



## Kittitas County Health Network's October 2025 Newsletter

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### Hearts & Hands Program Update

Since KCHN took over the Hearts and Hands program, we have strived to continue to keep the same products and services going. Despite limited financial support for the program, KCHN has continued to offer Nutritional Supplies out of our limited budget, at great expense to our own pockets.. While placing a recent order, KCHN staff learned that cost of Ensure and Glucerna was increasing significantly - due to this increase, KCHN will no longer be able to provide these products. We greatly apologize for any inconvenience this may cause.



Price Increase since July 2025  
Ensure: 426% increase  
Glucerna: 226% increase



### KCHN Workgroup Meeting Reminders for October



# October Workgroups Meeting Reminders

**Leadership Council:** October 8th 9:30am  
Zoom Link: <https://zoom.us/j/96791509911>

**Community Resource Workgroup:** Thursday, October 16th at  
12pm in person @ KVFR

**Growing Strong Together Workgroup:** Wednesday, October  
22<sup>nd</sup> at 3pm  
Zoom Link: <https://us06web.zoom.us/j/82819043854>

*Any questions, please email [info@healthierkittitas.org](mailto:info@healthierkittitas.org)*

**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. 5<sup>th</sup> 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](http://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

### **Kittitas County Commissioners Office**

205 W. 5<sup>th</sup> Avenue Suite 108, Ellensburg  
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**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 printed brochure and a smartphone displaying the Kittitas County Resource Guide website. The brochure features the title "KITITIAS 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 bar containing "Crisis Line: Text HOME to 741741 | Website: [crisisextline.org](http://crisisextline.org)". The main content area lists categories: CLOTHING, DISABILITY SERVICES, and EDUCATION. 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. To its right, the text "Scan here to visit the Resource Guide website." is displayed, with a curved arrow pointing from the text to the QR code.

 KITTITAS COUNTY Health Network

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

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**

Línea de Crisis: 741-7417  
Mensaje de Texto: Envía HOME al 741741  
Sitio web: [crisistextline.org](http://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](http://kittitascountyresources.org)

KITTITAS COUNTY Health Network

Visit the Resource Guide  
here

**SHIBA Presentations & Medicare Information**



## Get help with Medicare Open Enrollment!



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

**THURSDAY, OCTOBER 9<sup>TH</sup> AT 9AM**

**Upper Kittitas County Senior Center  
719 E 3rd Street  
Cle Elum, WA 98922**

We'll share the Medicare basics, upcoming changes for **2026**, programs to help lower income Medicare beneficiaries and fraud prevention.



KITTITAS COUNTY  
Health Network



OFFICE of the  
**INSURANCE**  
COMMISSIONER  
WASHINGTON STATE

*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)**

## Get help with Medicare Open Enrollment!



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

**WEDNESDAY, OCTOBER 15<sup>TH</sup> AT 10AM**

**Hal Holmes Community Center  
201 Ruby Street, Ellensburg, WA 98926**

We'll share the Medicare basics, upcoming changes **2026**, programs to help lower income Medicare beneficiaries and fraud prevention.



KITTITAS COUNTY  
Health Network



OFFICE of the  
**INSURANCE**  
COMMISSIONER  
WASHINGTON STATE

*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)**

## 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](http://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](http://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](http://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

## Medication Take Back Day & Paper Shred Event



KITTITAS COUNTY'S

# Medication Take Back & Paper Shred DAY

**Saturday,  
October 25th at CHCW**

For more information  
scan here



**521 East Mountain View Ave  
9am - 1pm**

In partnership with:



Community Health  
of Central Washington

**CWU**



Kittitas County  
Public Health  
Department



Creekside Dental  
Ellensburg

Washington State  
Health Care Authority

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



**CONDADO DE KITTITAS**

# Día de devolución

**DE Medicamentos y destrucción de papel**

**SÁBADO, Octubre 25 en CHCW**  
**521 East Mountain View Ave 9am - 1pm**

Para obtener más información  
escanee aquí



En colaboración con:



Community Health  
of Central Washington

**CWU**

Kittitas County  
Public Health  
Department



Washington State  
Health Care Authority

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



## KCHN Care Coordination Referrals

## CARE COORDINATION PROGRAM



KITTITAS COUNTY  
Health Network

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](http://healthierkittitas.org)



Or call us directly at:  
509-201-1145

Make a Referral



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





A poster for 'SOGIE SAFE SPACE 101' featuring a rainbow background and several hands of different colors raised in the air. The text is in various colors and fonts, including purple, white, and black. The poster is set against a solid orange background.

# 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 1<sup>st</sup>  
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](mailto:info@healthierkittitas.org)**



**Upper Kittitas County Senior Center  
October Newsletter**



# Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



## 2025 OCTOBER

October 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
- 12:00-3:00 Bingo (*Card selling starts at 12:00 Game starts at 1:00*)

#### Tuesday

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

#### Wednesday

- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:00 Woodworking (now weekly)
- 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)

#### 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)



October is here, bringing crisp mornings, autumn colors, and a calendar packed with opportunities to learn, connect, and have fun at the Upper Kittitas County Senior Center.

This month kicks off with **SNAP with Laura and Learn to Play Bridge on 10/1**, followed by lively **Evening BINGO on 10/2** and a **four-week Wood Carving class** beginning the same day. Don't miss our **First Friday Feature: Nonnas on 10/3**, or the chance to relax with Chair Massage by Nic (10/9 & 10/23) and Footcare by Shyla (10/13 & 10/27). Other highlights include **Healthy Smiles Dental Screenings (10/14)**, **Show & Tell & Treats (10/17)**, and the big **Spaghetti Dinner & Dollars for Desserts FUNdraiser (10/18)**. Later in the month, join us for **Community Talks with Darrell Ellis on Estate Planning (10/21)** and the Board Meeting (10/28). Wherever your interests lie, October brings something for everyone to enjoy!

#### EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

[director@ukcseniorcenter.org](mailto: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

## Low-Cost Vaccination and Microchip Clinic



# LOW-COST VACCINATION AND MICROCHIP CLINIC

**WHEN: SATURDAY OCTOBER 18**

**TIME: 10-1 PM**

**WHERE: ARRF ANIMAL FOSTER CARE  
107 E DAKOTA AVE, ROSLYN**

**VACCINES \$15 EACH**

**CANINE- DAPPv & RABIES FELINE HCP & RABIES**

**HOMEAGAIN MICROCHIPS \$15 EACH**

- VACCINES DUE EVERY 3 YEARS FOR ADULT DOGS AND CATS
- NO APPOINTMENT NEEDED
- WE WILL TAKE YOUR PETS IN WHILE YOU WAIT IN THE LOBBY
- PLEASE DO NOT SHOW UP BEFORE 9:45
- MUST BE IN LINE BY 12:30
- ONLY 4 PETS PER PERSON
- **NO BREEDERS**

BROUGHT TO YOU BY ARRF ANIMAL RESCUE AND DR. ERIN ZAMZOW



**Kittitas County Friends of Animals**



### **New Grant Program for Kittitas County Residents!**

Are you a United States veteran, age 65+ or less than 18 years old, **and** have a service or companion animal that provides mental health support? You may qualify for **up to \$300** of financial assistance for veterinary care!

**Eligible services include:**

- **Spays**
- **Neuters**
- **Veterinary medical treatments**

This program is designed to help qualifying residents who rely on service or companion animals for mental health support and who cannot afford to pay for veterinary care on their own.

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**To Apply:**

- **Eligibility:** Must be a veteran, senior (65+), or youth (17 and under) and must be unable to afford the treatment on your own
- **Amount:** Up to \$300 for veterinary expenses
- **Animals:** Must be a service or companion animal that supports mental health

**Apply Today!**

Visit: [www.kcfoa.org](http://www.kcfoa.org)

Or email [kcfoa2002@gmail.com](mailto:kcfoa2002@gmail.com) for more information

This program was made possible by a grant from the Kittitas County 1/10th of 1% Mental Health and Chemical Dependency Sales Tax Fund



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

DONATE  
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.



STAY CONNECTED WITH KCHN

Visit the KCHN  
Website



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

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