



Kittitas County Health Network's January 2026 Newsletter



KITTITAS COUNTY
Health Network

Executive Director's Note

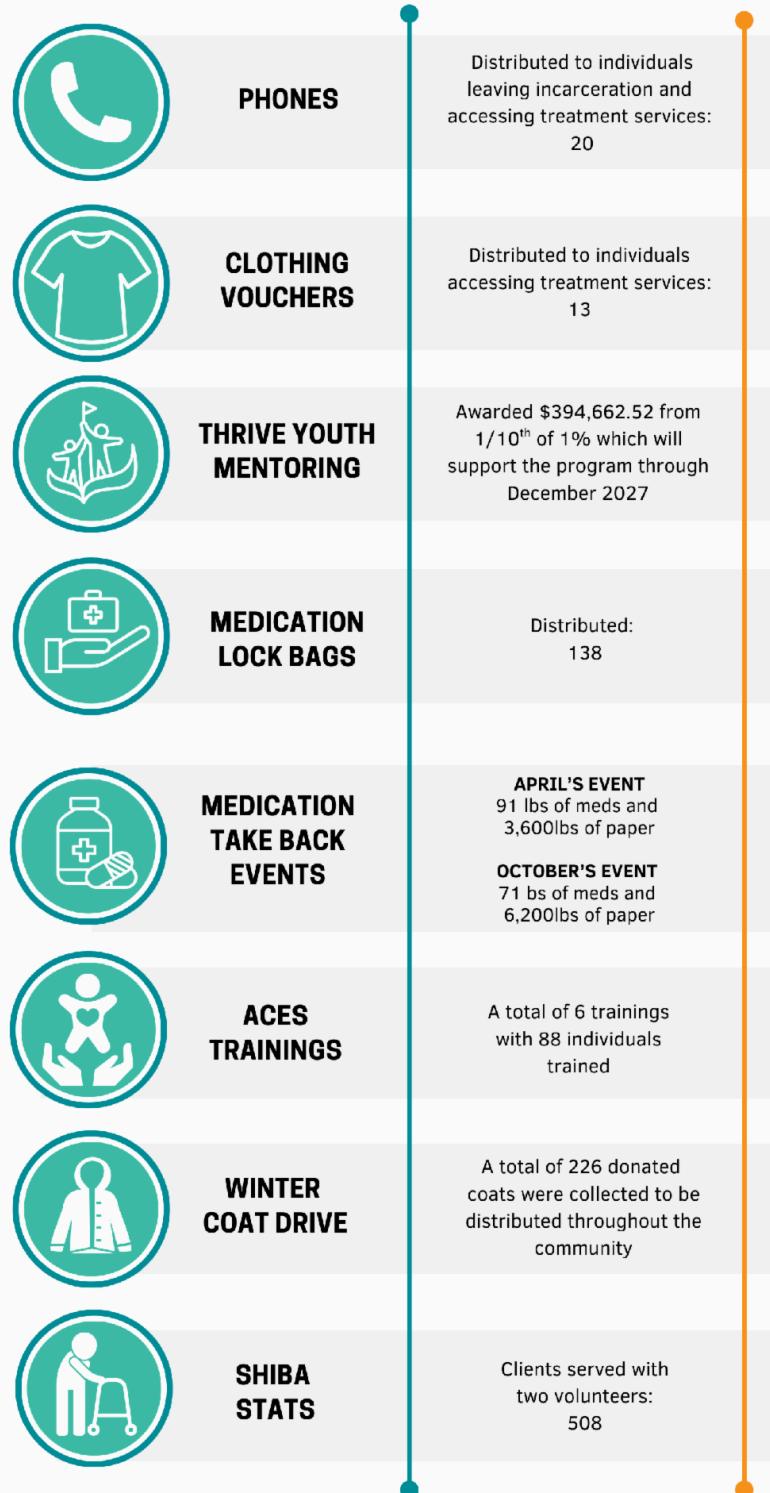


Looking back on 2025, KCHN and all our Community Partners have faced many opportunities and challenges throughout the year – I believe we all have so much to reflect on with pride and gratitude. Through our work and the work of our community partners, there has been significant progress in addressing the Kittitas County Community Health Improvement Plan. As we move into 2026, we are excited and grateful for the removal of the sunset clause of the 1/10th of 1% Mental Health and Chemical Dependency Tax, this is largely in part due to the hard work and dedication of community partners funded through this program including the Sheriff's Office, School Districts, Peers Rising, Community Builders, Central Washington University, Boys and Girls Club, Kittitas County Behavioral Health Court, and Comprehensive Healthcare. I hope that 2026 will continue to bring us all opportunities for growth as we continue our collective work of helping Kittitas County Residents.

Cheers to a New Year!
Mitchell Rhodes, PhD.
Executive Director

2025 KCHN Wrap Up

2025 STATS AT A GLANCE



CARE COORDINATION

A total of 158 new clients and 1,333 client visits were served in both Upper and Lower Kittitas County.

HEARTS & HANDS

A total of 708 individuals were served with 2,745 visits and 297 deliveries
 Hearts and Hands in both Upper and Lower Kittitas County.

COMMUNITY CONNECT

At both events in 2025, we had over 200 community members attended, over 40 community partners provided resources. There were more than 250 meals served and several medical screenings provided as well as resources for health insurance, voter registration, water safety, legal services, and much more.

THRIVE YOUTH MENTORING

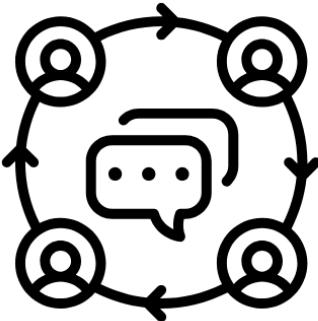
THRIVE started recruitment for mentors and mentees in August 2025. We have 4 mentors fully trained, 5 mentees signed up. We facilitated 9 presentations to partner organizations and community members about our new program and had outreach participation at 6 county events.

None of this amazing work could have been done without the support of our incredible community partners. As always, thank you for supporting the Kittitas County Health Network.

KCHN Communications Survey



Network Communications Survey



At KCHN, we continue to seek ways to improve. Please click the link below to help us understand how we can improve KCHN Communications. Your input will help provide important feedback will cover accessibility, communication quality, KCHN brand awareness and community engagement.

[Take the survey here](#)

KCHN Workgroup Meeting Reminders



KITTITAS COUNTY
Health Network



January Workgroups Meeting Reminders

Leadership Council:**Wednesday, January 14th at 9:30am****Zoom Link: <https://zoom.us/j/96791509911>****Board of Directors:****Wednesday, January 14th at 10:30am****Zoom Link: <https://zoom.us/j/96791509911>****Community Resource Workgroup Meeting:****Thursday, January 15th at 12pm****Zoom Link: <https://us06web.zoom.us/j/82819043854>****Growing Strong Together Meeting:****Wednesday, January 28th at 12pm****Zoom Link: <https://us06web.zoom.us/j/83909620002>***Any questions, please email info@healthierkittitas.org***KCHN Care Coordination Referrals****CARE COORDINATION
PROGRAM****KITTITAS COUNTY
Health Network**

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

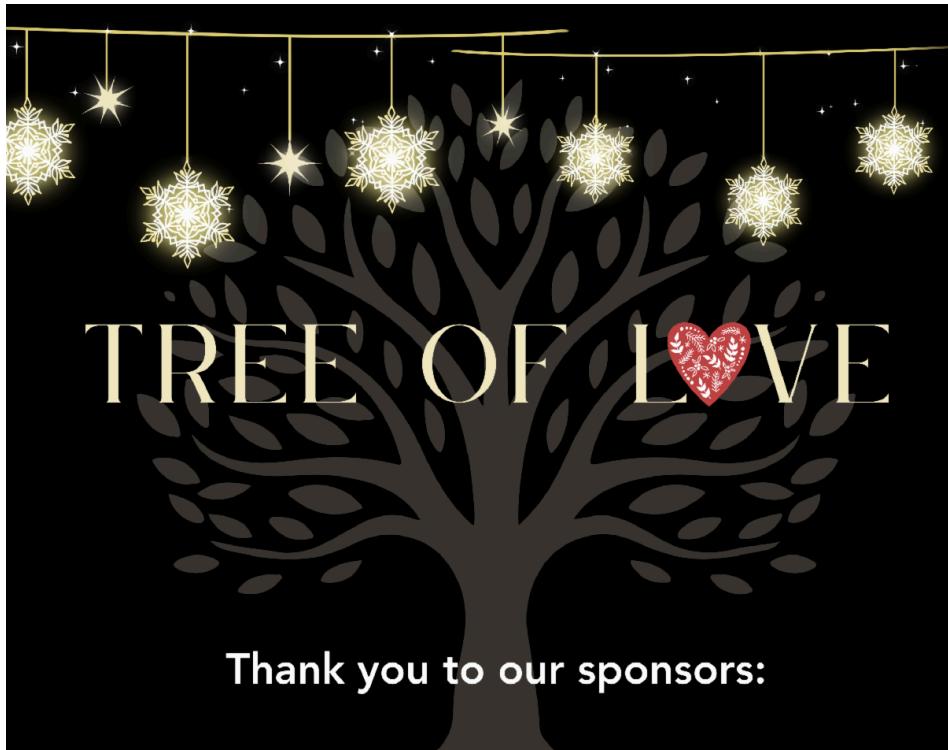
To refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral through our website at healthierkittitas.org



Or call us directly at:
509-201-1145

Make a Referral Here**Tree of Love event success!**





TREE OF LOVE

Thank you to our sponsors:



PUGET
SOUND
ENERGY

• A MOHLER FAMILY ESTABLISHMENT •





THRIVE Youth Mentoring

BREAKING NEWS

VOL. 01, NO.1

❖ @THRIVEMENTORING.EBURG ❖

JANUARY 2026

THRIVE YOUTH MENTORING **NEEDS YOU!**

LOOKING FOR A WAY
TO GET INVOLVED IN
YOUR COMMUNITY
THIS YEAR?

THRIVE Youth Mentoring is looking for responsible, dedicated, and compassionate leaders in Kittitas County to help shape **TRUSTED, HEALTHY, RESILIENT, INSPIRED, VALUED & EMPOWERED** youth. Become a trusted adult in a young persons life by working through goals together, introduce them to new experiences, and focus on being that extra support *everybody* deserves in life. If you are interested in making an everlasting effect on your community this year, contact us at trinity@healthierkittitas.org or apply on our website **today!**



WE CAN'T WAIT TO MEET YOU!

[HTTPS://HEALTHIERKITTITAS.ORG/THRIVE-YOUTH-MENTORING](https://healthierkittitas.org/THRIVE-YOUTH-MENTORING)

2026
GOALS

Learn More Here

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!



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





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

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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
NEW 2025 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.

KITTITAS COUNTY RESOURCE GUIDE

Provided by the Kittitas County Health Network.
Created with partnership collaboration.

KITTITAS COUNTY Health Network

SCAN TO VISIT WEBSITE

NEW

Crisis Line: Text: crisistextline.org

KITTITAS COUNTY RESOURCE GUIDE

CLOTHING

DISABILITY SERVICES

EDUCATION

EN

KITTITAS COUNTY Health Network

Scan here to visit the Resource Guide website.

kittitascountyresources.org

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

ACES Training



Adverse Childhood Experiences (ACES) are circumstances in childhood that can have lifelong impacts on an individual's health and well-being. By learning about ACES, we can improve our community's ability to prevent, treat, and recover from trauma and its effects. Join us to learn about:

- Adverse Childhood Experiences and trauma
- The impacts on health and wellbeing
- The relationship between ACES and substance use disorder
- How to prevent ACES
- How to provide trauma-informed care

**All are welcome! To request a training,
email: info@healthierkittitas.org**



**Upper Kittitas County Senior Center
January Newsletter**



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



Welcome to January! A full month of fun programs and events awaits—come 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
- 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 (2nd & 4th)
- 1:15-2:15 Memory Cafe

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 2026 and Happy New Year! Stuart Mountains

We're kicking off the year with celebration, connection, and plenty to look forward to at the Center. **This year is especially meaningful as we celebrate 35 years of serving our community** - be sure to read Lori's story to learn more about this milestone and future plans.

January brings a wonderful mix of familiar favorites and something new. Settle into calm with **Guided Meditation** on Tuesdays, **connect and share at Memory Café** on Wednesdays, get creative with **Wood-Chip Carving classes to make a coaster**, and find support and insight through **Living with Change** on Thursdays. We're also excited to introduce a brand-new offering—**How to Play the Ukulele**, launching January 16. No experience required, just a willingness to have fun! **We will be closed January 1 & 19th**.

You'll also find cheery photos and **highlights from our Thanksgiving Luncheon** and the always-popular **Holiday Bazaar**, both filled with good food, good company, and great memories.

Thank you for being part of our Center - your participation, enthusiasm, and support make this community thrive. Here's to a joyful and engaging year ahead!

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

[Donate Here](#)

Peers Rising

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

January 2026

Office Hours Mon-Fri : 9am - 4pm

116 W 3rd Ave, Unit 100, Ellensburg, WA 98926



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HAPPY New Year <small>OFFICE CLOSED</small>	2	3
4	5	6	7	8 Crochet with Purpose 5:45-7 pm	9 NARCAN TRAINING LUNCH & LEARN *YAKIMA* 12-1PM	10
11	12	13 PEERS & PUZZLES 12-1:30PM	14	15	16 BINGO 5-7PM	17
18	19 <small>MLK DAY OFFICE CLOSED</small>	20	21	22	23 BINGO *Yakima* 5-7PM	24
25	26 REIKI 12 3:30PM (RSVP FOR TIME SLOT)	27 Feelin' Crafty 4-5pm	28	29	30	

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

STAY CONNECTED WITH KCHN

[Visit the KCHN Website Here](#)





Try email marketing for free today!