



September 2024 NEWSLETTER

We welcome Mitchell Rhodes to KCHN!



(509) 933-7544
info@healthierkittitas.org
healthierkittitas.org

PRESS RELEASE FOR IMMEDIATE RELEASE

SEPTEMBER 3, 2024

The Kittitas County Health Network welcomes new Executive Director.

The Kittitas County Health Network is excited to welcome new Executive Director, Mitchell Rhodes, PhD. Mitchell has been an integral part of the Network work groups for many years while being employed at Kittitas Valley Healthcare. He will be transitioning into his new role with guidance from outgoing Executive Director, Robin Read and support from the entire KCHN team.

"I am honored to have had the opportunity to participate in growing the Kittitas County Health Network into the organization it is today. When I think back to where we were 5-6 years ago, it is quite incredible the contributions this Network of organizations has made to the Kittitas County community. I am very proud of the work this collaboration has done and I feel fortunate to have been a part of it. I am excited to welcome Mitchell Rhodes as the new Executive Director of the Kittitas County Health Network. Mitchell has worked closely with the Network for several years and he brings a wealth of knowledge and experience to the table that make him a great fit for the Network. He is well positioned to hit the ground running and we are glad he will be joining the Network team in a new capacity", states KCHN Executive Director, Robin Read.

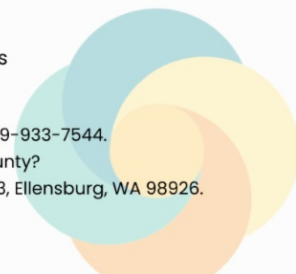
As a lifelong resident of Kittitas County, Mitchell is passionate about improving the lives of the friends and neighbors that have surrounded him for most of my life. He has a Bachelors and a Masters degree from CWU in Family and Consumer Sciences, emphasis in Family Studies, and a PhD from Utah State University in Human Development and Family Studies, with an emphasis on the impact interpersonal relationships have on mental health.

"I am so excited to join KCHN as the Executive Director. Upon returning to Ellensburg after completing graduate school, I arrived motivated to elevate the community that raised me and create deep roots for my own family. In my new role as Executive Director of KCHN, I am eager to facilitate and lead collaborations with community partners to make long-lasting improvements to the overall health of Kittitas County," states Mitchell Rhodes.

Mitchell's Goals for KCHN's future:

1. Increase financial sustainability and decrease reliance on grant funding
2. Create new and expand existing services to community partners and clients
3. Increase community awareness about and engagement with KCHN

All questions or media inquiries can be directed to mitchell@healthierkittitas.org or 509-933-7544. Would you like to help contribute to the sustainability of these programs in Kittitas County? Monetary donations can be sent to Kittitas County Health Network, 110 W. 6th Ave, #393, Ellensburg, WA 98926. ###



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**



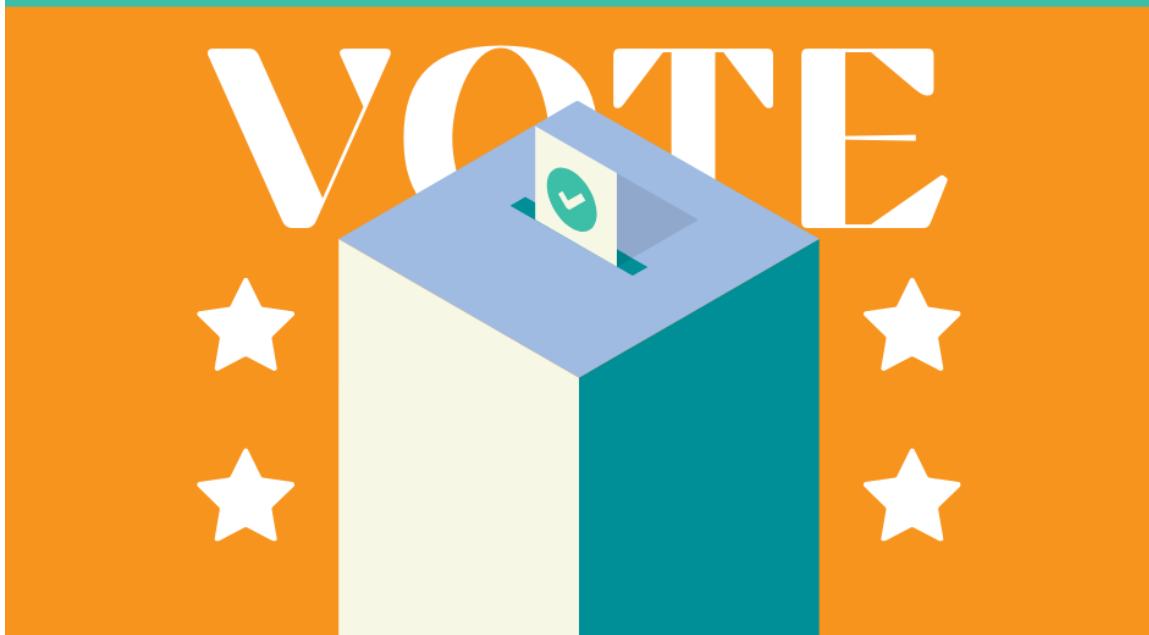
KITTITAS COUNTY
Health Network
healthierkittitas.org

DONATE HERE

We would like your feedback!

NEW KCHN

MISSION STATEMENT



We want your feedback on our new mission statement! Click the link below to vote for your favorite until September 15th. These statements were developed from feedback gained at the June annual meeting and from work the Leadership Council did at the August meeting.

[VOTE HERE](#)

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, September 16th 2 p.m. – 3 p.m.

Cle Elum Catalyst – 214 Pennsylvania Ave.

Savvy Shopper Seminar

Ellensburg

Monday, September 23rd 4 p.m. – 5 p.m.

KCRCO – 211 West 3rd Ave.

Managing Your Money

Thursday, September 26th 3 p.m. – 4 p.m.

Ellensburg Catalyst – 312 North Pearl St.

Renting 101

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

Happy Feet Academy Grand Opening Celebration



Grand Opening Celebration

JOIN US FOR RIBBON CUTTING, LIGHT
REFRESHMENTS, AN OPEN HOUSE, AND MEET ALL
OF OUR LEAD TEACHERS

THURSDAY SEPTEMBER 5TH
4PM-6PM
1410 S LAKESHORE WAY,
ELLENSBURG WA 98926

Sunflower Preschool Open House

Sunflower Preschool

Open House



Enrolling for the
2024/2025
school year!

We have preschool/pre-k
openings in our morning and
afternoon classes



SUNFLOWER
PRESCHOOL LLC

*Children Are Sunflowers Waiting To
Grow And Learn*

Date: Tuesday, September 10, 2024

Time: 5:00 pm - 6:30 pm

Location: 407 N Sampson Street,
Ellensburg

Sunflowerpreschool.org

sunflowerpreschool.org

407 N. Sampson St.



REGISTRATION

**IS OPEN NOW FOR
THE 2024/2025
SCHOOL YEAR**



Monday - Thursday

Morning Class 8:00 am - 11:30 am

Afternoon Class: 12:00 pm - 3:30 pm



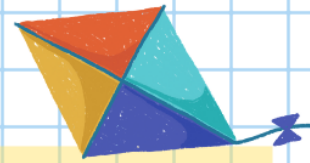
**TO REGISTER AND TOUR
SUNFLOWER EMAIL**

eburgsunflower@gmail.com

Feedback Needed for FREE Parenting Networking Event



KITTITAS COUNTY
Health Network



WE'RE GOING TO BE HOSTING A **FREE PARENTING NETWORKING EVENT**

IN PARTNERSHIP WITH

**valley
play
museum**



Any questions, please email:
trinity@healthierkittitas.org

Scan to
take quick survey



[Click Here to Take Survey](#)

Network Partner Highlight

Mission Statement

The mission of FISH is to be a community-building partner connecting our neighbors to food, resources, and hope.

Members of the churches in Ellensburg founded Friends in Service to Humanity (FISH) and our roots are in that community. However, FISH is not a faith-based organization. Our funding comes from program revenue, grants, civic organizations, and community donations. FISH is not funded by one church denomination, nor does FISH subscribe to one doctrine. FISH is all inclusive, serving everyone who has a need.



Did you know that FISH is also a Diaper Bank?

FISH is Kittitas County's designated Diaper Bank. Infant care supplies including diapers, wipes, formula and hygiene items are available during pantry hours. Parents with children 3 years and younger can stop by once weekly.

Are you interested in giving back?
Want to help the community?

VOLUNTEER AT FISH!



Lots of positions and jobs open!
Lots of times available!

Call Elise Warren at (509)925-5990 Ext. 1003
or write to Volunteering@kvfish.org

Check out
www.kvfish.org and click on volunteer for more
information.

Contact Us

FISH
804 Elmview Rd
Ellensburg, WA 98926

(509) 925-5990
guestservices@kvfish.org

Visit us on the web:
www.kvfish.org

FISH FOOD BANK FOOD PANTRIES OPEN TABLE MEAL SERVICE

Since 1971, Friends in Service to Humanity (FISH) has been the resource for food in Kittitas County for anyone who is hungry and in need of help.

FISH
KITTITAS COUNTY'S FOOD RESOURCE

Funded in part by the USDA Supplemental Nutrition Assistance Program. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, religion, or political belief. This institution is an equal opportunity provider and employer.

Nuestra Misión

La misión de FISH es ser un socio de construcción comunitaria que muestre como conectar a nuestros vecinos con alimentos, recursos, y esperanza.

Miembros de la iglesia de Ellensburg fundaron Amigos en Servicio de la Humanidad (FISH) y nuestras raíces están en esa comunidad. Sin embargo, FISH, no es una organización basada en la fe. Nuestros fondos provienen de los ingresos del programa, subvenciones, organizaciones cívicas y donaciones comunitarias. FISH no está financiado por una demonización de iglesias ni se inscribe a una sola doctrina. FISH incluye y atiende a todos que lo necesitan.



FISH es el banco de pañales designado por el condado de Kittitas. Los suministros para el cuidado infantil incluye: pañales, toallitas húmedas, fórmula y artículos de higiene. Están disponibles durante el horario de despensa. Los padres con niños de 3 años o menos pueden pasar una vez por semana.

¿Interesado en devolver?
¿Quieres ayudar a la comunidad?

¡SEA VOLUNTARIO EN FISH!



¡Muchos puestos y trabajos abiertos!
¡Muchos horarios disponibles!

Llamar a Elise Warren al
509-925-5990 Ex. 1003
O escribir a volunteering@kvfish.org

Visita
www.kvfish.org y haga click en Volunteer para
más información.

¡Contáctenos!

FISH
804 Elmview Rd
Ellensburg, WA 98926

(509) 925-5990
guestservices@kvfish.org

Visítanos en la web:
www.kvfish.org

**FISH BANCO DE COMIDA
DESPENSA DE ALIMENTOS
SERVICIOS DE COMIDA MESA ABIERTA**

Desde 1971, Amigos en Servicio de la Humanidad (FISH) a sido un recurso de alimentos en el condado de Kittitas para cualquier persona que tenga hambre o necesite ayuda.

FISH
KITITAS COUNTY'S FOOD RESOURCE

Financiado en parte por el Programa de Asistencia Nutricional Suplementaria del USDA (Supplemental Nutrition Assistance Program). Los alimentos básicos están disponibles para todos, sin importar su raza, color, origen nacional, sexo, edad, discapacidad, religión o creencia política. Esta institución es un proveedor y empleador que ofrece igualdad de oportunidades.

Learn More About FISH

International Overdose Awareness Day

Yakima Area reduces stigma with the word "Overdose"

by John Franklin | Fri, August 30th 2024 at 5:58 PM
Updated: Fri, August 30th 2024 at 6:26 PM



ENDOVERDOSE.png

Thank you to everyone who attended and made International Overdose Awareness Day at Hal Holmes such an impactful event for our community.

Thank you to those who tabled and provided resources:

HopeSource, Merit, FISH Community Food Bank, Triumph Treatment Services, Oxford House, Narcotics Anonymous, Alcoholics Anonymous, Kittitas County Public Health Department, Central Washington Disability Resources, Kittitas County Recovery Community Organization, NAMI Kittitas, Community Health of Central Washington - Ellensburg, Educational Service District 105, and Celebrate Recovery

Special shout out to:

Kim Holland with Hal Holmes Community Center. This would not have been possible without her amazing organization and generosity. Jerrol's for their generous supplies donation and Super 1 Foods for the bottled water donation. Thank you to the incredible singers, Pasquale Masucchio and Austin Wickerath for their performance.

Thank you to the speakers:

Pastor Cody Natlund, Mayor Rich Elliott, Dawn Bass, Taylor Malmstrom with EPD, and Leo Reyes with CHCW Connect. And finally thank you to KIMA Action News for their coverage of Overdose Awareness events.

[Watch News Coverage Here](#)

Hearts and Hands Services Still Helping Our Community



HEARTS & HANDS: A SERVICE PROVIDED BY KITITAS COUNTY HEALTH NETWORK

Who We Are

We provide peace, comfort and support to the most vulnerable population in Kittitas County. This includes those suffering from a chronic illness, disability, the frail elderly, and those with short term medical needs. We provide these services to anyone in Kittitas County, regardless of income, free of charge.



KITTITAS COUNTY
Health Network



Our Office Locations

UPPER COUNTY

116 Oakes Ave Suite B
Cle Elum, WA 98922
509-955-3780
Tues, Wed, Fri 9 am-4 pm

LOWER COUNTY

302 E 2nd Ave
Ellensburg, WA 98926
509-968-5117
Mon-Fri 8 am-4 pm

Learn More

healthierkittitas.org
509.933.7544
info@healthierkittitas.org



What We Offer

MOBILITY AID LENDING LIBRARY:

- Wheelchairs (all types)
- Transport chairs
- 2 wheel walkers
- 4 wheel walkers
- Crutches
- Cane (single point, 3-point, 4-point)
- Knee scooters
- Bedside commodes
- Commode buckets
- Toilet risers
- Toilet safety rails
- Shower chairs
- Shower bench
- Stools
- Bed sheets
- Washable bed pads
- Bibs
- Hospital gowns
- Blankets
- Shoe horns
- Gait belts
- Sock aids

We ask that all equipment borrowed be returned to KCHN after use. This helps us continue to serve our community.

INCONTINENCE SUPPLIES:

- Pull-Ups: small -2XL
- Tabs: small -2XL
- Bladder Pads: Uni and Female
- Chux (Disposable Bed Pad)
- Wipes
- Gloves: M-L
- Barrier cream
- Barrier wipes
- Shower caps
- Shampoo caps
- Cleansing spray
- Dentips (mouth swabs)
- Lemon Glycerin mouth swabs

Incontinence Supplies are limited to 2 visit per month with a maximum of 2 packages of each item monthly.

NUTRITIONAL SUPPLEMENTS:

All Nutrition Clients must have physician clearance prior to receiving supplies.

- Ensure chocolate 24/case
- Ensure Vanilla- 24/case
- Ensure strawberry- 24/case
- Glucerna chocolate- 24/case
- Glucerna strawberry- 24/case

Nutritional Supplies are limited to 2 visits per month with a maximum of 2 cases monthly. Subject to availability.

ACEs & Resiliency Facilitator Training



FACILITATOR TRAINING

ACEs or Adverse Childhood Experiences are circumstances in early life that have been shown through research to affect the body and brain, leading to widespread impacts on health across the lifespan. The Kittitas County Health Network ACEs & Resiliency Training Program aims to increase

- knowledge of ACEs in the community to improve our community's capacity to prevent, address, and recover from ACEs.

We are seeking professionals and community members from all sectors to become facilitators of ACEs & Resiliency training and to spread awareness within their networks.

Training includes:

- 5 hour self-paced virtual training on the role of ACEs and Trauma in Substance Use Disorder
- Training license through Overdose Lifeline
- 1 hour synchronous training on facilitation
- Ongoing learning resources, cohort support, and guidance

Requirements:

- Commit to facilitating 2 trainings per year until 2026
- Attend monthly meetings of the ACEs & Resiliency Collaborative

Anticipated to start September 2024

For more information email info@healthierkittitas.org



988 Suicide & Crisis Lifeline

THE MYTH

Mental health issues are a result of personality weakness or character flaws, and people can "snap out of it" if they try hard enough.

THE TRUTH

Mental health conditions have nothing to do with being lazy or weak. Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

988
SUICIDE & CRISIS
LIFELINE

Eastside Opportunity Center



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

KCHN Team News

Hello!

WELCOME TO OUR NEW KCHN TEAM MEMBERS!

Welcome Kaitlyn & Trinity!

We're happy to share that KCHN has two new team members!



Kaitlyn Barlow



Trinity Honey

Pronouns: they/them
Pediatric Care Coordinator
kaitlyn@healthierkittitas.org

Kaitlyn is originally from Texas, but has lived in the Pacific Northwest for the last decade. They have a bachelor's degree from Central Washington University for general music (playing tuba), but they have since ventured into the field of community health and social services. Kaitlyn's lived experience in the mental health and disability resource systems have made them a strong advocate for equitable and accessible healthcare, as well as trauma-informed care. Their experience as a certified peer counselor, middle-school activities director, and independent living specialist has inspired them to help individuals reach their personal goals in order to promote healthy living. In their free time, Kaitlyn likes to crochet, learn different crafts, sing, play video games, and spend time with their family.

Pronouns: she/her
Childcare and Youth Project
Specialist

trinity@healthierkittitas.org

Since moving to Ellensburg in the Fall of 2016 to attend CWU, I have fallen in love with our community. Nothing can beat the small town closeness- Friendly neighbors, support of small businesses, and creating relationships with the families who helped establish this town. While majoring in Sociology and Social Services, I found my passion for actively working towards bettering communities. With my years of experience in both public education and childcare, I am so excited to now have the opportunity to further our community's outreach programs! I believe that together we can create a safer community full of easily accessible healthcare, childcare, and overall family support in Kittitas County. And in the process, we will better our community together. When I am not working my 9 to 5, you can find me as your local event coordinator & decorator!

STAY CONNECTED WITH KCHN

Visit the KCHN Website



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



Try email marketing for free today!