View Ave Ellensburg

lunes-viernes 7am to 5:30pm



¿Preguntas?

Email: [courtney@healthierkittitas.org](mailto:courtney@healthierkittitas.org)

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



**Medication Take Back + Paper Shred Success!**

KITTITAS COUNTY'S

# Medication

OCTOBER 2024

## Take Back & Paper Shred

# DAY



We collected  
a total of **50 LBS**  
of medications  
& **3200 LBS** of  
paper shredding  
to properly  
recycle.

Shredding sponsored by:



In partnership with:



Community Health  
of Central Washington

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

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

**Donate Today to Make a Difference!**

# 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](http://healthierkittitas.org)

DONATE HERE

**Evento Gratuito de Educación Para La Salud**

# EVENTO GRATUITO DE EDUCACIÓN PARA LA SALUD

**Jueves 7 de  
noviembre  
5:30-6:30 PM**



**Iglesia católica de San Andrés  
401 S Willow Street Ellensburg**

**Obtenga información útil sobre la  
enfermedad de Parkinson de la  
Dra. Karen Torres, Psy. D., ABPP.  
Se ofrecerán comida ligera.**



*Dra. Karen Torres, Psy.D., ABPP  
Certificada por la Junta en Neuropsicología Clínica  
Profesora Asistente del Departamento de  
Neurología de la Universidad de Washington*



**"Como neuropsicóloga, espero compartir educación y empoderamiento a la comunidad Latina que vive con la enfermedad de Parkinson's. Es importante aprender no solo cómo la enfermedad de Parkinson's afecta su pensamiento y comportamiento, pero también qué puede hacer para mantener su cerebro sano."**



**KITTITAS COUNTY  
Health Network**

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



**Childcare Provider Workshop**



KITTITAS COUNTY  
Health Network

# Childcare Provider Workshop

**SATURDAY, NOV. 9TH  
10 AM - 12 PM**

at Hal Holmes Community Center  
209 N Ruby Street  
Ellensburg, WA 98926

Any questions please e-mail:  
[Trinity@healthierkittitas.org](mailto:Trinity@healthierkittitas.org)

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

Workshop participants will receive a \$150 gift card to spend on their childcare centers.



Join us for a **FREE** workshop for childcare providers in Washington State to receive business mentorship on expanding their childcares, becoming licensed facilities, and more.

*Coffee and donuts provided.*

**People with Puppets**

# PEOPLE WITH PUPPETS

Everyone has a story to tell.

People with disabilities need to be heard.

From science fiction to super-heros to real life events,  
these original stories are told and performed in collaboration  
with their peers, family, supporters and  
the facilitating artist Gayle Scott.

Sponsored in part by a grant from the  
Ellensburg Arts Commission.

**This performance benefits local Special Olympic athletes.**

Saturday November 9th at Oddfellows Hall, 307 N Pine

Show begins at 4pm

Pay what you can. Donations accepted at the door.



Scan the QR code and Donate today.

Select Ellensburg in the dropdown menu.



**Special Olympics**  
Washington




**Medicare Open Enrollment Period Information**

# MEDICARE'S OPEN ENROLLMENT PERIOD


Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Medicare's Open Enrollment to make sure your coverage will meet your needs in 2025.

## Making changes during Medicare's Open Enrollment

The changes you can make include:



Joining a new Medicare Advantage Plan or Part D prescription drug plan



Switching from Original Medicare to Medicare Advantage



Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)



Call **1-800-Medicare** or visit **Medicare.gov** to make changes.



## Review your coverage for 2025

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.



**Original Medicare**  
Read *Medicare & You* or visit **Medicare.gov** to learn about Medicare's benefits for the upcoming year.



**Medicare Advantage or Part D plan**  
Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).



Plan's star rating

Provider Network

Coverage & Cost of Medications

Premiums & Deductibles



**SHIP**

State Health Insurance Assistance Program

Contact your SHIP if you have questions about any notices you receive. SHIP counselors can help you review your options and pick a plan that meets your needs. SHIP counselors provide trusted, unbiased, and individualized Medicare help. Contact information for your local SHIP at [www.shiphelp.org](http://www.shiphelp.org).

You can use Medicare's Plan Finder tool to compare plans by visiting [Medicare.gov/plan-compare/](http://Medicare.gov/plan-compare/) or by calling **1-800-Medicare**

This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

## HopeSource Individual Coaching and Workshop Courses

## 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

**Monday, November 18<sup>th</sup> 2 p.m. – 3 p.m.**

Cle Elum Catalyst – 214 Pennsylvania Ave.

***Managing Your Money***

### Ellensburg

**Monday, November 25<sup>th</sup> 3 p.m. – 4 p.m.**

KCRCO – 211 West 3<sup>rd</sup> Ave.

***Job Quest 101***

Contact us at 509.925.1448 or  
[hopeuniversity@hopesource.us](mailto:hopeuniversity@hopesource.us)  
to sign up!

## Recovery Yoga

# RECOVERY YOGA

**Free yoga classes  
sponsored by:**



**KITTITAS COUNTY**  
Health Network

Focus on basic yoga postures,  
breathing techniques,  
and other meditation strategies.

– The essence of yoga –  
Stilling the mind and letting go of habitual  
negative thinking patterns.

## **THURSDAY MORNING CLASS**

**WHEN: 7:30 – 8:30 am**

**WHERE: EDE dance studio**

**118 E 4th Street – (between Ellensburg Floral and  
Maurices)**

## **WEDNESDAY EVENING CLASS**

**WHEN: 5 – 6 pm**

**WHERE: KCRCO building**

**211 W 3rd Ave in Ellensburg**

*Learn more at:*

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



**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  
&



**Unraveling PTSD Virtual Presentation**

# Unraveling PTSD and Strengthening Resilience

**December 6th, 2024**

**10am - 11:30am PST**

FREE / Virtual (ZOOM)

## ATTENDEES WILL LEARN TO:

1. Recognize the impact of trauma, stress, and PTSD
2. Identify practical strategies for overall improvement
3. Understand the concept of Eustress and its role in combating PTSD
4. Utilize strategies for suicide prevention, including the use of Eustress, the importance of psychotherapy, and fostering community vulnerability.
5. Address and challenge stereotypes and stigma associated with seeking help for mental health issues

This 90-minute, virtual presentation delves into the impact of neuroscience and psychotherapy on the lives of first responders, with a focus on the effects of trauma, stress, and PTSD. It explores how these factors influence behavior, including substance use, and mental health while providing practical strategies for improving overall health.

Designed specifically for first responders, this presentation aims to break down stereotypes and reduce the stigma surrounding mental health care and SUD treatment. It encourages proactive strategies for seeking help and supports the mental health needs of those who serve on the front lines.

REGISTRATION: Through ACADIS, Session #8081

Contact your agency training manager.

If you OR your agency do not have an Acadis account, please contact [maysaele@cojtc.wa.gov](mailto:maysaele@cojtc.wa.gov) OR SUD Program Manager, Becky Starnes: [becky.starnes@cojtc.wa.gov](mailto:becky.starnes@cojtc.wa.gov)

**Eastside Opportunity Center**

## Eastside Opportunity Center

### New Offerings this Month!

- Fitness Group-Tues & Thurs 10:30 am at Lutheran Church Gym

## **November 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Puppet Building and Rehearsal 2-4 pm	2 Rehearsal 2-3:30 pm
3 Cooking Planning Mtg 3:00 pm	4 What's Cooking? 12- 2 pm	5 10:30 am Fitness Group	6 Rehearsal 3:30-4:30 pm	7 10:30 am Fitness Group	8 Rehearsal and pack up 3:00-4:30 pm	9 Oddfellows 2-6 pm show at 4 pm
10	11	12 10:30 am Fitness Group	13 Coffee Talk Discussions 11 am-12 pm Sewing 3-4:30 pm	14 10:30 am Fitness Group	15	16
17	18 What's Cooking? 12-2 pm Computer Group 2:30- 4pm	19 10:30 am Fitness Group	20 Coffee Talk Discussions 11 am -12 pm	21 10:30 am Fitness Group	22	23 Games & Crafts 2-4 pm
24	25	26 Baking 2-4 pm	27 Baking 2-4 pm	28 <b>Happy Thanksgiving!</b>	29 <b>Fundraiser 12- 3 pm</b>	30

**Location: (United Methodist Church)**

210 N Ruby St. Classroom 1 Ellensburg, WA 98926    **Phone:** 509-968-1041

**Email:** red.eoc22@gmail.com

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



# BOWLS FOR SUCCESS

Friday  
November 29th  
12pm-3pm

**\$15.00** Per person

## FUNDRAISER FOR EASTSIDE OPPORTUNITY CENTER

Purchase a bowl and get soup, drinks, dessert and fresh homemade bread prepared by the cooks in our cooking class.

After lunch, check out our rummage sale!

*Supporting people living with challenges, we offer programs and classes that teach skills to live life better. Our popular cooking class, practical sewing class and crafty fun Fridays are just the beginning. Support us in expanding our programs and offerings in building better skills for better living.*



Eastside Opportunity Center is a registered 501(c)3 nonprofit  
For more information call Rhonda at 509-968-1041

**Tree of Love Event - Dec. 3rd**



# TREE OF LOVE

Tuesday, December 3rd at 6pm  
At the Odd Fellows Ballroom  
located at 307 N Pine St. in Ellensburg

JOIN US FOR A REMEMBRANCE CELEBRATION OF THOSE WE HAVE LOST OVER THE PAST YEAR. THIS IS AN OPPORTUNITY TO HONOR LOVED ONES WITH FRIENDS, FAMILY, AND OUR COMMUNITY. THE INDOOR GATHERING WILL FEATURE A CANDLELIGHT CEREMONY WHERE FAMILIES CAN COME TOGETHER TO HONOR THEIR LOVED ONES.

If you would like to submit the name of a loved one, please send an email to [sgomez@hospice-friends.org](mailto:sgomez@hospice-friends.org) or send it to 302 E. 2nd Ave. Ellensburg, WA 98926.

If you would like to make a donation to the organization to support the event or in Memorial, please make checks payable to KCHN and send to 302 E. 2nd Ave. Ellensburg, WA 98926, or scan the QR Code here:



KITTITAS COUNTY  
Health Network





# TREE OF LOVE

Martes, Diciembre 3 a las 6 pm  
En Odd Fellows Ballroom  
ubicado en 307 N Pine St. en Ellensburg

ÚNETE A NOSOTROS A ESTA CELEBRACION PARA RECORDAR A AQUELLOS QUE HEMOS PERDIDO EN ESTE AÑO. ESTA ES UNA OPORTUNIDAD PARA HONRRAR A NUESTROS SERES QUERIDOS CON AMIGOS, FAMILIARES Y NUESTRA COMUNIDAD. ESTE EVENTO CONTARÁ CON UNA CEREMONIA DE LUCES DE VELA DONDE FAMILIAS PODRÁN REUNIRSE PARA HONRAR A SUS SERES QUERIDOS.

Si deseas enviar el nombre de un ser querido, porfavor envía un correo electrónico a [sgomez@hospice-friends.org](mailto:sgomez@hospice-friends.org) o por correo a 302 E 2nd Ave, Ellensburg, WA 98926.

Si deseas hacer una donación para apoyar el evento o en memoria de un ser querido, te agradeceríamos que hicieras tu cheque a nombre de KCHN y lo envíes a 302 E 2nd Ave, Ellensburg, WA 98926. También puedes escanear el código QR aquí:



KITTITAS COUNTY  
Health Network



STAY CONNECTED WITH KCHN

Visit the KCHN Website





Try email marketing for free today!