



# Kittitas County Health Network's May 2026 Newsletter

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**KITTITAS COUNTY**  
Health Network

## Executive Director's Note



In the United States, 1 in 5 adults experience a mental health concern each year – in Kittitas County, behavioral health concerns are the 7th leading cause of hospitalizations in adults and 3rd leading cause for youth under 17 and 2nd leading cause for young adults 18-24. In spite of the high rate of occurrence of mental health conditions, stigma is still very prevalent, especially in rural communities. To help spread awareness and reduce stigma, the Kittitas County Health Network has partnered with the Kittitas Cafe, The Burg, 1883, Basecamp, Wild Flora, and D&M Coffee.

During the first week of May, customers at each of these locations will receive messages of hope, mental health awareness, and prioritizing self-care. During Mental Health Awareness Month, may we all work together to reduce stigma, increase empathy and understanding, help our neighbors through mental health conditions, be kind to ourselves, prioritize self-care, build social connections, and remember the importance of our own mental health.

Mitchell Rhodes, PhD.



## KCHN Workgroup Meeting Reminders



KITTITAS COUNTY  
Health Network

# May Workgroups Meeting Reminders



**Leadership Council**

Wednesday, May 13th online at 9:30am

Zoom Link: <https://zoom.us/j/96791509911>

## Board of Directors

Wednesday, May 13th online at 10:30am  
Zoom Link: <https://zoom.us/j/96791509911>

## Health Equity Workgroup

Wednesday, May 13th at 1pm **in person at KVFR**  
(400 E Mountain View Ave)

## Community Resource Workgroup

Thursday, May 21st online at 12pm  
Zoom Link: <https://us06web.zoom.us/j/82819043854>

## Growing Strong Together Workgroup

Wednesday, May 27th online at 12pm  
Zoom Link: <https://us06web.zoom.us/j/83909620002>

*Any questions, please email [info@healthierkittitas.org](mailto: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](http://healthierkittitas.org)



Or call us directly at:  
509-201-1145

Make a Referral

THRIVE Youth Mentoring Updates



# THRIVE

## UPDATES FROM LAST MONTH!

### APRIL UPDATES

THRIVE grew a LOT this month! We hired 3 new mentors, created one new match, and met with one new youth to join our program. The Mentor Coordinator is regularly outreaching to mentee referrals. A challenge the team is seeing is responses coming from mentees/guardians to successfully enroll them into our program. THRIVE will continue to outreach in hopes to engage youth in our program!

### PARTICIPATION

- 3 Mentors hired
- 3 new mentors interviewed
- 1 new mentor/mentee match
- 5 Mentee Referrals
- 9 mentees waitlisted
- 7 Mentors fully trained in total

### CONTACT US

509.925.5246  
healthierkittitas.org  
trinity@healthierkittitas.org

### RECRUITMENT

THRIVE tabled at the CWU Student Involvement Fair and had exceptional engagement in our "How We Are All Connected" activity. We also received contact information for 7 people interested in becoming a mentor!

ALWAYS Looking  
FOR MENTORS  
18+!

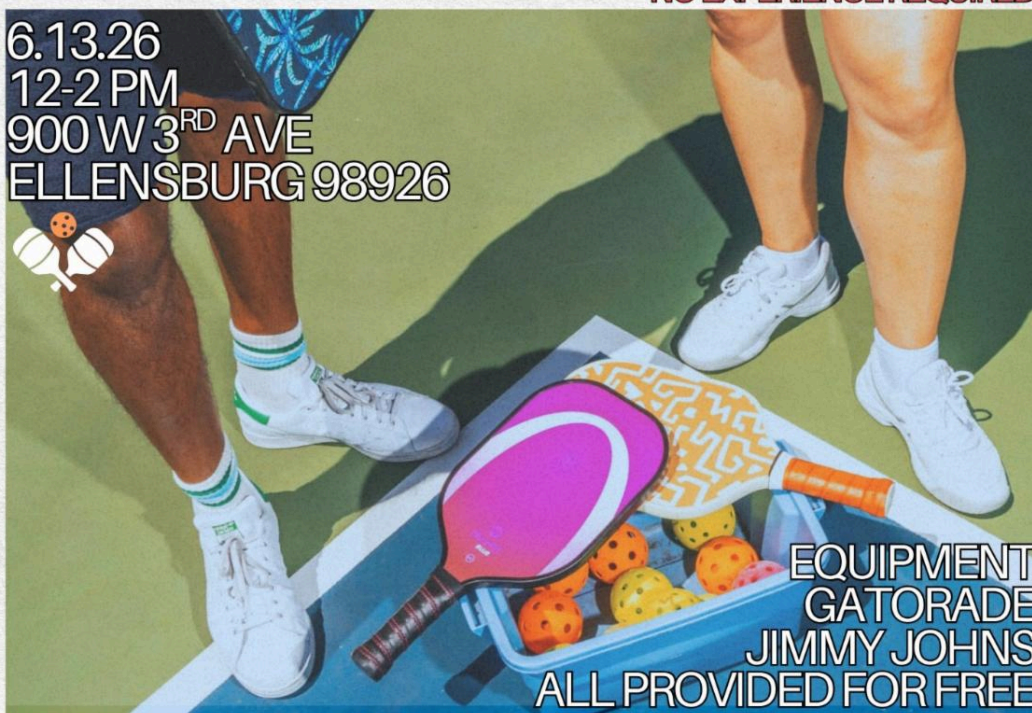
THRIVE YOUTH MENTORING

# PICKLEBALL

*in the park!*

**NO EXPERIENCE REQUIRED!**

6.13.26  
12-2 PM  
900 W 3<sup>RD</sup> 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

**Medication Take Back & Paper Shred Day Success**



KITTITAS COUNTY'S

APRIL 2026

# Medication

## Take Back & Paper Shred

# DAY

We collected a total of **44 LBS** of medications & **2,550 LBS** of paper shredding to properly recycle.

Thanks to our incredible community partners:



Wow!



Community Health of Central Washington



PEARL CARE DENTAL



MARIPOSA MEDICAL AESTHETICS

[healthierkittitas.org](http://healthierkittitas.org)

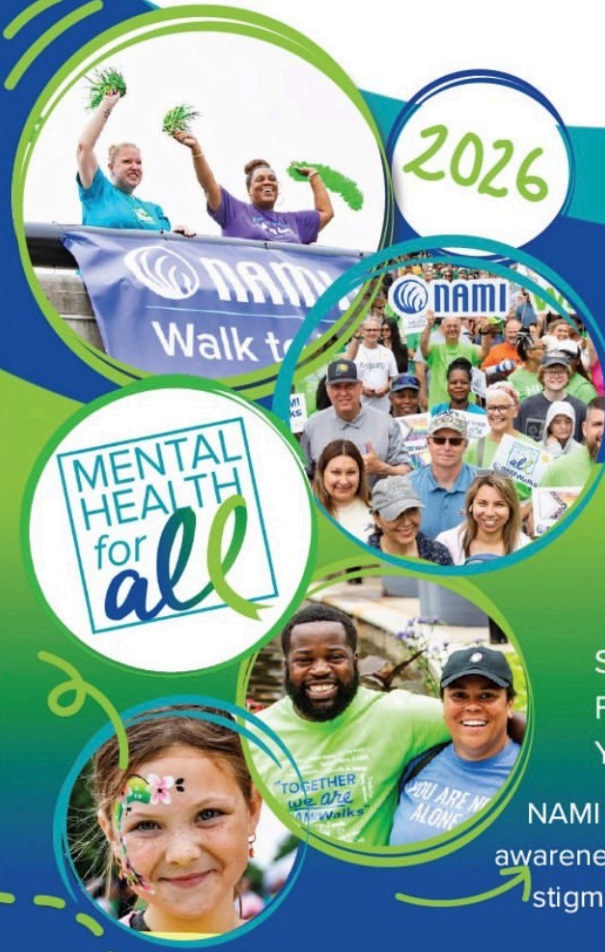
NAMI

# TOGETHER

# we are

# NAMIWalks

Yakima, WA



2026

Free to register!



MENTAL HEALTH for all

Together we're going to make NAMIWalks 2026 the best one ever!

Saturday May 30<sup>th</sup> 2026 at Franklin Middle School Track Yakima WA: 10am-1pm

NAMI Walks is the largest mental health awareness walk. We walk in solidarity to end stigma and to show you are not alone.

Project Echo



DSHS



University of Washington

# PROJECT ECHO: PARENT EDUCATION SERIES ON STRATEGIES TO PREVENT AND RESPOND TO CHALLENGING BEHAVIOR

Thursdays, May 7<sup>th</sup> - June 25<sup>th</sup>  
12-1 pm on Zoom

Do you have a child ages 0-5 years of age with concerns for, or diagnosis of, a disability who engages in challenging behavior? This parent education series focuses on evidence-based strategies to prevent and respond to challenging behavior.



REGISTER NOW



In this 8-session series, parents will learn strategies to support their child and engage in collaborative problem solving with a multidisciplinary team of professionals. We hope this Project ECHO series provides a safe, supportive space to navigate parenting a child with support needs. We can't wait to learn with you!

Please contact Dr. Katy Bateman at [kjb27@uw.edu](mailto:kjb27@uw.edu) if you have any questions.

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**



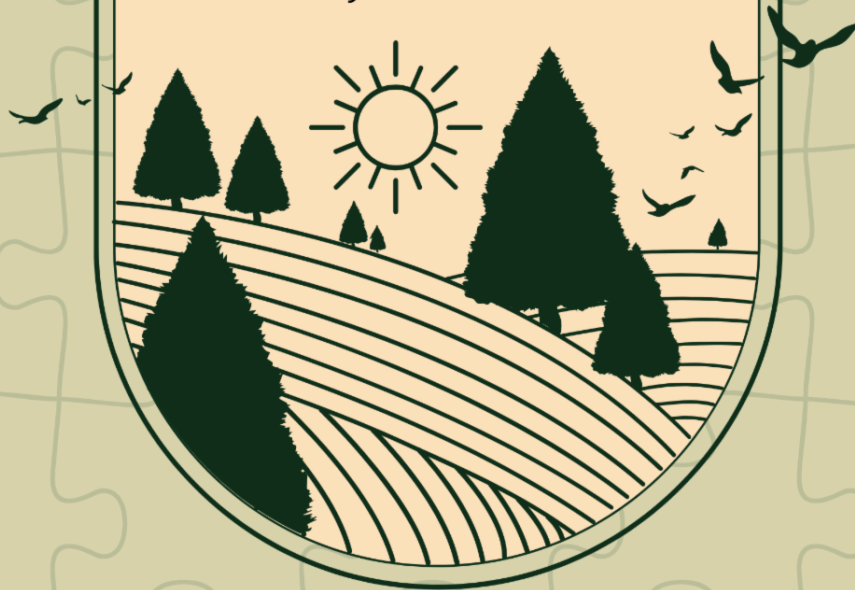
**All are welcome! To request a training, email: [info@healthierkittitas.org](mailto:info@healthierkittitas.org).  
[healthierkittitas.org](http://healthierkittitas.org)**

**Save the Date - 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](mailto:courtney@healthierkittitas.org)  
509.925.5246 (KCHN)

[healthierkittitas.org](http://healthierkittitas.org)

**Kittitas County PRIDE**

# MAY 2026

*ideas on how to care for yourself and your community*

## ZOOM IN TO READ

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1 visit Gallery One during First Friday art walk	2 treat yourself at Kittitas Café
3 smell the prettiest flower at the community garden	4 stretch your muscles - the force is with you	5 cook or bake a new recipe you've been wanting to try	6 visit Ellensburg Public Library, walk the labyrinth	7 write a letter to a teacher you appreciate <small>*you don't have to send it</small>	8 bop to live music by Six Gun at Gård 6-9pm	9 listen for birdsong at Paul Rogers Wildlife Park
10 let a friend know why you love them	11 explore the CWU Japanese Garden & make a gratitude list	12 enjoy the sunset from Craig's Hill	13 spring cleaning! donate clothes to APOYO 11a-2p <small>509.201.1820</small>	14 pride pint night at Dru Bru 5:30-7:30pm	15 evening stroll on the Palouse to Cascades trail	16 wear your comfiest outfit and set an intention for this week
17 start your favorite kind of puzzle	18 listen to your favorite album start-to-finish	19 eat at The Mule & donate an item to the community pantry	20 write down three things that make you feel hopeful	21 pride pint night at Iron Horse 5:30-8pm	22 wander the riverside trail at Irene Rinehart	23 share an act of kindness at the farmer's market
24 write, paint, draw, etc. to express your feelings today	25 schedule the health-related appointment you've been putting off	26 throw away 5 pieces of litter	27 visit Pearl Street Books & support Pride	28 take a photo of something beautiful <small>post it &amp; tag us @KittitasCountyPride</small>	29 let out some rage at Central Axe Throwing	30 happy hour at Julep 2-5pm
31 reflect by the pond at Helen McCabe Park	1	2	3	4	5	6

[www.kittitascountypride.org](http://www.kittitascountypride.org)

**ESD Kindergarten Registration Now Open**

# Kindergarten

## Kindergarten Registration 2026-2027 School Year

To be eligible to enroll in Kindergarten for the 2026-2027 School Year, children must be five (5) years old before August 31, 2026.

**\*Note: If your child is currently enrolled at the Early Learning Center or in ESD Transitional Kindergarten, you're all set-they are already enrolled!**

**TO REGISTER YOUR CHILD**, visit [www.esd401.org](http://www.esd401.org).

### Required Supporting Documentation:

- Proof of Age: e.g., a copy of your child's birth certificate
- Proof of Residence: A list of acceptable documents is provided on the ESD website
- Immunization Record: Up-to-date Certificate of Immunization or physician-signed exemption

Two options: a) upload the above required documentation, or b) bring copies of the required documentation to the District Office.

### Kindergarten registration assistance, please reach out to the following people:

**Technical Assistance:** Nicole Ciraulo 509.925.8136

### Important Dates:

**Kindergarten Information Night:** Wednesday, April 29th 5:30-6:30 @ Lincoln Elementary  
200 S. Sampson Street (childcare provided)

**School Placement Notification:** Wednesday, August 12th

**Kindergarten Roundup:** Wednesday, August 19th

**Teacher Placement Notification:** Wednesday, August 26

**Ellensburg School District  
Kindergarten Kick-Off**

**2026-2027 SCHOOL YEAR**

 <b>Meet Staff</b>	 <b>Location:</b> Lincoln Elementary Cafeteria	 <b>This event will:</b> Introduce families to district systems.
 <b>Get to know the ESD departments</b>	 <b>Date:</b> April 29th, 2026	 <b>This event will:</b> Ensure every incoming kindergarten family receive the high-quality introduction and access to information.
	 <b>Time:</b> 5:30pm - 6:30pm	

**A GREAT START for EVERY KINDERGARTENER!**

# Kindergarten

## Inscripción de Kinder para el Año Escolar 2026-2027

Para ser elegible para Kinder para el Año Escolar 2026-2027, los niños deben tener cinco (5) años antes del 31 de Agosto de 2026.

**\*Nota: Si su hijo/a está actualmente registrado/a en el Centro de Aprendizaje (ELC) o en Transición de Kinder (TK) de ESD, ¡ya está todo listo, ya está registrado/a!**

**PARA REGISTRAR A SU HIJO/A**, visite [www.esd401.org](http://www.esd401.org).

### Documentación Justificativa Requerida:

- Prueba de Edad: p. ej., una copia del certificado de nacimiento de su hijo/a
- Comprobante de Domicilio: Una lista de documentos aceptables se proporciona en el sitio web de ESD.
- Registro de Vacunación: Certificado de vacunación actualizada o exención firmada por un médico.

Dos Opciones: **A)** subir la documentación requerida al portal, o **B)** traer copias de la documentación requerida a la Oficina del Distrito.

### Para asistencia para la inscripción de Kinder, póngase en contacto con las siguientes personas:

Nicole Ciraulo 509.925.8136  
Cindy Melchor 509.925.8042 (*Hablo Español*)

### **Fechas Importantes:**

**Noche Informativa sobre Kinder:** 29 de Abril, 5:30-6:30 en la Escuela Primaria Lincoln (Servicio de Guardería Disponible)

**Notificación de Asignación de Escuela:** 12 de Agosto

**Kinder Roundup:** 19 de Agosto

**Notificación de Asignación de Maestro/a:** 26 de Agosto



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## SHIBA Guide

# 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 65<sup>th</sup> 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](mailto:morgan@healthierkittitas.org)


**Save the Date! Kittitas County Pride Parade 2026**



# KITTITAS COUNTY PRIDE PARADE 2026



**JUNE 6, 2026 | 11AM  
DOWNTOWN ELLENSBURG**

Brought to you by **KITTITAS  
COUNTY  
PRIDE** 

**Hope University Workshops**

# Hope University Workshops

May 2026



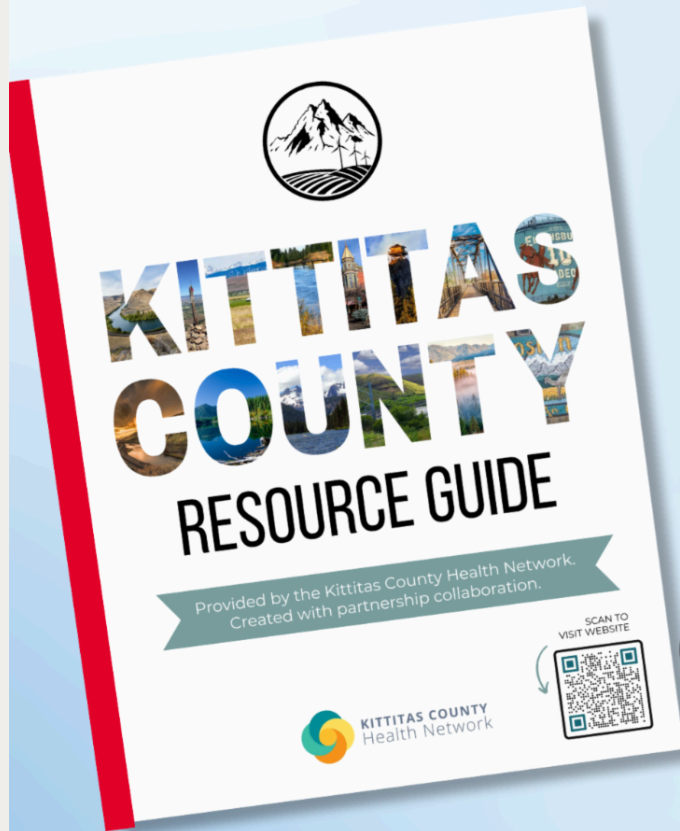
MAY 4	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
MAY 6	2-3PM	Rent 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
MAY 11	2-3PM	Managing Your Money	Located at WorkSource, 1100 W University Way, Ellensburg, WA
MAY 13	2-3PM	Savvy Shopper	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
MAY 18	12-1PM	Savvy Shopper	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
MAY 18	2-3PM	Rent 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
MAY 20	2-3PM	Managing Your Money	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
MAY 28	3-4PM	Rent 101	Located at Peers Rising (BHC), 116 W 3rd Ave, Suite 100, 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](http://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](http://kittitascountyresources.org)



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

**Upper Kittitas County Senior Center  
May 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 (1<sup>st</sup> & 3rd)
- 12:30-1:15 Guided Meditation
- 1:30-2:15 Gentle Chair Yoga & Balance
- 2:30-4:30 Mahjong (New)

### 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
- 12:00-3:00 Pinochle
- 12:30-2:00 Living with Change (1st & 3rd)
- 2:00-3:00 Writer's Workshop

### Friday

- 9:00-10:00 Exercise (Jumping Jaws)



May is here, and with it comes **Older Americans Month**, a time to celebrate healthy aging, wellness, and the strength of our community. This year's theme, "Champion Your Health," reminds us that small steps in prevention, self-care, and connection can make a big difference.

This month brings many exciting opportunities, including the **launch of our Senior Nutrition Program trial on May 1**; be sure to read Lori's story for more details. Our **first Friday feature film is "Nyad"**. Join us for first Thursday craft, **Painting with Watercolors**, the **Active Aging Health & Wellness Expo** on May 5, and the addition of **weekly Mahjong** beginning May 5.

Also on the calendar is our **Free Community Potato Feed Dinner** on May 19. Later in the month, on May 29, enjoy a **FREE Central Washington University & Suncadia Arts & Lectures featuring the Shea-Kim Duo music performance** from 5:00-7:00 pm.

*Please note that starting in May, a bowl of soup will be \$2.*

**We look forward to sharing a wonderful month with you!**

### EXECUTIVE DIRECTOR, UKCSC

Lori Nevin  
 (509) 674-7530  
 director@ukcscseniorcenter.org  
**Website:** <https://ukcscseniorcenter.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 1,140+*

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

### May 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 <b>Karaoke</b> 4-6pm	9
10	11	12 <b>PEERS &amp; PUZZLES</b> 12-1:30PM <b>DND NIGHT</b> 6PM - 8:30PM	13	14 <b>Crochet</b> with Purpose 5:45-7 pm	15 <b>BINGO</b> 5-7PM	16
17	18 <b>Savvy</b> <b>Shopper</b> 12-1PM	19 <b>Feelin' Crafty</b> 12-1pm	20	21	22 <b>988 LUNCH &amp; LEARN</b> 12-1PM <b>BINGO "Yakima"</b> 5-7PM	23
24	25 <b>MEMORIAL DAY</b> <b>OFFICE CLOSED</b>	26 <b>REIKI</b> 1-3:30PM (RSVP FOR TIME SLOT)	27	28 <b>Rent 101</b> 3-4PM	29	30
31						

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



COME JOIN US AND SING A SONG FOR MOM

# MOTHER'S DAY *Karaoke*

FRIDAY | MAY 8<sup>TH</sup> | 4-6PM  
116 W 3<sup>RD</sup> AVE. ELLENSBURG



\*PICTURES MAY BE TAKEN AT THIS  
EVENT. IF YOU WISH NOT TO BE  
PHOTOGRAPHED PLEASE LET THE EVENT  
LEADER KNOW\*



STAY CONNECTED WITH KCHN

[Visit the KCHN Website Here](#)





Try email marketing for free today!