Kittitas County Health Network's March 2026 Newsletter

KCHN Workgroup Meeting Reminders

Leadership Council:
Wednesday, March 11th at 9:30 AM
Zoom Link: https://zoom.us/j/96791509911

Board of Directors:
Wednesday, March 11th at 10:30 AM
Zoom Link: https://zoom.us/j/96791509911

Community Resource Workgroup Meeting:
Thursday, March 19th at 12 PM

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

Growing Strong Together Meeting:
Wednesday, March 25th at 12 PM location TBD

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals

Make a Referral Here

THRIVE Youth Mentoring Updates

THRIVE

UPDATES FROM LAST MONTH!

FEBRUARY UPDATES

The THRIVE Team began February in Washington D.C. at the National Mentoring Summit! The team was able to connect with mentoring programs nationwide, learn new skills to bring back to the program, and met with Mentor Washington 1-on-1 for technical assistance. THRIVE is so thankful for the opportunity and excited to get to apply this new knowledge to our program!

PARTICIPATION

- 3 Mentors interviewed
- 3 new Mentors fully trained
- 2 new Mentees interviewed
- 8 mentees waitlisted
- 7 Mentors fully trained in total

RECRUITMENT

THRIVE tabled at the EHS Resource Fair to get the word out about our program to high schoolers! The students made backpack charms and had so much fun with our team member, Courtney!

CONTACT US

509.925.5246
healthierkittitas.org
trinity@healthierkittitas.org

WE ARE ALWAYS LOOKING FOR MENTORS!

Boys & Girls Clubs of the Columbia Basin

Courts Advocates for Children Kittitas County

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH
April is National Child Abuse Prevention Month.
Blue Pinwheels. Blue Lights. Bright Futures.
Throughout April, look for blue pinwheels and glowing blue buildings across our county – symbols of hope, safety and prevention.
Join us Friday, April 10.
Wear blue. Raise awareness. Stand for children.
Change a Child's Story
www.casaprogram.org (509) 925-4871
COURT ADVOCATES for CHILDREN
KITTITAS COUNTY

SHIBA Guide

Getting started with Medicare for those turning 65 in 2026

KITTITAS COUNTY Health Network

SHIBA OFFICE of the INSURANCE COMMISSIONER WASHINGTON STATE

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

Alzheimer's & Dementia Support Group

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

CWU

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

Comprehensive HEALTHCARE

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 appropiate 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

Save the Date! Kittitas County Pride Parade 2026

Hope University Workshops

Hope University Workshops March 2026

MARCH 2 2-3PM
Job Quest 101
Located at WorkSource, *1100 W. University Way Suite 200 Ellensburg, WA*

MARCH 4 12-1PM
Job Quest 101
Located at FISH Food Bank, *804 Elmview Rd. Ellensburg, WA*

MARCH 9 2-3PM
Managing Your Money
Located at WorkSource, *1100 W. University Way Suite 200 Ellensburg, WA*

MARCH 11 12-1PM
Transit Guide
Located at FISH Food Bank, *804 Elmview Rd. Ellensburg, WA*

MARCH 16 12-1PM
Managing Your Money
Located at Peers Rising, *116 W. 3rd Ave Unit 100 Ellensburg, WA*

MARCH 16 2-3PM
Job Quest 101
Located at WorkSource, *1100 W. University Way Suite 200 Ellensburg, WA*

MARCH 18 12-1PM
Savvy Shopper Seminar
Located at FISH Food Bank, *804 Elmview Rd. Ellensburg, WA*

MARCH 23 2-3PM
Transit Guide
Located at WorkSource, *1100 W. University Way Suite 200 Ellensburg, WA*

MARCH 25 12-1PM
Rent 101
Located at FISH Food Bank, *804 Elmview Rd. Ellensburg, WA*

MARCH 26 3-4PM
Managing Your Money
Located at Peers Rising, *116 W. 3rd Ave Unit 100 Ellensburg, WA*

MARCH 30 2-3PM
Habits for Workplace Success
Located at WorkSource, *1100 W. University Way Suite 200 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

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.

KITTITAS COUNTY Health Network

kittitascountyresources.org

Visit the Resource Guide Here

ACES Training Looking for Trainers

Upper Kittitas County Senior Center
March Newsletter

UPPER KITTITAS COUNTY SENIOR CENTER

Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991

2026 MARCH

A full month of fun programs, activities, and events awaits —join us and jump right in!

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 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)
- 1:15-2:15 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 March! As the days grow longer and the first hints of spring begin to appear, March invites us to step forward with fresh energy and renewed connection. It's a wonderful time to gather, try something new, and enjoy all that our Center has to offer.

On **March 5, our Craft Class will create beautiful Spring Wreaths** to brighten your home and welcome the season. Also on the **5th evening BINGO is BACK! Something new, Chef Ross is hosting "Soups On" - March 10, teaching how he prepares his famous soups,** and on **March 17, we'll celebrate together at our St. Patrick's Day Luncheon-** free for you and your guests. Wear your green and join the fun!

We're also introducing **new opportunities** this month, including a new **Facebook Basics for Beginners on March 10th. Returning this year is Tai Ji Quan** with basic and intermediate classes commencing on March 18 through June 10. **In April, we will start another beginner class and add a new Intermediate Ukulele** class. Read the following pages for details.

As we step into spring, we invite you to get involved, bring a friend, and make this month one filled with purpose, connection, and joy.

Thank you for being part of what makes this community is so strong.

EXECUTIVE DIRECTOR, UKCSC
Lori Nevin
(509) 674-7530
director@ukcseniorcenter.org
Website: https://ukcseniorcenter.org/
Facebook Group: //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 1,100+

READ MORE

Donate to KCHN

Donate Here

Peers Rising

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

March 2026

Office Hours Mon - Fri : 9am - 4pm

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 HEALTHY RELATIONSHIPS LUNCH AND LEARN 12-1PM	7
8	9	10 PEERS & PUZZLES 12-1:30PM OPEN DND TABLE 6PM- 8:30PM	11	12 Crochet with Purpose 5:45-7 pm	13 HIDDEN IN PLAIN SIGHT LUNCH AND LEARN 12-1PM	14
15	16	17 Feelin' Crafty 12-1pm	18	19	20 BINGO 5-7PM	21 Strum Along 2-3:30pm
22	23 Savvy Shopper 12-1PM	24 REIKI 1-3:30PM (RSVP FOR TIME SLOT)	25	26 Habits for Workplace Success 3-4PM	27 OIC LUNCH AND LEARN *YAKIMA* 12-1PM BINGO "Yakima" 5-7PM	28

116 W 3rd Ave, Unit 100, Ellensburg, WA 98926 1115 W Lincoln Ave, Unit 103, Yakima, WA 98902

STAY CONNECTED WITH KCHN

Visit the KCHN Website Here

Constant Contact

Try email marketing for free today!