

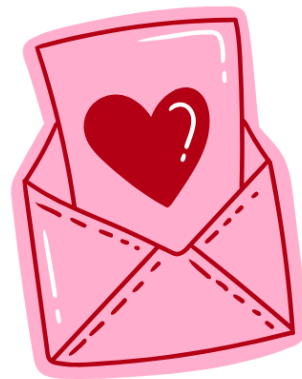


Kittitas County Health Network's February 2026 Newsletter

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 19th at 12pm

In person at KVF (400 E Mountain View Ave)

Growing Strong Together Meeting:

Wednesday, February 25th at 12pm

Any questions, please email 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**



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

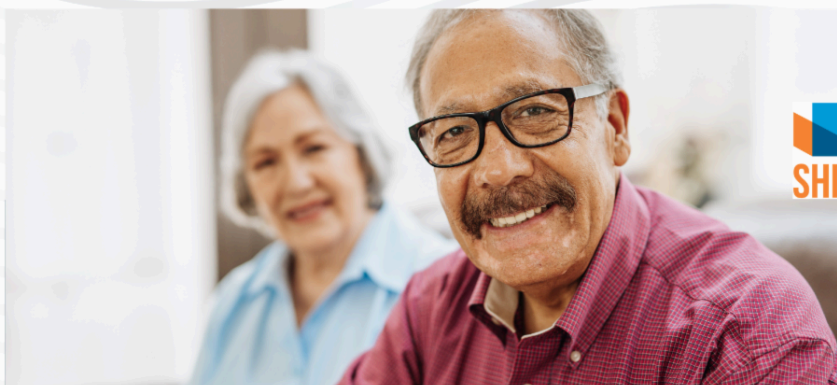
RECRUITMENT

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!

CONTACT US

509.925.5246
healthierkittitas.org
trinity@healthierkittitas.org

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)

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 65th 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

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!



@helenhouseellensburg

fiscal project of CascadiaNow!

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 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

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

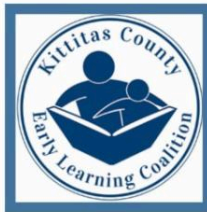
 Office Line:
(509) 925-9861

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

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



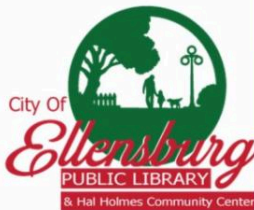
APR 1

Bugs
Insectos



MAY 6

Market
El Mercado



Find us on:
facebook

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

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

HopeSource

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.

Coat Drive



COAT DRIVE



October 13th through February 2026

COAT PICK-UP LOCATIONS

APOYO

509.201.1820

Monday-Friday 9am to 4pm

Syringe Service Program - Public Health Department Harm Reduction

Tuesdays & Thursdays 9am-12pm and 1-5pm

210 N. Ruby St, Ellensburg

(United Methodist Church, Courtyard Classroom 9)

DSHS

1100 W. University Way, Ellensburg

Monday-Friday 8am-5pm

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



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. 5th 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



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. 5th Avenue Suite 108, Ellensburg
lunes-viernes 8am to 4pm

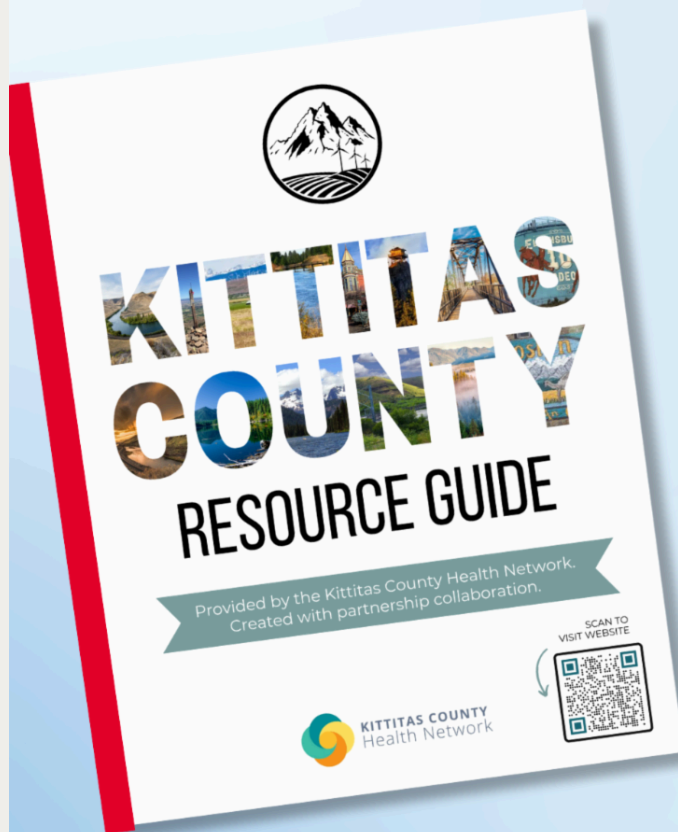
Community Health of Central Washington
521 E. Mountain View Avenue, Ellensburg
Monday-Friday 7am to 5:30pm

healthierkittitas.org



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



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.

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

Línea de crisis por texto
Mensaje de Texto: Envía HOME al 741741 |
Sitio web: 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

KITTITAS COUNTY Health Network

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

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
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 **2nd and 4th Wednesdays**, **Wood-Chip Carving classes**, **Living with Change** on **2nd and 4th 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: <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

Donate Here

Peers Rising

Contact us : (509) 968-5224
info@peersrisingwa.org
Follow us: @Peersrisingwa
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 SUPER BOWL WATCH PARTY 3PM	9	10 PEERS & PUZZLES 12-1:30PM	11	12 Crochet with Purpose 5:45-7 pm	13 Karaoke 4-6pm	14 509Teens Valentines Party @ The Shop Teen Center 4-6pm
15	16 HAPPY President's Day OFFICE CLOSED	17 <i>Feelin' Crafty 12-1pm</i>	18	19 RACE RECOVERY AND REAL LIFE IMPACTS LUNCH AND LEARN 12-1PM	20 HUMAN TRAFFICKING LUNCH AND LEARN 12-1PM BINGO 5-7PM	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 3RD 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!