

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
June 22, 2016  
8:00 a.m. to 9:20 a.m.

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	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) May 25, 2016 Board Meeting	Action	8:01	1-5
b) June 17, 2016 Special Board Meeting	Action	8:02	6-7
C. Executive Committee Report			
a) Executive search firm report	Action	8:03	---
D. Finance Committee Report			
a) Financial statements and cash activity	Information	8:05	8-11
b) Authorization for payment of vouchers and payroll	Action	8:10	12
c) Resolution 2016:04 Surplus Property	Action	8:12	13-16
E. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:14	---
b) Program Investment Recommendations	Action	8:15	17-24
c) Verdant Community Wellness Center activities update	Information	8:25	25-26
F. Marketing Report	Information	8:30	27-28
G. Superintendent's Report	Information	8:35	---
H. ARCADD, Inc. presentation on possibilities for Value Village	Information	8:40	---
I. Public Comments (please limit to three minutes per speaker)	---	9:10	---
J. Commissioner Comments	---	9:15	---
K. Adjournment	---	9:20	---

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

*BOARD OF COMMISSIONERS*

*Regular Meeting*

*Verdant Community Wellness Center*

**May 25, 2016**

<b>Commissioners Present</b>	Deana Knutsen, Secretary/Commissioner J. Bruce Williams, M.D., Commissioner (8:20 a.m. arrival) Bob Knowles, Commissioner
<b>Commissioners Excused</b>	Fred Langer, President Karianna Wilson, Commissioner
<b>Others Present</b>	Carl Zapora, Superintendent George Kosovich, Assistant Superintendent & Program Director Jennifer Piplic, Marketing Director Lisa King, Finance Director Sandra Huber, Outreach Specialist Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Members of the community
<b>Guests</b>	Mary Wright, Moss Adams Bill Rumpf, Mercy Housing Northwest Kate Parker, Mercy Housing Northwest Vy Le, Mercy Housing Northwest
<b>Marketing Report</b>	Ms. Piplic presented the report (E:30:16) and called out the Qualis Award given to Verdant for the community paramedic program, the upcoming South County Walks (4 walks per week for 10 weeks, June 21 to August 27, 2016). Secretary Knutsen commented that she is personally very proud of the Qualis Award.
<b>VCWC Activities Update</b>	Ms. Waldin presented an update on activities in the Verdant Community Wellness Center for May 2016 (E:31:16) and called out the Understanding Medicare monthly workshops, the NAMI Presents Crisis Intervention workshops, and the weekly Play & Learn group.
<b>Moss Adams Audit Presentation</b>	Ms. Mary Wright, CPA presented the 2015 financial audit results (E:32:16) which had been approved by the Finance Committee at their May 19, 2016 meeting.

Verdant received an unmodified opinion. Ms. Wright noted one adjustment to the Woodway Fields project (under the Building Healthier Communities Fund) to record a \$1.2 million liability and program expense as of December 31, 2015. Commissioner Williams inquired about what is included in the category of "Other" and "Professional Services" on presentation slide 10 on page 9. He also questioned if Verdant falls within the 15% administrative overhead estimate that Superintendent Zapora provided in 2011. Superintendent Zapora commented that the board can take a deeper dive into the finances at the upcoming board mini retreat on June 17, 2016.

**Call to Order**

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:25 a.m. by Secretary Knutsen.

**Approval of Minutes**

***Motion was made, seconded and passed unanimously to approve*** the minutes of the regular meeting on April 27, 2016.

**Executive Committee**

Secretary Knutsen reported that the Executive Committee met on April 25, 2016, May 12, 2016 and May 20, 2016 to interview three search firms to fill the Superintendent position (E:33:16). No action was taken during these meetings.

The goal is to have the selected firm present at the Board mini retreat on June 17, 2016 so that the search can commence in July & August. The Executive Committee agreed that both Morgan Consulting and Waldron were the best options. ***Motion was made, seconded and passed unanimously to approve*** the hiring of Waldron as the executive search firm to conduct the search for the Superintendent position.

**Board Finance Committee**

The committee met on May 19, 2016. Ms. King reviewed the financial statements and cash activity for April 2016 (E:34:16). Warrants #11646 and #11668 were called out as well as the deposit of \$100,771.96 for the property tax levy.

Commissioner Knowles inquired on the fair market value of the hospital district. Superintendent Zapora estimated that the value is approximately \$200 million.

**Authorization  
for Payment of  
Vouchers &  
Payroll**

Warrant Numbers 11640 through 11677 for April 2016 for payment in the amount of \$85,669.53 were presented for approval (E:35:16). ***Motion was made, seconded and passed unanimously to approve.***

**Program  
Oversight  
Committee  
Update**

The Program Committee met on May 20, 2016 to review two new requests (E:36:16), one supplemental request, and one follow-up request.

No conflicts of interest were reported by any of the commissioners present.

***Motion was made, seconded and passed unanimously to approve*** the Latino Education & Training Institute (LETI) Latino Expo in the amount of \$5,000 on a one-time basis.

The Program Committee will follow-up on the Foundation for Edmonds School District – Nourishing Network Summer Meals Program request for \$8,402 as the commissioners would like more information about possible health outcomes from this program.

Commissioner Williams discussed the possibility of a Verdant award including funding to a community group that demonstrates excellence in health and wellness.

Commissioner Williams also discussed the possibility of a nursing student scholarship or internship linked to future service in the south Snohomish county area for a certain length of time. Legal counsel will be sought and both of these topics will be explored by the Program Committee.

A supplemental request for funding was presented in the amount of \$43,100 for a mental health specialist and \$30,700 for 12 additional dental clinic days from Senior Services of Snohomish County. The board would like a representative from Senior Services to attend either the board mini retreat or the next regularly scheduled board meeting to present this request before it is approved.

Follow-up on Fire District 1/Operation Military Family Veteran's program – Paramedic Shaughn Maxwell of Fire District 1 spoke on behalf of the project to serve veterans and to train volunteer veterans to help FD1 with entry-level community paramedic interventions as well as provide services for veterans in need of services. Commissioner Knutsen asked about how the program compared to volunteer fire programs and Commissioner Knowles asked about the use of funds. ***Motion was made, seconded and passed unanimously to approve*** the program in the amount of \$89,240 per year for three years for volunteer stipends, training, and coordination from Operation Military Family.

**Presentation  
from Mercy  
Housing  
Northwest**

Mr. Bill Rumpf, Ms. Kate Parker, and Ms. Vy Le of Mercy Housing Northwest presented Bringing Health Home Snohomish, a multi-year request at \$180,000 per year for three years (E:37:16) to implement health programs in partnership with the Housing Authority of Snohomish County and YWCA at 7 affordable housing complexes in this area. Six locations are in Verdant's district and one is just outside. The funds would be used for 2.5 FTE and programming. Commissioners asked questions about the history and mission of Mercy Housing, and their involvement with the homeless population. The board requests Mercy Housing to provide more details on their background and extent of their reach to the Program Committee.

**Superintendent's  
Report**

None

**Public  
Comments**

Paramedic Shaughn Maxwell thanked the board for the funding of the community paramedic program and that this program will be presented at the White House in June 2016.

**Commissioner  
Comments**

Commissioner Williams shared an article entitled "Walkable Neighborhoods Cut Obesity and Diabetes Rates" from the NY Times (E:38:16).

**Executive  
Session**

Secretary Knutsen recessed the regular meeting at 9:20 a.m. into Executive Session to consider the legal risks of a proposed action of the district.

Secretary Knutsen stated that the board would reconvene in 15 minutes and no action would be taken in Executive Session but that there may be action taken in Open Session.

**Open Session**

The board reconvened into Open Session at 9:45 a.m. ***Motion was made, seconded and passed unanimously to authorize*** the Superintendent to negotiate and execute a long-term lease agreement with Parsi Properties for additional parking at the VCWC.

**Adjourn**

There being no further business to discuss, the meeting was adjourned at 9:46 a.m.

**ATTEST BY:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

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

**SPECIAL MEETING**

**June 17, 2016**

**12:00 p.m.**

**Verdant Community Wellness Center**

<b>Commissioners Present</b>	Fred Langer, President Deana Knutsen, Commissioner Bob Knowles, Commissioner J Bruce Williams, M.D., Commissioner
<b>Commissioners Excused</b>	Karianna Wilson, Commissioner
<b>Staff</b>	Carl Zapora George Kosovich Jennifer Piplic Sue Waldin Lisa King Sandra Huber Karen Goto
<b>Guests</b>	Ed Rogan/Lauren Pederson, Waldron Claire Peinado Fraczek, Ph.D., UW Bothell Steve McGraw/Martha Peppones/Norm Frampton, Senior Services Snohomish County
<b>Call to Order</b>	The Special Meeting of the Board of Commissioners was called to order by President Langer at 12:35 p.m.
<b>Executive Search Discussion</b>	Ed Rogan and Lauren Pederson from Waldron greeted the commissioners and shared that they will develop a candidate profile in the next two weeks and plan to start recruitment the week of July 11. They conducted one-on-one interviews with commissioners to help shape the candidate profile.
<b>Verdant Strategic Plan Review &amp; Updates</b>	Mr. Kosovich presented a review of the strategic plan for 2016 to 2019 (E:39:16) and led the commissioners in a discussion of the plan. The board reviewed a summary on sustainability and Commissioner Knutsen requested a dashboard summary for large grants. The board then discussed program alignment and connection to healthcare providers.
<b>Discussion about expanded role of nursing &amp; health studies interns</b>	Dr. Claire Peinado Fraczek of UW Bothell received input from the commissioners on a potential partnership of Master's level nursing and health studies students with the district in future projects such as a needs assessment.
<b>Presentation on Senior Services Program and Possible Expansion</b>	At the request of the board of commissioners, representatives from Senior Services of Snohomish

County presented program participation numbers and their financial need for increased services.

**Open Commissioner Input & Discussion**

Commissioners briefly discussed the needs presented by Senior Services. Commissioner Knutsen requested service numbers by city and a comparison of services that are provided by other organizations vs. those solely provided by Senior Services.

**Adjourn**

The meeting was adjourned at 4:00 p.m.

**Attest By:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

## Balance Sheet

As of May 31, 2016

	A	B	C	D
	Dec 31, 2015	May 31, 2016	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,928,196	3,407,865	479,669	
4 Other Current Assets	34,623,348	35,473,020	849,672	Includes Investments
5 Total Current Assets	37,551,544	38,880,885	1,329,341	
6 Total Long-term & Fixed Assets	46,897,663	45,821,153	(1,076,510)	Includes Depreciation
7 TOTAL ASSETS	<b>84,449,208</b>	<b>84,702,038</b>	<b>252,831</b>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,839,365	2,136,808	(702,557)	Includes BHCF
11 Long-term Liabilities	4,614,978	3,964,133	(650,846)	2012 LTGO Bonds/BHCF
12 Total Liabilities	7,454,343	6,100,941	(1,353,402)	
13 Total Equity	76,994,864	78,601,097	1,606,233	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	<b>84,449,208</b>	<b>84,702,038</b>	<b>252,831</b>	

## Profit &amp; Loss

May 2016

	A	B	C	D	E	F
	May Actual	May Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	840,763	840,763	-	4,194,459	4,215,787	(21,328)
3 EXPENSES						
4 Operating Expenses	177,824	202,720	24,896	813,545	997,845	184,301
5 Depreciation Expense	205,168	207,438	2,270	1,032,144	1,041,892	9,748
6 Program Expenses	394,333	523,000	128,667	2,070,850	3,263,000	1,192,150
7 Total Expenses	777,325	933,158	155,833	3,916,538	5,302,737	1,386,199
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	200,658	226,468	(25,810)	1,328,312	1,132,338	195,974
10 NET INCOME	<b>264,095</b>	<b>134,072</b>	<b>130,023</b>	<b>1,606,233</b>	<b>45,387</b>	<b>1,560,845</b>

## Monthly Highlights

May 2016

Verdant received dividends payments of \$54,395 offset by an unrealized loss of \$33,553 on our investment portfolio in May and closed with an ending market value of \$34,889,950.

Annual program commitments total \$6,334,738 and \$3,780,015 for 2016 and 2017, respectively. \$1,365,262 remains available to spend in 2016, of which \$38,087 is earmarked as Superintendent Discretionary.

Additional income of \$115,223 and expenses of \$64,405 from the Kruger Clinic were incurred, netting to an additional operating income of \$50,818 in May.

**Public Hospital District #2**

<b>Warrant Number</b>	<b>Transaction Date</b>	<b>Payee</b>	<b>Amount</b>	<b>Purpose</b>
<b>Warrant Activity:</b>				
11678	05/04/2016	Parsi Properties LLC	2,000.00	May 2016 - Parking lot lease
11679	05/04/2016	Sound Dietitians	1,609.35	WC 129 -Instructor Reimbursement VCWC
11680	05/04/2016	Waste Management	236.22	Gargbage
11681	05/04/2016	City of Lynnwood	1,290.25	Apr 2016 After Hours Support (89 hrs)
11682	05/04/2016	Corporate Security LLC	284.00	May 2016 Security
11683	05/04/2016	Ash Consulting	4,918.25	April 2016 Accounting Consulting
11684	05/04/2016	Washington Alliance for Better Schools	500.00	Superintendent Discretionary -Sponsorship 5-26-16 Showcase of Success
11685	05/04/2016	Puget Sound Energy	52.84	Natural Gas
11686	05/05/2016	Armstrong Services	1,562.00	April 2016 Janitorial
11687	05/05/2016	Edmonds Senior Center	1,000.00	Superintendent Discretionary - 2016 Improve Your Life Senior Health Fair
11688	05/18/2016	AmeriFlex Business Solutions	23.00	May 2016 FSA Administration
11689	05/18/2016	City of Lynnwood - Utilities	300.23	Water/Sewer
11690	05/18/2016	Comcast	521.47	Internet/Telephone
11691	05/18/2016	Dataworks	385.00	IT Support
11692	05/18/2016	Davidson-Marci Sweeping, Inc.	227.76	Ice Melt application 12/31/15
11693	05/18/2016	Edmonds Chamber of Commerce	2,500.00	Sponsorship of 5k-Promote Verdant Walking Group Program Summer 2016
11694	05/18/2016	Foster Pepper PLLC	10,548.00	Appraisal of Parsi Parking Lot
11695	05/18/2016	Healthcare Realty	6,135.42	Property Management
11696	05/18/2016	Lowe Graham Jones PLLC	75.00	April 2016 trademark watch
11697	05/18/2016	McKinstry Co., LLC	1,646.45	May 2016 HVAC Maintenance Contract VCWC
11698	05/18/2016	Moss Adams - Audit	17,062.64	2015 Audit
11699	05/18/2016	Staples	197.99	Supplies
11700	05/18/2016	Total Health	250.00	WC 134 - Instructor reimbursement VCWC
11701	05/18/2016	Comcast	272.09	Internet/Telephone
11702	05/18/2016	NSC Education Fund	100.00	Sandra Huber attend Parented Latina Symposium
11703	05/18/2016	Sound Publishing, Inc.	195.00	1 year subscription to the Daily Herald
11704	05/18/2016	City of Lynnwood - Utilities	185.03	Water/Sewer
11710	05/25/2016	Center for Human Services	3,150.00	WC 126 - Instructor Reimbursement VCWC
11705	05/25/2016	Parsi Properties LLC	2,000.00	June 2016 - Parking lot lease
11706	05/25/2016	Principal	1,079.31	Employee Life Insurance
11707	05/25/2016	Wells Fargo	554.27	Misc.
11708	05/25/2016	Wells Fargo	1,182.83	Misc.
11709	05/25/2016	My Neighborhood News Network	2,240.00	Advertising to promote Verdant Lifestyle Change Checkin, South Co Walks
11717	05/25/2016	Automated Controls	871.62	Repair HVAC VCWC
11714	05/25/2016	Consolidated Landscape Maintenance, Inc.	438.11	June 2016 Landscaping
11715	05/25/2016	Snohomish County PUD	885.91	Electricity
		<b>Total Warrants</b>	<b>66,480.04</b>	

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	5/13/2016	Payroll	17,694.46	ACH payroll transfer
	5/13/2016	Department of Treasury	7,687.13	Payroll taxes for 5/7/16 pay period ending
	5/13/2016	Valic	2,893.77	Payroll 401(a)/457 Deposit
	5/13/2016	Paychex	102.47	Fee for payroll processing
	5/27/2016	Payroll	18,147.20	ACH payroll transfer
	5/27/2016	Department of Treasury	7,689.76	Payroll taxes for 5/21/16 pay period ending
	5/27/2016	Valic	2,876.57	Payroll 401(a)/457 Deposit
	5/27/2016	Paychex	102.47	Fee for payroll processing
	5/10/2016	Wells Fargo	75.03	Mar 2016 Client Analysis Bank Fee
	5/10/2016	Wells Fargo Merchant Services	70.00	Merchant Services
	5/16/2016	Alpha Supported Living Services	5,416.67	Program Payment
	5/16/2016	Alzheimer's Association Western & Central	7,209.16	Program Payment
	5/16/2016	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
	5/16/2016	CampFire	4,166.67	Program Payment
	5/16/2016	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	5/16/2016	Center for Human Services	13,750.00	Program Payment
	5/16/2016	ChildStrive	23,333.33	Program Payment
	5/16/2016	City of Lynnwood	6,144.08	Program Payment
	5/16/2016	Community Health Center of Snohomish Co	27,083.33	Program Payment
	5/16/2016	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	5/16/2016	Edmonds Community College	4,974.50	Program Payment
	5/16/2016	Edmonds Community College Foundation	4,396.33	Program Payment
	5/16/2016	Edmonds School District No. 15	68,533.25	Program Payment
	5/16/2016	Edmonds Senior Center	9,166.67	Program Payment
	5/16/2016	Kindering	7,500.00	Program Payment
	5/16/2016	Korean Women's Association	5,000.00	Program Payment
	5/16/2016	Lutheran Community Services NW	7,837.58	Program Payment
	5/16/2016	Mary Porter, RDN	1,620.00	Program Payment
	5/16/2016	Medical Teams International	5,500.00	Program Payment
	5/16/2016	PEPS	2,987.50	Program Payment
	5/16/2016	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	5/16/2016	Project Access Northwest	7,500.00	Program Payment
	5/16/2016	Puget Sound Christian Clinic	13,966.66	Program Payment
	5/16/2016	Puget Sound Kidney Centers Foundation	4,166.67	Program Payment
	5/16/2016	Senior Services of Snohomish County	57,936.67	Program Payment
	5/16/2016	Snohomish County Fire District 1	28,666.67	Program Payment
	5/16/2016	Snohomish County Music Project	2,416.67	Program Payment
	5/16/2016	Therapeutic Health Services	16,666.67	Program Payment
	5/16/2016	Volunteers of America Western WA	6,362.92	Program Payment
	5/16/2016	Wonderland Development Center	11,250.00	Program Payment
	5/16/2016	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	5/16/2016	Brain Injury Association of WA	12,500.00	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	5/2/2016	AmeriFlex Business Solutions	270.98	FSA Payments
	5/5/2016	AmeriFlex Business Solutions	15.00	FSA Payments
	5/9/2016	AmeriFlex Business Solutions	55.00	FSA Payments
	5/11/2016	AmeriFlex Business Solutions	25.00	FSA Payments
	5/12/2016	AmeriFlex Business Solutions	30.00	FSA Payments
	5/13/2016	AmeriFlex Business Solutions	75.00	FSA Payments
	5/16/2016	AmeriFlex Business Solutions	223.46	FSA Payments
	5/20/2016	AmeriFlex Business Solutions	166.00	FSA Payments
	5/23/2016	AmeriFlex Business Solutions	60.00	FSA Payments
	5/26/2016	AmeriFlex Business Solutions	13.70	FSA Payments
	5/31/2016	AmeriFlex Business Solutions	253.46	FSA Payments
	5/23/2016	WA Department of Revenue	786.70	B&O tax
		<b>Total Wires/ACH Transactions</b>	<u>448,970.66</u>	

**Kruger Clinic Activity:**

519-533	May 2016	Various Claimants/Vendors	<u>15,186.95</u>	Administered by Healthcare Realty
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**Workers Compensation Claims Activity:**

305302-310	May 2016	Various Claimants/Vendors	<u>8,522.27</u>	Administered by Eberle Vivian
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**Total Disbursements** \$ 539,159.92

	Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>				
	5/1/2016	Swedish/Edmonds	759,803.62	Monthly leases
	5/1/2016	Value Village	25,490.56	Monthly lease
	5/1/2016	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	5/1/2016	Raymond Liu, D.D.S.	3,487.73	Kruger Clinic monthly lease
	5/2/2016	Puget Sound Gastro	27,647.12	Kruger Clinic monthly lease
	5/13/2016	Puget Sound Gastro	638.40	Kruger Clinic monthly lease
	5/11/2016	Kean Lawlor	19,729.46	Kruger Clinic monthly lease
	5/3/2016	State Auditors	628.50	Refund for mileage
	5/10/2016	Snohomish County	864,668.28	Levy
	5/25/2016	Healthcare Realty Services, Inc.	4,663.72	Monthly ground lease
	5/5/2016	WA State Health Care Authority	183,190.00	2007 CPE Settlement
	5/23/2016	Carl Zapora	5.65	Reimbursement for personal charge
		<b>Total Deposits</b>	<u><u>\$ 1,890,037.67</u></u>	

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 11678 through 11715 have been issued for payment in the amount of \$66,480.04. These warrants are hereby approved.

Attest:

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

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

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Commissioner

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Commissioner

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Warrants Processed:	5-1-16 – 5-31-16	\$66,480.04
Work Comp Claims Pd:	5-1-16 – 5-31-16	8,522.27
Kruger Clinic Processed:	5-1-16 – 5-31-16	15,186.95
Payroll:	4-24-16 – 5-7-16	17,694.46
	5-8-16 – 5-21-16	<u>18,147.20</u>
		35,841.66
Electronic Payments:	Payroll Taxes	15,376.89
	Paychex	204.94
	Valic Retirement	5,770.34
	AmeriFlex FSA	1,187.60
	Bank Fees	145.03
	WA State Dept Revenue	786.70
	Program Expenditures	<u>389,657.50</u>
		<u>413,129.00</u>
	Grand Total	<u>\$539,159.92</u>

PUBLIC HOSPITAL DISTRICT NO. 2  
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2016-04

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington, determining certain personal property to be surplus and no longer required for public hospital district purposes of the District and authorizing the Superintendent or his designee to sell all or any part of such property on a negotiated basis upon the most favorable terms and conditions obtainable or to otherwise dispose of such property, and ratifying prior actions.

WHEREAS, certain personal property of the District is no longer required for District purposes and the Commission wishes to dispose of such property in a lawful manner as promptly as reasonably possible; NOW, THEREFORE,

BE IT RESOLVED BY THE COMMISSION OF PUBLIC HOSPITAL DISTRICT NO 2, SNOHOMISH COUNTY, WASHINGTON, as follows:

Section 1. It is hereby found, determined and declared that all of the personal property identified on Exhibit A hereto is no longer required for public hospital district purposes and such property therefore is surplus. It is further found and declared to be in the best interest of the District that such property (the "Surplus Property") be disposed of promptly as hereinafter provided.

Section 2. The Superintendent or his designee is hereby authorized and directed to sell on a negotiated basis upon the most favorable terms and conditions obtainable all or any part of the Surplus Property as soon as reasonably possible. Any Surplus Property not thus sold shall be disposed of and removed from the premises of Swedish Edmonds Hospital at the direction of the Superintendent or his designee at the least possible cost to the District.

ADOPTED AND APPROVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, this 22<sup>nd</sup> day of June, 2016, the following commissioners being present and voting in favor of the resolution.

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President and Commissioner

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Commissioner

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Commissioner

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Commissioner

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Secretary and Commissioner

## CERTIFICATE

I, Deana Knutsen, Secretary to the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2016-04 is a true and correct copy of the original resolution adopted on June 22, 2016, as that resolution appears on the Minute Book of the District.

DATED this 22<sup>nd</sup> day of June, 2016.

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Deana Knutsen  
Secretary to the Board of Commissioners

June 2016 Surplus

CLASS	NUM	DEPT	DESCRIP	QTY	ACQDT	LIFE (Months)	COST	NBV 6/30/2016	Disposal Date
05	1004401	7230	SLIT LAMP & EXAM CHAIR	1	6/1/2010	120	15,802.05	6,189.20	6/30/2016
05	8907801	7225	WOUND CARE CHAIR	1	12/1/2008	180	5,587.13	2,762.50	6/30/2016
05	6703601	6082	PROCARE 400 MONITOR	1	8/1/2006	96	3,174.98	-	6/30/2016
05	8908503	6082	VITAL SIGNS MONITOR	1	9/1/2008	84	3,235.33	-	6/30/2016
05	7803003	7023	TUTTNAUER AUTOCLAVE	1	3/1/2007	120	4,094.64	273.03	6/30/2016
05	149 - 152	VCWC	VCWC Kitchen Tables	4	1/1/2015	180	4,366.33	3,929.65	6/30/2016
05	249 - 256	VCWC	VCWC Kitchen Chairs	8	1/1/2015	120	5,833.77	5,016.35	6/30/2016
							<b>42,094.23</b>	<b>18,170.73</b>	

## June 2016 Program Summary

- No new funding applications were received this month
- Follow-up on two applications for review and action today
- Building Healthy Community Funds Applications are due June 30, 2016

### Programs for Follow-Up and Decision

1. **Foundation for Edmonds School District – Nourishing Network Summer Meals Program:** a one-time request for \$8,400 to support a summer meals program for children in the Edmonds School District. The request would support staff oversight, documentation, and healthy activities to correspond with the meals, and the program would serve 30-50 students per day over eight weeks.

At the regular May meeting, the Verdant board asked for more information about the program, including clarification on how Verdant funds would be used, and whether the funding could be tied to health outcomes rather than for the food provided. The Foundation confirmed that funds are not needed for the actual meals—the YMCA will be providing food at no cost. The church space is also being donated. Funds are being requested from Verdant to provide the daily staff oversight and to oversee the site activities. The program will include education and activities on fitness and nutrition and the program would track the number of students participating in physical activities and test pre/post session knowledge about nutrition.

**The program committee is bringing the request back to the Verdant board for discussion about whether to fund the project.**

2. **Mercy Housing – Health in Housing Program:** a request for \$180,000 per year for three years that would implement health programs at 7 affordable housing complexes in Verdant's District. The program is modeled after a project Mercy ran in partnership with the King County Housing Authority using Community Health Promoters, with the goal to address health disparities and social determinants of health. Most of the funding (\$140,000) would be dedicated to staffing costs, including 2.5 FTE Community Health Promoters/Coordinators. The programs expects to serve 800 residents per year.

At the regular May board meeting Verdant heard a presentation from Mercy Housing that addressed:

1. The health outcomes from a similar project Mercy Housing ran in partnership with King County Housing Authority;
2. How Mercy Housing will interact with health insurance payers like the Medicaid MCOs;
3. The expected resident profile (age, income, health insurance status) that they hope to engage.

Information from the presentation and some additional background on Mercy follows on the next several pages. **The program committee is bringing the request back to the Verdant board for discussion about whether to fund the project.**

## Mercy Housing Northwest - Verdant Presentation

May 25, 2016

### Bringing Health Home Snohomish Project Summary:

MHNW will partner with the YMCA and the Housing Authority of Snohomish County (HASCO) to implement **Bringing Health Home Snohomish** at seven affordable housing communities in south Snohomish County, home to approximately 1450 total residents. We anticipate providing services to at least 800 in the first year. The program will employ Community Health Promoters (CHPs) to provide culturally and linguistically competent prevention and wellness services to low-income residents. MHNW will provide in-kind support to the project with culturally-specific programming carried out by our diverse resident services team, which includes language proficiency in Vietnamese, Russian, Amharic, Somali and Spanish. We hope that we will be able to bring further services and education opportunities to different cultural groups at the Verdant Wellness Center.

#### 1. Results/health outcomes from our project in King County

We have seen a positive change in residents' health behaviors as a result of our efforts, such as:

- 70% of residents engaged with 12,000 Health & Wellness efforts
- Routine check-ups have increased from 85% to 90%
- 93% of the residents at these properties are now insured; 79% of the uninsured households we identified and to whom we provided direct assistance resulted in them become insured.
- Strong correlation between engagement in prevention classes and increased consumption of fruit & vegetables
- Increase in number of residents attached to a PCP from 80% to 82%
- 51 cancer screenings for skin and breast cancer

MHNW uses a robust database where we can track resident / community member participation and types of services utilized. We are able to access and evaluate this data in real-time which helps us identify which services are most popular and having impact. In addition, we conducted an Annual Resident Survey of our four partner properties owned by King County Housing Authority and InterIm Community Development Association (Cottonwood, Samaki Commons, Southwood Square, and Windsor Heights) where we have had onsite Community Health Workers since 2014.

We attribute this success to ongoing resident engagement and establishing trusted relationships with residents early on, as well as increased cultural empathy and languages spoken by Resident Services staff. We hope that our next survey (in August) will show even more positive results since we will have had a full 12-month cycle between the last survey and the new 2016 survey.

#### 2. Interactions with Medicaid MCOs on this type of project

*Current:*

- All 5 MCOs have participated in MHNW sponsored Health and Resource Fairs. The MCOs have supported our health & wellness efforts by partnering with us to make health screenings and flu shots available on site at the properties. We continue to invite their participation going forward and we continue to look for obvious health and housing opportunities.

*Future:*

- We will also look to find alignment between our work and health outcomes important to the MCO's to simplify and make these services most accessible to our residents (MCOs members) in an organized and cost-saving way. The most recent example of a partnership like this is with

## Mercy Housing Northwest - Verdant Presentation

May 25, 2016

Molina. At our request, they ran the addresses of our properties and found that they had a very high number of their members living at MHNW properties. Molina and MHNW are now looking to pilot a couple of programs to see if we can build a stronger partnership, and Molina will re-run the address information and conduct a “deeper dive” into the chronic disease issues and high costs associated with the residents at those properties. Sharing this information in aggregate, we will then work together to improve resident health (through health education and prevention activities) and decrease costs.

- We are also looking to see if it makes sense for MHNW to become a Health Home partner based on MCO data information and property address information.

### **3. Expected resident profile**

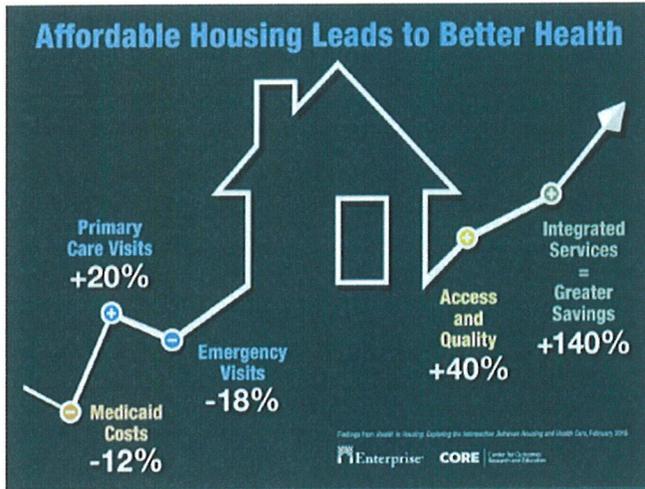
- 6 of 7 target properties in Snohomish County are family properties and one senior property. The senior property is directly behind the Verdant Community Wellness Center.
- Estimated demographics at this time include:
  - 63% Female, 38% Male
  - 63% Caucasian; 13% Hispanic/Latino; 13% Asian American; 6% African American; 3% Other; 1% Native American/Alaska Native; 1% Native Hawaiian or Pacific Islander; 1% Unknown
  - 13% Age 0-5; 23% Age 6-17; 18% Age 18-24; 38% Age 25-65; 10% Age 65+
  - 81% live in Verdant Health’s district map; 19% live in other parts of Snohomish County
  - 93% are Low-Income; 6% are Moderate Income; and 1% are Above Moderate Income
  - 75% have public health insurance (ex. Medicaid, Basic Health, etc.); 13% are uninsured; 13% have private Insurance
- YMCA sites -- Family Village Lynnwood, Trinity and Pathways – feature primary languages of English and Spanish, though FVL has a variety of other languages spoken.
- HASCO sites feature multiple languages - Bristol Square (primarily English and Spanish); Robin Park (Ukrainian, Bosnian, Mandarin, Vietnamese, Cantonese, Korean, English); and Whispering Pines (English, Spanish, Vietnamese, Chinese, Korean).
- The HASCO properties identified do not have these types of services currently. There is one resource person from Senior Services of Snohomish County at the senior building but services are limited to “information and referral” and a nutrition class. We are not looking to duplicate any services but will instead work in direct partnership to increase access to services not currently available to the residents.
- The MHNW program model guides our service delivery. Our experience in the south King County project shows the can be easily transferred to non-Mercy owned sites. We will start programming based on the model, but as we build relationships with the residents we will conduct Community Cafes that will allow us to assess the needs of the communities and get feedback on what health and wellness areas are most important to the residents. This will also allow us to assess the insurance enrollment rates and general understanding health and insurance systems.

May 25, 2016

Background on Mercy Housing Northwest's Housing-Health Work

MHNW is a leader in the affordable housing sector in seeking to create and test effective approaches promoting health for low-income affordable housing residents.

*Prevention and Management of Chronic Disease in Low-Income and Immigrant Populations through Housing-based and Community Health Worker Interventions in King County*



We know that affordable housing is a platform for health and wellness. A recent study conducted by the Center for Outcomes Research & Education (CORE) sampled 10,000 residents in Portland affordable housing. Looking at 148 housing projects that are home to 10,000 residents, the study found a 12% average reduction in Medicaid expenditures after residents moved into affordable housing. Our goal is to carry this research further by refining and measuring the impact of integrated health and prevention services in affordable housing and in low-income communities that have disproportionately poor

health outcomes. After residents move into affordable housing, we see the following positive health outcomes: better connection to primary care, fewer emergency department visits, improved access to and quality of care, and lower costs.

MHNW has been a convener of a statewide Affordable and Public Housing-Health Work Group for the past two years. The purpose is to develop sustainable, scalable approach to housing-based health and wellness efforts. Membership includes representatives from State Health Care Authority, DOH, MCOs, housing authorities from Spokane, Tacoma, Seattle and King County, funders such as Boeing and Bill and Melinda Gates Foundation, and other public health and housing experts. Our CHP approach in South King County has been widely successful in serving very diverse low-income residents living in King County Housing Authority affordable housing. As you can see, our team has broad language support and high cultural empathy as well as expertise in a variety of health backgrounds to reach these residents, help get them insured, connect them to a PCP, and encourage prevention through education and health screenings. We want to continue this work in South Snohomish County.

**Bringing Health Home King County Pilot**

- Started July 1, 2014
- Assemble team
  - 5 languages
  - Various health focused backgrounds





**MISSION:** To create stable, vibrant and healthy communities by developing, financing and operating affordable, program-enriched housing for families, seniors and people with special needs who lack the economic resources to access quality, safe housing opportunities.

## ABOUT US

- Mercy Housing was founded in 1981 by the Sisters of Mercy, Omaha as a concrete, organized response to the affordable housing crisis in that community. Since then, we have become one of the nation's largest nonprofit affordable housing organizations.
- Mercy Housing has regional offices across the nation that are responsible for the organization's local real estate development, Resident Services and fundraising activities. Each office is directed by a regional board and a regional president.
- Mercy Housing provides loans to community developers through the Mercy Loan Fund, which has loaned **\$267 million** that has been leveraged into **\$1.8 billion** of affordable housing financing and **20,500 homes** for **55,000 people**.
- Mercy Housing Management Group, our professional property management division, provides services to maintain the quality of our properties and currently manages more than **17,000 units** at **291 properties** throughout the country.
- Through Mercy Portfolio Services we assist communities across the U.S. in addressing economic and housing crises through foreclosure purchase, redevelopment lease purchase options, asset management, land banking, education and resale at affordable prices.
- Recognizing that shelter alone is not sufficient for residents' success and well-being, Mercy Housing offers Resident Services at our properties across the country. Strong Resident Services programming is one of the many things that makes Mercy Housing unique and contributes greatly to alleviating poverty.
- Honoring our founders, Mercy Housing is sponsored by nine communities of Catholic Sisters who support Mercy Housing by giving time and resources to support our mission.

## FACTS

Mercy Housing serves more than **100,000 people** on any given day.

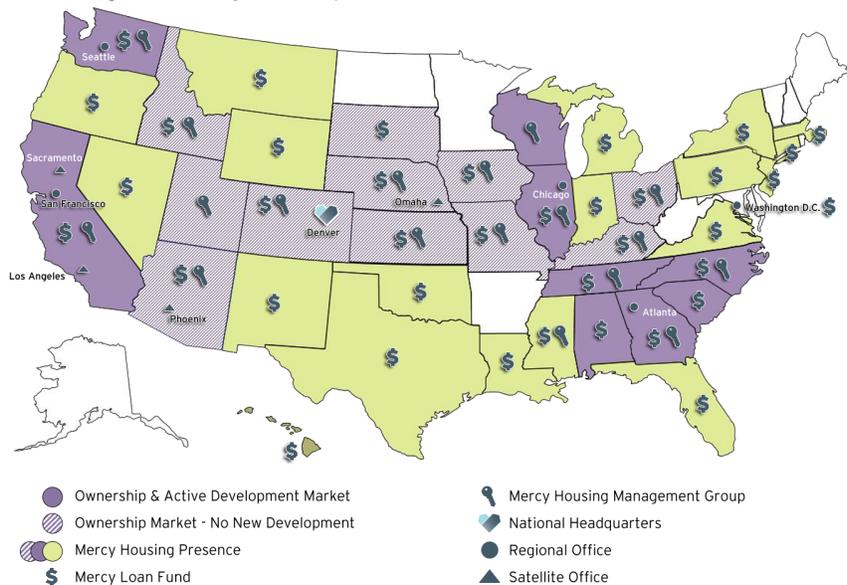
We have participated in the development, preservation and/or financing of more than **48,000 affordable homes**.

More than **7,600 homes** are currently in pre-development, construction or concept phase.

Mercy Housing has developed more than **\$2.8 billion** in affordable real estate.

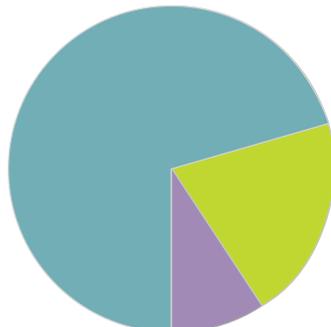
Mercy Housing employs **1,286 people** nationwide.

Mercy Housing has a presence in **41 states** and **200+ cities**.



## RESIDENTS

**FAMILIES (70%)**  
**SENIORS (21%)**  
**SPECIAL NEEDS (9%)**



Resident Annual Median Income

**\$18,779** **FAMILY**

**\$11,861** **SENIOR**

**\$9,289** **SPECIAL NEEDS**



## Mercy Housing Northwest Board of Directors 2016

<u>Board Officers</u>	<u>Corporate Officers</u>
Tom Byers, Chair	Bill Rumpf, President
Sean Heron, Vice Chair	Joanne LaTuchie, Vice President
Martha Ward, Finance Committee Chair	Paul Chiocco, Vice President
	Joe Rosenblum, Secretary
	Vince Dodds, Treasurer

<b>Patty Beattie, OP</b> Tacoma Dominican Sisters Lynnwood, WA Jan. 2009 – Dec. 2017	<b>Tom Byers, Chair</b> Cedar River Group Seattle, WA Jan. 2009 – Dec. 2017
<b>Judy Byron, OP</b> Adrian Dominican Sisters Seattle, WA Sept. 2003 – Dec. 2016	<b>Charlotte Davenport, CSJP</b> Sisters of St. Joseph of Peace Seattle, WA Sept. 2014 – Dec. 2016
<b>Christian Gunter</b> Skanska USA Commercial Development Seattle, WA Mar. 2016 – Dec. 2020	<b>Sean Heron, Vice Chair</b> King County Housing Authority Seattle, WA Dec. 2014 – Dec. 2017
<b>Chris Jowell, Vice Chair</b> Executive Director, Imagine Housing Bothell, WA Jan. 2011 – Dec. 2016	<b>Thomas Ndamele</b> Harborview Medical Center Bothell, WA March 2011 – Dec. 2016
<b>Jo Ann Showalter, SP</b> Sisters of Providence Renton, WA April 2015 – April 2018	<b>Susanna Tran</b> West Coast Commercial Realty, LLC Seattle, WA Dec. 2014 – Jan. 2019
<b>Martha Ward, Finance Chair</b> Community Volunteer Seattle, WA Dec. 2014 – Jan. 2019	<b>Georgia Yianakulis, SNJM</b> Sisters of the Holy Names Seattle, WA Jan. 2013–Dec. 2018

## *Bringing Health Home Snohomish*

### **Detailed Description of Proposed Services**

Mercy Housing Northwest, in partnership with the YWCA and the Housing Authority of Snohomish County will implement a wide range of health education, prevention and wellness services to low-income residents of seven affordable housing communities in south Snohomish County. Culturally-competent Community Health Promoters will work to build relationships of trust and engage residents in activities designed to address health disparities and improve their overall health. Examples include:

- **Regular biometric health screenings** – MHNW will contract with ScreenPointe, a Washington-based biometric screening provider, to provide screenings for Glucose, BMI, blood pressure and Lipoproteins/triglycerides. ScreenPointe will store resident data and provide aggregate reports to the project for evaluation. Residents will be encouraged to share results with their primary care provider.
- **Adult immunizations** – the project will partner with managed care organizations to provide influenza, shingles and pneumonia immunization events at participating housing sites.
- **Best Practice programs**
  - Chronic Disease Self-Management – a six-week peer support program developed by researchers at Stanford University
  - A Matter of Balance – fall prevention for seniors
  - Women Take Heart – 8-week women’s heart health curriculum developed by Hope Heart Institute
  - STEPS to Health – diabetes awareness and prevention
  - Healthy Eating and Active Living: obesity and chronic disease prevention
- **Tobacco cessation** – 8-week peer-support program
- **Physical activity** – regular instructor-led classes and organized groups
  - Zumba
  - Tai Chi
  - Walking groups
  - Yoga
  - X-box exercise for kids
  - Chair exercise for seniors
- **5210** – Active living and healthy eating for kids
- **Healthy food access** – farmers’ market events; linkage to food security resources
- **Assistance enrolling in Medicaid or subsidized insurance**

- **Dinners Made Easy** – nutrition education and healthy cooking. Dinners Made Easy combines nutrition education, cooking instruction, cost-conscious shopping and food support into a fun, hands-on class for families. Each session focuses on a specific healthy main-dish recipe that can be easily prepared from nutritious, heart-healthy, low-glycemic and low-cost ingredients. Participants practice making the dish, enjoy a meal together at the end of the class and take home a bag of ingredients to make the dish again at home.
- **Health Topic of the Month** – Community Health Promoters will organize presentations and workshops around each month’s National Health Observance.
- **Women’s health issues**
  - Mobile mammogram events
  - Breast, cervical and ovarian cancer education
  - Pre-natal education and support, including breastfeeding workshops
  - Post-pregnancy support groups
- **Green cleaning education and workshops** – helping residents reduce toxins in their living environment
- **Washington State Department of Health Community Health Worker Training**
  - Empowers residents to be health advocates in their communities



*Residents in SeaTac celebrate graduation from Department of Health Community Health Worker training*

- **Culturally-specific health education** – in addition to providing services to residents of the targeted housing communities, MHNW envisions offering a variety of culturally and linguistically-specific health education sessions at the Verdant Community Wellness Center that would serve the broader south Snohomish County community. Sessions would be facilitated by members of MHNW’s diverse Resident Services Team, which includes language proficiency in Spanish, Amharic, Somali, Vietnamese and Russian.

**Verdant Community Wellness Center Summary  
June 2016**

**Completed Programs**

<b>A. General Community and Provider Events</b>	<b>Attendance</b>
1. Basic Food Forum (6/1)	45
2. Korean Women's Association: Everyday Mental Health (6/2)*	50
3. Pulmonary Hypertension Support Group 6/3)	8
4. Mothers of Children with Disabilities Monthly Support Network (6/ 4)	16
5. Little Wonders Support Group for Parents of Special Needs Infants (6/ 7)*	10
6. SHIBA Monthly Update Meetings (6/ 7)	30
7. Children's Administration Foster Parent Training (6/7)	12
8. Medical Reserve Corps – CPR & First Aid Training (6/11)*	16
9. Resource Connector Meeting (6/14)	36
10. Evergreen Home Health (6/15, 21)	48
11. Walk Leader Information Sessions (6/ 15, 16)	24
12. Promotora Training on Domestic Violence (6/17)*	12
13. Understanding Medicare Monthly Workshops (6/17)	14
14. Spanish language CPR (6/18)*	20
15. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

<b>B. Nutrition and Healthy Behaviors</b>	<b>Attendance</b>
1. Surviving & Thriving with Chronic Kidney Disease ( 5/11 – 6/8)*	20-25
2. Staying Active with Knee and Back Pain (5/25)*	42
3. Hands On Family Cooking Class (6/4)*	16
4. Cooking Demo – Good and Cheap (6/6)*	22
5. Mediterranean Diet Learn & Taste Series (6/9, 13, 16)*	86
6. Senior Field Trip for Health – Eat Your Vegetables Cooking Demo (6/17)	16
7. Lifestyle Change Check-Ins (drop – in 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)*	8-12
8. Getting to Goal Program (Weight Management Consultations)*	15-20

<b>C. Behavioral Health &amp; Substance Use</b>	<b>Attendance</b>
1. YWCA Building Family Strengths Parenting with Childcare (4/13 – 6/4)*	8
2. Survivors of Suicide Support Group (4/21 – 6/9)	8
3. Brain Health and Wellness Classes (5/ 23, 24, 31, 6/ 6, 7, 14, 20, 21) *	4-10
4. For the Kid's Sake – for Parents Going Through Divorce (5/26, 6/22)	40
5. Snohomish County Caregiver and Kinship Support Groups (6/ 5, 17, 19)	varies
6. Evergreen Bereavement Informational Workshop (6/ 8)	varies
7. National Alliance on Mental Illness "Connections" Support Group (6/9, 23)	3-6
8. YWCA Grief and Loss Support Group (6/14 – 8/9)	10
9. NAMI Presents: Rocks in My Pockets Anxiety and Depression Film (6/17)*	20
10. Adult Children of Alcoholics Weekly Support Group (ongoing)	5-10
11. THS Youth Counseling & Medication Management Sessions in June	20-30
12. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies

<b>D. Other Programs</b>	<b>Attendance</b>
1. Play and Learn Group, Wonderland Development Center (weekly)*	25-30

## Verdant Community Wellness Center Summary June 2016

### Upcoming Programs

#### **E. General Community and Provider Events**

1. Little Wonders Support Group for Parents of Special Needs Infants (1<sup>st</sup> Tuesday of the month)\*
2. SHIBA Monthly Update Meetings (July 5)
3. Korean Women's Association: Everyday Fall Prevention & Yoga (July 7)\*
4. MTI – Root Canal Clinic (July 9)\*
5. Advanced Care Planning Volunteer Training (July 11, 18)\*
6. Evergreen Home Health (July 13, 19)
7. Understanding Medicare Monthly Workshops (July 15)
8. Molina Healthcare Leadership Meeting (July 20)
9. Alzheimer's Walk Planning Committee Sessions (July 21)
10. Snohomish Community Foundation Training (July 21)
11. Early Achievers Strengthening Families Training (June 25, July 23)
12. Hoarding Task Force (July 25)

#### **F. Nutrition and Healthy Behaviors**

1. Careforce Caregiver Cooking Class (June 28)
2. Teens in the Kitchen Cooking Class (June 29, August 17)\*
3. Cooking Demo – Incorporating Seasonal Produce in Your Meals (July 11, August 1, 22)\*
4. Spanish Language Cooking Class (July 16, August 20)\*
5. Stop Diabetes Initiative Workshop (July 23)\*

#### **G. Behavioral Health & Substance Use Focus**

1. YWCA Grief and Loss Support Group (June 14 – August 9)
2. WRAPS Substance Use Professional Training (July 12)
3. Spanish Language Parenting Class with Childcare (July 7 – August 16)\*
4. Brain Health and Wellness Classes (July 11, 18, 25, 27) \*
5. Snohomish County Caregiver and Kinship Support Groups (July 7, 19, 21)
6. Evergreen Bereavement Informational Workshop (July 13)
7. National Alliance on Mental Illness "Connections" Support Group (July 14 and 28)
8. YWCA Mindfulness Training (July 13 – August 31)
9. YWCA LGBTQ Youth Summer Support Group (July 13 – August 31)

\* = Grant/Program Funded Partner

# June 2016 Marketing Report

## South County Walks

- Verdant hosted two South County Walks info sessions last week, recruiting volunteer community members to lead walks throughout the summer.
- The program includes 40 walks total, and we will have 2 or more walk leaders per walk. With 80 slots available for volunteers, we were pleased to have only 9 open slots at the conclusion of the info sessions.
- Community members who participate in 8 or more walks can enter to win these prizes:
  - Pair of running/walk shoes of their choosing, donated by Brooks Outlet in Bothell
  - Discovery Family Membership to the Woodland Park Zoo, donated by Edmonds Family Medicine
  - Fitbit, donated by Edmonds Family Medicine
  - Commuter Prize Pack including \$50 ORCA card, messenger bag, and thermos, donated by Community Transit

## Coming Events

- **Community Transit's Annual Health and Safety Fair:** Wednesday, June 29, 11 a.m. – 3 p.m., CT Operations Building
- **Beat Brackett 5K:** Monday, July 4, 10-11:30 a.m., Edmonds City Park
- **Mountlake Terrace 5K Fun Run/Walk:** Saturday, July 23, 8:30 a.m., Mountlake Terrace High School
- **Back to School Health Fair:** Thursday, August 25, 6-9 p.m. at Cedar Valley Community School

# Join us for free community walks this summer

June 21-August 27



## Step Out Edmonds

Tuesdays at 9:30 a.m.  
Edmonds Senior Center  
220 Railroad Ave.

## Lynnwood Walks

Wednesdays at 2:00 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd.

## Lynnwood Walks

Thursdays at 6:00 p.m.  
Lynnwood Rec Center  
18900 44th Ave. W

## Mountlake Terrace Moves

Saturdays at 9:30 a.m.  
Mountlake Terrace Recreation Pavilion  
5303 228th St. SW

## Prizes Available

Come to 8 or more walks and enter to win!

- Pair of Walking/Running Shoes, donated by Brooks Outlet Store, in Bothell
- Discovery Family Membership to Woodland Park Zoo, donated by Edmonds Family Medicine
- Fitbit, donated by Edmonds Family Medicine
- Commuter Prize Pack with \$50 ORCA card, donated by Community Transit



*No registration needed. For more information and complete details on prize drawings, visit [verdanthealth.org](http://verdanthealth.org) or call (425) 582-8600.*

