



## October 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.

### Fiesta De Salud Event Success!



Thank you to everyone who attended the Fiesta de Salud event! Our community partner, APOYO, handed out school supplies and over 110 boxes of food to the 128 attendees while conducting a total of 53 health screenings.

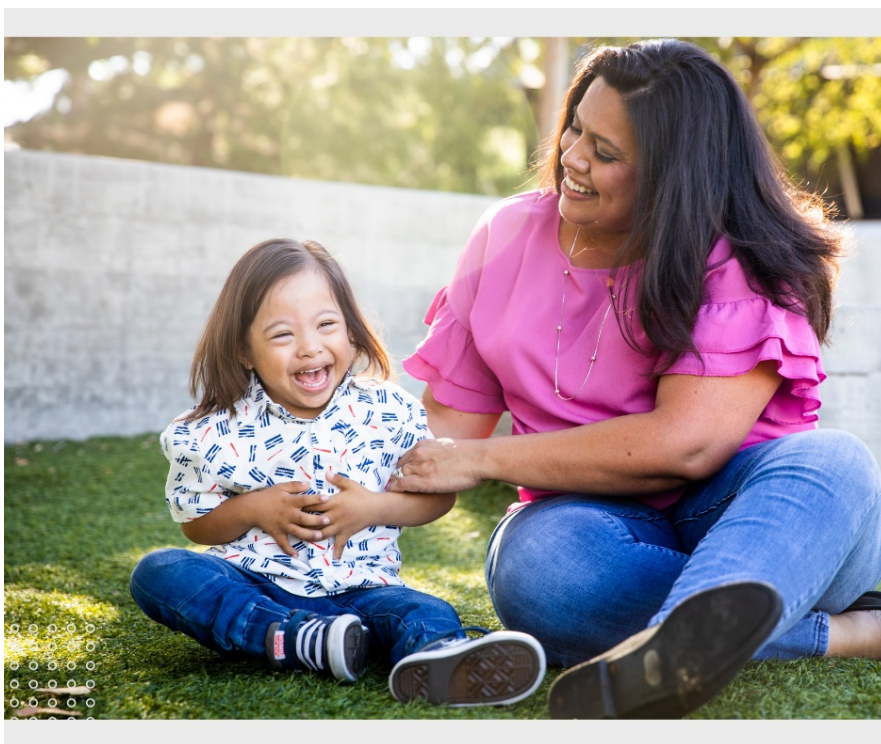


### KCHN Orientation Presentation at KVH



We had a great turnout at KVH for the KCHN orientation! We covered the importance of rural health networks, who participates in KCHN, our history, what we do and why, as well as sustainability. Thank you to everyone who attended!

### Developmental Disabilities Services



The Kittitas County Health Network is here to support families with developmental disabilities. Visit the link below to learn more about DDA services.

La Red de Salud del Condado de Kittitas está aquí para apoyar a las familias con discapacidades del desarrollo. Visite el enlace para obtener más información sobre los servicios de DDA.

[Learn More](#)

### Reminder In Person Leadership Council Meeting

# Leadership Council Meeting

ON WEDNESDAY, OCTOBER 11TH AT 9:30 AM  
IN PERSON AT KVFR LOCATED AT  
400 E MOUNTAIN VIEW AVE IN  
ELLENSBURG



## Mental Health Training Opportunities



### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,  
**130**  
people die by  
suicide every day.

Source: American Foundation  
for Suicide Prevention

From 1999 to 2019,  
**841,000**  
people died from  
drug overdoses.

Source: Centers for Disease  
Control and Prevention

Nearly  
**1 IN 5**  
in the U.S. lives  
with a mental illness.

Source: National Institute  
of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

### REGISTER TODAY!

#### FREE COMMUNITY TRAININGS IN ELLENSBURG

##### Adult-Mental Health First Aid

- Tuesday, October 3<sup>rd</sup> - 8:00 am to 5:00 pm
- Wednesday, October 11<sup>th</sup> - 8:00 am to 5:00 pm
- Thursday, October 19<sup>th</sup> - 8:00 am to 5:00 pm

##### Youth - Mental Health First Aid (for adult individuals who work with youth)

- Thursday, October 26<sup>th</sup> - 8:00 am to 5:00 pm

To register for any of these trainings [click here](#) or scan the QR code below.  
Lunch will be provided.

Comprehensive  
HEALTHCARE



#### The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

Register Online Here

Join KCHN at the Active Aging Event!

# Active Aging

Seniors

Spend the afternoon with us!!

October 13, 2023

1pm to 3pm

**Ellensburg Adult Activity Center**


506 S. Pine Street

Explore the many services that are available to seniors!

Over 20 community businesses and agencies will be present to share their resources and information with you!

Refreshments! Music with Rick Toomey Door Prizes!

Brought to you by the



Ellensburg's Adult Activity Center



*Living Well*  
**FREE Senior Home Referral**  
Independent & Assisted Living  
Memory Care & Adult Family Homes  
509-607-9980



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

## Medicare Open Enrollment Event

### Get help with Medicare Open Enrollment!



Join us for a FREE, UNBIASED Medicare Open Enrollment presentation!

Tuesday, October 17, 2023  
9 a.m. to 11:30 a.m.

Upper Kittitas County Senior Center (UKCSC)  
719 E 3rd Street  
Cle Elum, WA 98922

We'll share the Medicare basics, upcoming changes for 2024, programs to help lower income Medicare beneficiaries and fraud prevention.

This Medicare presentation is sponsored by Kittitas County Health Network. Kittitas County Health Network is your local SHIBA (Statewide Health Insurance Benefits Advisors) office.



[www.insurance.wa.gov/shiba](http://www.insurance.wa.gov/shiba)

Upper Kittitas County SHIBA Space



By appointment only, residents can meet with SHIBA volunteers at the Upper Kittitas County Senior Center located at 719 E Third Street in Cle Elum.

**To schedule an appointment please call (509) 933-7544 or email [jessica@healthierkittitas.org](mailto:jessica@healthierkittitas.org)**

[Learn More About SHIBA](#)

## 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 an 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



## Lower Kittitas County Drug Take Back Day



KITTITAS COUNTY  
Health Network

KITTITAS COUNTY'S

# Drug Take Back & Paper Shred DAY

**Saturday**  
**Oct. 28th at CHCW**  
**521 East Mountain View Ave**  
**9am - 1pm**



*In partnership  
with:*



**Community Health**  
of Central Washington

Washington State  
Health Care Authority



**Upper Kittitas County Drug Take Back Event**




## National Drug Take Back Day


## Día Nacional de Devolución de Medicamentos

Turn in your unused or expired prescription medication for safe disposal with your local drug prevention coalition at the following locations:

Entregue su medicamento recetado no utilizado o vencido para desecharlo de forma segura con su coalición comunitaria local en las siguientes ubicaciones:

**ALL** drop offs are anonymous  
**TODAS** las entregas son anónimas

 **October 28, 2023**  
**28 de octubre, 2023**

 **10.00 AM - 2.00 PM**

For more information:  
Para obtener más información:

**Cascade Prevention Coalition**

**Lonnie Allphin**  
**(509) 864-7951**

**Coalición de Prevención Cascade de Cle Elum**



Cascade Prevention Coalition

### Cascade Prevention Coalition Coalición de Prevención Cascade de Cle Elum

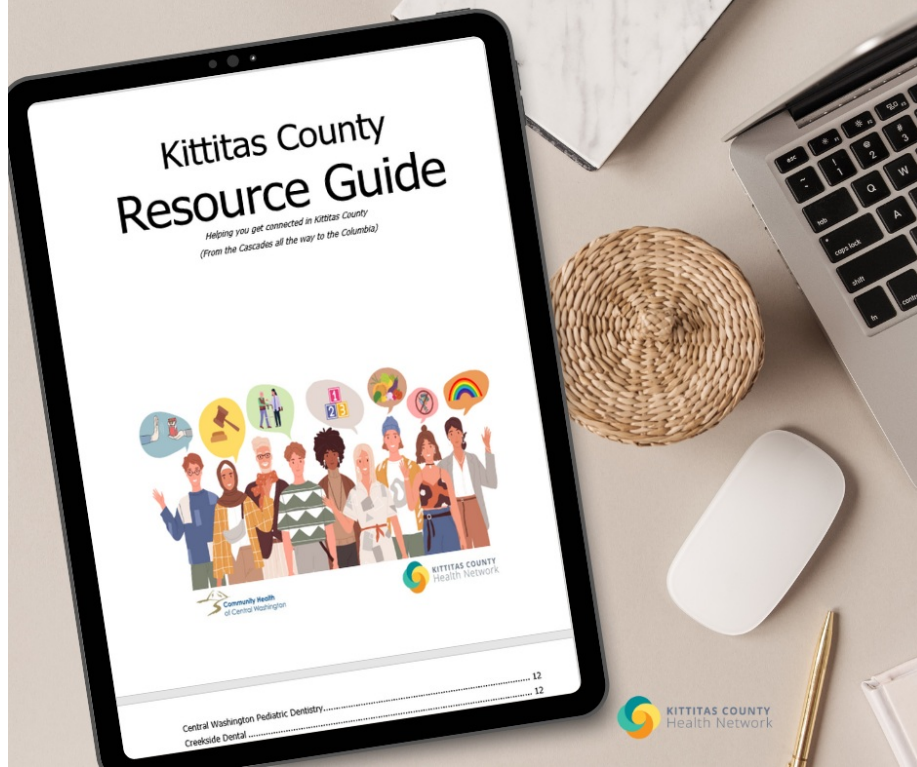
Cle Elum Police Department  
Departamento de Policía de Cle Elum



**807 W 2nd St.**  
**Cle Elum, WA 98922**

## Kittitas County Resource Guide

Find a digital version of our helpful Kittitas County Resource Guide, available for download on the KCHN homepage in both English and Spanish.



[Visit our Website](#)

### Safe Space Training



The goal of Safe Space Training is to facilitate conversations. Our hope is that thoughtful conversation and interactive activities will bring light to the challenges faced by the LGBTQ Community. With this knowledge, we hope participants will actively try to create Safe Spaces within their work and personal lives.

[Safe Space Inquiry Form](#)

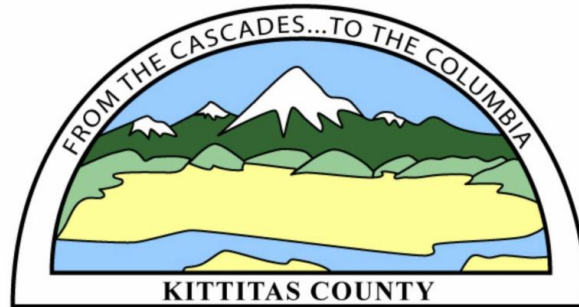
### Funding Opportunity in Kittitas County



# Funding Opportunity in Kittitas County

Kittitas County 1/10th of 1% Mental Health & Chemical Dependency Tax

Request for Proposals (RFP) Open Sept. 1 - Oct. 9, 2023



Visit the 1/10th of 1% Board webpage for more information and the online application starting September 1, 2023.



[Learn More](#)

## Community Partner Spotlight



## PARTNER SPOTLIGHT



After witnessing burnout in our community of frontline workers at unprecedented rates, the idea for Quiet Cadence was born. We work and partner with other community resources with a goal of helping caregivers find peace and balance, through yoga, art, equine and other experiences.

[Learn more about Quiet Cadence](#)

## Welcome New KCHN Team Members!

### Meet Ruby

Ruby is originally from the Yakima Valley and graduated from Central Washington University in 2023 with her bachelor's degree in Sociology and Gender Studies. Ruby has three years of experience in community organizing and basic needs advocacy. She is passionate about the health of SOGIE and unhoused populations, and her goal is to help improve rural community health through building connections. She believes that substance use prevention and recovery are vital components of this goal. In her free time, Ruby loves to garden, ride her bike, and watch Sci-Fi.



### Ruby Collins

Project Specialist -  
CPWI Coalition Coordinator  
Pronouns: she/they

### Meet MarkAnthony

MarkAnthony has been in Kittitas County since 2018. He was born in the Philippines and moved to California in 1987. Since then, he has traveled the country having lived in five different states. His many life experiences have brought him to Ellensburg and has deeply integrated himself into the community. MarkAnthony is proud to be in long-term recovery and shares his experience, strength, and hope with others across the world. Recovery has given him the drive, passion, and motivation to be of service. He is passionate about breaking barriers for all community members, especially within the SOGIE community, but also to anyone struggling with substance use and mental health disorders. His free time is spent reading sci-fi, supernatural and mystery novels, going to the movies, and spending time with his friends and family. He is a proud dad to his fur-baby, "Sebastian".



### MarkAnthony Breuninger

Community Health Worker,  
Care Coordination  
Pronouns: he/they

[Read More About the KCHN Team Here](#)

## Get your KCHN merch today!

Chilly weather is coming! 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 Testimonial**

## Client Testimonial

"I feel calmer; I am solving my difficult situation.  
I always consider your support and follow the  
guidance because God sent you to help me.  
Thanks a lot."

## Testimonio de Clientes

"Me siento más tranquila, estoy resolviendo mi  
situación tan complicada. Siempre pienso en lo que  
usted me ha dicho y seguí la guía pues Dios la uso a  
usted para ayudarme. Muchas gracias."



STAY CONNECTED WITH KCHN

Visit KCHN Website



Kittitas County Health Network | 107 E Mountain View Avenue, Ellensburg, WA 98926

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