



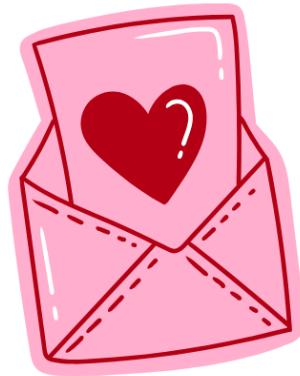
## Kittitas County Health Network's February 2026 Newsletter

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### KCHN Workgroup Meeting Reminders



KITTITAS COUNTY  
Health Network



# February Workgroups Meeting Reminders

#### **Health Equity Workgroup:**

**Tuesday, February 17th at 1pm**

*Zoom Link: <https://us06web.zoom.us/j/87005684861>*

#### **Community Resource Workgroup Meeting:**

**Thursday, February 19<sup>th</sup> at 12pm**

**In person at KVF (400 E Mountain View Ave)**

#### **Growing Strong Together Meeting:**

**Wednesday, February 25<sup>th</sup> at 12pm**

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!

### START OF THE NEW YEAR

THRIVE started the new year with 2 mentee/mentor matches! These pairings have met multiple times and enjoyed activities such as playing at the park & making vision boards at the library! THRIVE was awarded two grants from the county. We are now funded through the end of 2027 and so excited to see the impact this program has on our community!

### PARTICIPATION

- 4 Trained Mentors
- 2 Matched Mentees
- 5 Waitlisted Mentees
- 3 Mentors in-training

### CONTACT US

509.925.5246  
[healthierkittitas.org](http://healthierkittitas.org)  
[trinity@healthierkittitas.org](mailto:trinity@healthierkittitas.org)

### RECRUITMENT

We are always accepting mentee applications and are actively looking for mentors! If you are interested or know someone who may be a good fit, please fill out an application at [healthierkittitas.org](http://healthierkittitas.org)!

SHIBA Guide

# Getting started with Medicare for those turning 65 in 2026



## 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)

### 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.

### 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.

### 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](mailto:morgan@healthierkittitas.org)

## SOGIE Safe Space Training 101



# SOGIE

## Safe Space Training

### 101

**Learn how to make  
your space safe for  
everyone**

**Sign-Up Here!**



#### Training Includes:

- ABCs of SOGIE  
Sexuality,  
Orientation,  
Gender,  
Identity, and  
Expression
- Language dos and  
don'ts
- Understanding  
microaggressions
- How to be an ally
- & More!



**Alzheimer's & Dementia Support Group**



**theBurg**  
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** affordable living **FIELDSTONE** COMMUNITIES **HIGHGATE** SENIOR 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

#### Schedule an Appointment



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

### Self-Assisted Tax Return

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

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

#### 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](mailto: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

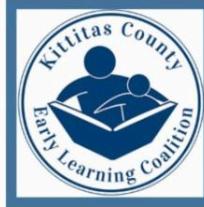


1250 SE Commercial Dr.  
College Place, WA 99324



Office Line:  
(509) 876-0190

**Kittitas County Early Learning Coalition**

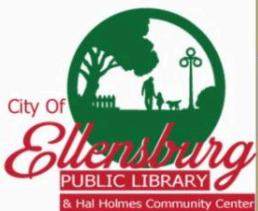
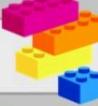


# Kittitas County Early Learning Coalition

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

 <b>WEDNESDAY</b> Miércoles	ELLENSBURG Open Abierto 3:30-6:00 Hal Holmes 209 N Ruby	2025—2026
	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](http://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)

## Hope University Workshops

# Hope University Workshops February 2026



**FEBRUARY 4 12-1PM**

**Rent 101**  
Located at FISH Food Bank, 804 Elmview Rd.  
Ellensburg, WA

**FEBRUARY 4 2-3PM**

**Job Quest 101**  
Located at WorkSource, 1100 W. University Way Suite 200 Ellensburg, WA

**FEBRUARY 11 12-1PM**

**Rent 101**  
Located at FISH Food Bank, 804 Elmview Rd.  
Ellensburg, WA

**FEBRUARY 11 2-3PM**

**Managing Your Money**  
Located at WorkSource, 1100 W. University Way Suite 200 Ellensburg, WA

**FEBRUARY 18 12-1PM**

**Habits for Workplace Success**  
Located at FISH Food Bank, 804 Elmview Rd.  
Ellensburg, WA

**FEBRUARY 18 2-3PM**

**Job Quest 101**  
Located at WorkSource, 1100 W. University Way Suite 200 Ellensburg, WA

**FEBRUARY 23 3-4PM**

**Savvy Shopper Seminar**  
Located at Peers Rising, 116 W. 3rd Ave Unit 100 Ellensburg, WA

**FEBRUARY 25 12-1PM**

**Managing Your Money**  
Located at FISH Food Bank, 804 Elmview Rd.  
Ellensburg, WA

**FEBRUARY 25 2-3PM**

**Transit Guide**  
Located at WorkSource, 1100 W. University Way Suite 200 Ellensburg, WA

**FEBRUARY 26 3-4PM**

**Habits for Workplace Success**  
Located at Peers Rising, 116 W. 3rd Ave Unit 100 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.

HopeSource

## Coat Drive



# COAT DRIVE

October 13<sup>th</sup> through February 2026

## COAT PICK-UP LOCATIONS

**APOYO**

509.201.1820

Monday-Friday 9am to 4pm



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



# DONACIÓN DE ABRIGOS

13 Octubre a Febrero 2026

## LUGARES DE RECOGIDA DE ABRIGOS

**APOYO**

509.201.1820

Lunes a Viernes 9am to 4pm



**Syringe Service Program - Public Health Department Harm Reduction**

Martes y Jueves 9am-12pm y 1-5pm

210 N. Ruby St, Ellensburg

(United Methodist Church, Courtyard Classroom 9)

**DSHS**

1100 W. University Way, Ellensburg

Lunes a Viernes 8am-5pm

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





KITTITAS COUNTY  
Health Network



# 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)





KITTITAS COUNTY  
Health Network



Community Health  
of Central Washington



# 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  
lunes-viernes 8am to 4pm

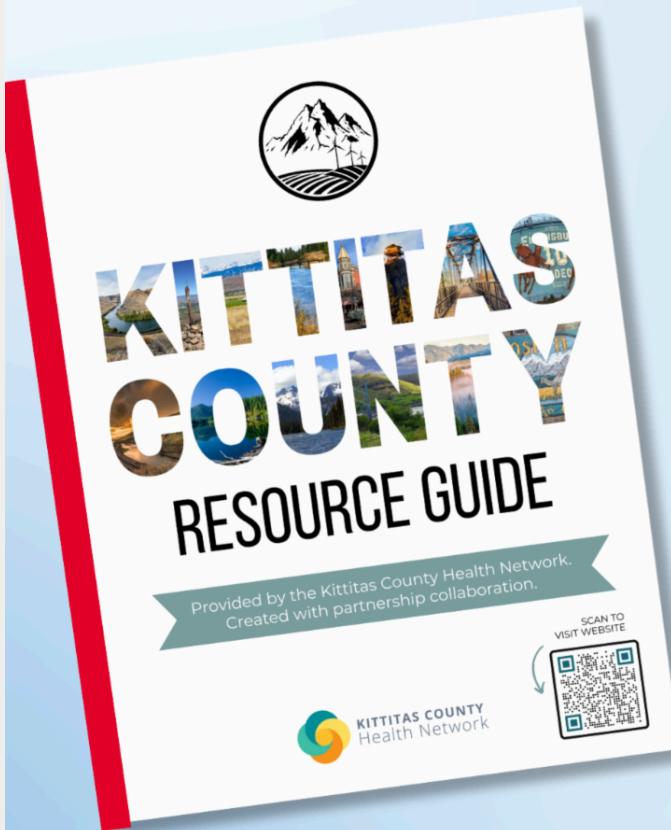
**Community Health of Central Washington**  
521 E. Mountain View Avenue, Ellensburg  
Monday-Friday 7am to 5:30pm

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



**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

**ACES Training Looking for Trainers**



# ACES TRAINING LOOKING FOR TRAINERS

Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that impact health and well-being.

**By becoming an ACEs trainer, you'll help your community members learn:**



How ACEs impact health and behavior



How to help promote resilience



How to provide trauma-informed care

#### Trainers attend

- Free, self-paced training on ACEs and their relationship to trauma, health, and Substance Use Disorder (3 hours)
- Single virtual meeting with trainer cohort (2 hours)

#### Trainers Provide

- Two 90-minute ACEs trainings/year



KITTITAS COUNTY  
Health Network



OverdoseLifeline

To become a trainer, email: [info@healthierkittitas.org](mailto:info@healthierkittitas.org)  
[healthierkittitas.org](http://healthierkittitas.org)

## Upper Kittitas County Senior Center February Newsletter



# Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991

2026  
FEBRUARY

Welcome to February! Get ready  
for a full month of fun  
programs, activities, and events  
— come be part of it!

## 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
- 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 Woodworking
- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-12:30 Games
- 12:00 Blood Pressure Checks
- 12:00-1:15 Kiwanis (1st & 3rd)
- 1:15-2:15 Memory Cafe (2nd & 4th)

### Thursday

- 9:30-11:30 Craft Club
- 12:00-3:00 Pinochle
- 1:00-2:30 Living with Change (2nd & 4th)
- 2:00-3:00 Writer's Workshop

### Friday

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



Welcome to February! We have a full month of activities, programs, and events planned, featuring a wonderful mix of familiar favorites and exciting new offerings.

This month's **Craft Class is Painted Pots on February 5**. In February, we will be headed back to **Legends Casino for a Day Trip on February 11**- be sure to sign up at the Sunshine Desk. Join us on **February 13** for a fun and festive **Social Community event: Snowball & Sweets**. We're also introducing a new **Community Talk, Surviving the Hospital on February 18 at 1:00 pm**. Also on **February 18**, **Kittitas County will host a Senior Tax Exemption Info session** — a drop-in opportunity to ask questions and learn more.

Our ongoing programs continue throughout the month: **Guided Meditation on Tuesdays, Memory Café on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, Wood-Chip Carving classes, Living with Change on 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, and How to Play the Ukulele Lessons on Fridays**—no experience required, just a willingness to have fun.

Please note: the Center will be closed on February 16 for Presidents' Day.

**Thank you for being part of our Center—your participation and support make this community thrive.**

### 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 1,075+*

[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](http://healthierkittitas.org)

Donate Here

## Peers Rising

Contact us : (509) 968-5224

[info@peersrisingwa.org](mailto:info@peersrisingwa.org)

Follow us : @Peersrisingwa

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

**February 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	5	6	7
8	9	10 Peers & Puzzles 12-1:30PM	11	12 Crochet with Purpose 5:45-7 pm	13 Karaoke 4-6pm	14 <b>309</b> Teens Valentines Party @ The Shop Teen Center 4-6pm
15	16 Happy President's Day <b>OFFICE CLOSED</b>	17 Feelin' Crafty 12-1pm	18	19 RACE RECOVERY AND REAL LIFE IMPACTS LUNCH AND LEARN 12-1PM	20 HUMAN TRAFFICKING LUNCH AND LEARN 12-1PM	21
22	23 Savvy Shopper 3-4PM	24 REIKI 1-3:30PM (RSVP FOR TIME SLOT)	25	26 Habits for Workplace Success 3-4PM	27 BINGO *Yakima* 5-7PM	28

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



## SUPER BOWL WATCH PARTY

JOIN US FOR THE SUPER BOWL  
GOOD FOOD, BIG SCREENS, AND GREAT COMMUNITY!

DOORS OPEN @ 2:30 PM

📍 PEERS RISING - 116 W 3<sup>RD</sup> AVE, 98926

🍕 FOOD & SNACKS PROVIDED

🍴 POTLUCK-STYLE - BRING A DISH IF YOU WANT

📺 GAME DAY VIEWING

🎉 GAMES & HALFTIME FUN

👋 OPEN TO PEERS, FRIENDS, AND COMMUNITY  
COME FOR THE GAME STAY FOR THE CONNECTION!

STAY CONNECTED WITH KCHN

[Visit the KCHN Website Here](#)





Try email marketing for free today!