



THE GREATER CHELAN & DOUGLAS COUNTIES DIABETES RESOURCE TOOLKIT



**YOUR ONE-STOP SHOP FOR
RESOURCES AND SERVICES FOR
MANAGING DIABETES IN AND
AROUND WENATCHEE**



Table of Contents

small step
everyday

3	Background		13	Parks & Recreation	
5	Diabetes Guide Comic		14	Community & Social Support	
6	Healthcare Services		16	Transportation	
8	Affording Healthcare		18	Immigrant Services	
9	Food Access		20	Website Links	

BACKGROUND

UNIVERSITY *of* WASHINGTON
SCHOOL OF PUBLIC HEALTH

About This Toolkit

Made in a collaboration between Wenatchee community partners and University of Washington graduate public health students

01

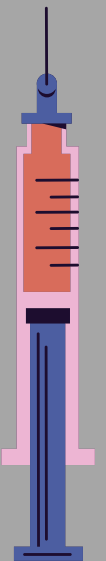


Why Diabetes?

Diabetes is currently a major health challenge affecting many families living in Chelan & Douglas Counties with a severe lack of endocrinologists and specialist healthcare providers in the area.

This is especially true for members of the Hispanic/Latinx community who face additional systemic barriers such as a shortage of culturally centered and bilingual diabetes services and higher rates of diabetes compared to other groups in Wenatchee.

02



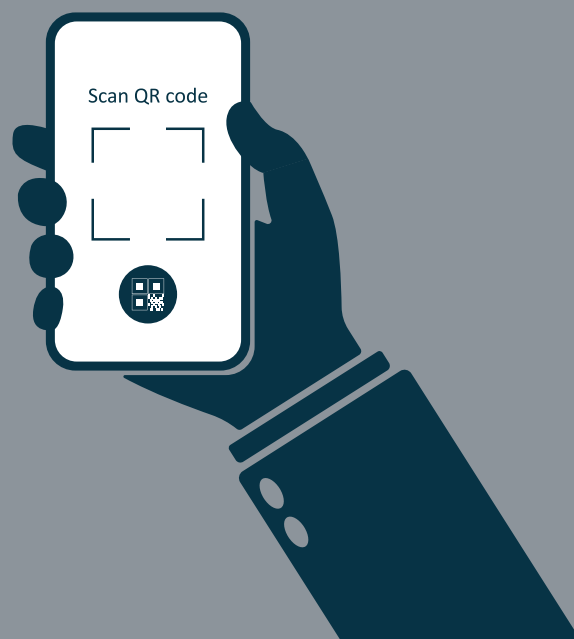
Purpose

Despite these challenges, many people lead happy and fulfilling lives while managing diabetes. This toolkit highlights all of the people, places, and resources in the community that want to help people achieve this.

03



HOW TO USE A QR CODE

**1**

Open your
camera app on
your device

2

Carefully scan
the QR code
provided

3

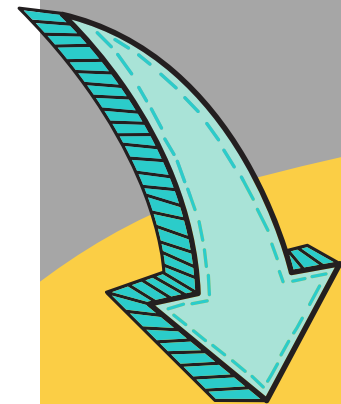
Press the link pop-
up on your device
screen

4

Done!

Unable to scan QR codes? Check out this guide's
resource website links on starting on page 20

DIABETES GUIDE COMIC



**Scan to view the
complete comic!**

HEALTHCARE SERVICES



**Where can I go
to receive my
medical care?**



Confluence Health

Finding a Primary Care Provider (PCP)

You can schedule an appointment at Confluence Health with a primary care provider by visiting confluencehealth.org or by calling (509) 663-8711



Diabetes Classes

Call to schedule your participation:
(509) 433-3327

Classes held at:
**Confluence Health Hospital -
Central Campus
1201 S. Miller Street
Wenatchee, WA 98801**



**Columbia Valley
Community Health**

People & Places

Mariele Malana
Community Health Worker
(509) 662-6000

CVCH Wenatchee Medical
600 Orondo Ave
Wenatchee, WA 98801
(509) 662-6000

CVCH Connect Clinic
(509) 662-6000

Diabetes Classes

Led by:
Maria Guzman
Registered Nurse &
Certified Diabetes Educator
(509) 662-6000



HEALTHCARE SERVICES



**Questions
for Your
Doctor?**

**Check Out
These Tips!**



CASCADE MEDICAL
PARTNERS IN YOUR HEALTH

Free Medical Clinic
Run by Upper Valley MEND



817 Commercial St,
Leavenworth, WA 98826

Monday
6:30 pm - 8:00 pm

Walk-In Service



**How can I
pay for my
medical care?**

AFFORDING HEALTHCARE



Confluence Health

Financial Assistance

Charity Care

Call: (509) 436-4020
*For eligible patients
who are uninsured or
under-insured*



**Columbia Valley
Community Health**

Financial Assistance

Sliding Fee Scale

Call: (509) 662-6000
*For eligible patients
and those who do
not have insurance*



Apple Health

Health Insurance

Apple Health

**For patients eligible
for Medicaid**



FOOD ACCESS

Where can I go in the community to find healthy foods like fruits and vegetables?



**SERVE
WENATCHEE**

Community Cupboard

219 14th Street
Leavenworth, WA
98826

Monday - Friday
11 am - 5 pm

Saturday
11 am - 2 pm



Free Food & Household Items

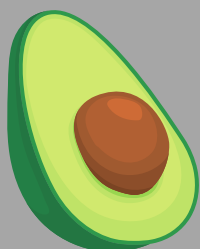
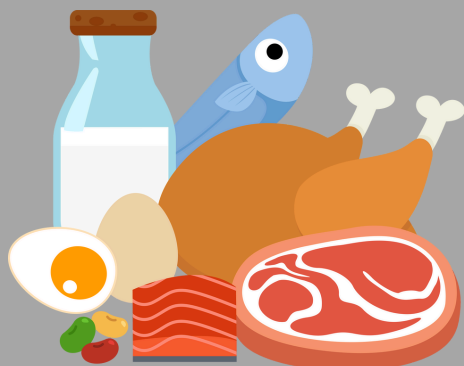
12 Orondo Ave
Wenatchee, WA 98801

Monday - Thursday
9 am - 12 pm
1:30 pm - 4:30 pm

(509) 663-4673
info@servewenatchee.org



FOOD ACCESS



Community Market

1700 N Wenatchee Ave
Wenatchee, WA 98801

Wednesday 10 am - 12 pm &
Thursday 1 pm - 3 pm

2nd & 4th Saturday monthly
10 am - 12 pm

Drive Through Service

316 River St
Cashmere, WA 98815

2nd and 4th Wednesday
Monthly
2:30pm - 3:30pm

(509) 245-6464
cashmerefoodbank@gmail.com

All Chelan & Douglas County's Food Banks



Learn More



FOOD ACCESS

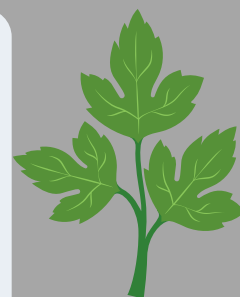


Where & When

Active
May - November
7 North Worthern St
Wenatchee, WA 98801
509-870-9836
Saturday 8 am - 1 pm

Farmers Market Nutrition Program (FMNP)

Woman and
 Infant Children
 (WIC) members
 & seniors can
 use benefits for
 fresh produce!



SNAP Market Match

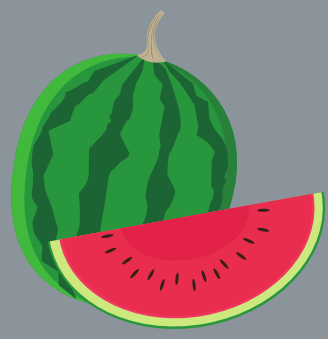
**Get up to \$25 for fresh
 produce by visiting an
 information booth at the
 Farmers Market!**

Washington Connection

Call (877) 501-
 2233 to see if
 you qualify for
 food assistance
 and other
 benefits or scan
 the QR code to
 apply online



FOOD ACCESS



Where & When

Active May 31st - October 11th
700 US Hwy 2, Leavenworth,
WA 98826
(509) 885-3474
info@cascademarkets.org
Saturdays 9 am - 1 pm

Where & When

Active May 11th - October 12th
600 Cotlets Way, Cashmere,
WA 98815
(509) 885-3474
info@cascademarkets.org
Sundays 9 am - 1 pm



Learn More



PARKS & RECREATION

Where can I go in the community to get outside, be active, and take care of my physical health?



Parque Padrinos

Parks & Trails in Wenatchee



Kiwanis Methow Park

420 Methow St,
Wenatchee, WA 98801

- Grassroots community organization
- Leads park advocacy
- Relationship building
- Outdoor experiences celebrating Latinx culture

Recreation Programs & Events



Backstory.



COMMUNITY + SOCIAL SUPPORT



**You do not have to
face diabetes alone!
There are people in
the community living
with the same
challenges who would
love to meet you.**



Action Health Partners

230 Grant Rd. Suite A25
East Wenatchee, WA 98802

(509) 782-5030
admin@cc-ahp.com

Learn to Manage

- Fatigue
- Stress
- Anger
- Depression
- Blood Sugar Levels
- Pain
- Loneliness
- Frustration
- Fear

Diabetes Self- Management Program

Scan the QR
code to learn
more about
this diabetes
support
group!



COMMUNITY & SOCIAL SUPPORT



Where can I go to connect and advocate for the health and empowerment of the Hispanic/Latinx community in Wenatchee?



CAFÉ

766 S Mission Street
Wenatchee, WA 98801

info@wenatcheecafe.org
(509) 415-8274



Goals

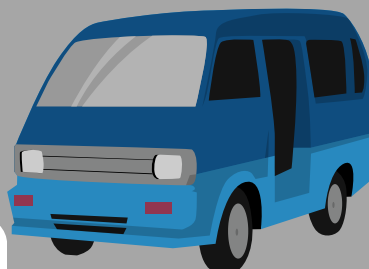
- Develop community leadership
- Give formal voice to the Hispanic/Latinx community
- Provide civic education
- Encourage community contribution

Get Involved



TRANSPORTATION

**How can I travel
around in the
community?**



Rideshare

- Minimum of three people sharing a similar commute and riding together in one vehicle
- Designed for those who cannot make use of the regular fixed bus routes because of their work schedules, or their home or work locations

Dial-A-Ride Transportation (DART)

- No payment required
- Currently runs in Leavenworth and the greater Chelan area

Monday - Friday Saturday - Sunday
7:30 am - 6 pm 9 am - 6 pm

Learn More

Questions? Call (509) 664-7642 or email rideshare@linktransit.com

Scan the QR
Code for more
details on how
Rideshare
works!



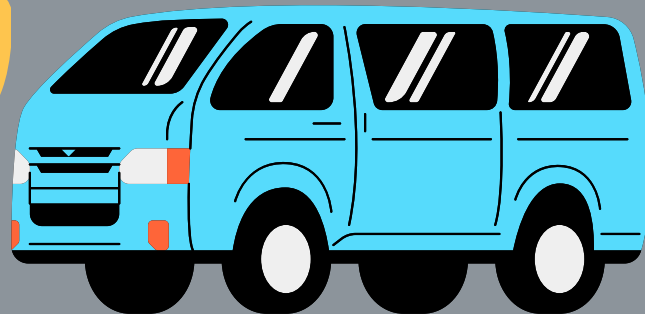
Make A Reservation

Sign-up by calling (506) 662-3569
any day between 8 am - 5:45 pm

Scan the QR
Code for more
information on
using DART!



TRANSPORTATION



Transportation Reimbursement Intercommunity Program (TRIP-Link)

Volunteer driver program designed
for people living outside the Link
Transit service area but still within
Chelan or Douglas Counties.

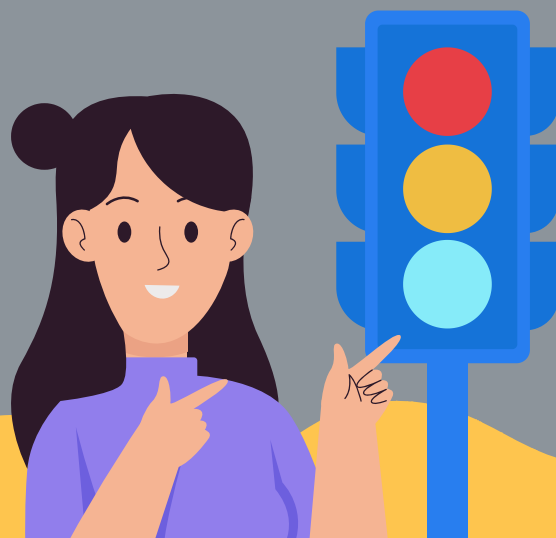
(509) 664-7630
triplink@trancarerides.org



For People Who:

- Do not own a personal vehicle
- Need to get to work or school
- Are unable to drive themselves
- Are seriously ill
- Miss medical or therapy appointments
- Are unable to get groceries

Apply



IMMIGRANT RESOURCES

Check out these
incredible groups
looking to support
immigrants in
Washington!



WASHINGTON IMMIGRANT
**SOLIDARITY
NETWORK**

Washington Immigrant Solidarity Network (Waisn)

Largest immigrant-led coalition
in WA working for immigrant
and refugee-rights and
strengthening communities

Join The Campaign

Instagram: @waisn_org

Deportation
Defense Hotline

Monday - Friday

1-844-724-3737



WASHMASKS

WashMasks

Volunteer-led organization
providing resources to
migrant farmworkers:

- Clothing
- Books
- Household & hygiene items
- Financial support
- Culturally responsive foods

Support Farmworkers

Instagram: @washmasks



IMMIGRANT RESOURCES

Northwest
**IMMIGRANT
RIGHTS**
Project

Northwest Immigrants Rights Project

Nonprofit helping low-income people with immigration needs (citizenship, domestic violence, DACA, asylum cases)

Receive Support

620 N Emerson Ave #201
Wenatchee, WA 98801

Monday - Friday
9 am - 5 pm

(509) 570-0054



Hand-in-Hand Immigration Services

119 S Miller St Wenatchee,
WA 98801

(509) 888-4833
info@handinhandis.org

Mondays 9 pm - 5 pm
Wednesday 9 am - 6 pm
Thursday 9 pm - 6 pm

Citizenship Services



RESOURCE	WEBSITE LINK	PAGE
Diabetes Guide Comic	migrantclinician.org/resource/my-health-my-treasure-guide-living-well-diabetes-comic.html	5
Confluence Health - Diabetes Classes	mychart.confluencehealth.org/MyChart/openscheduling	6
Columbia Valley Community Health - Diabetes Classes	cvch.org/patients/services/ diabetes-care	6
Chelan-Douglas Health District - How to talk to your doctor	cdhd.wa.gov/health/how-to-talk-to-your-doctor	7
Cascade Medical Center	uvmend.org/free-clinic	7
Confluence Health - Financial Assistance	confluencehealth.org/patient-information/financial-assistance/charity-care/	8
Columbia Valley Community Health - Financial Assistance	cvch.org/patients/financial-assistance	8
Apple Health	wahealthplanfinder.org/us/en/my-account/my-coverage/learnapplehealth.html	8
Upper Valley MEND - Community Cupboard	uvmend.org/food	9
Serve Wenatchee - Free Food & Household Items	servewenatchee.org/get-help	9
All Chelan and Douglas Food Banks	cdcac.org/food-pantry-schedule/	10
Cashmere Food Bank - Drive Through Service	cashmerefoodbank.org/food-assistance	10
Wenatchee Farmers Market - Food Access	wenatcheefarmersmarket.com/food-access	11

RESOURCE	WEBSITE LINK	PAGE
Washington Connection	washingtonconnection.org/home/	11
Leavenworth and Cashmere Farmers Market	cascademarkets.org/leavenworth	12
City of Wenatchee - Parks & Trails	wenatcheewa.gov/services/parks-recreation-and-cultural-services/parks/city-parks-map	13
City of Wenatchee - Recreation Programs & Events	wenatcheewa.gov/services/parks-recreation-and-cultural-services/recreation-programs-events	13
Parque Padrinos Backstory	wenatcheevalleymuseum.org/2024/teresa-bendito-zepeda-community-activist-3-22-2024/	13
Action Health Partners - Chronic Disease Self-Management Program	actionhealthpartners.com/chronic-disease.html	14
CAFÉ	wenatcheecafe.org/about-cafe	15
Link Transit - DART (Dial-A-Ride Transportation)	linktransit.com/other-ways-to-ride/dart-service/	16
Link Transit - Rideshare	https://linktransit.com/other-ways-to-ride/rideshare-program/	16
Link Transit - Triplink	https://linktransit.com/other-ways-to-ride/trip-link/	17
WashMasks	https://www.washmasksmutualaid.org/	18
Washington Immigrant Solidarity Network (WAISN)	https://waisn.org/heic/	18
Northwest Immigrants Rights Project	https://www.nwirp.org/get-help/	19
Hand-in-Hand Immigration Services	https://www.handinhandis.org/services	19