



# Kittitas County Health Network's April 2026 Newsletter

## KCHN Workgroup Meeting Reminders



KITTITAS COUNTY  
Health Network



# April Workgroups Meeting Reminders

**Community Resource Workgroup Meeting:**

**Thursday, April 16<sup>th</sup> at 12 PM**

**Zoom Link:** <https://us06web.zoom.us/j/82819043854>

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

**KCHN Care Coordination Referrals**

# CARE COORDINATION PROGRAM



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 Here](#)

## THRIVE Youth Mentoring Updates



# THRIVE

## UPDATES FROM LAST MONTH!

### MARCH UPDATES

THRIVE Program members enjoyed our FIRST Quarterly Event with mentors and mentees! We played board games, made crafts, and ate pizza as we all got to know each other better. We are already looking forward to the next time we all get together! THRIVE is also featured in the Northern Kittitas County Tribune every month to reach upper county community members. We are grateful for this new partnership created!

### PARTICIPATION

- 1 Mentor interviewed + hired
- 1 new Mentee interviewed
- 6 Mentee Referrals + outreached to
- 9 mentees waitlisted
- 7 Mentors fully trained in total

### RECRUITMENT

THRIVE tabled at the Morgan Middle School Conferences and enjoyed conversations about our program with 24+ families! THRIVE IS IN NEED OF MALE MENTORS 18+! PLEASE REACH OUT TO US IF YOU ARE INTERESTED!

### CONTACT US

509.925.5246  
healthierkittitas.org  
trinity@healthierkittitas.org

SERVING YOUTH  
AGES 8-18!

Medication Take Back & Paper Shred Day



**KITTITAS COUNTY'S**

# **Medication Take Back & Paper Shred DAY**

**Saturday,  
April 25th at CHCW**

**521 East Mountain View Ave**

**9am - 1pm**

For more information  
scan here



*In partnership with:*



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





**CONDADO DE KITTITAS**

# **Día de devolución**

**DE Medicamentos y destrucción de papel**

**SÁBADO, Abril 25 en CHCW**

**521 East Mountain View Ave**

**9am - 1pm**

Para obtener más información  
escanee aquí



En colaboración con:



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



**Courts Advocates for Children Kittitas County**



## **April is National Child Abuse Prevention Month.**

**Blue Pinwheels. Blue Lights. Bright Futures.**

**Throughout April, look for blue pinwheels and glowing blue buildings across our county – symbols of hope, safety and prevention.**

**Join us Friday, April 10.**

**Wear blue. Raise awareness. Stand for children.**

*Change a Child's Story*

[www.casaprogram.org](http://www.casaprogram.org) (509) 925-4871



# Child Abuse Prevention Month Events

## Friday, April 10 – Wear Blue Day

Wear blue to show your support!  
Snap a photo & share it on social media.

## Thursday, April 23 – Quilt Night

*Gard Estate Wines -311 N Pearl St., Ellensburg*  
*5 p.m.-9 p.m.*

Admire and purchase handcrafted items made with heart  
by Volunteer Advocate Debbie Schmit – join us  
in supporting CASA and advocating for children.

Music by Jodi Ryan

\$1 from every glass of wine donated to CASA

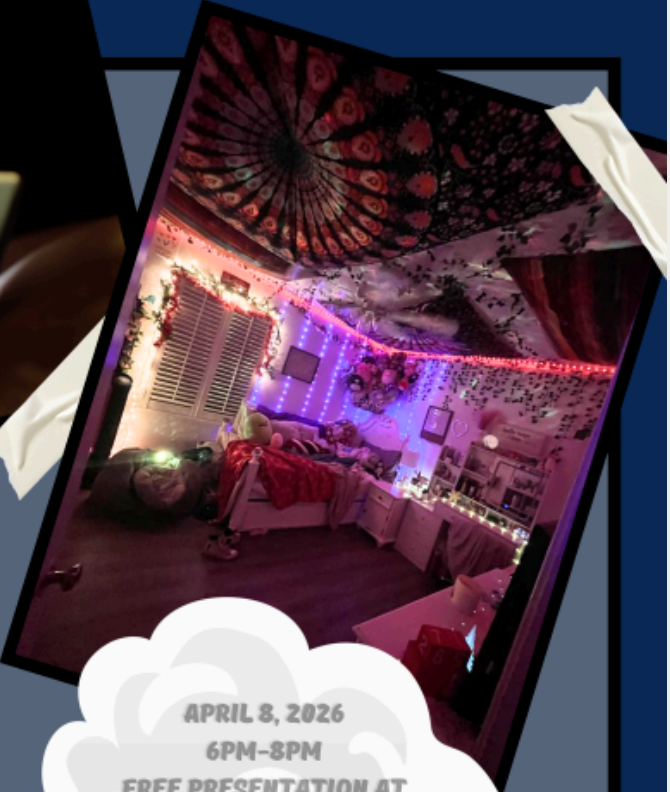
Pinwheel Quilt Raffle – \$20 per ticket or 6 for \$100

*Change a Child's Story*

[www.casaprogram.org](http://www.casaprogram.org) (509) 925-4871

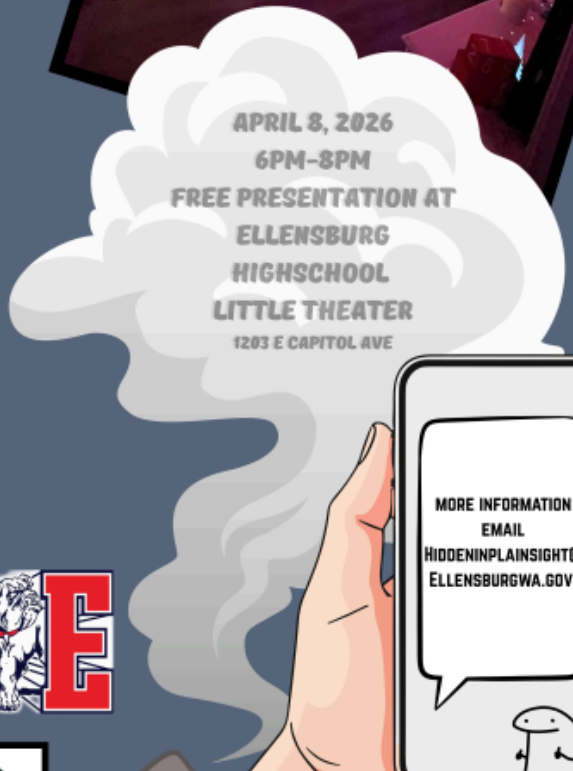


**Hidden in Plain Sight**



# HIDDEN IN PLAIN SIGHT

YOUTH MENTAL HEALTH AND  
DRUG AWARENESS  
**EDUCATIONAL INITIATIVE  
DESIGNED FOR TRUSTED  
ADULTS TO RECOGNIZE  
AND ADDRESS POTENTIAL  
RISKS WHERE TEENS LIVE,  
LEARN, AND INTERACT AT  
HOME AND ONLINE.**



**APRIL 8, 2026  
6PM-8PM  
FREE PRESENTATION AT  
ELLENSBURG  
HIGHSCHOOL  
LITTLE THEATER  
1203 E CAPITOL AVE**

**MORE INFORMATION  
EMAIL  
HIDDENINPLAINSIGHT@  
ELLENSBURGWA.GOV**



**Active Aging Seniors - May 5th**



# Active Aging

## Seniors

### HEALTH FAIR

**Tuesday, May 5<sup>th</sup> - 10 AM to 1 PM**  
**UKCSC - Senior Center**  
**719 E. Third Street in Cle Elum**

Explore the many services that are available to seniors and their families! Over 30 community business and agencies will be present to share their resources and information with you!

Door Prizes  
&  
Refreshments!



*Living Well*

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



**SHIBA**

**ALTC** Aging &  
Long Term  
Care

Southeast Washington  
Aging & Disability Resource Center



**KITTITAS COUNTY**  
Health Network

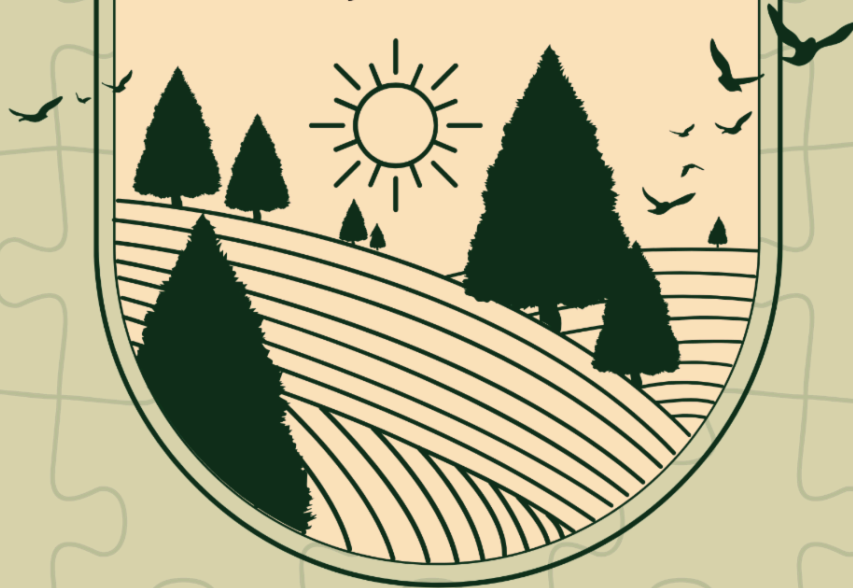
  
**UPPER KITTITAS COUNTY  
SENIOR CENTER**

**Save the Date - Community Connect Day June 24th**

*Kittitas County*

# COMMUNITY CONNECT DAY

Wednesday, June 24th 12-4 PM  
at Teanaway and Umtanum Halls



**Connect with local service providers to learn about  
the medical, behavioral health, clothing, food, housing,  
and legal resources available to you.**

Questions? Please contact:  
[courtney@healthierkittitas.org](mailto:courtney@healthierkittitas.org)  
509.925.5246 (KCHN)

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

**Ellensburg School District Early Learning Center**



**ELLENSBURG 2046**

Hometown Heart — Bright Future

## Ellensburg Housing Survey

Complete this survey to help plan future housing in Ellensburg and enter for a chance to **win a \$50 gift card to downtown businesses**. Ellensburg renters and homeowners, we want to hear from you!



## Encuesta de vivienda en Ellensburg

Complete esta encuesta para ayudar a planificar futuras viviendas en Ellensburg y participe del sorteo para **ganar una tarjeta de regalo por \$50 para tiendas del centro de la ciudad**. ¡Inquilinos y propietarios de Ellensburg, queremos escucharlos!



Questions or comments? - contact [freyl@ellensburgwa.gov](mailto:freyl@ellensburgwa.gov)  
¿Preguntas o comentarios? - contacta a [freyl@ellensburgwa.gov](mailto:freyl@ellensburgwa.gov)

**Ellensburg School District Early Learning Center**



# Free Preschool

Now Accepting Applications



# Pre-Escolar Gratis

Ahora Aceptando Aplicaciones

## We Offer / Ofrecemos



School  
Readiness /  
Preparación  
para la Escuela



Meals &  
Snacks /  
Meriendas y  
Comida



Health  
Screenings /  
Evaluación  
de Salud



Support  
Services /  
Servicios de  
Apoyo

## Ellensburg School District Early Learning Center

### Who Is Eligible? / ¿Quién es Elegible?

**Children age 3-4 years by August 31/ Niños que hayan cumplido 3 a 4 años para el 31 de agosto**

**Children in Foster Care/Kinship Care / Niños que están en orfanatos/cuidado con familiares**

**Families receiving TANF or SSI for disability / Familias quienes están en TANF o recibiendo Seguro Social por alguna discapacidad**

**Families experiencing homelessness / Familias experimentando falta de vivienda**

**Children with disabilities or IEPs / Niños con discapacidades o que están en un programa de IEP**

**Families living on limited incomes / Familias que viven con ingresos limitados**

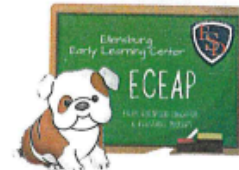
### CONTACT US /LLAME:

(509)925-8090 or [juli.hamilton@esd401.org](mailto:juli.hamilton@esd401.org)

Visit our website here / Visite nuestro sitio web

aquí:

[www.esd401.org](http://www.esd401.org)



## Community Survey







# COMMUNITY SURVEY

## IT TAKES A COMMUNITY

We'd like to invite you to complete a brief, anonymous survey about youth wellness in our community. Your feedback will help us better understand how to support and serve local youth.

The survey takes approximately 5–7 minutes to complete. After finishing, you may email [lonnie.allphin@esd105.org](mailto:lonnie.allphin@esd105.org) with the subject line "Survey completed" to have your name entered into our monthly raffle for a chance to win a prize or gift card.

## TAKE THE SURVEY

### Instructions:

1. Open your phone's camera
2. Point it at the QR code
3. Tap the link that appears to take the survey

**For more information please contact us**

Washington State  
Health Care Authority

SCAN ME!





# ENCUESTA COMUNITARIA

## SE NECESITA UNA COMUNIDAD

Te invitamos a completar una breve encuesta anónima sobre el bienestar de los jóvenes en nuestra comunidad. Sus comentarios nos ayudarán a apoyar y servir mejor a la juventud local.

La encuesta toma aproximadamente **5-7 minutos**. Después de completarla, envía un correo electrónico a [lonnie.allphin@esd105.org](mailto:lonnie.allphin@esd105.org) con el mensaje “**Encuesta completada**” y tu nombre para participar en nuestro sorteo mensual y tener la oportunidad de ganar un premio o una tarjeta de regalo.

## TOME LA ENCUESTA

### Instrucciones:

1. **Abra la cámara de su teléfono**
2. **Ponga su cámara enfrente de el código como que le va a tomar una foto**
3. **Su telefono le dara un enlace**
4. **abra el enlace**

Para mas informacion por favor der  
contactarnos

Washington State  
Health Care Authority

ELLENSBURG  
**HealthyYouth**  
COALITION

SCAN ME!



Better Together  
ESD 105

## SHIBA Guide

# Getting started with Medicare for those turning 65 in 2026



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

## A STEP-BY-STEP APPROACH

### 1. Learn the basics

- Know the parts of Medicare (e.g., Part A for hospital care, Part B for medical services).
- Understand how Medicare works and typical costs.
- Figure out when you should sign up based on your situation.

### 2. Explore coverage options before enrolling

- Review Original Medicare vs. Medicare Advantage.
- Think about prescription drug coverage (Part D) and whether you might want a Medigap plan (supplemental coverage)

### 3. Sign up for Medicare (Part A & Part B)

- Contact Social Security to enroll when you're ready because you weren't getting benefits earlier.
- Learn about sign-up deadlines and penalties — if you wait too long, you might have gaps in coverage or pay higher premiums.

### 4. Choose your coverage

- After enrolling in Part A & Part B, compare options and decide whether to stay with Original Medicare or switch to a Medicare Advantage (Part C) plan.

### 5. Start using Medicare

- Once enrolled, you'll get a Medicare card in the mail and can start using your benefits for services.

When you're ready to enroll (one month before you're 65<sup>th</sup> birthday) and have an idea of the pathway you're going to choose. Reach out and set up an appointment with KCHN SHIBA Coordinator, Morgan Stonefield.

CONTACT  
INFORMATION



Phone  
509-749-1569



Email  
morgan@healthierkittitas.org

Alzheimer's & Dementia Support Group



**deBurg**  
COFFEE & KITCHEN

Alzheimer's & Dementia  
**SUPPORT  
GROUP**

Whether you're a caregiver, a loved one, or someone facing the journey of Alzheimer's or another form of dementia yourself, you've found a place where you are not alone.

- Share experiences and stories
- Exchange helpful tips and resources
- Ask questions without fear of judgment
- Support each other emotionally and practically

We know how overwhelming, isolating, and heartbreaking this path can be—but we also know the strength that comes from connecting with others who truly understand.

Third Thursday of every month  
4:00pm.  
1801 N Walnut St. Ste 4 Ellensburg, WA

 AVAMERE  FIELDSTONE COMMUNITIES  HIGHGATE REAL ESTATE LIVING  REXFORD PARK

## Volunteer Income Tax Assistance

# VITA 2026

# GET YOUR TAXES DONE

## for *FREE*

Volunteer Income Tax Assistance

### One-on-One Tax Assistance

Volunteers prepare and file your taxes for you.

**Income Limit:** \$67,000 or less a year

### Self-Assisted Tax Return

File your own tax return using *MyFreeTaxes.com* with help from volunteers.

**Income Limit:** \$89,000 or less a year

### Schedule an Appointment



Scan the QR code  
Or contact us:  
**(509) 936 - 1952**  
**VITA@cwu.edu**

*Walk-ins Welcome!*

**February 2 - March 12**

*Tuesdays and Thursdays*

5:30 - 8:00 PM

**March 31 - April 15**

*Tuesdays, Wednesdays, and*

*Thursdays*

5:30 - 8:00 PM

**Central Washington University  
Black Hall, Room 136**

### What to Bring

- Photo ID
- Social security/ITIN card
- All income forms (W-2, 1099, etc.)
- Last year's tax return
- Bank account/routing number
- Birth date(s) for taxpayer, spouse, and dependents



Sponsored by the College of Business

CWU is an EEO/AA/Title IX Institution. For individuals with disabilities who would like to request an accommodation, email Disability Services at DS@cwu.edu.

**Youth Mobile Outreach**



## Youth Mobile Outreach

The Youth Mobile Outreach Team offers community-based interventions to youth under 18 who are experiencing a crisis.



We are available 24 hours/7 days a week


Our team will work with the youth and their caregivers to reduce unnecessary admissions to emergency departments, inpatient adolescent units and contact with law enforcement.

**Crisis Line: 988**

### Our Team:

- Assesses risk and safety needs
- Provides developmentally appropriate de-escalation
- Supports the family to stabilize the crisis
- Provides peer support
- Assists in linking youth and their families to community systems of care
- Helps to refer to additional behavioral health services

#### Yakima County

 505 S. 4th Ave.  
Yakima, WA 98902


 Office Line:  
(509) 575-2929

#### Benton & Franklin Counties

 7404 W. Hood Pl.  
Kennewick, WA 98902

 Office Line:  
(509) 579-4020

#### Kittitas County

 707 N. Pearl, Suite E  
Ellensburg, WA 98926

 Office Line:  
(509) 925-9861

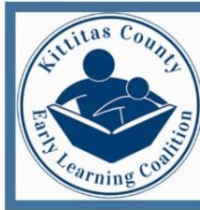
#### Walla Walla County

 1250 SE Commercial Dr.  
College Place, WA 99324

 Office Line:  
(509) 876-0190

**Kittitas County Early Learning Coalition**





# Kittitas County Early Learning Coalition

**FREE Activities for Parents & Children 0-6 years**  
Actividades gratuitas para los padres y los hijos de 0-6 años  
**Older Siblings Welcome** Los hermanos mayores son bienvenidos

**WEDNESDAY**  
Miércoles

**2025—2026**

ELLENSBURG  
Open Abierto  
3:30-6:00  
Hal Holmes  
209 N Ruby

SEP 3

**Dinosaurs**  
Dinosaurios 

OCT 1

**Forest Animals**  
Animales Forestales 

NOV 5

**Trucks**  
Camiones 

DEC 3

**Jungle**  
Jungla 

JAN 7

**Ice & Snow**  
Hielo y Nieve 

FEB 4

**Building**  
Edificio 

MAR 4

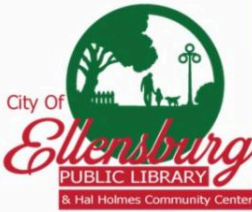
**Sand & Water**  
Arena y Agua  

APR 1

**Bugs**  
Insectos 

MAY 6

**Market**  
El Mercado 



509-306-1740  
earlylearningkittitas@gmail.com  
www.kittitasearlylearningcoalition.com



**Support Our Free Events**  
Sign up and link to  
Eventos de Padre-Hijo Regístrate y enlace a  
Kittitas County Early Learning Coalition  
Fred Meyer Community Rewards  
[www.fredmeyer.com/topic/community-rewards](http://www.fredmeyer.com/topic/community-rewards)


**Save the Date! Kittitas County Pride Parade 2026**



# KITTITAS COUNTY PRIDE PARADE 2026



**JUNE 6, 2026 | 11AM  
DOWNTOWN ELLENSBURG**

Brought to you by **KITTITAS  
COUNTY  
PRIDE** 

**Hope University Workshops**

# Hope University Workshops

April 2026



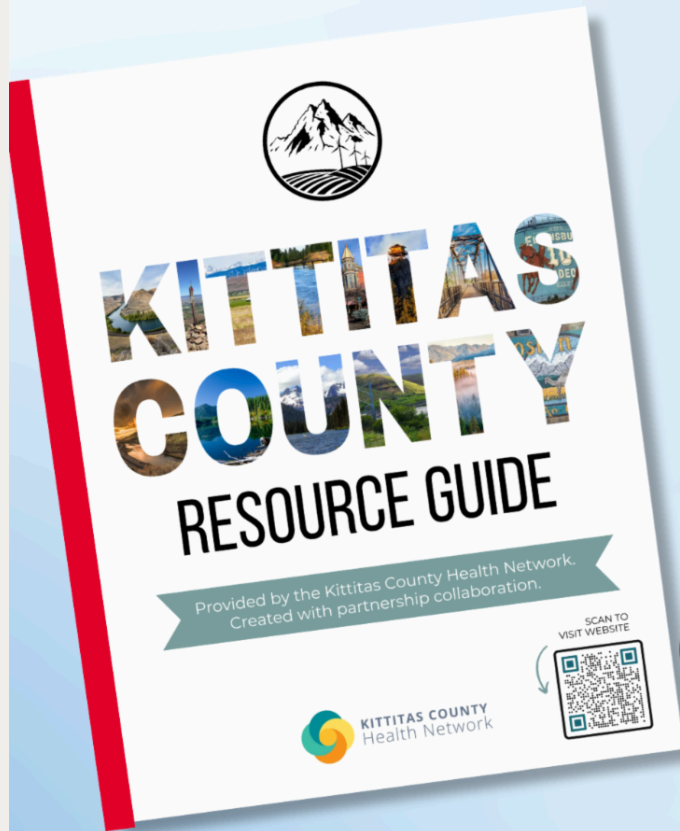
|          |        |                                 |  |
|----------|--------|---------------------------------|--|
| APRIL 1  | 2-3PM  | Savvy Shopper                   | Located at FISH Food Bank,<br>804 Elmview Rd. Ellensburg, WA         |
| APRIL 6  | 2-3PM  | Job Quest 101                   | Located at WorkSource,<br>1100 W University Way, Ellensburg, WA      |
| APRIL 8  | 2-3PM  | Managing Your Money             | Located at FISH Food Bank,<br>804 Elmview Rd. Ellensburg, WA         |
| APRIL 13 | 2-3PM  | Managing your Money             | Located at WorkSource,<br>1100 W University Way, Ellensburg, WA      |
| APRIL 15 | 2-3PM  | Habits for<br>Workplace Success | Located at FISH Food Bank,<br>804 Elmview Rd. Ellensburg, WA         |
| APRIL 20 | 12-1PM | Rent 101                        | Located at Peers Rising,<br>116 W 3rd Ave, Suite 100, Ellensburg, WA |
| APRIL 20 | 2-3PM  | Job Quest 101                   | Located at WorkSource,<br>1100 W University Way, Ellensburg, WA      |
| APRIL 22 | 2-3PM  | Job Quest 101                   | Located at FISH Food Bank,<br>804 Elmview Rd. Ellensburg, WA         |
| APRIL 23 | 3-4PM  | Job Quest 101                   | Located at Peers Rising,<br>116 W 3rd Ave, Suite 100, Ellensburg, WA |
| APRIL 27 | 2-3PM  | Transit Guide                   | Located at WorkSource,<br>1100 W University Way, Ellensburg, WA      |
| APRIL 29 | 2-3PM  | Transit Guide                   | Located at FISH Food Bank,<br>804 Elmview Rd. Ellensburg, WA         |

Workshops are free and open to everyone. We focus on practical learning with a positive, supportive approach. Our guiding principles: meet you where you are, keep it positive, and turn knowledge into action.



## Kittitas County Resource Guide

Find available resources in Kittitas County with the 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.



Scan here to visit the Resource Guide website.



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





Encuentra recursos disponibles en el condado de Kittitas con el web de la Guía de Recursos del Condado de Kittitas. 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.



Escanea aquí para visitar el sitio web de la Guía de Recursos.



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



[Visit the Resource Guide Here](http://kittitascountyresources.org)

**Upper Kittitas County Senior Center  
April Newsletter**



# Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991

 **2026**  
**APRIL**

A full month of programs,  
activities, and events is  
coming up - we hope you'll  
join us!

## CENTER ACTIVITIES

### Monday

- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-11:30 Line Dancing Lessons
- 11:30-3:00 Bingo (Card selling starts at 11:30, Game starts at 1:00)

### Tuesday

- 8:00-10:00 Ham Radio
- 9:00-12:00 Bridge
- 9:30-10:30 Tech Support
- 10:00-2:00 VSO drop-in (1<sup>st</sup> & 3rd)
- 12:30-1:15 Guided Meditation
- 1:30-2:15 Gentle Chair Yoga & Balance

### Wednesday

- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:30 Woodworkers Club
- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-12:30 Games
- 12:00 Blood Pressure Checks
- 12:00-1:15 Kiwanis (1st & 3rd)
- 1:00-2:00 Memory Cafe (1st & 3rd)

### Thursday

- 9:30-11:30 Craft Club
- 12:00-3:00 Pinochle
- 12:30-2:00 Living with Change (1st & 3rd)
- 2:00-3:00 Writer's Workshop

### Friday

- 9:00-10:00 Exercise (Jumping Jaws)



**Welcome to April!** As spring begins to take hold and the days grow brighter, April brings new opportunities to connect, learn, and enjoy time together at the Center. It's a wonderful season to step out, try something new, and spend time with friends in our community.

**April is also National Volunteer Appreciation Month**, and we are especially grateful for the many volunteers who make our Center thrive. Please join us on April 23 for a appreciation dinner as we celebrate and thank the individuals who generously give their time and talents throughout the year. RSVP at the Sunshine Desk by April 17.

This month's featured events include **Craft Class Rock Painting on April 2**, **Community Talk - How Local Government Works on April 8**, **Healthy Smiles Dental Hygiene on April 9**, and our **Legends Casino Bus Trip on April 15**. We'll also host the **Kittitas School Retirees Lunch on April 21**.

New this month is **Alzheimer's Empowerment Zoom session each Monday at 10 am** in the Main Hall. Plus we will have a **Digital Literacy Class on Artificial Intelligence (AI)** on April 21<sup>st</sup>.

Be sure to read the following pages for more programs and details - we look forward to seeing you!

### EXECUTIVE DIRECTOR, UKCSC

Lori Nevin  
(509) 674-7530  
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

*Newsletter Circulation 1,120+*

[READ MORE](#)

**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

Donate Here

## Peers Rising

Contact us : (509) 968-5224  
info@peersrisingwa.org  
Follow us: @Peersrisingwa  
www.peersrisingwa.org

**April 2026**  
Office Hours Mon - Fri : 9am - 4pm  
116 W 3rd Ave, Unit 100, Ellensburg, WA 98926



| Sunday | Monday                         | Tuesday  | Wednesday                        | Thursday                                     | Friday   | Saturday  |
|--------|--------------------------------|--|----------------------------------|--|--|---|
|        |                                |  | 1                                | 2  | 3  | 4 <b>509 Teens Neon Night - Hunt the Glow 6-8pm</b> |
| 5      | 6                              | 7  | 8                                | 9 <b>Crochet with Purpose 5:45-7 pm</b>      | 10   | 11  |
| 12     | 13                             | 14 <b>PEERS &amp; PUZZLES 12-1:30PM</b><br><b>DND NIGHT 6PM - 8:30PM</b> | 15 <b>Yakima Crafts 4:30-6pm</b> | 16   | 17 <b>BINGO 5-7PM</b>  | 18  |
| 19     | 20 <b>Savvy Shopper 12-1PM</b> | 21 <b>Feelin' Crafty 12-1pm</b>  | 22                               | 23 <b>Habits for Workplace Success 3-4PM</b> | 24 <b>ALANON LUNCH &amp; LEARN 12-1PM</b><br><b>BINGO "Yakima" 5-7PM</b> | 25  |
| 26     | 27                             | 28 <b>REIKI 1-3:30PM (RSVP FOR TIME SLOT)</b>                            | 29                               | 30   |  |   |

ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE PEERS RISING OFFICE

STAY CONNECTED WITH KCHN

Visit the KCHN Website Here



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

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



Try email marketing for free today!