



Kittitas County Health Network's July 2026 Newsletter



**Thank you to everyone who joined us for the KCHN Annual Meeting
and A-Team Summit last month!**

KCHN Workgroup Meeting Reminders



July Workgroups Meeting Reminders

Leadership Council

CANCELLED THIS MONTH.

Board of Directors

CANCELLED THIS MONTH.

Community Resource Workgroup

Thursday, July 16th online at 12pm

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

Growing Strong Together Workgroup

Wednesday July 22nd at noon **in person** at Alder Street Park

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals



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

**Save-the-Date: International Overdose
Awareness Day**



International Overdose Awareness Day

AUGUST

MON 31 2026

1-3 PM AT
MOUNTAIN VIEW PARK
IN ELLENSBURG

Join us in commemorating
community members and
loved ones impacted
by overdose.

This is a global day of
remembrance that provides
tools, resources, and a space
for people to honor those
we've lost and drive
community change.

**25 YEARS ON.
STILL NEEDED.**



KITTITAS COUNTY
Health Network



Kittitas County
Public Health
Department

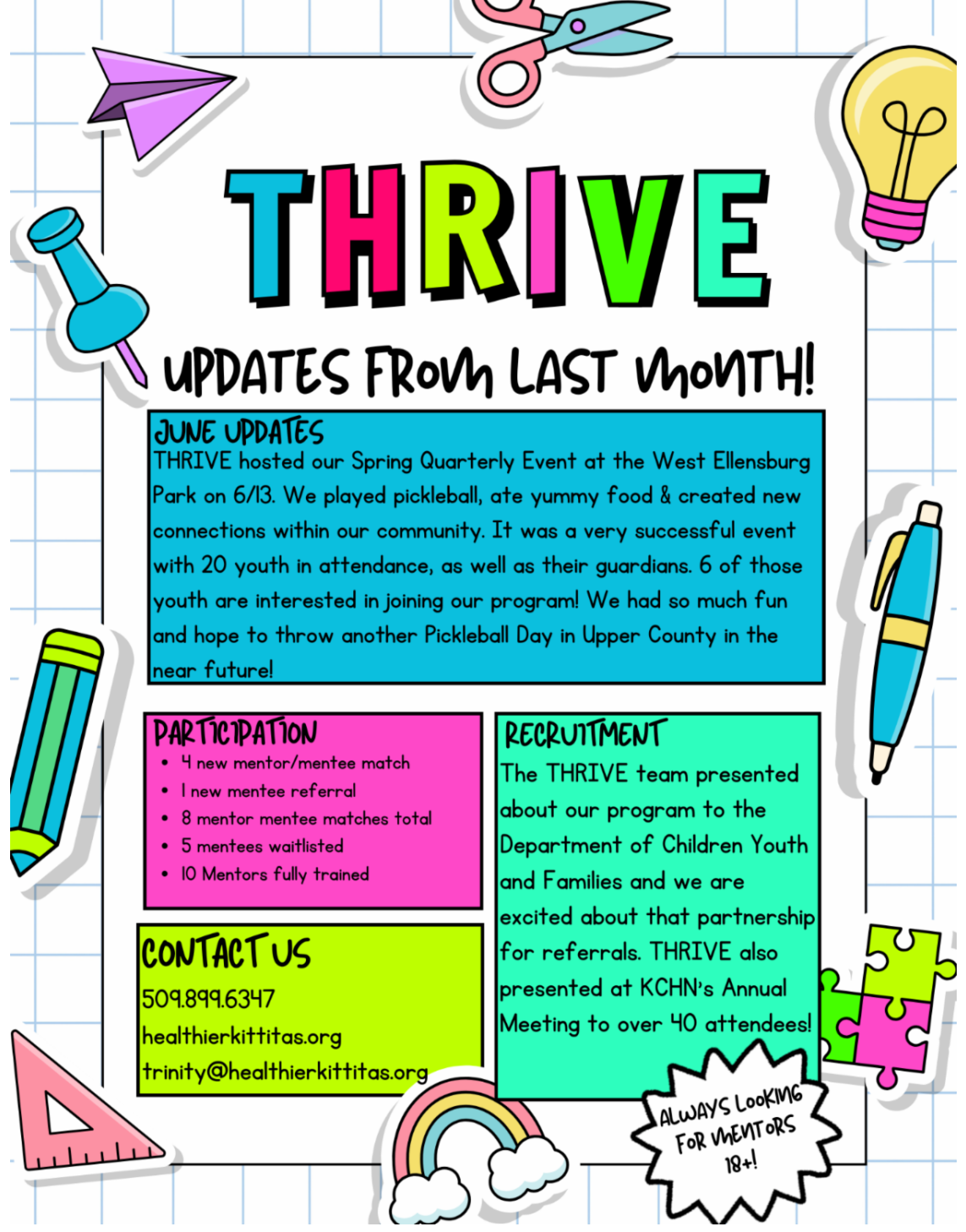


Peers
Rising

Comprehensive
HEALTHCARE

healthierkittitas.org

THRIVE Youth Mentoring Updates



THRIVE

UPDATES FROM LAST MONTH!

JUNE UPDATES

THRIVE hosted our Spring Quarterly Event at the West Ellensburg Park on 6/13. We played pickleball, ate yummy food & created new connections within our community. It was a very successful event with 20 youth in attendance, as well as their guardians. 6 of those youth are interested in joining our program! We had so much fun and hope to throw another Pickleball Day in Upper County in the near future!

PARTICIPATION

- 4 new mentor/mentee match
- 1 new mentee referral
- 8 mentor mentee matches total
- 5 mentees waitlisted
- 10 Mentors fully trained

CONTACT US

509.899.6347

healthierkittitas.org

trinity@healthierkittitas.org

RECRUITMENT

The THRIVE team presented about our program to the Department of Children Youth and Families and we are excited about that partnership for referrals. THRIVE also presented at KCHN's Annual Meeting to over 40 attendees!

ALWAYS Looking
For MENTORS
18+!

SHIBA Presentation - July 21st

Welcome to Medicare!

Join us for a free, unbiased workshop all about Medicare!



insurance.wa.gov
healthierkittitas.org/SHIBA

Tuesday, July 21st 4-5 PM

**at the Kittitas County
Health Network main office
2411 W Dolarway Rd Ste 1 in Ellensburg**

What we'll cover:

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

SHIBA (Statewide Health Insurance Benefits Advisors) is a free, unbiased service of the WA state Office of the Insurance Commissioner.



To register, email: morgan@healthierkittitas.org

 509.794.1569

Jerrol's School Supply Drive



ADOPT A STUDENT



SCHOOL SUPPLY DRIVE

Adopt a Student – Donate Today!

Help local K-12 students in Kittitas County get the school supplies they need to succeed!

Donate Online: Adopt.Jerrols.com, or scan the QR Code
Donate In Person at Jerrol's: Cash donations accepted at the front counter.

Your Impact:

In 2025, your generosity helped 524 students start the school year prepared!



Jerrols

ADOPT A STUDENT

SCHOOL SUPPLY DRIVE

K-12 students in Kittitas County who need help with their school supplies this fall can register at Student.Jerrols.com



Jerrols ADOPTA UN ESTUDIANTE

CAMPAÑA DE ÚTILES ESCOLARES

Los estudiantes de K-12 en el condado de Kittitas que necesiten ayuda con sus útiles escolares este otoño pueden inscribirse en Student.Jerrols.Com



NAMI Family Support Group

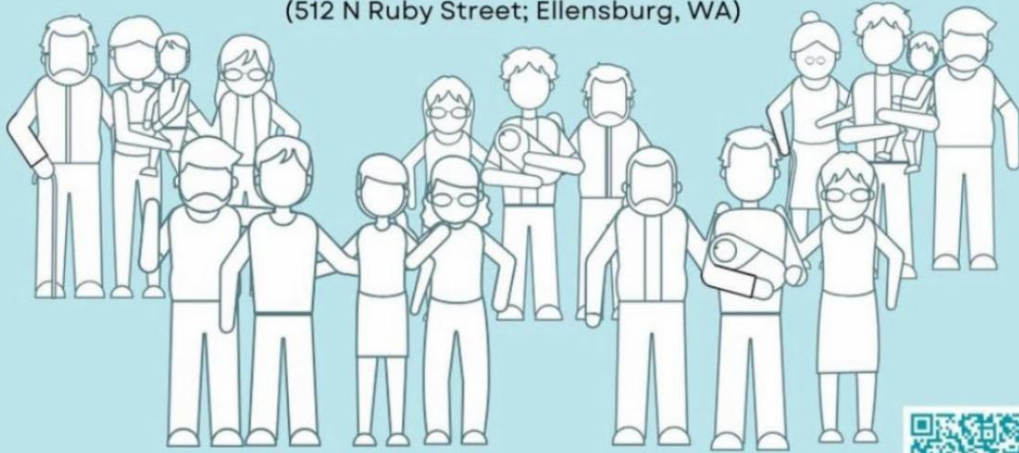
FAMILY SUPPORT GROUP

1st & 3rd Monday of Each Month

6:30pm-8:00pm

First Lutheran Church

(512 N Ruby Street; Ellensburg, WA)



Kittitas County
Washington

Questions about the group?

Call (509) 607-9252 to talk with
our lead facilitator



FISH Programs

Nourish Rx

A five-month nutrition support cohort for pregnancy and early childhood, designed to nourish growing families, improve food security, and support healthy beginnings in partnership with Community Health of Central Washington.



What You'll Receive

- One box of nutritious food each month
- Five total boxes (one per month)
- Each box includes approximately \$95 worth of food
- Nutrition education materials to support healthy eating at home

Each eligible child or pregnant person in your household may receive their own monthly box.

Who This Program Is For

You may be eligible if you:

- Are pregnant and/or have a child under age 5
- Are enrolled in Medicaid (Apple Health)
- Are experiencing food insecurity
- Are managing a chronic health condition

This may include diabetes, heart or digestive conditions, respiratory or behavioral health conditions, immune-related conditions, or other ongoing health needs.

Interested or have questions?

FISH staff are happy to help you apply or answer questions.

📞 Call: (509) 537-1162

✉ Email: nourishrx@kvfish.org

🌐 Enroll: scan QR code



FISH
KITITAS COUNTY'S FOOD RESOURCE

Nutricion Rx

Un programa de apoyo de cinco meses de duración para el embarazo y en la infancia, diseñado para nutrir a las familias en crecimiento, mejorar la seguridad alimentaria y promover un comienzo de vida saludable, en colaboración con Community Health of Central Washington.



Lo Que Recibirás

- Una caja de alimentos nutritivos cada mes
- Un total de cinco cajas (una caja por mes)
- Cada caja incluye alimentos por un valor aproximado de \$95
- Materiales de educación sobre nutrición para promover una alimentación saludable en el hogar

Cada niño/a o persona embarazada en su hogar que sea elegible puede recibir su propia caja mensual.

Para Quien Es Este Programa

Usted puede ser elegible si:

- Está embarazada y/o tiene un niño o niña menor de 5 años
- Está inscrito/a en Medicaid (Apple Health)
- Sufre de inseguridad alimentaria
- Padece de una condición de salud crónica

Esto puede incluir diabetes, enfermedades cardíacas o digestivas, problemas respiratorios o de salud conductual, enfermedades del sistema inmunitario o otros problemas de salud persistentes.

¿Interesado o tiene preguntas?

El personal de FISH estará encantado de ayudarle con su solicitud o responder a sus dudas

📞 Llamar: (509) 537-1162

✉ Correo electrónico: nourishrx@kvfish.org

🌐 Para inscribirse: scan QR code



FISH
KITITAS COUNTY'S FOOD RESOURCE



Registration is now open for FISH's Picnic in the Park!

Once school is out, children and teens ages 1–18 can receive free weekly meal boxes at locations throughout Kittitas County.

This year, Picnic in the Park is moving to a meal box format at all locations. Each weekly box includes 7 breakfasts and 7 lunches per child, helping families access meals more flexibly throughout the week.

Preregistration is strongly encouraged and families who preregister will be guaranteed meal boxes.

PRE-REGISTER HERE

How It Works

- Free for all children ages 1–18
- Weekly meal boxes include 7 breakfasts and 7 lunches
- One box per child
- Pickup available at locations throughout Kittitas County
- Meal boxes are available regardless of household income

Pickup Locations in:

- Cle Elum
- Ellensburg
- Easton
- Kittitas
- Roslyn
- Thorp
- Vantage

Questions? Email elise.w@kvfish.org

2026 Public Transportation Survey

The following questions are **optional**:

16. Annual Household Income:

- ☐ Less than \$25,000
- ☐ \$25,000-\$49,999
- ☐ \$50,000-\$74,999
- ☐ \$75,000-\$99,999
- ☐ \$100,000-\$149,999
- ☐ \$150,000 or more
- ☐ Prefer not to answer

17. What is your gender?

- ☐ Female
- ☐ Male
- ☐ Non-binary
- ☐ Prefer not to answer

18. Which of the following best describes your race and/or ethnicity? (Select all that apply.)

- ☐ American Indian or Alaska Native
- ☐ Asian or Asian American
- ☐ Black or African American
- ☐ Hispanic or Latino
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White
- ☐ Prefer not to answer
- ☐ Another race or ethnicity: _____

Thank you for completing this survey!
If you have any questions, please contact:
People For People
304 West Lincoln Ave
Yakima, WA 98902
Email: pfptransportation@pfp.org
Fax: 509-249-4095

**Please return surveys by email or mail
by July 31, 2026.**

People For People ensures that all programs and services provided do not discriminate on the basis of race, color, or national origin, in accordance with the Title VI of the Civil Rights Act of 1964. If you believe you have been subjected to discrimination under Title VI, you may submit a complaint by completing, signing, and submitting the agency's Title VI Complaint Form. This service meets the American's with Disabilities Act requirements. Auxiliary aids and services are available upon request to persons with disabilities by calling 509-249-6726 TTY 711.

Senders Name
Street Address
City, State & Zip

People For People
304 West Lincoln Ave
Yakima, WA 98902

2026 Public Transportation Research



Kittitas County

*Your opinion is important
to determine the
transportation needs in
your community.*

Would you like to take this survey online?
<https://www.surveymonkey.com/r/WH367QL>



For the 2026 update of QUADCO's
Human Service Transportation Plan

Las siguientes preguntas son **opcionales**:

16. Ingresos anuales del hogar:

- ☐ Menos de \$25,000
- ☐ \$25,000-\$49,999
- ☐ \$50,000-\$74,999
- ☐ \$75,000-\$99,999
- ☐ \$100,000-\$149,999
- ☐ \$150,000 o más
- ☐ Prefiero no responder

17. ¿Cuál es su género?

- ☐ Mujer
- ☐ Hombre
- ☐ No binario
- ☐ Prefiero no responder

18. ¿Cuál de las siguientes opciones describe mejor su raza y/o etnia? (Seleccione todo lo que aplica.)

- ☐ Indio americano o nativo de Alaska
- ☐ Asiático o asiático-americano
- ☐ Negro o afroamericano
- ☐ Hispano o latino
- ☐ Nativo hawaiano u otro isleño del Pacífico
- ☐ Blanco
- ☐ Prefiero no responder
- ☐ Otra raza o etnia: _____

¡Gracias por completar esta encuesta!
Si tiene alguna pregunta, contacte a:
People For People
304 West Lincoln Ave
Yakima, WA 98902
Email: pfptransportation@pfp.org
Fax: 509-249-4095

**Por favor, devuelva las encuestas por
correo electrónico o postal antes del
31 de julio de 2026.**

People For People garantiza que todos los programas y servicios ofrecidos no discriminan por motivos de raza, color u origen nacional, en conformidad con el Título VI de la Ley de Derechos Civiles de 1964. Si considere que ha sido objeto de discriminación en virtud del Título VI, puede presentar una queja llenando, firmando y enviando el formulario de quejas del Título VI de la agencia. Este servicio cumple con los requisitos de la Ley para Estadounidenses con Discapacidades (ADA). Se ofrecen ayudas y servicios auxiliares disponibles a petición de las personas con discapacidades, pueden llamar al 509-249-6726 (TTY: 711).

Senders Name
Street Address
City, State & Zip

People For People
304 West Lincoln Ave
Yakima, WA 98902

Investigación de Transporte Público 2026



Condado de Kittitas

*Su opinión es importante
para determinar las
necesidades de transporte
en su comunidad.*

¿Le gustaría hacer esta encuesta en línea?
<https://www.surveymonkey.com/r/LNR3V87>



Para la actualización 2026 del plan
de transporte del servicio humano
de QUADCO

CWDR Pool Pass Program



Central Washington Disability Resources

POOL PASS PROGRAM KITITAS COUNTY ONLY

POOL PASS PROGRAM IS NOW OPEN!

About Pool Pass

The pool pass program is for individuals with disabilities who live in Kittitas County and would benefit from utilizing the pool and its amenities. Consumers would create a goal of why they would benefit from it and then check in, in 3 months with CWDR staff, failure to check in to use the pool pass results in not being eligible the next year. The pass is good for the whole year for unlimited passes.

Eligibility:

1. Have disability
2. Live in Kittitas County
3. Must be low income 30% AM
4. Ages 5+
5. All Disabilities

Give us a call to schedule your appointments
appointment slots are filling up.

CONTACT US

509-492-5286
2009 W Dolarway RD Suite 101, Ellensburg WA

WEBSITE

mycwdr.org

ACES Training



Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that impact health and well-being. ACEs are common and affect entire communities. When we know about ACEs, we can all play a role in reducing the harmful impacts of early adversity.

By taking this FREE 90 minute training, individuals, businesses, and organizations can learn:



How ACEs impact health and behavior



How to help promote resilience



How to provide trauma-informed care



KITTITAS COUNTY
Health Network

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

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

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.

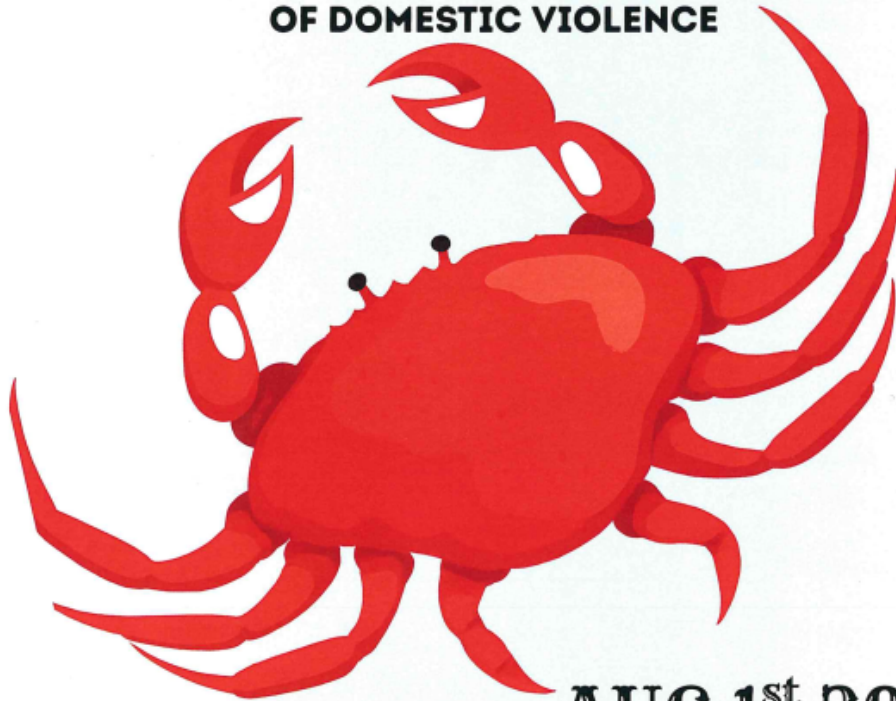
Third Thursday of every month
4:00pm.
1801 N Walnut St. Ste 4 Ellensburg, WA

AVAMERE an independent member FIELDSTONE COMMUNITIES HIGHGATE an independent member REXFORD PARK

Crackin' Crab for Courage

Crackin' Crab For Courage

SUPPORTING LOCAL SERVICES FOR THE SURVIVORS
OF DOMESTIC VIOLENCE



Buy your tickets now!



AUG 1st 2026

Kittitas Valley Event Center
Teaway Hall

Live music from Saltwater Sky

Ellensburg Downtown

Rotary



Beneficiary:



Aspen and various Rotary Projects.

Hope University Workshops

Hope University Workshops

July 2026



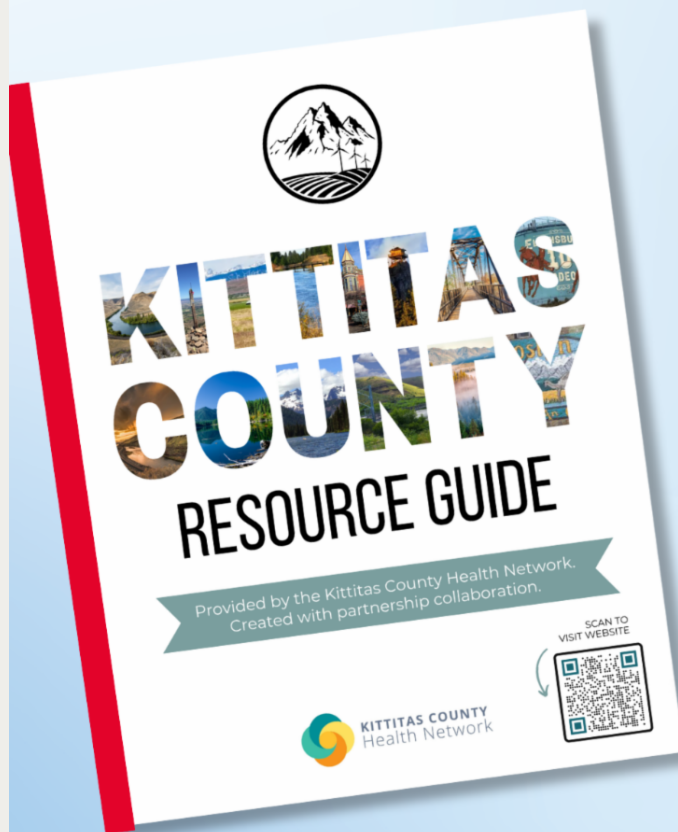
JULY 1	2-3PM	Savvy Shopper	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
JULY 6	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
JULY 8	2-3PM	Managing Your Money	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
JULY 13	2-3PM	Transit Guide	Located at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



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

Upper Kittitas County Senior Center
July Newsletter



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



2026 JULY

Stars, stripes, sunshine, and fun! Join us for a full month of exciting programs, activities, and events.

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
- 10:00-12:00 VSO drop-in (1st & 3rd)
- 1:30-2:15 Gentle Chair Yoga & Balance
- 2:30-4:30 Mahjong

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
- 11:00 - 12:00 Healing Breath & Meditation
- 12:00-3:00 Pinochle
- 12:30-2:00 Grief Support (1st & 3rd)
- 2:00-3:00 Writer's Workshop

Friday

- 9:00-10:00 Exercise (Jumping Jaws)
- 1:00-2:00 Show & Tell & Treats (3rd)



July is a special time to gather together, enjoy local traditions, and celebrate our nation's 250th anniversary with programs and activities for everyone.

The month begins with the **Pioneer Day Parade - July 4**, where we'll proudly participate in one of our community's most cherished traditions. Be sure to watch for our float or join us as we celebrate together.

Our special July programs include an entertaining performance by **Boulet Productions - July 10-13**, the energetic and interactive **Hula Hoop Show with Hillia - July 14**, and a chance to meet the dogs from the **Northwest Sled Dog Association - July 21**. Travel enthusiasts won't want to miss **Travel Talk: Stories from the Road - July 27**. We'll wrap up the month with **Hot Rods and Hot Dogs - July 31**, combining classic cars, great food, and good company.

Along with these special events, you'll find many of your favorite ongoing activities, classes, and social gatherings throughout the month. We encourage you to bring a friend, try something new, and make the most of all the opportunities to connect, learn, and have fun together.

We look forward to seeing you at the Center this July!

EXECUTIVE DIRECTOR, UKSC

Lori Nevin

(509) 674-7530

director@ukcseniorcenter.org

Website: <https://ukcseniorcenter.org/>

Facebook Group: [//www.facebook.com/uksc.centennial.center](https://www.facebook.com/uksc.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 1,210+

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

July 2026

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 READY TO RENT "YAKIMA" 12-1PM	2	3 OFFICE CLOSED	4 4TH OF July
5	6	7	8 READY TO RENT "YAKIMA" 12-1PM	9 Crochet with Purpose 5:45-7 pm	10 CWPLAP LUNCH & LEARN 12-1PM	11
12	13	14 PEERS & PUZZLES 12-1:30PM DND NIGHT 6PM- 8:30PM	15 Yakima Crafts 4:30-6pm	16	17 BINGO 5-7PM	18
19	20 Habits for Workplace Success 12-1PM	21 Feelin' Crafty 12-1pm	22 GAME NIGHT 5-7PM	23 Managing Your Money 3-4pm	24 BINGO *Yakima* 5-7PM	25
26	27	28	29 Feelin' Crafty 5-7pm	30	31	

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!