



September 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.

International Overdose Awareness Day 2023



Our incredible community showed up to break the stigma for International Overdose Awareness Day yesterday. We had 17 organizations attend to provide support and resources for attendees. Thank you to all of the speakers who shared their stories and helped us to commemorate all who have been lost to overdose.



Back to School Supply Giveaway Success!



A BIG thank you to everyone who volunteered and donated to the Back To School Supply Giveaway! We had 61 families in attendance, over 100 backpacks and 53 medication lock boxes were distributed. Special thanks to our incredible community partners Center for Latino Leadership, Together in Community, and Seedlings Center for Early Learning for supporting this event for local families!



Watch the NEW KCHN Video



Become a SHIBA Volunteer in Kittitas County

SHIBA OFFICE of the **INSURANCE COMMISSIONER**
WASHINGTON STATE

If you have a passion for helping others, volunteer with SHIBA!
Help people in your own community navigate Medicare!
We'll train you!

Contact Kittitas County Health Network, your local SHIBA office, at 509-933-7544 or visit www.healthierkittitas.org



KITTITAS COUNTY
Health Network

Looking for a way to help neighbors in our community? We're looking for volunteers to help Kittitas County residents navigate Medicare.

[Learn More About SHIBA](#)

2023 Community Survey

We are interested in your opinions about Youth Substance Use in our community. Your responses will help inform and improve prevention programs for our youth. Please fill out the 2023 Community Survey below to help promote a stronger and healthier community. This 5-7 minute survey is completely anonymous.



Please take the 2023 Community Survey to help promote a stronger and healthier community.

Washington State Health Care Authority
KITTITAS COUNTY Health Network

[Start Survey Here](#)



Realice la Encuesta Comunitaria de 2023 para ayudar a promover una comunidad más fuerte y saludable.

Washington State Health Care Authority
KITTITAS COUNTY Health Network

[Iniciar Encuesta Aquí](#)

Save the Date for KCHN Upcoming Events

FIESTA DE SALUD

Available are all doses of the COVID-19 vaccine. Participants will receive a \$50 gift card. There will be school supplies and delicious food box giveaways. We will also have blood pressure, cholesterol, and diabetes screenings available.

Disponibles son todas las dosis de la vacuna COVID-19. Los participantes recibirán una tarjeta de regalo de \$50. Habrá útiles escolares y cajas de comida. También tendremos valoración de la presión arterial, colesterol, y pruebas de detección de diabetes disponibles.



Saturday, September 16, 2023
11 AM to 3 PM

Sábado 16 de Septiembre 2023
11 AM a 3 PM



APOYO Food Bank
1320 E 18th Ave
Ellensburg, WA
98926

Kittitas County Health Network

Orientation

28
SEPT

12PM | KVH CONFERENCE ROOM

Join us for an opportunity to learn more about the Kittitas County Health Network on Thursday, September 28th at 12pm. Lunch will be provided.

Topics that will be covered:

- What is a rural health network and why are they important?
- Who participates in KCHN?
- How did KCHN get started?
- What does KCHN do and how?
- Sustainability



**TO RSVP OR FOR
MORE INFORMATION**

please email:
info@healthierkittitas.org

Groundbreaking Ceremony for NEW Happy Feet Location



New location

Happy Feet

Groundbreaking

New location
240 Lakeshore Way,
South Parking lot 🌸



Sept 5
10am-11am

Gold Shovel Photo Opp ✨ Refreshments ✨ Musical Performance

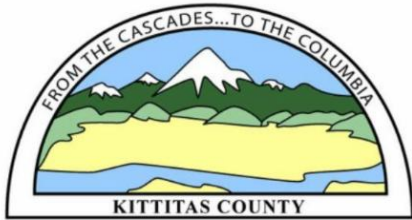


Funding Opportunity in Kittitas County



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

Projects begin in 2024 to support:

RFP Intent

This Request for Proposals (RFP) is for new or expanded services and programs in Kittitas County to support youth, veterans, the justice involved, and those at high risk of suicide. Projects should be innovative, evidence-based, or promising in the areas of behavioral health disorders prevention, treatment, and recovery— with a priority focus on prevention. Projects should produce a mix of short- term tangible results and long-term systemic change.



Youth



Veterans



The justice involved



Those at high risk of suicide

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



Community Partner Spotlight

APOYO



APOYO's mission is to help anyone who needs it, however they can. They promote community cooperation, provide outreach and advocacy to Latinx communities, act as a liaison between Latinx communities and private and governmental organizations, and help empower Latinx communities to promote, celebrate, and honor their diverse cultures and histories in Central Washington and beyond.

APOYO is known for its service as a food pantry and clothing bank where everyone is welcome. We provide healthy, culturally relevant food. We also empower people by connecting them with essential services for such things as housing, health care, education, and childcare. We can help people with English and Spanish translation. We can help families communicate with healthcare providers and teachers. We can help people find legal assistance.

[Learn more about APOYO](#)

KCHN Team Highlight

Meet Fatima!

Fatima Andraca is a first-generation Mexican-American who was raised in Kittitas Valley and is currently a full-time student at Central Washington University. She is majoring in Public Health, with a specialization in population health. Her work at KCHN

has helped her develop skills in client services and non-profit organization work. Fatima is passionate about implementing equity and inclusion in her community, and she is committed to making a positive impact in the lives of others. She believes that everyone deserves access to quality healthcare and that addressing the needs of underserved populations is essential to achieving this goal. In her free time, Fatima enjoys traveling and spending time with loved ones. She values the importance of building relationships and creating meaningful connections with those around her.



Fatima Andraca

Community Health Worker
Pronouns: she/her

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

Get your KCHN merch today!

KCHN sweatshirts and beanies are still available.
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



Testimonio de Clientes

"Veo el esfuerzo que tienen los trabajadores de salud para ayudar a la comunidad. Los recursos y eventos han ayudado a muchas personas de este condado.
¡Admiro su trabajo!"

 KITTITAS COUNTY
Health
Network

Client Testimonial

"I see the effort the community health workers have to help our community. The resources and events have helped many people in our county. I admire your work!"



STAY CONNECTED WITH KCHN

[Visit KCHN Website](#)



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

[Unsubscribe info@healthierkittitas.org](mailto:info@healthierkittitas.org)

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

Sent by info@healthierkittitas.org powered by



Try email marketing for free today!