

**PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
VERDANT HEALTH COMMISSION**

**BOARD OF COMMISSIONERS**

**Regular Meeting  
VHC Board Room  
July 24, 2013**

<b>Commissioners Present</b>	Bob Knowles, President Fred Langer, Secretary (via conference phone) Karianna Wilson, Commissioner (arrive 8:05 AM) Deana Knutsen, Commissioner
<b>Others Present</b>	Carl Zapora, Superintendent George Kosovich, Program Director Lisa King, Finance Director Jennifer Piplic, Marketing Director Karen Goto, Executive Assistant Members of the community
<b>Excused</b>	J. Bruce Williams, M.D., Commissioner
<b>Call to Order</b>	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Knowles.
<b>Approval of Minutes</b>	<b><i>Motion was made, seconded and passed unanimously to approve</i></b> the minutes of the regular meeting on June 26, 2013. <b><i>Motion was made, seconded and passed unanimously to approve</i></b> the minutes of the special meeting on June 28, 2013.
<b>Executive Committee</b>	President Knowles reported that the Executive Committee met on July 19, 2013 to review the July 24, 2013 board meeting agenda. The committee also reviewed the Consultant's Agreement effective 8.1.2013 (E:38:13). <b><i>Motion was made, seconded and passed unanimously to approve</i></b> the Consultant's Agreement. <b><i>Motion was made, seconded and passed unanimously to approve</i></b> the Superintendent Evaluation Tool.
<b>Board Finance</b>	The committee met on June 18, 2013 to review the

**Committee**

financial statements.  
Ms. King reported on the financials for June 2013 (E:39:13).

**Authorization  
for Payment of  
Vouchers &  
Payroll**

Warrant Numbers 10305 through 10326 for June 2013 for payment in the amount of \$24,342.81 were presented for approval (E:40:13). **Motion was made, seconded and passed unanimously to approve.**

**Program  
Oversight  
Committee  
Update**

Commissioner Knutsen reported that the Program Oversight Committee met on July 12, 2013 and reviewed six new program funding applications and one follow-up program application (E:41:13). Commissioner Knowles noted that he lives in the City of Brier. No other conflicts of interest were reported by the other commissioners.  
Mr. Kosovich reviewed the Program Forecasting as requested by the Commissioners (E:42:13).

New Program Applications for Funding:  
**Motion was made, seconded and passed unanimously to approve** WithinReach – South Snohomish County Insurance Corps in the amount of \$50,000 on a one-time basis.  
**Motion was made, seconded and passed unanimously to approve** Puget Sound Christian Clinic Mental Health Counseling Program in the amount of \$60,000 in total for three years.  
**Motion was made, seconded and passed unanimously to approve** Seattle Visiting Nurse Association's Flu Shots with the stipulation by commissioners that we investigate lower cost vaccine options from the Snohomish Health District.

Follow-up Program Applications:  
**Motion was made, seconded and passed with three in favor and one abstention by Commissioner Langer to approve** funding the Free Range Health Low Cost Acupuncture at the Lynnwood Senior Center in the amount of \$21,209 for one year.

Programs for Additional Discussion:  
City of Brier – Brier Park Walking Trail – Program Oversight Committee will discuss this further with Attorney Brad Berg and develop funding guidelines.

Seattle Visiting Nurse Association – Emergency Alert & Response System – Additional information and discussion is needed before the commissioners can decide on this request.

**Marketing  
Report**

Ms. Piplic reported (E:43:13):

1. 6 Weeks to a Healthier You summary Reunion session to be scheduled for November 2013.
2. Verdant website update:  
Site was launched the week of July 8, 2013

**Commissioner  
Comments**

Commissioner Knutsen returned from a trip to Washington DC and reported on the Medicare/Medicaid drug rebate bill and the upcoming Affordable Care Act. Verdant may need to do some outreach efforts on the ACA prior to the October 1, 2013 sign up start, Commissioner Knutsen said.

**Superintendent's  
Report**

Superintendent Zapora reported on the following:

1. Swedish/Edmonds campus capital expansion plan
2. New Verdant website
3. Needs Assessment
4. 6 Weeks to a Healthier You 2013
5. Senior Service's New Center for Healthy Living
6. Recognition of the Program Oversight Committee and Finance Committee members

**Public  
Comments:**

Ms. Mary Hovander of the League of Women Voters pointed out the effective date of the Consultant agreement should be 8.1.2013.

Ms. Rowena Miller of the League of Women Voters questioned the number of hours the consultant agreement specifies at the rate of \$275 per hour.

Mr. Al Rutledge asked about the funding application that was turned down for the City of Edmonds.

Additional research is needed to clarify what application this is referring to. Mr. Rutledge also commented on possible marketing of Verdant at the Edmonds Car Show.

Ms. Cathy MacCaul thanked the board for the funding for WithinReach.

**Executive**

President Knowles recessed the regular meeting at 9:12

**Session**

a.m. into Executive Session to discuss ongoing litigation and potential real estate acquisition matters. President Knowles stated that no action would be taken in this Executive Session and the board would reconvene in approximately 10 minutes.

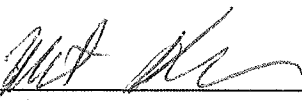
**Open Session**

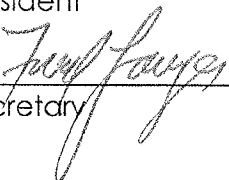
President Knowles reconvened into open session at 9:17 a.m.

**Adjourn**

There being no further business to discuss, the meeting was adjourned at 9:17 a.m.

**ATTEST BY:**

  
\_\_\_\_\_  
President

  
\_\_\_\_\_  
Secretary



Verdant Health Commission  
Public Hospital District No. 2, Snohomish County  
c/o Mr. Bob Knowles, President  
3815 196th St. SW, Suite 136  
Lynnwood, WA 98036

6/19/13

Submitted via E-mail

Re: Ongoing Consulting Assistance, Change of Scope

Dear President Knowles:

I have prepared this letter for your consideration and have also attached my standard terms and conditions so that this may be executed as a contract so that we could continue our work under this new contract. I have incorporated the feedback I received at our meeting last month and this agreement is framed with the same core terms and conditions as we have had over the past few years. In this letter I have attempted to briefly describe the following items:

- 1) My understanding of the District's current needs and how I propose to approach the projects.
- 2) A description of my fees and the contractual terms and conditions. I have based these terms on our discussion and several follow up conversations I have had with the other commissioners and also with Mr. Zapora. I have proposed a fixed fee/retainer approach so the district has budget certainty and a fee for service approach for overages beyond the fixed fees to accommodate variations in the workload.

As you know, my understanding of the District's situation is substantial and based on several discussions with Commissioners and also with

administration. I believe the next few months of work will involve the following:

- ⇒ Continue as a District representative with the lease with Swedish to help address and issues that may come up in Lease Agreement with Swedish; Howard Thomas (in collaboration with Carl Zapora) will continue to be the point person for the District in resolving issues that may be related to the lease transaction.
- ⇒ Continue as a resource to the District as we continue to close out or transition the legacy issues (med mal, workers comp, other lawsuits).
- ⇒ Continue to support the board's needs with the overall collaboration with Swedish.
  - i. Continue to participate on the "Collaboration Committee";
  - ii. Work with Swedish and Carl as necessary to address issues that may arise.
- ⇒ Assist the Board in effectively and objectively reviewing the performance of the Superintendent.

At this point, I do not have an exact estimate of all of the hours for this overall project but I have committed a substantial portion of my time to the District over the years and would continue to do so however per your request the time commitment will be ramped back significantly. Over the past months, I have worked a range of hours for the District trending down from at least 90 hours per month down to a minimum of 40 hours per month. I have quoted this contract continuing to use a fixed retainer approach plus an fee for service element. Using this workload as a guide, we have come to a basic consulting retainer of \$2,750 per month, paid at the beginning of the month. Should this job require more time than allocated, I would be willing to expand my involvement as needed. Additional hours beyond the retainer will be billed using my standard fee schedule based on an hourly rate of \$275.

As incurred, out-of-pocket expenses will be billed with the professional fees and are dependent upon the degree of on-site work that will be required. Out-of-pocket expenses include required travel, fee based conference calls, express delivery charges, significant document duplication (e.g. binders for offsites), equipment or facility rental, and all taxes, as applicable. Auto travel will be billed at \$.550 /mile or the then current government rate. To the extent necessary, overnight lodging, meals, and incidentals will be billed at actual cost, but not to exceed \$200 per overnight stay (doubtful in this case). Out-of-pocket expenses are in addition to the hourly consulting fees noted above. Fees and expenses will be billed at the beginning of the month and will be paid in full upon receipt within 5 days of receipt of invoice.

I have attached the terms and conditions which are included in my standard contract so that should you wish to proceed we will have a complete contract.

I am excited about the opportunity to assist you and the other Commissioners, the DISTRICT and the executives involved with this initiative. I look forward to a successful and stimulating project. Your signature on the line below indicates your understanding and acceptance of the terms listed in this Agreement. Please return an original copy of this letter to me at the following address:

Howard Thomas  
43406 SE 88<sup>th</sup> Street  
North Bend, WA 98045  
Office Telephone: (425) 888-4399  
Cell Phone: (425) 765-6298  
HTConsulting@Comcast.net

Should you have any questions, please do not hesitate to contact me.

The parties have executed this Letter of Engagement as of the date first set forth below.

DISTRICT

Thomas & Associates Consulting,  
LLC

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Bob Knowles, President

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Howard Thomas, President

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Date

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Date

Attachment:

- Public Hospital District No. 2, Snohomish County referred herein as “District”.
- Thomas & Associates Consulting, LLC referred herein as “TAC”.

Standard Terms

The term of this engagement will begin upon the verbal commitment of DISTRICT and Thomas & Associates Consulting, LLC (TAC) to start on this project (effective date shall be 8/1/12) and will continue for the duration of this engagement, unless otherwise terminated as noted below.

Project Administration:

As may be requested, TAC will provide you with status reports to measure and track progress against deliverables/activity, ensuring timely and effective project completion. Any significant issues that require Board attention or action will be noted on a status report.

All project deliverables will be provided in hard copy and electronic format so that you may reuse them in future projects. We use the Microsoft Office suite of products for word processing, graphics, and project management.

Ownership:

Any and all materials including, but not limited to, environmental assessments, SWOTs, strategic plans, financial forecasts, system specifications, training materials, data, and documentation, created under this LOE will belong to DISTRICT. Any materials first produced by TAC (e.g. templates and frameworks), even if incorporated in materials created under this LOE, remain the exclusive property of TAC, but may be used by DISTRICT as incorporated in the materials, but not separately. Further, TAC may create for itself or others, materials which are similar to those materials created for you under

this LOE provided that no such use violates the confidentiality provision stated in this LOE.

**Our Business:**

TAC, also referred herein as “Consultants” are in the business of providing services to a variety of healthcare industry clients. These services include, but are not limited to, strategic planning/new venture formation, contract negotiation, systems/operations integration, software development, delivery system development, business development, operations cost reduction, medical management, and service improvement, etc. DISTRICT agrees that TAC and its Consultants retain the right to continue to provide these services, and any other services, to other clients, including competitors and/or customers of DISTRICT, subject to the confidentiality provisions described in this LOE.

**Termination:**

Either party may terminate this LOE with or without cause upon written notice delivered to the other party 30 business days in advance of the effective date of termination. The contract is expected to continue until at least July 1st, 2014 or until one month after a termination is issued. Nothing herein shall bind the parties to anything more than a “month-to-month” engagement.

**Confidentiality:**

Consultants acknowledge that, while performing work under this LOE, they may acquire knowledge or information considered by DISTRICT or its related parties to be confidential or proprietary. Confidential Information means information disclosed to Consultants either orally or in electronic or written forms and identified as “CONFIDENTIAL” or the like, and that we know to be confidential. We will not publish or disseminate to any party, other than TAC employees or sub-contractors with a need to know, any of your Confidential Information. The obligations of confidentiality and protection imposed by this LOE shall not apply or will cease to apply to any information that:

- ♦ was known to Consultants without an obligation of confidentiality to DISTRICT prior to its receipt under this LOE;
- ♦ is or becomes publicly available without breach of this LOE;
- ♦ is received from a third party without an obligation of confidentiality; or
- ♦ is developed independently by Consultants.

Consultants understand and agree that all information regarding your patients, customers, members, partners, and/or employees is deemed to be confidential whether it is specifically identified by you as such or not.

#### Indemnification:

TAC agrees to defend, indemnify and hold DISTRICT and its officers, directors, and employees from and against any and all claims, causes of action, liabilities, judgments, awards, damages and expenses, including court costs and reasonable attorneys fees arising out of or from: (a) any death, personal injury or property damage caused by the gross negligence of TAC, and (b) the material breach by TAC of the provisions of this Agreement. Any indemnification shall not exceed the professional fees paid by DISTRICT to TAC for this contract.

DISTRICT agrees to defend, indemnify and hold harmless TAC as the District's representative, including TAC's officers, directors, employees, independent contractors, successors and assigns from and against any and all claims, causes of action, liabilities, judgments, awards, damages and expenses, including court costs and reasonable attorneys fees arising out of or from any aspect of this engagement, including but not limited to the following: (a) any death, personal injury or property damage caused by the negligence or intentionally wrongful acts of DISTRICT and or its agents, employees and independent contractors, (b) material breach of the provisions of this Agreement, (c) any third party claims (other than personal injury or property damage caused by Consultant's gross negligence or

intentional wrongdoing) arising out of or related in any manner whatsoever to the services provided by TAC to DISTRICT, and (d) any third party claims or lawsuits arising from the affiliation or other aspects of this project.

Miscellaneous:

This LOE, together with any exhibits, constitutes the entire agreement between the parties with respect to the project and may not be modified except in writing signed by the duly authorized representative of the parties.

Any individual signing this LOE on behalf of an entity represents and warrants that he/she has the authority to bind the entity to this LOE and that this LOE will be binding upon the entity.

The terms given in the paragraphs concerning ownership, confidentiality, and mutual indemnification will remain in effect for a period of one year after the completion of this engagement.



**Balance Sheet**

As of June 30, 2013

	A	B	C	D
	Dec 31, 2012	June 30, 2013	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	1,451,628	2,499,875	1,048,247	
<b>4 Other Current Assets</b>	42,012,053	43,171,861	1,159,808	Includes Investments
<b>5 Total Current Assets</b>	43,463,681	45,671,736	2,208,055	
<b>6 Total Long-term &amp; Fixed Assets</b>	32,961,232	30,846,204	(2,115,028)	Depreciation
<b>7 TOTAL ASSETS</b>	<b>76,424,913</b>	<b>76,517,940</b>	<b>93,027</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	1,702,010	1,697,425	(4,585)	
<b>11 Long-term Liabilities</b>	6,107,870	6,107,870	-	2012 LTGO Bonds
<b>12 Total Liabilities</b>	7,809,880	7,805,295	(4,585)	
<b>13 Total Equity</b>	68,615,033	68,712,645	97,612	Annual Net Income
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>76,424,913</b>	<b>76,517,940</b>	<b>93,027</b>	

**Profit & Loss**

June 2013

	A	B	C	D	E	F
	June Actual	June Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	835,120	835,488	(368)	5,019,868	5,030,930	(11,062)
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	110,672	115,761	5,089	650,153	754,030	103,877
<b>5 Depreciation Expense</b>	350,050	351,311	1,261	2,100,298	2,107,866	7,568
<b>6 Program Expenses</b>	225,602	525,000	299,398	1,238,009	3,150,000	1,911,991
<b>7 Total Expenses</b>	686,324	992,072	305,748	3,988,460	6,011,896	2,023,436
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	(479,521)	90,000	(569,521)	(933,797)	540,000	(1,473,797)
<b>10 NET INCOME</b>	<b>(330,725)</b>	<b>(66,584)</b>	<b>(264,141)</b>	<b>97,611</b>	<b>(440,966)</b>	<b>538,577</b>

**Monthly Highlights**

June 2013

Verdant received dividends payments of \$91,314 offset by an unrealized loss of \$576,916 on our investment portfolio in June. A total of \$548,915 in dividends has been received in 2013 for a ending market value of \$42,147,772. We hope to recover some of the unrealized loss in the months to come.

Annual program commitments total \$2,632,684 and \$2,390,341 for 2013 and 2014, respectively. Estimated board approved internal programs, including the Community Needs Assessment, total \$237,150 for 2013. \$3,428,740 remains available to spend in 2013, of which \$313,574 is earmarked as Superintendent Discretionary.

No unusual income or expenses were recorded in June.

**Public Hospital District #2 of Snohomish County**  
**Summary of Cash Receipts and Disbursements**  
**June 2013**

	<b>June 2013 Amount</b>	
<b>Receipts:</b>		
Swedish/Edmonds Rental Income	636,540.00	
Other Rental Income	26,678.67	Value Village
Snohomish County Tax Levy	181,163.86	
Ground Lease Payments	4,166.67	Healthcare Reality
Misc. Reimbursements/Refunds	235.18	Reimbursement & Interest Income
Total Receipts	<u>848,784.38</u>	
<b>Disbursements:</b>		
Professional Services:		
Legal Fees	5,831.58	Litigation and Professional Liability Legal Fees
Accounting Fees	660.00	Ash Consulting
Professional Services	449.05	Benefit Solutions Administrator, IT Support
Purchased Services	613.24	Paychex, Bank Service Fees
Payroll	30,554.88	2 pay periods Plus Benefit Solutions
Payroll Taxes	11,677.96	2 pay periods
Employee Insurance	3,790.59	Regence Medical & Dental, Principal Life
Employee Retirement Contributions	3,981.60	Valic
Program Expenditures	211,653.34	Includes 6WHY & Community Needs Assessment
Workers Compensation	10,164.99	Eberle Vivian
Other Miscellaneous Expenses	97,161.88	Supplies, Rent, Canon Lease, Dues, Interest Expense, Taxes
Total Disbursements	<u>376,539.11</u>	

## Public Hospital District #2

## Cash Activity

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
10305	6/10/2013	Ace Internet Services, Inc.	437.55	IT Support
10306	6/10/2013	Benefit Solutions Inc	11.50	FSA Administration
10307	6/10/2013	Comcast	330.39	Internet
10308	6/10/2013	Electronic Business Machines	1,266.78	Copy Machine Maintenance
10309	6/10/2013	Institute for Fitness and Health	186.00	6WHY - Joe Piscatella Travel
10310	6/10/2013	Lynnwood Convention Center	340.00	Blue Zones Follow Up Meeting Space
10311	6/10/2013	Lynnwood PFD	398.16	Janitorial
10312	6/10/2013	Pacific Art Press Inc	527.11	Marketing - Printing of Verdant Brochure
10313	6/10/2013	Refugee & Immigrant Services NW	192.50	Programs - 6WHY Translation
10314	6/10/2013	Washington Employers	808.50	Membership Dues
10315	6/10/2013	Sedgwick CMS	2,000.00	Professional Liability Administration
10316	6/19/2013	Ash Consulting	660.00	Accounting Consulting
10317	6/19/2013	Lynnwood Convention Center	363.00	Deposit for Board Retreat
10318	6/19/2013	Staples	159.65	Supplies
10319	6/19/2013	University of Washington	5,052.00	Programs - Pertussis
10320	6/19/2013	Canon Financial Services	301.13	Copy Machine Lease
10322	6/19/2013	Jay Dotson Photography Services, LLC	2,100.00	Photography Marketing
10323	6/26/2013	Principal Financial Group	623.04	Life Insurance
10324	6/26/2013	Regence Blueshield	3,167.55	Medical Insurance
10325	6/26/2013	Institute for Fitness and Health	3,643.37	Programs - 6WHY
10326	6/26/2013	Foster Pepper	1,774.58	Legal
Total Warrants			24,342.81	

**Workers Compensation Claims Activity:**

305033-305037	June 2013	Various Claimants/Vendors	10,164.99	Administered by Eberle Vivian
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**Professional Liability Claims Activity:**

380000463-464	June 2013	Various Claimants/Vendors	2,057.00	Administered by Sedgwick
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## Wire/ACH Activity:

Date	Payee	Amount	Purpose
6/14/2013	Payroll	14,807.53	ACH payroll transfer
6/14/2013	Department of Treasury	5,884.71	Payroll taxes for 4/27/13 pay period ending
6/14/2013	Paychex	62.68	Fee for payroll processing
6/14/2013	Valic	1,903.15	Payroll 401(a)/457 Deposit
6/28/2013	Payroll	15,381.97	ACH payroll transfer
6/28/2013	Department of Treasury	5,793.25	Payroll taxes for 5/11/13 pay period ending
6/28/2013	Paychex	67.39	Fee for payroll processing
6/28/2013	Valic	2,078.45	Payroll 401(a)/457 Deposit
6/17/2013	Wells Fargo	353.87	Bank Service Fee
6/17/2013	Wells Fargo	53.18	Bank Service Fee
6/17/2013	Wells Fargo	56.30	Bank Service Fee
6/17/2013	Bank of America - Fees	19.82	Bank Service Fee
6/17/2013	American Diabetes Association	4,166.67	Program Payment
6/17/2013	American Heart Association	800.00	Program Payment
6/17/2013	Boys & Girls Club of Snohomish County	9,328.25	Program Payment
6/17/2013	Cascade Bicycle Club Education Foundation	12,076.67	Program Payment
6/17/2013	Center for Human Services	13,523.67	Program Payment
6/17/2013	City of Lynnwood	13,945.67	Program Payment
6/17/2013	Community Health Center of Snohomish Co	8,333.33	Program Payment
6/17/2013	Domestic Violence Services Snohomish Co	1,621.08	Program Payment
6/17/2013	Edmonds School District No. 15	28,056.82	Program Payment
6/17/2013	Edmonds Senior Center	5,764.50	Program Payment
6/17/2013	Little Red Schoolhouse	22,000.00	Program Payment
6/17/2013	Medical Teams International	4,000.00	Program Payment
6/17/2013	Parent Trust for WA Children	2,083.33	Program Payment
6/17/2013	Perscription Drug Assistance Foundation	4,166.67	Program Payment
6/17/2013	Program for Early Parent Support	3,333.33	Program Payment
6/17/2013	Project Access Northwest	6,666.67	Program Payment
6/17/2013	Providence Hospice & Home Care Foundation	12,916.67	Program Payment
6/17/2013	Puget Sound Christian Clinic	6,250.00	Program Payment
6/17/2013	Senior Services of Snohomish County	11,208.33	Program Payment
6/17/2013	Strategic Learning Resources, Inc.	27,831.15	Program Payment
6/17/2013	YWCA of Seattle, King and Snohomish Co	4,166.66	Program Payment
6/3/2013	Benefit Solutions Inc.	250.00	FSA Payments
6/5/2013	Benefit Solutions Inc.	57.69	FSA Payments
6/19/2013	Benefit Solutions Inc.	57.69	FSA Payments
6/5/2013	Bank of New York Mellon	90,004.44	Bond Interest Payment
6/29/2013	WA Department of Revenue	902.72	B&O tax for June 2013
	Total Wires/ACH Transactions	339,974.31	
	<b>Total Disbursements</b>	<b>\$ 376,539.11</b>	

## Deposits:

Date	Payer	Amount	Purpose
6/1/2013	Value Village	26,678.67	
6/1/2013	Swedish/Edmonds	636,540.00	
6/6/2013	Superintendent	25.00	Reimbursement for personal charges
6/1/2013	PFD - Copies	78.00	Copies
6/10/2013	Snohomish County	181,163.86	Tax Levy
6/24/2013	Healthcare Realty Services, Inc.	4,166.67	Monthly lease
6/24/2013	National Jewish Health	112.00	Refund for overpayment of P/L Claims
6/30/2013	Wells Fargo Interest Income	19.78	Interest income
6/30/2013	Sedgwick-Commerica	0.40	Interest income
<b>Total Deposits</b>		<b>\$ 848,784.38</b>	

## Balance Sheet

As of June 30, 2013

	Dec 31, 2012	June 30, 2013	\$ Change	Comments:
<b>ASSETS</b>				
Current Assets				
1 Total Cash Balance	1,451,628	2,499,875	1,048,247	
2 Total Accounts Receivable	776,302	(0)	(776,303)	Payment by S/E received
Other Current Assets				
3 Total Misc. Current Assets	11,181	11,181	-	BofA Unamortized Financing Costs
4 Total Investments	40,128,375	42,147,772	2,019,397	
5 Total Other Miscellaneous Receivables	1,071,089	1,009,629	(61,460)	M&O Tax Levy Recv
6 Total Prepaid Expenses & Others	25,106	3,280	(21,826)	
7 Total Other Current Assets	41,235,751	43,171,861	1,936,111	
8 Total Current Assets	43,463,681	45,671,736	2,208,055	
9 Total Fixed Assets	26,154,403	24,054,105	(2,100,298)	Depreciation Expense
10 Total Financing & Lease Costs	407,524	398,383	(9,140)	
11 Total Other Assets	6,399,306	6,393,716	(5,590)	
<b>TOTAL ASSETS</b>	<b>76,424,913</b>	<b>76,517,940</b>	<b>93,027</b>	

E: 39:13  
7:24:13

## Balance Sheet

As of June 30, 2013

LIABILITIES & EQUITY		Dec 31, 2012	June 30, 2013	\$ Change	Comments:
<b>Liabilities</b>					
<b>Current Liabilities</b>					
12	Total Accounts Payable	76,581	67,104	(9,476)	
13	Total Credit Cards	90	1,172	1,082	
<b>Other Current Liabilities</b>					
14	Total Accrued Salary & Benefits	34,213	35,947	1,733	
15	Interest & Orig Issue Premium	506,068	475,394	(30,674)	2012 LTGO Bonds
16	Total Other Payables & Accruals	365,058	397,808	32,749	P/L & W/C Settlements & S/E overpayment
17	Current Portion of L-T Debt	720,000	720,000	-	Annual Bond Payment due Dec 1
18	Total Other Current Liabilities	1,625,340	1,629,149	3,809	
19	Total Current Liabilities	1,702,010	1,697,425	(4,585)	
<b>Long-term Liabilities</b>					
20	Total Long-term Debt - Operations	5,905,000	5,905,000	-	2012 LTGO Bonds
21	Total Other Long-term Liabilities	202,870	202,870	-	P/L & W/C Reserve
22	Total Long-term Liabilities	6,107,870	6,107,870	-	
23	Total Liabilities	7,809,880	7,805,295	(4,585)	
24	Total Equity	68,615,033	68,712,645	97,612	Net Income
<b>TOTAL LIABILITIES &amp; EQUITY</b>		<b>76,424,913</b>	<b>76,517,940</b>	<b>93,027</b>	

## Profit Loss

June 2013

	May 2013	June 2013	\$ Change	Comments:
Ordinary Income/Expense				
1 Total Income	846,686	835,120	(11,566)	May includes 6WHY
Expenses				
Operating Expenses				
2 Total Salaries & Benefits	55,453	56,947	1,494	
3 Total Workers Comp	3,366	7,113	3,748	
4 Total Depreciation	350,050	350,050	-	
5 Total Insurance	1,234	1,234	-	
6 Total Interest Expense	15,001	15,342	341	
7 Total Amortization	1,249	1,249	-	
8 Total Professional Services	16,447	16,077	(370)	
9 Total Purchased Services	1,772	4,989	3,216	
10 Rent Expense	3,045	3,045	-	
11 Total Other Expenses	2,730	3,250	520	
12 Total Supplies	225	174	(51)	
13 Total Taxes	903	898	(5)	
14 Total Utilities	754	355	(398)	
15 Total Operating Expenses	452,228	460,722	8,494	
Program Expenses				
16 Total Program Expenses	221,212	225,602	4,390	
17 Total Expense	673,440	686,324	12,884	
18 Net Ordinary Income	173,246	148,796	(24,450)	
Other Income/Expense				
Other Income				
19 Total General Obligation Bonds	7,881	6,994	(887)	
20 Total Non Operating Revenue	(727,871)	(486,514)	241,357	Unrealized Loss on Investment
21 Total Other Income/Expense	(719,990)	(479,521)	240,470	
Net Income	(546,744)	(330,725)	216,019	



**Public Hospital District #2 of Snohomish County**  
**Profit Loss Budget vs. Actual**  
January - June 2013

DRAFT

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
	<u>Jan-Jun 2013</u>	<u>Jan-Jun Budget</u>	<u>Over/(Under) Budget</u>	<u>% of Budget</u>
<b>Operating Revenues</b>				
1 M&O Tax Levy	1,023,665	1,028,136	(4,472)	99.6%
2 Rental Income	3,961,098	3,961,440	(342)	100.0%
3 Pavilion Ground Lease Income	23,354	23,354	-	100.0%
4 Other Operating Income	11,752	18,000	(6,248)	65.3%
<b>5 Total Operating Revenues</b>	<b>5,019,868</b>	<b>5,030,930</b>	<b>(11,062)</b>	<b>99.8%</b>
<b>Operating Expenses</b>				
6 Salaries	291,972	299,927	(7,955)	97.3%
7 Benefits	39,457	44,780	(5,323)	88.1%
8 Workers Comp	18,563	29,250	(10,687)	63.5%
9 Insurance	6,721	12,930	(6,209)	52.0%
10 Interest Expense	90,643	113,376	(22,733)	79.9%
11 Amortization	7,494	16,929	(9,435)	44.3%
12 Rent Expense	17,690	17,400	290	101.7%
13 Consulting	83,400	90,000	(6,600)	92.7%
14 Legal	19,282	20,000	(718)	96.4%
15 Accounting/Auditing	32,765	36,500	(3,735)	89.8%
16 Other Professional Services	9,261	5,000	4,261	185.2%
17 Purchased Services	13,318	31,800	(18,482)	41.9%
18 Supplies	1,690	7,800	(6,110)	21.7%
19 License and Tax	5,517	-	5,517	100.0%
20 Utilities	3,190	3,288	(98)	97.0%
21 Miscellaneous Expenses	9,190	25,050	(15,860)	36.7%
<b>22 Total Operating Expenses</b>	<b>650,153</b>	<b>754,030</b>	<b>(103,877)</b>	<b>86.2%</b>
23 Community Program Investments	1,238,009	3,150,000	(1,911,991)	39.3%
<b>24 Net Ordinary Income</b>	<b>3,131,706</b>	<b>1,126,900</b>	<b>2,004,806</b>	<b>277.9%</b>
<b>Other Income/(Expense)</b>				0.0%
25 2003 GO Tax Levy	40,068	-	40,068	100.0%
26 Investment Income	549,004	540,000	9,004	101.7%
27 Unrealized G/L on Investment	(1,529,519)	-	(1,529,519)	100.0%
28 Other Income (Expense)	6,650	-	6,650	100.0%
<b>29 Total Other Income/(Expense)</b>	<b>(933,797)</b>	<b>540,000</b>	<b>(1,473,797)</b>	<b>-172.9%</b>
<b>30 Net Income (Before Depreciation)</b>	<b>2,197,910</b>	<b>1,666,900</b>	<b>531,010</b>	<b>131.9%</b>
31 Depreciation	2,100,298	2,107,866	(7,568)	99.6%
<b>32 Net Income (After Depreciation)</b>	<b>97,612</b>	<b>(440,966)</b>	<b>538,578</b>	<b>-22.1%</b>

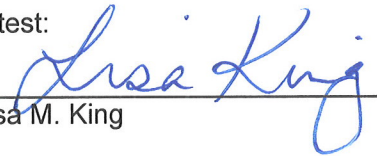
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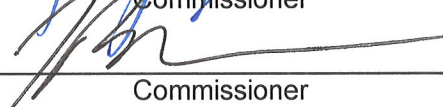
VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT #2  
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 10305 through 10326 have been issued for payment in the amount of \$24,342.81. These warrants are hereby approved.

Attest:

  
\_\_\_\_\_  
Lisa M. King

  
\_\_\_\_\_  
Commissioner  
  
\_\_\_\_\_  
Commissioner  
  
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Commissioner  
  
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Commissioner  
  
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Commissioner

Warrants Processed:	6-1-13 – 6-30-13	24,342.81
Work Comp Claims Pd:	6-1-13 – 6-30-13	10,164.99
Prof. Liability Claims Pd:	6-1-13 – 6-30-13	2,057.00
Payroll:	5-26-13 – 6-8-13	14,807.53
	6-9-13 – 6-22-13	<u>15,381.97</u>
		30,189.50
Electronic Payments:	Payroll Taxes	11,677.96
	Paychex	130.07
	Valic Retirement	3,981.60
	Benefit Solutions	365.38
	Bank Fees	483.17
	WA State Dept Revenue	902.72
	Bank of New York Mellon	90,004.44
	Program Expenditures	<u>202,239.47</u>
		309,784.81
	Grand Total	<u>\$376,539.11</u>

## July 2013 Program Summary

### Summary of Programs for Discussion

- 6 new program funding applications
- 1 follow-up from last month's program discussion

### New Program Applications for Funding

#### Recommended for Funding

**WithinReach - South Snohomish County Insurance Corps:** a one-year request to support outreach and education on the Affordable Care Act. The program would include in-person education, eligibility screening, application assistance and follow-up, with a focus on low-income and vulnerable communities that are newly eligible for health insurance. Funds would be used to station two Americorps outreach workers at partner sites in the community like food banks, schools, and faith-based organizations. **The committee is recommending fully funding the request on a one-time basis at \$50,000.**

**Puget Sound Christian Clinic (PSCC) - Mental Health Counseling Program:** PSCC would like to add mental health counseling services to its mobile medical clinic in Edmonds. A licensed mental health counselor would oversee counseling interns to provide weekly counseling sessions for up to four months for individuals. Over three years the program would expect to serve 90 clients. **The committee is recommending full funding the three year project for a total of \$60,000.**

#### For Additional Discussion

**City of Brier - Brier Park Walking Trail:** A one-time request to build a walking path around Brier Park. Funds would be used for design and construction of the trail. The city plans to host health walks for elementary children and track the number of children that participate. **The committee is interested in the board's feedback and potentially scheduling a study session to discuss and develop criteria for infrastructure requests.** A study session could potentially include representatives from multiple jurisdictions to discuss infrastructure needs.

**Seattle Visiting Nurse Association - Emergency Alert & Response System:** a request to implement an emergency alert and response program that would support installation and monthly monitoring of up to 500 Emergency Alert & Response System (EARS) units for at-risk elderly and others residing in the district. The program would also include an in-home consultation with a registered nurse to identify safety hazards and health needs. **The committee was most interested in the in-home consultation portion of the funding request, and would like the board's feedback given the size of this funding request (\$297,814 per year for three years).**

**Seattle Visiting Nurse Association – Flu Shots:** A request to support a series of up to 20 clinics to be held this fall offering no-cost seasonal influenza (and where requested Tdap) immunizations. Clinics would be hosted at the community college and venues like WorkSource locations, food banks, churches, etc. The estimated cost per immunization (including staff time) is \$25 and the goal is to vaccinate 5,000-7,000 individuals. Verdant would fund the project on a per vaccination basis. **The committee is interested in the board's feedback on this funding request.**

### **Not Recommended for Funding**

**BreakThrough Partners - South Snohomish County Faith-Based Wellness Partnership:** a 3 year project seeking \$195,000 per year to engage the community, with a focus on faith-based organizations, to prevent destructive behaviors among adolescents. The project would kick off with an assessment of the needs of 10-14 year olds living in the district and develop a coalition of faith-based stakeholders and other community stakeholders.

**The committee is not recommending the proposal for funding at this time.** The project was somewhat open ended, and it was difficult to identify specific health and wellness outcomes that Verdant could expect from the project.

### **Follow-up Program Applications**

**Free Range Health – Low Cost Acupuncture at Lynnwood Senior Center:** a proposal to provide low-cost acupuncture services to individuals at the Lynnwood Senior Center. The program is expected to serve 400 individuals and is designed to help patients cope with chronic health conditions. Similar services are currently provided by Free Range Health at senior centers in Darrington and the City of Snohomish. Verdant funds would enable the program to be offered at a lower cost for low-income individuals at the Lynnwood Senior Center.

Following additional discussion at our board meeting on June 28, **the committee is recommending fully funding the program fully at \$21,209 for one-year.** The committee feels like this project fits Verdant's Access to Healthcare priority and would provide a valuable service in the community.

Verdant Health Commission Proposal Summary July 2013

	A		B		C	D	E	F	G	H	I	J
	New Programs Requests for July Review											
#	Name	Description	Request for funding			Priority Area			Primary Population Served			
			Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy			
1	WithinReach - South Snohomish County Insurance Corps	A one-year request to support outreach and education on the Affordable Care Act. The program would include in-person education, eligibility screening, application assistance and follow-up, with a particular focus on low-income and vulnerable communities. Funds would be used to station two Americorps outreach workers at partner sites in the community like food banks, schools, and faith-based organizations.	\$50,000			X		X		Low-income families		
2	City of Brier - Brier Park Walking Trail	A one-time request to build a walking path around Brier Park. Funds would be used for design and construction of the trail. The city plans to host health walks for elementary children and track the number of children that participate.	\$90,345				X			General Community		
3	Puget Sound Christian Clinic - Mental Health Counseling Program	Puget Sound Christian Clinic (PSCC) would like to add mental health counseling services to its mobile medical clinic in Edmonds. A licensed mental health counselor would oversee counseling interns to provide weekly counseling sessions for up to four months. Over three years the program would expect to serve 90 clients.	\$15,000	\$20,000	\$25,000			X		Low-income and uninsured		

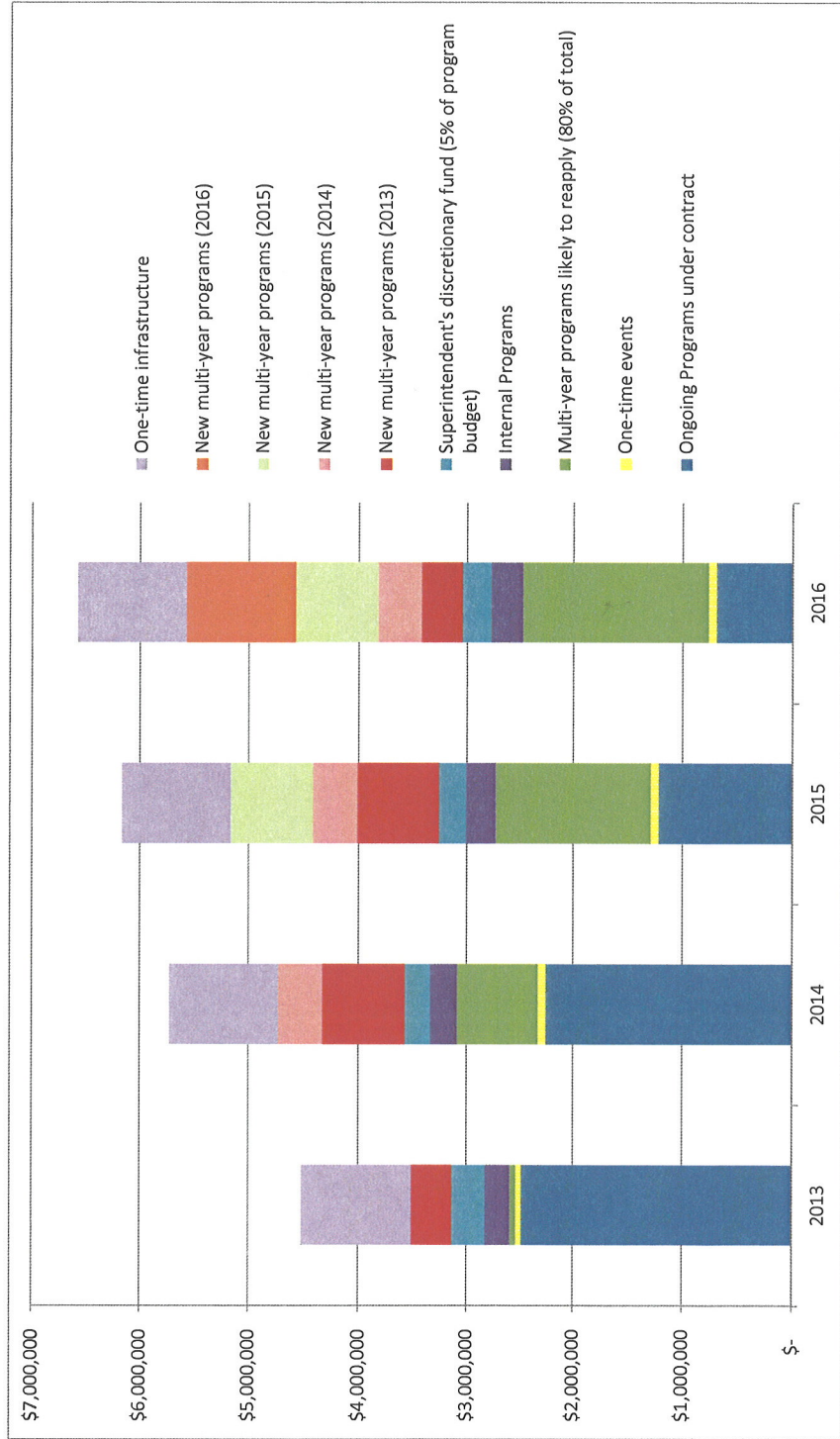
Verdant Health Commission Proposal Summary July 2013

#	Name	Description	Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy	Primary Population Served
4	Seattle Visiting Nurse Association - Emergency Alert & Response System	A funding request to implement an emergency alert and response program that would support installation and monthly monitoring of up to 500 Emergency Alert & Response System (EARS) units for at-risk elderly and others residing in the district. The program would also include an in-home consultation with a registered nurse to identify safety hazards and health needs.	\$297,814	\$297,814	\$297,814		X	X		Seniors
5	Seattle Visiting Nurse Association - Flu Shots	A request to support a series of up to 20 clinics to be held this fall offering no-cost seasonal influenza (and where requested Tdap) immunizations. Clinics would be hosted at the community college and venues like WorkSource locations, food banks, churches, etc. The estimated cost per immunization (including staff time) is \$25 and the goal is to vaccinate 5,000-7,000 individuals.	\$125,000-175,000					X		Low-income and uninsured
6	BreakThrough Partners - South Snohomish County Faith-Based Wellness Partnership	A 3 year project to partner engage the community, with a focus on faith-based organizations, to prevent destructive behaviors among adolescents. The project would kick off with an assessment of the needs of 10-14 year olds living in the district and develop a coalition of faith-based stakeholders and other community stakeholders. The goal would be to engage 50 faith-based organizations by the end of the third year. Funds would be used to staff the project and provide administrative support.	\$195,000	\$195,000	\$195,000	X	X	X	X	Adolescents
<b>Subtotal</b>			<b>\$823,159</b>	<b>\$512,814</b>	<b>\$517,814</b>					



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	2011	2012	2013	2014	2015	2016
Ongoing Programs under contract	\$ 289,046	\$ 1,613,766	\$ 2,485,356	\$ 2,253,521	\$ 1,216,791	\$ 689,670
One-time events	\$ 7,500	\$ 42,700	\$ 50,000	\$ 75,000	\$ 75,000	\$ 75,000
Multi-year programs likely to reapply (80% of total)			\$ 57,566	\$ 766,830	\$ 1,444,506	\$ 1,713,447
Internal Programs		\$ 123,616	\$ 237,150	\$ 250,000	\$ 275,000	\$ 300,000
Superintendent's discretionary fund (5% of program budget)		\$ 86,157	\$ 315,000	\$ 236,006	\$ 256,968	\$ 275,533
New multi-year programs (2013)			\$ 375,000	\$ 750,000	\$ 750,000	\$ 375,000
New multi-year programs (2014)				\$ 400,000	\$ 400,000	\$ 400,000
New multi-year programs (2015)					\$ 750,000	\$ 750,000
New multi-year programs (2016)						\$ 1,000,000
One-time infrastructure			\$ 1,000,000	\$ 1,000,000	\$ 1,000,000	\$ 1,000,000
<b>Total</b>	<b>\$ 296,546</b>	<b>\$ 1,866,239</b>	<b>\$ 4,520,073</b>	<b>\$ 5,731,357</b>	<b>\$ 6,168,265</b>	<b>\$ 6,578,650</b>



## Increase Investment Over Time

	A	B	C	D	E	F	G	H	I	J
1	\$ Millions	2012	2013	2014	2015	2016	2017	2018	2019	2020
2	<u>Revenue</u>									
3	Swedish Lease	\$7.49	\$7.71	\$7.95	\$8.18	\$8.43	\$8.68	\$8.94	\$9.21	\$9.49
4	Value Village Lease	\$0.28	\$0.28	\$0.26	\$0.26	\$0.27	\$0.28	\$0.29	\$0.00	\$0.00
5	Pavillion Ground Lease	\$0.05	\$0.05	\$0.05	\$0.05	\$0.05	\$0.05	\$0.05	\$0.05	\$0.05
6	Investment Earnings	\$1.12	\$0.80	\$0.83	\$0.90	\$0.97	\$1.03	\$1.09	\$1.15	\$1.20
7	Levy	\$2.04	\$2.05	\$2.05	\$2.05	\$2.05	\$2.05	\$2.05	\$2.05	\$2.05
8	Total Revenue	\$10.97	\$10.89	\$11.13	\$11.44	\$11.76	\$12.08	\$12.42	\$12.45	\$12.78
9	<u>Expenses</u>									
10	Regular Verdant Operating Expenses	\$1.04	\$1.08	\$1.12	\$1.17	\$1.21	\$1.26	\$1.31	\$1.36	\$1.42
12	Total Program Expenses	\$1.87	\$4.52	\$5.73	\$6.17	\$6.58	\$6.91	\$7.25	\$7.62	\$8.00
13	Hospital Legacy	\$0.13	\$0.12	\$0.10	\$0.07	\$0.07	\$0.07	\$0.07	\$0.07	\$0.07
14	Ongoing Hospital	\$0.09	\$0.09	\$0.08	\$0.06	\$0.06	\$0.06	\$0.06	\$0.06	\$0.06
15	Bond Principal Payments	\$1.81	\$0.72	\$0.75	\$0.77	\$0.81	\$0.84	\$0.88	\$0.92	\$0.96
16	Mckesson/Banc of America Lease	\$1.13	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
17	Total Expenses	\$5.97	\$6.44	\$7.69	\$8.17	\$8.67	\$9.08	\$9.51	\$9.96	\$10.44
18	Cash Outlay for Building Purchase		\$3.00							
19	Net Operating Cash Flow	\$5.00	\$1.45	\$3.44	\$3.26	\$3.09	\$3.01	\$2.91	\$2.48	\$2.34
20	Beginning Cash Balance*	\$35.12	\$40.13	\$41.58	\$45.02	\$48.28	\$51.37	\$54.38	\$57.28	\$59.77
21	Net Cash Flow	\$5.00	\$1.45	\$3.44	\$3.26	\$3.09	\$3.01	\$2.91	\$2.48	\$2.34
22	Ending Cash Balance*	\$40.13	\$41.58	\$45.02	\$48.28	\$51.37	\$54.38	\$57.28	\$59.77	\$62.10

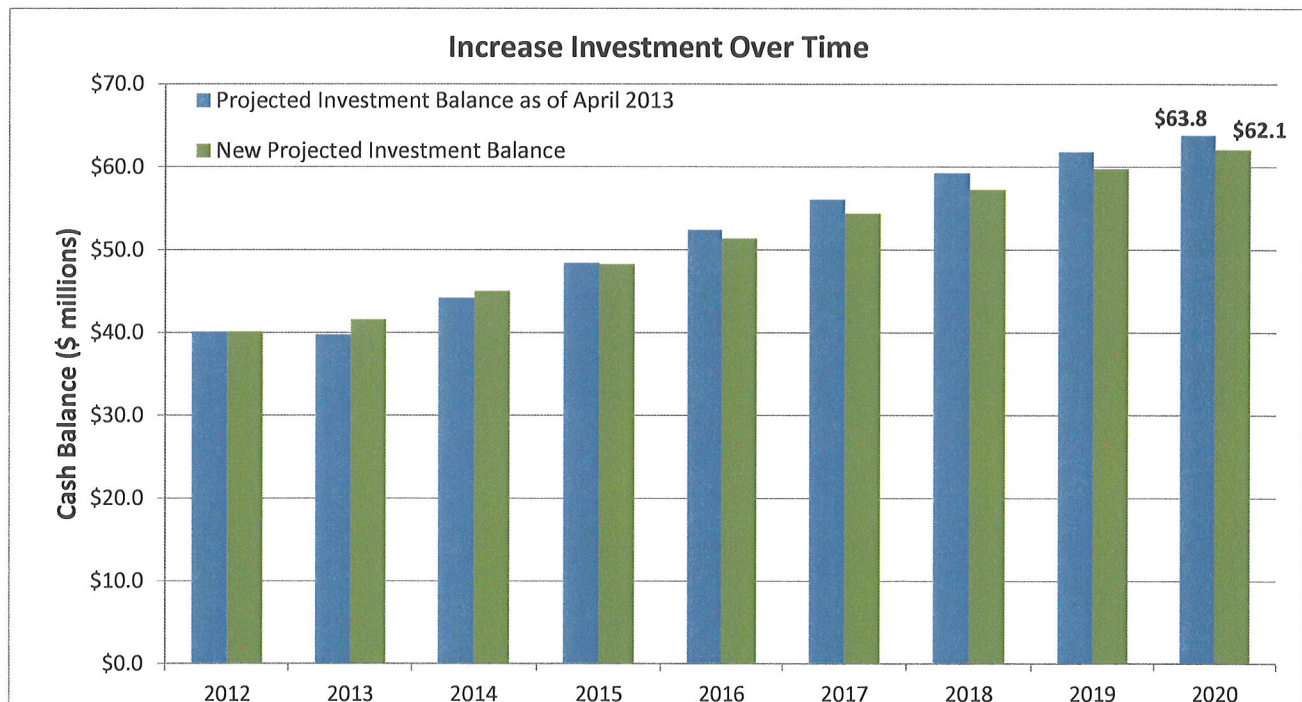
Assumptions	
Growth Rate on Swedish Lease Income	3%
Operating Expense Growth Rate	4%
Earnings on Investment Portfolio	2%

### Notes:

Line 4 assumes 5 year contract renewal for Value Village

Line 12 assumes a 5% spending increase per year (2017-2020)

\* Excludes daily operating cash





**Program Payout Schedule (June 2013)**

	A	B	C	D
		Actual 2012	Budget 2013	Budget 2014
1	<b>7100 . Grants</b>			
2	<b>Committed</b>			
3	Edmonds Senior Center Enhanced Wellness	\$ 24,075	\$ 61,695	\$ 40,662
4	Edmonds School District Move 60!	\$ 313,445	\$ 382,188	\$ 315,466
5	3rd Grade Swim Lessons	\$ 49,685	\$ 137,430	\$ 126,000
6	City of Edmonds Xfit Training Camp	\$ 69,300	\$ -	\$ -
7	Boys & Girls Club Healthy Habits	\$ 102,601	\$ 111,939	\$ 74,626
8	City of Lynnwood Move 60: Teens!	\$ 77,468	\$ 77,468	\$ 77,468
9	City of Lynnwood Get Movin'	\$ 52,250	\$ 52,250	\$ 52,250
10	Senior Services Care Coordination	\$ 138,625	\$ 100,875	\$ -
11	Little Red Nurse Family Partnership	\$ 264,000	\$ 264,000	\$ -
12	Center for Human Services Youth Counseling	\$ 62,400	\$ 162,284	\$ 162,284
13	Project Access Northwest	\$ 80,000	\$ 80,000	\$ 66,667
14	Community Health Center ER Diversion	\$ 100,000	\$ 100,000	\$ 83,333
15	PSCC Edmonds Mobile Medical Clinic	\$ 62,500	\$ 75,000	\$ -
16	Parent Trust Continuum of Family Support Services	\$ 20,834	\$ 25,000	\$ 4,166
17	Domestic Violence Services Teen Prevention	\$ 9,726	\$ 19,453	\$ 19,453
18	Providence Hospice & Home Care Foundation	\$ 90,417	\$ 155,000	\$ 155,000
19	YWCA Children's Domestic Violence	\$ 16,667	\$ 25,000	\$ 25,000
20	Medical Teams Intl. Mobile Dental Program	\$ 20,000	\$ 48,000	\$ 48,000
21	Lynnwood Fire Department Cardiac Care	\$ 66,807	\$ 15,625	\$ -
22	Program for Early Parent Support (PEPS)	\$ -	\$ 40,000	\$ 40,000
23	YWCA Mental Health Counseling	\$ 4,167	\$ 25,000	\$ 25,000
24	Cascade Bicycling Club Advanced Basics	\$ -	\$ 32,000	\$ 32,000
25	Cascade Bicycling Club Policy Proposal	\$ -	\$ 45,000	\$ 25,000
26	American Diabetes Association Stop Diabetes	\$ -	\$ 50,000	\$ 50,000
27	Snohomish County Fall Prevention	\$ -	\$ 3,000	\$ -
28	Cascade Bicycling Club Helmets	\$ -	\$ 5,660	\$ -
29	Snohomish County MRC Health & Beauty Fair	\$ -	\$ 2,625	\$ -
30	EdCC Student Health & Wellness Program*	\$ -	\$ 70,273	\$ 136,216
31	Senior Services Center for Healthy Aging*	\$ -	\$ 285,747	\$ 560,240
32	Prescription Drug Foundation*	\$ -	\$ 29,167	\$ 50,000
33	Team Child Policy/Advocacy Project*	\$ -	\$ 32,750	\$ -
34	American Red Cross CPR Training*	\$ -	\$ 10,000	\$ -
35	Edmonds Senior Center Healthy Living Fair	\$ -	\$ 2,000	\$ -
36	LSC Back to School Health Fair	\$ -	\$ 8,000	\$ -
37	Sight Connection Low Vision Expo	\$ -	\$ 10,000	\$ -
38	Alzheimer's Association	\$ -	\$ 43,255	\$ 86,510
39	Wonderland Development Center	\$ -	\$ 45,000	\$ 135,000
40	Previous One-time Programs	\$ 31,500	\$ -	\$ -
41	<b>Total Committed</b>	<b>\$ 1,656,467</b>	<b>\$ 2,632,684</b>	<b>\$ 2,390,341</b>
42	<b>Not Committed (Available to Spend)</b>	<b>\$ 2,114,918</b>	<b>\$ 3,115,166</b>	<b>\$ 2,339,659</b>
43	<b>Total Grants</b>	<b>\$ 3,771,385</b>	<b>\$ 5,747,850</b>	<b>\$ 4,730,000</b>
44	<b>7300 . Internal Programs</b>			
45	<b>Board Approved</b>			
46	Whooping Cough	\$ 113,331	\$ 24,000	\$ -
47	6 Weeks to a Healthier You	\$ 10,285	\$ 80,000	unknown
48	Community Needs Assessment	\$ -	\$ 133,150	\$ -
49	<b>Total Board Approved</b>	<b>\$ 123,616</b>	<b>\$ 237,150</b>	<b>\$ -</b>
50	<b>Total Internal Programs</b>	<b>\$ 123,616</b>	<b>\$ 237,150</b>	<b>\$ -</b>
51				
52	<b>7200 . Discretionary</b>			
53	<b>Committed</b>			
57	Nick of Time Foundation	\$ -	\$ 87	\$ -
58	Blue Zones Meeting	\$ -	\$ 340	\$ -
59	OMF Cares	\$ -	\$ 1,000	\$ -
60	<b>Total Committed</b>	<b>\$ 86,157</b>	<b>\$ 1,427</b>	<b>\$ -</b>
61	<b>Not Committed (Available to Spend)</b>	<b>\$ 118,843</b>	<b>\$ 313,574</b>	<b>unknown</b>
62	<b>Total Discretionary Programs</b>	<b>\$ 205,000</b>	<b>\$ 315,000</b>	<b>\$ -</b>
63				
64	<b>TOTAL</b>	<b>\$ 4,100,000</b>	<b>\$ 6,300,000</b>	<b>\$ 4,730,000</b>
65	*Pending agreement on grant agreement terms.			



## 6 Weeks to a Healthier You

### Biometrics Summary

#### Schedule

To date in 2013, the 6 Weeks to a Healthier You program has included two rounds of biometric health screenings, which included a blood draw to test total cholesterol, LDL, HDL, triglycerides and glucose, a blood pressure check, and height/weight calculations. Reunion biometrics will be offered this fall.

- The **pre-program biometric screenings** were offered the week before Session 1 of the program.
- The **post-program biometric screenings** were offered between Sessions 5 and 6 of the program.

#### Participation

A total of 323 individuals registered for 6 Weeks to a Healthier You and were eligible to participate in all rounds of screenings.

- **257 people** took part in the pre-program biometrics.
- **191 people** took part in the post-program biometrics. Of those, **164 people** participated in both the pre- and post-program biometrics, creating the basis for our comparison group with aggregate results shown below.

#### Aggregate Results

(n=164 for participants who had pre- and post-biometrics)

Weight	lbs	%
Average pre weight	192.6	
Average post weight	190.8	
Average pounds lost	-1.8	-1%
People who lost > 5 lbs	34	21%
People who lost > 10 lbs	3	2%

Exercise Per Week (Self-Reported)	Minutes
Pre	132
Post	172
Change in minutes per week	40
Average percentage change	30%

Triglycerides	Points
Average pre	112
Average post	107
Average change	5
Average percentage change	-4%

Total Cholesterol	People (Pre)	People (Post)
Desirable (<200)	102	119
Borderline high (200-240)	48	37
High (240+)	14	8
Total	164	164

Total Cholesterol	Points
Average pre	189
Average post	180
Average change	-9
Average percentage change	-5%

LDL	Points
Average pre	109.1
Average post	100.8
Average change	-8.3
Average percentage change	-7.6%

HDL	Points
Average pre	57.3
Average post	56.3
Average change	-1.0
Average percentage change	-1.7%

Glucose	People (Pre)	People (Post)
Normal blood sugar (<100)	110	126
Pre diabetic (100-125)	42	30
Diabetic (125+)	12	8
Total	164	164

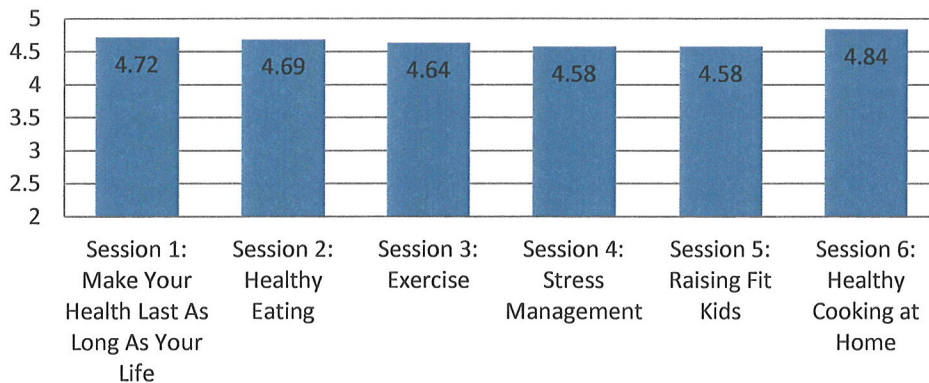
Glucose	Points
Average pre	99
Average post	96
Average change	-3
Average percentage change	-3%

Brought to you by:



## 6 Weeks to a Healthier You 2013 Survey Feedback (n=109)

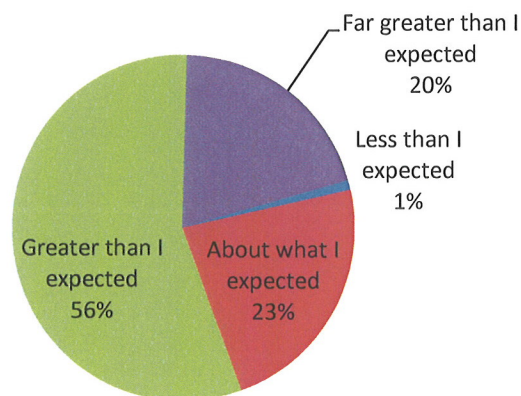
**Average Rating of Each Session  
(Scale of 1-5)**



**Average  
Rating for  
Overall  
Program:**

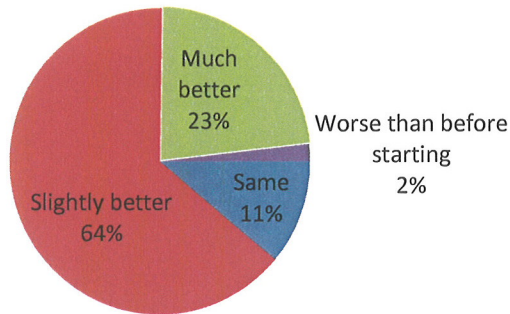
**4.68**

**How would you rate the value of the  
program?**

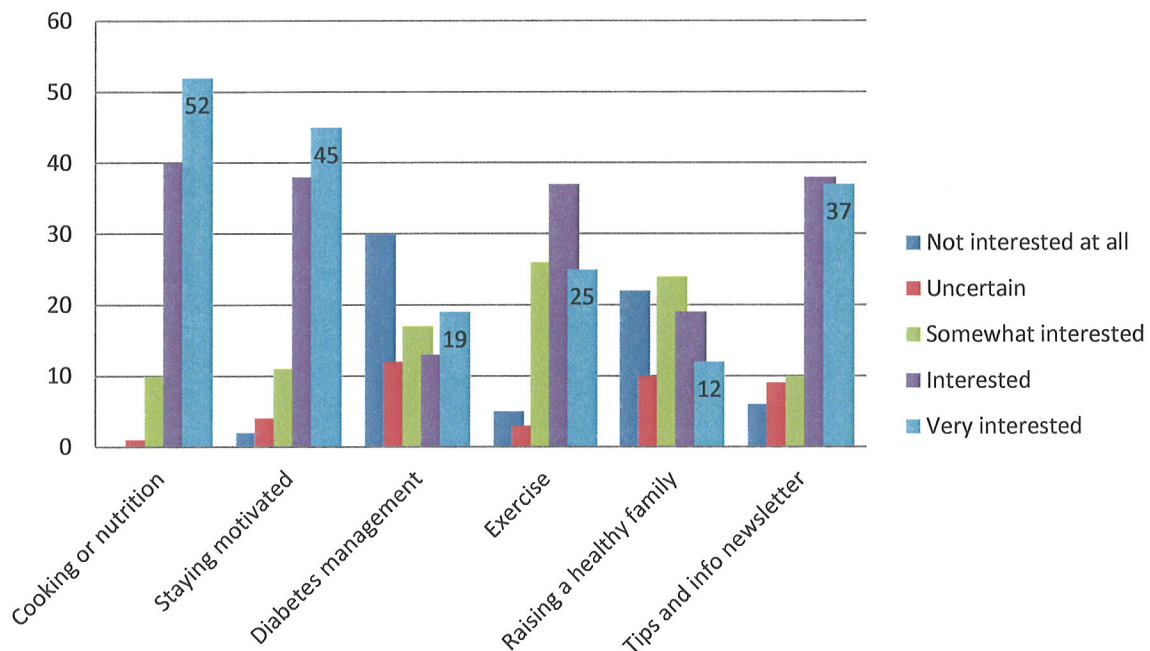




### How would you rate your health after participating in the program?



### How interested would you be in one-time or ongoing education programs on the following topics?



## Success Stories and General Comments

- I was diagnosed and treated for breast cancer last year. This program got me motivated and focused on losing weight and exercise which is important in my recovery. My **cholesterol went down, I lost 12 pounds, and developed some good habits** I plan to continue. Thanks!
- My cholesterol is in the **normal range for the first time in 15 years**. My husband's tests were normal for the first time in 5 years. He has been struggling with the sugars and breads. Your program finally motivated him. It is a quite successful program. I was hesitant when he wanted to sign up but it turned out to be a life changer for both of us. Thank you. His triglycerides were 243 with a test done in February 2013 and 103 from your test.
- Having participated for over 1 year, **my husband has lost 86 pounds, I have lost 77 pounds** – our friends and family have adopted many of the principles.
- My **cholesterol dropped 49 points** from 231 to 182, lower than I have been in over 25-30 years. I can't remember being under 200.
- **26 points lower cholesterol!** Only 7 pounds so far, but slow and steady weight loss is better and more meaningful, right? I feel like it's just the beginning and I'll be able to stick with the changes that brought it about.
- **I've lost 3 pounds, 4 inches from my waist and dropped a pant size** so far. I have **more energy and a desire to be active**. I've successfully won battles with cravings and chosen healthier foods that made the craving go away or simply chose not to eat at the time.
- Because of this program, it motivated a group of **my co-workers and I to walk 2 miles/30 minutes every day**.
- I was pretty well educated on most of these topics previously, yet I still learned some important new things and, better yet, **was given a great framework for how to implement all of this information** so that my family and I can live healthy lives. I also found Joe to be highly motivational and encouraging – I've actually developed better habits already and feel good about being able to keep doing this!
- Keep offering these kinds of programs. Though I have the information I need to make healthy choices, **the opportunity to refocus and learn more will help sustain and refine this healthier direction I have chosen**. Thank you.