



Kittitas County Health Network's November 2025 Newsletter



Network Engagement Survey



At KCHN, we continue to seek ways to improve. Please click the link below to help us understand how we can improve our workgroup, leadership, and board meetings to increase engagement with the Network. We appreciate your time.

Take Survey
Here

KCHN Workgroup Meeting Reminders



KITTITAS COUNTY
Health Network



November Workgroups Meeting Reminders

Leadership Council: November 12th 9:30am
Zoom Link: <https://zoom.us/j/96791509911>

Board of Directors: November 12th 10:30am
Zoom Link: <https://zoom.us/j/96791509911>

Health Equity:
Tuesday, November 18th at 1pm **in-person** at KVFR

Community Resource Workgroup:
Thursday, November 20th at 12pm via Zoom
Zoom Link: <https://us06web.zoom.us/j/82819043854>

Growing Strong Together Workgroup:
Tuesday, November 25th at 12pm via Zoom
Zoom Link: <https://us06web.zoom.us/j/83909620002>

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals

The KCHN Care Coordination Program works with healthcare and social service providers to improve the physical, social, and behavioral health of community members. Care Coordinators prioritize client voice, whole-person support, and warm hand-offs.

HOW IT WORKS

To refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral through our website at healthierkittitas.org



Or call us directly at:
509-201-1145

Make a Referral

Santa is Coming to Town!

Santa
is coming to
Town



**SATURDAY,
DECEMBER 6TH
9AM-11AM & 1PM-3PM
AT VALLEY PLAY MUSEUM**

Enjoy our festive holiday decor with a 5 minute slot per family to chat with Santa, grab a candy cane, and receive photos of two different poses! Letters to Santa and coloring stations are included in price! Amanda Lervick Photography will be taking professional photos and editing within two weeks of your sessions. Enjoy Valley Play Museum after your session at their regular admission cost. Valley Play's Cafe will also be open for warm drinks during this time! We're sorry but no pets will be allowed.

\$25

photo sessions

SCAN TO PICK
YOUR TIME SLOT.





Santa llega a la ciudad



**SÁBADO,
6 DE DICIEMBRE
9AM-11AM Y 1PM-3PM
EN EL VALLEY PLAY MUSEUM**

Disfruta de nuestra festiva decoración navideña con un turno de 5 minutos por familia para conversar con Santa, tomar un bastón de caramelo y recibir fotos con dos poses diferentes. ¡Las cartas para Santa y las estaciones de colorear están incluidas en el precio! Amanda Lervick Photography tomará las fotos profesionales y las editará dentro de las dos semanas posteriores a tu sesión. Disfruta del Valley Play Museum después de tu sesión pagando la tarifa regular de admisión. ¡El Café de Valley Play también estará abierto para ofrecer bebidas calientes durante este tiempo! Lamentablemente, no se permitirán mascotas.

\$25

sesiones de fotos
ESCANEA PARA ELEGIR
TU HORARIO.



KITTITAS COUNTY
Health Network

valley
play
museum



THRIVE
Youth Mentoring

Book Santa Photos
Here

SAVE THE DATE | Tree of Love - Dec. 17th



*Save
The
Date*

TREE OF LOVE

WEDNESDAY, DECEMBER 17TH
At the Odd Fellows Ballroom
located at 307 N Pine St. in Ellensburg

MARK YOUR CALENDARS NOW TO 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.



KITTITAS COUNTY
Health Network



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Coat Drive



COAT DRIVE

October 1 - February 28th

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 LOCATIONS

Kittitas County Commissioners Office

205 W. 5th Avenue Suite 108, Ellensburg

Monday-Friday 8am to 4pm

Community Health of Central Washington

521 E. Mountain View Avenue, Ellensburg

Monday-Friday 7am to 5:30pm



healthierkittitas.org





RECOLECCIÓN DE ABRIGOS



1 Octubre - 28 Febrero

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

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Community Health of Central Washington

521 E. Mountain View Avenue, Ellensburg
Monday-Friday 7am to 5:30pm

healthierkittitas.org



Kittitas County Resource Guide

Find available resources in Kittitas County with the **NEW 2025 Kittitas County Resource Guide** website. Available to download and search in multiple languages, the Kittitas County Resource Guide is your one-stop shop for all community resources.



The image shows a physical brochure for the Kittitas County Resource Guide and a smartphone displaying the corresponding website. The brochure features the title "KITITITAS COUNTY RESOURCE GUIDE" in large, colorful letters, with a small circular logo above it. Below the title, it says "Provided by the Kittitas County Health Network. Created with partnership collaboration." and includes a QR code with the text "SCAN TO VISIT WEBSITE". The smartphone screen shows the website interface with a red header containing "Crisis Line: Text HOME to 741741 | Website: crisistextline.org". The main content area lists categories: "CLOTHING", "DISABILITY SERVICES", and "EDUCATION", each with a corresponding icon. A red starburst graphic with the word "NEW" is placed between the brochure and the phone.



A large QR code is positioned below the brochure and phone, with an arrow pointing from the text "Scan here to visit the Resource Guide website." to it.

Scan here to visit the Resource Guide website.

kittitascountyresources.org



KITTITAS COUNTY Health Network

Encuentra recursos disponibles en el condado de Kittitas con el NUEVO sitio web de la Guía de Recursos del Condado de Kittitas 2025. Disponible para descargar y buscar en varios idiomas, la Guía de Recursos del Condado de Kittitas es tu centro integral para acceder a todos los recursos comunitarios.



CONDADO DE KITTITAS GUÍA DE RECURSOS

Provisto por la Red de Salud del Condado de Kittitas. Creado en colaboración con socios.

ESCANEA PARA VISITAR EL SITIO WEB

KITTITAS COUNTY Health Network

NUEVO

Linea de Crisis: 736-7000 | Línea de Crisis por Mensaje de Texto: Envía HOME al 741741 | Sitio web: crisistextline.org

KITTITAS COUNTY RESOURCE GUIDE

ROPA

SERVICIOS PARA DISCAPACITADOS

EDUCACIÓN

ES

Escanea aquí para visitar el sitio web de la Guía de Recursos.

kittitascountyresources.org

KITTITAS COUNTY Health Network

Visit the Resource Guide
here

SHIBA Open Enrollment Information

Medicare open enrollment is Oct. 15- Dec. 7

The SHIBA program can help you review your options

Medicare's annual open enrollment period starts Tuesday, Oct. 15 and runs through Saturday, Dec. 7. The Office of the Insurance Commissioner's Statewide Health Insurance Benefits Advisors (SHIBA) program can help you review your plan options.

Open enrollment is the time to review your current coverage and decide if there are better options for you based on changes to your current plan, your budget or your health needs. If you think you want to make a switch or if you've been notified that your plan is discontinued, start reviewing your options now.

If you received a letter that your Medicare Advantage plan is leaving, open enrollment is the time to shop for new coverage. You can select either a new Medicare Advantage plan or a Medigap plan and if you need prescription drug coverage, you'll need to get Medicare Part D plan.

"Navigating Medicare options can be overwhelming," says Insurance Commissioner Mike Kreidler. "But it's best to start early. Look over your plan information today and contact our trained SHIBA volunteers in your community. They're ready to answer your questions and help you find a plan that meets your needs. I encourage everyone to take advantage of this free, unbiased service we offer," said Kreidler.

For more than 45 years, SHIBA has provided free, unbiased and confidential help with Medicare and other health care options to people of all ages and backgrounds.

Medicare is not a one-size fits all program and everyone's needs are different. Follow these tips:

- Plan costs and coverage can change every year, so review and keep all letters and notices your current plan sends you.
- List all the current prescription drugs you take, the doses and how often. Then, use the Plan Finder at www.medicare.gov to compare Part D plans.
- Review the 2025 Medicare & You handbook or download a copy at www.medicare.gov/publications/10050-medicare-and-you.pdf
- If you have questions, call us at **(509) 794-1569** *before* you sign up.
- Attend an online SHIBA webinar or find a counseling clinic in your area -- check out our online events calendar at www.insurance.wa.gov/medicare-counseling-and-events-calendar.

To schedule your counseling appointment with a SHIBA volunteer, Monday through Friday, call us locally at **(509) 794-1569** and ask to speak with a SHIBA volunteer.



Find More Medicare Info
Here

A Message Open Door Health Clinic

A Message to Our Community

Since 1999, Open Door Health Clinic has existed on one belief, that healthcare should never be out of reach for those who need it most. For 25 years, we have provided free medical care to uninsured and underserved individuals across Kittitas County, powered entirely by volunteers, partnerships, and community goodwill.

In recent years, particularly since the COVID-19 pandemic, we have seen a significant decline in patient visits. Whether due to changing systems, shifting community needs, or lack of awareness, fewer individuals are walking through our doors. At the same time, funding and resources have continued to diminish.

Today, this reality has brought us to a crossroads. Without meaningful change, Open Door may be forced to close.

Before any final decisions are made, we are turning to you—our community.

We are asking with sincerity and humility:

- *Is Open Door still needed?*
- *Would this community feel our loss?*
- *Have we served a purpose worth continuing?*

If you have thoughts, concerns, or stories to share, we invite you to contact us directly. Your feedback will help guide our next steps.

Please reach out:

opendoorhealthclinic@gmail.com

We are listening. What happens next should be shaped by the voices of those we serve.

With respect,

Open Door Health Clinic Board & Leadership

THRIVE Youth Mentoring



TRUSTED HEALTHY RESILIENT INSPIRED VALUED EMPOWERED

Discover the power of mentoring!

THRIVE is dedicated to shaping Trusted, Healthy, Resilient, Inspired, Valued, and Empowered youth to influence safe and supportive environments in Kittitas County.

- 1:1 Community-Based Mentoring
- Create goals & relationships
- Regularly scheduled fun events with peers & other mentors!
- Youth ages 8-18
- Mentors must be 21+

Looking
for Mentors &
Mentees!

CONTACT US

- 📞 509.925.5246
- 📧 @thrivementoring.eburg
- ✉️ trinity@healthierkittitas.org



SOGIE Safe Space 101

A poster for 'SOGIE SAFE SPACE 101' featuring a rainbow background and several hands of different colors raised in the air. The title 'SOGIE' is in large purple letters, and 'SAFE SPACE 101' is in white letters on a rainbow banner. The poster is divided into two main sections: 'Community Safe Space Training' on the left and 'WHAT WE OFFER:' on the right. The left section includes a description of the training, the date and time (Wednesday October 1st, 5:30p - 7p), the location (Peer Rising - 116 W 3rd Ave Unit 100, Ellensburg), and a note about the celebration of Helen House's grand re-opening. The right section lists the topics covered: ABCS OF SOGIE/ LGBTQ+, LANGUAGE DOS AND DON'TS, UNDERSTANDING MICROAGGRESSIONS, ALLYSHIP, and AND MORE!. At the bottom, there are logos for Helen House and Kittitas County Health Network, along with a QR code and text about special events every day through Saturday as part of the Grand Re-Opening!

SOGIE

SAFE SPACE 101

Community Safe Space Training

A guided conversation through personal storytelling, where participants are invited to listen, learn, & share experiences in a supportive & inclusive space.

Open to ALL!

WHEN: Wednesday October 1st
5:30p - 7p
WHERE: Peer Rising -
116 W 3rd Ave Unit 100, Ellensburg

*In celebration of our
GRAND RE-OPENING
of Helen House!*

WHAT WE OFFER:

- ABCS OF SOGIE/ LGBTQ+
- LANGUAGE DOS AND DON'TS
- UNDERSTANDING MICROAGGRESSIONS
- ALLYSHIP
- AND MORE!

And the celebration continues —
with special events every day
through Saturday as part of our
Grand Re-Opening!



ACES Training



Adverse Childhood Experiences (ACEs) are circumstances in childhood that can have lifelong impacts on an individual's health and well-being. By learning about ACEs, we can improve our community's ability to prevent, treat, and recover from trauma and its effects. Join us to learn about:

- Adverse Childhood Experiences and trauma
- The impacts on health and wellbeing
- The relationship between ACEs and substance use disorder
- How to prevent ACEs
- How to provide trauma-informed care

**All are welcome! To request a training,
email: info@healthierkittitas.org**



**Upper Kittitas County Senior Center
November Newsletter**



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991

 **2025
NOVEMBER**

November is here, and so is a calendar full of exciting events! From programs to gatherings, there's something for everyone—come join the fun and community at the center.

CENTER ACTIVITIES

Monday

- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-11:30 Line Dancing Lessons
- 11:30-3:00 Bingo (Card selling starts at 11:30:00 Game starts at 1:00)

Tuesday

- 8:00-10:00 Ham Radio
- 9:00-12:00 Bridge
- 9:30-10:30 Tech Support
- 12:15-1:15 Guided Meditation
- 1:30-2:15 Gentle Chair Yoga & Balance

Wednesday

- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:00 Woodworking
- 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)
- 1:15-2:15 Memory Cafe

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 November! This month is filled with gratitude, reflection, and community spirit. Join us as we honor our veterans and celebrate the season of giving. On Mon., Nov. 10, enjoy a **Free Community Veterans Breakfast**, and on Tues., Nov. 26, gather for a **Free Community Thanksgiving Luncheon**, both sponsored by the NKC Tribune and the Suncadia Fund for Community Enhancement.

We're introducing **new programs this month**, including **Guided Meditation** (Nov. 4), the **Memory Café** (Nov. 5), and **Living with Change - Together Through Transitions** (Nov. 6). The **Legends Casino Field Trip** is on again (Nov. 13). Don't miss our final evening Bingo of the year on Nov. 6, and check out volunteer opportunities on page 8.

As the holidays near, learn how to support or apply for a Community Holiday Food Basket—see page 5 for details. The Center will be closed Nov. 11 Veteran's Day, Nov. 27-28 for Thanksgiving and Native American Heritage Day

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

director@ukcseniorcenter.org

Website: <https://ukcseniorcenter.org/>

Facebook Group: [//www.facebook.com/ukcsc.centennial.center](https://www.facebook.com/ukcsc.centennial.center)



LOCATION & HOURS

Visit us at **719 E 3rd St. Cle Elum, WA 98922**

Hours: Monday - Friday between 8:00 am - 2:00 pm

Meals served:

- Breakfast 8:00 am - 10:00 am
- Lunch 11:30 am - 1:00 pm

[Read More
Here](#)

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

Peers Rising

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



November 2025
Office Hours Mon - Fri : 9am - 4pm

116 W 3rd Ave, Unit 100, Ellensburg, WA 98926



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 509Teens @ The Shop Teen Center 4-6pm	3	4	5	6	7 YOUTH OUTREACH LUNCH & LEARN 1-2PM	8 Annual Gala Fundraiser 5-9pm
9	10	11 ★ ★ ★ ★ VETERANS DAY Thursdays off OFFICE CLOSED	12	13	14 COMPASS LUNCH & LEARN 1-2PM	15
16	17	18	19	20	21 ONLINE PREDATOR LUNCH & LEARN 1-2PM BINGO 5-7PM	22
23 30	24 BINGO Yakima 5-7PM	25 Feelin' Crafty 4-5pm	26 Peers Giving 5-7pm	27 Thanks Giving OFFICE CLOSED	28 Black Friday OFFICE CLOSED	29

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



Peersgiving

Wednesday, November 26th

5pm - 7pm

JOIN US FOR AN EVENING OF CONNECTION, COMMUNITY,
AND GOOD FOOD!

PEERS RISING WILL BE PROVIDING DINNER — AND IF
YOU'D LIKE, FEEL FREE TO BRING A SIDE OR DESSERT TO
SHARE.

✨ FREE • FAMILY-FRIENDLY • ALL ARE WELCOME

ENJOY MUSIC, WARM DRINKS, AND COMMUNITY AS WE
CELEBRATE THE SPIRIT OF GIVING TOGETHER.



Questions or RSVP: info@peersrisingwa.org
116W 3rd Ave, Unit 100 - Ellensburg

STAY CONNECTED WITH KCHN

Visit the KCHN
Website



Kittitas County Health Network | 2411 W Dolarway Rd Unit 1 | Ellensburg, WA 98926 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!