








Kittitas County Health Network's June 2026 Newsletter



KITTITAS COUNTY
Health Network

ANNUAL MEETING

-  **Wednesday, June 10th 2026**
-  **Kittitas County Event Center Armory**
-  **A-Team Summit 9:30 to 11 AM**
-  **KCHN Annual Meeting 11 to 2 PM**
-  **Lunch provided**

Join us for the
2026 KCHN annual meeting.

KCHN Workgroup Meeting Reminders



June

Workgroups

Meeting

Reminders

All KCHN workgroup meetings have been cancelled for the month of June. Please join us on Wednesday, June 10th for the Annual Meeting at the Kittitas County Event Center Armory. A-Team Summit is from 9:30 to 11 AM and KCHN Annual Meeting is 11 to 2 PM. Lunch is provided.

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

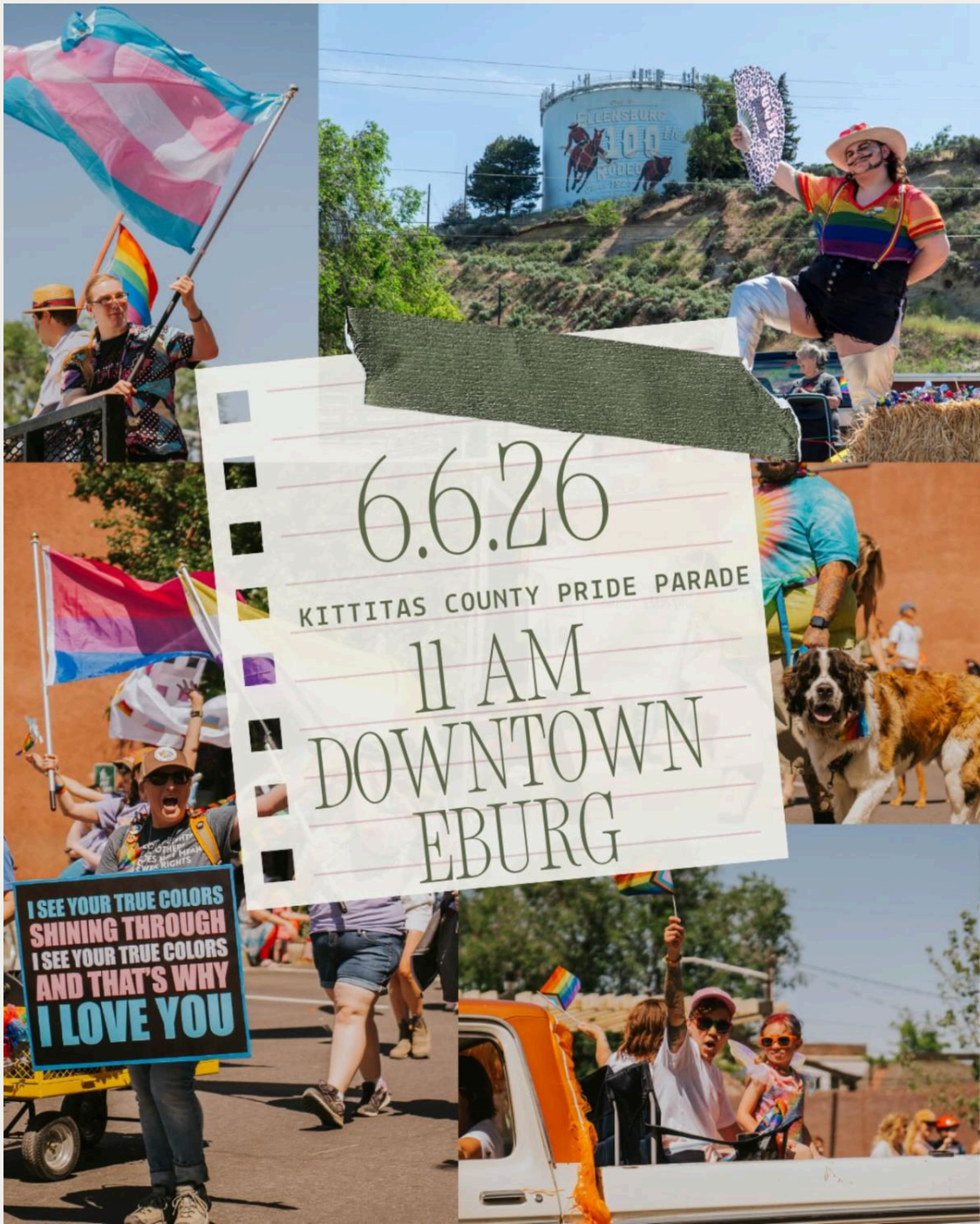
To refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral through our website at healthierkittitas.org



Or call us directly at:
509-201-1145

Make a Referral

Kittitas County Pride Parade - June 6th

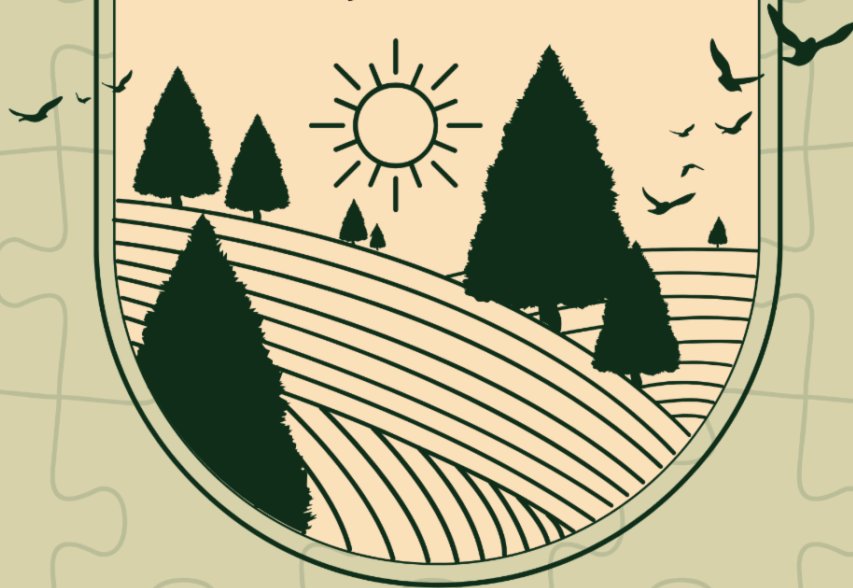


Community Connect Day - June 24th

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
509.925.5246 (KCHN)

healthierkittitas.org

THRIVE Youth Mentoring Updates



THRIVE

UPDATES FROM LAST MONTH!

MAY UPDATES

THRIVE welcomed 4 new mentors to the team in April, and now they are all officially trained and ready to be matched with a mentee. As a result of multiple tabling events we received 12 people interested in our program! The Mentor Coordinator is doing regular check ins with current matches and all relationships are going well and working on goals for the mentees to focus on! We are excited to work on new matches next month!

PARTICIPATION

- 4 new Mentors completed Onboarding training
- 1 new mentor/mentee match
- 2 new mentee referrals successfully met with
- 4 mentor mentee matches
- 9 mentees waitlisted
- 10 Mentors fully trained

CONTACT US

509.899.6347
healthierkittitas.org
trinity@healthierkittitas.org

RECRUITMENT

THRIVE tabled at two events- one with the Cle Elum-Roslyn School District and one at the Ellensburg middle school!

THRIVE is gearing up for our next recruitment event, FREE to the public- Pickleball in the Park on **6/13/26 12- West 2 PM**

**Ellensburg
Park**

ALWAYS Looking
For MENTORS
18+!

THRIVE YOUTH MENTORING

PICKLEBALL

in the park!

NO EXPERIENCE REQUIRED!

6.13.26
12-2 PM
900 W 3RD AVE
ELLENSBURG 98926



EQUIPMENT
GATORADE
JIMMY JOHNS
ALL PROVIDED FOR FREE

Whether you're teaming up for victory or simply enjoying the company, we promise an unforgettable experience.

THRIVE
Youth Mentoring

SCAN TO RSVP



RSVP HERE

SHIBA Presentation - June 23rd

Welcome to Medicare!



Join us for a free, unbiased, virtual presentation all about Medicare!

Tuesday, June 23, 2026
12:00 p.m. to 2:00 p.m.

Hosted by SHIBA sponsors:
Kittitas County Health Network &
Catholic Charities Serving Central Washington



To reserve your spot, scan the QR code or register at:
<https://tinyurl.com/RegisterforWelcometoMedicare>

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.



Learn More

Mobile Opioid Treatment Services

Mobile Opioid Treatment Services Unit Coming to Ellensburg

Expanding Access to Lifesaving Care in Kittitas County

Why Ellensburg Needs a Mobile Opioid Treatment Services Unit:

Opioid Use Is a Growing Problem

- **Fatal overdoses are rising.** With the increase in synthetic opioids like fentanyl, the rate of fatal opioid overdoses in Kittitas County has tripled, increasing from 7.4 per 100,000 (2014–2018) to 26.2 per 100,000 (2021–2023).
- **Emergency responses are increasing.** Opioid overdose hospitalizations in 2020–2021 reached 26.1 per 100,000, higher than the Washington state average of 15.1 per 100,000¹
- In 2024 alone, the county saw 29 emergency room visits and 29 EMS responses for opioid overdoses.

Methadone Access is Limited in Kittitas County

- The three FDA-approved medications for opioid use disorder are **buprenorphine, methadone, and naltrexone.**

Buprenorphine and naltrexone are available locally in Kittitas through local treatment organizations.

- **Methadone**, however, must be administered through a certified **Opioid Treatment Program (OTP)** with **daily dosing requirements**, especially early in treatment.
- There is no OTP in Kittitas County.



The closest is Comprehensive Healthcare's OTP in **Yakima**, requiring a **one-hour drive each way.**

- Currently, about **20 Kittitas County residents** receive OTP services in Yakima.
- Research shows: **The farther someone lives from an OTP, the less likely they are to access care.**

Comprehensive Healthcare Has Proven Expertise

- ✓ Comprehensive Healthcare has provided substance use disorder treatment **since 1972.**
- ✓ Our Opioid Treatment Program has been operational **since 1973.**
- ✓ We deliver **evidence-based**, person-centered care and partner closely with local providers and communities.

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 cardiacas 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
KITITITAS 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

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



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



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

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

June 2026



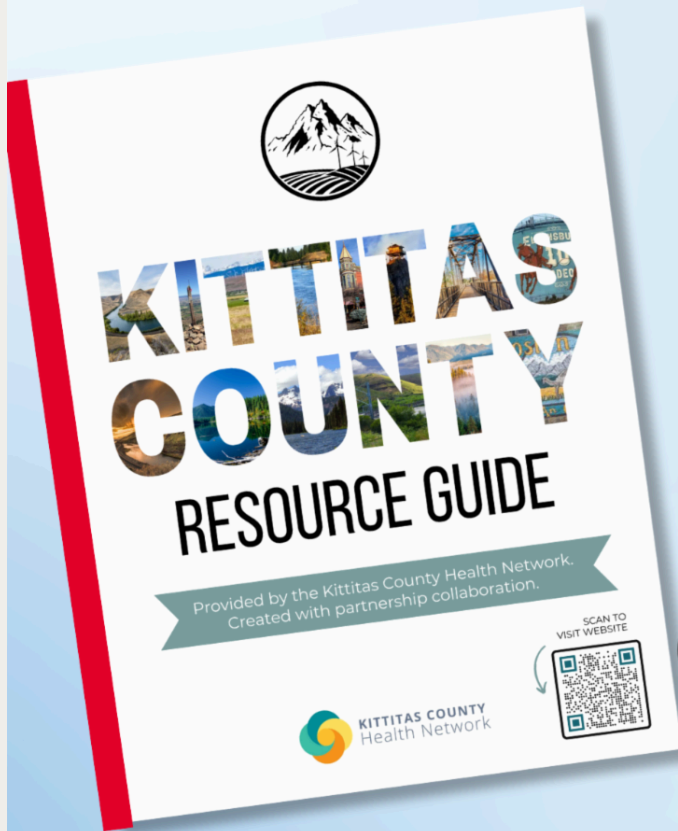
JUNE 1	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
JUNE 3	2-3PM	Habits for Workplace Success	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
JUNE 8	2-3PM	Managing Your Money	Located at WorkSource, 1100 W University Way, Ellensburg, WA
JUNE 10	2-3PM	Job Quest 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
JUNE 15	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
JUNE 17	2-3PM	Transit Guide	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
JUNE 22	2-3PM	Transit Guide	Located at WorkSource, 1100 W University Way, Ellensburg, WA
JUNE 24	2-3PM	Rent 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
JUNE 25	3-4PM	Savvy Shoppers	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
JUNE 29	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, 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.



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



kittitascountyresources.org



Visit the Resource Guide Here

Upper Kittitas County Senior Center
June Newsletter



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



A full month of exciting programs, activities, and events is ahead- 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
- 10:00-2:00 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
- 10:30-11:30 Guided Meditation (new day/time)
- 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)



HIGHWAY 10 PHOTO CREDIT GIVEN TO ARICKA WEBB

As we welcome the longer days of summer, we invite you to join us for another month filled with friendship, activity, and community connection at the UKC Senior Center. Bring a friend, try something new, and enjoy all the opportunities to learn, laugh, and connect together.

This month features **Footcare by Shyla** available for three days and **Chair Massage by Nic** on two days. Ongoing favorites continue, including our **Memory Café**, **Grief Support Group**, and **Guided Meditation** weekly sessions (note new day/time). Mark your calendars for **Evening Bingo on June 4**, our **First Friday feature film Mrs. Harris Goes to Paris on June 5**, and two engaging **Community Talks: Community Talk Protect Your Home; Tactics to Manage Fire Risks This Summer June 11**, and **Forest Therapy on June 16**. Further will have a bus trip to **Legends Casino in Toppenish** on June 17. We'll also celebrate the **Pioneer Queen Coronation on June 27**. Please note the Center will be closed on June 19 in observance of Juneteenth.

Thank you for being part of what makes this community so welcoming, caring, and strong.

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

director@ukcsc.org

Website: <https://ukcsc.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 1,190+

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

June 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 PEERS & PUZZLES 12-1:30PM DND NIGHT 6PM - 8:30PM	10	11 Crochet with Purpose 5:45-7 pm	12	13
14	15 OFFICES CLOSED	16 <i>Feelin' Crafty</i> 12-1pm	17 READY TO RENT "YAKIMA" 12-1PM	18 KC INTERACTIVE MANAGEMENT LUNCH & LEARN 12-1PM	19 JUNE TEENTH OFFICE CLOSED	20
21	22	23	24 READY TO RENT "YAKIMA" 12-1PM	25 Savvy Shopper 3-4pm	26 BINGO *Yakima* 5-7PM	27 509TEENS SPLASH BASH @ APOYO 11:30-3PM
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



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

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