



Kittitas County Health Network's October 2024 Newsletter



KITTITAS COUNTY
Health Network

Executive Director's Note



I want to thank everyone for the warm welcome and support as I have come into this role. During the month that I have been with the Health Network, I have learned a lot about, not only about the Network itself but also about the awesome staff that work here. I am so excited to continue my own learning and help to grow the Network. With new leadership comes new changes – and I'm excited to announce our first major change: the Kittitas County Health Network is moving! The first week of November, KCHN will be moving to our own office space on Dolarway. With our move, the Kittitas County Health Network will also be getting a new phone number. Keep an eye out for more information on our new location and number as we get closer to our move!

Mitchell R. Rhodes, PhD.

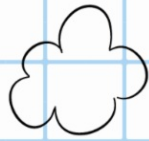


WE ARE MOVING!

Stay Tuned for More Details
about the NEW KCHN
office location!



FREE Parenting Networking Event October 24th



KITTITAS COUNTY
Health Network



JOIN US FOR A
**FREE PARENTING
NETWORKING EVENT**



THURSDAY, OCTOBER 24th

5:00-7:00 PM

**Kittitas Valley Event Center
Manastash Room**

901 E 7TH Ave ELLensburg, WA 98926

**Connect WITH
OTHER Families!**

IN PARTNERSHIP WITH

**valley
play
museum**



**FREE
PIZZA!**

**CHILDREN
Welcome!**



**Any questions,
please email:
trinity@healthierkittitas.org**

Drug Take Back Day + Paper Shred Event October 26th

KITTITAS COUNTY'S
Medication
Take Back & Paper Shred
DAY **Saturday,**
October 26 at CHCW

521 East Mountain View Ave

10am - 2pm

For more information
scan here



Shredding sponsored by:



In partnership with:



healthierkittitas.org



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

DONATE HERE

**Upcoming SHIBA Events
in both Upper and Lower Kittitas County!**

Get help with Medicare Open Enrollment!



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

Tuesday, October 22, 2024
9:30 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 2025,
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.*



KITTITAS COUNTY
Health Network



OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

www.insurance.wa.gov/shiba

Get help with Medicare Open Enrollment!



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

Tuesday, October 29, 2024
9:30 a.m. to 11:30 a.m.

Hal Holmes Community Center
201 Ruby St
Ellensburg, WA 98926

We'll share the Medicare basics, upcoming changes for 2025,
programs to help lower income Medicare beneficiaries
and fraud prevention.

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



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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



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, October 21st 2 p.m. – 3 p.m.

Cle Elum Catalyst – 214 Pennsylvania Ave.

Managing Your Money

Ellensburg

Thursday, October 24th 3 p.m. – 4 p.m.

Ellensburg Catalyst – 312 North Pearl St.

Savvy Shopper Seminar

Monday, October 28th 3 p.m. – 4 p.m.

KCRCO – 211 West 3rd Ave.

Job Quest 101

Contact us at 509.925.1448 or
hopeuniversity@hopesource.us
to sign up!

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
&



Eastside Opportunity Center

Eastside Opportunity Center

New Offerings this Month!

- Time Change for Monday Cooking Class: 12- 2 pm
- Costume Swap Meet on Halloween 1-3pm

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 People with Puppets 330-5pm	3	4	5 Games & Crafts-- 2:00 4:00 pm
6 Cooking Planning Mtg 3:00 pm	7 What's Cooking? 12 -2pm Computer Group 2:30 --4 pm	8 Computer Crafts 11 am – 1 pm	9 People with Puppets by appointment, Call Gayle 509-312-2051	10	11 Vocational Project 2 pm-4 pm Kreative Kats	12
13	14 People with Puppets 3-5pm	15	16 Sewing 3-5pm	17 People with Puppets by appointment	18	19 People With Puppets Practice TBD
20	21 What's Cooking? 12-2 pm Computer Group 2:30- 4pm	22	23 Baking class 2-5pm	24 People with Puppets by appointment	25	26
27	28 People with Puppets 3-5pm	29	30 Sewing and Costume repair by appointment with Gayle	31 Costume Swap Meet 1-3pm		

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



STAY CONNECTED WITH KCHN

[Visit the KCHN Website](#)



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

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