

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

**BOARD OF COMMISSIONERS**

*Regular Meeting*

*Verdant Community Wellness Center*

*June 22, 2016*

**Commissioners  
Present**

Fred Langer, President  
Deana Knutsen, Commissioner  
J. Bruce Williams, M.D., Commissioner  
Bob Knowles, Commissioner  
Karianna Wilson, Commissioner

**Others Present**

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

**Guests**

Dr. Hisham Ashkouri, ARCADD, Inc.  
Patrick Doherty, City of Edmonds

**Call to Order**

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Langer.

**Approval of  
Minutes**

*Motion was made, seconded and passed unanimously to approve the minutes of the regular meeting on May 25, 2016.*

*Motion was made, seconded and passed unanimously to approve the minutes of the special meeting on June 17, 2016.*

**Executive  
Committee**

President Langer reported that the Executive Committee met on June 17, 2016 to review the June 22, 2016 board meeting agenda, and to meet with Waldron, the search firm for the Superintendent position as they build a candidate profile. President Langer requested that Commissioner Wilson connect with Waldron.

**Board Finance  
Committee**

The committee met on June 16, 2016. Ms. King reviewed the financial statements and cash activity for May 2016 (E:40:16). Warrant #11698 in the amount of \$17,062.64 to

Moss Adams for the 2015 audit was called out. Ms. King noted two large deposits, one on May 10, 2016 in the amount of \$864,668.28 from Snohomish County for the levy and another on May 5, 2016 in the amount of \$183,190.00 from Washington State Health Care Authority for the final 2007 CPE settlement.

Authorization for  
Payment of  
Vouchers &  
Payroll

Warrant Numbers 11678 through 11715 for May 2016 for payment in the amount of \$66,480.04 were presented for approval (E:41:16). *Motion was made, seconded and passed unanimously to approve.*

Resolution  
2016:04  
Surplus Personal  
Property

*Motion was made, seconded and passed unanimously to approve* Resolution 2016:04 determining certain personal property to be surplus and no longer required for public hospital district purposes of the District.

Program  
Oversight  
Committee  
Update

The Program Committee met on June 15, 2016 to follow-up on two applications (E:42:16).

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

*Motion was made, seconded and passed unanimously to approve* the Foundation for Edmonds School District's Nourishing Network Summer Meals Program in the amount of \$8,400 on a one-time basis to support a summer meals program for children in the Edmonds School District. Funds will be used to provide staff oversight over the activities, not for the actual meals, which will be provided by the YMCA. Commissioners requested a follow-up report on the program after its conclusion.

The other follow-up is for the Mercy Housing – Health in Housing program, a multi-year request at \$180,000 per year for three years. Commissioner Williams would like to see a possible partnership between this program and UW Bothell students in their health studies program. Commissioners discussed the health indicators that they would like to see measured through this program, partnering with MCOs in the area, obtaining publishable results for future agency use. Commissioners request a study session with the various entities who will be involved (insurance companies, North Sound ACH, UW Bothell) to explore funding and partnerships.

Ms. Waldin presented an update on activities in the Verdant Community Wellness Center for April (E:43:16) and called out the Knee & Back Pain class with 42 participants on May 25, 2016, the Mediterranean Diet Learn & Taste Series with 86 participants held on June 6, 13, and 16, 2016, and the NAMI film on anxiety & depression held on June 17, 2016 with 20 participants.

Summer programming will include the topic of mindfulness and a support group for LGBTQ youth.

**Marketing  
Report**

Ms. Piplic presented the Marketing report (E:44:16) highlighting the South County Walks this summer. There are a total of 40 walks throughout the summer and incentive prizes have been donated. Upcoming events include those where Verdant is a participant and/or a sponsor.

**Superintendent's  
Report**

Superintendent Zapora reported on three items:

1. At the recent WorkSource Center dedication in Lynnwood, Mayor Smith of the City of Lynnwood acknowledged Verdant's facilitation in keeping a Work Source center in south county.
2. Swedish Edmonds had a grand opening for the urgent care center on June 16, 2016. Ms. Sarah Zabel of Swedish Edmonds commented that services will begin ramping up at this new facility.
3. An article on Ms. Rowena Miller of the League of Women Voters is in the latest issue of the Senior Focus publication by Senior Services Snohomish County.

**Presentation by  
ARCADD, Inc. on  
Value Village  
property**

Dr. Hisham Ashkouri shared a presentation on a possible medical office building combined with a Starwood hotel on the Value Village property in Edmonds (E:45:16). President Langer thanked Dr. Ashkouri for the presentation and noted that the board was not taking any action today.

**Public  
Comments**

Ms. Sarah Zabel, VP of operations for Swedish Edmonds, updated the commissioners on hospital matters including the opening of the urgent care clinic, the upcoming medical imaging, short-stay unit, cath lab, and radiology lab buildings and that the hospital performed well in the latest regulatory licensing surveys.

**Commissioner  
Comments**

Commissioner Williams commented that the quality control surveyors were impressed with Swedish Edmonds' organization and quality control efforts.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:15 a.m.

ATTEST BY:

  
\_\_\_\_\_  
President  
  
\_\_\_\_\_  
Secretary

**Balance Sheet**  
As of May 31, 2016

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

**Profit & Loss**  
May 2016

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

Warrant Number	Transaction Date	Payee	Amount	Purpose
<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 Parsl 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
Total Warrants			66,480.04	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	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	Kinderling	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
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Wire/ACH Activity:

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
	Total Wires/ACH Transactions	448,970.66	

Kruger Clinic Activity:

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

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

Deposits:

Transaction Date	Payer	Amount	Purpose
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
	Total Deposits	\$ 1,890,037.67	



E: 4/1/16  
6-22-2016

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

  
\_\_\_\_\_  
Commissioner

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>

## 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.**

**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 Interlm 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

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.

## Mercy Housing Northwest - Verdant Presentation

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



CHP Lead  
Vy  
(Vietnamese)



CHP  
Natalie  
(Russian)



CHP  
Fanaye  
(Amharic)



CHP  
Hodo  
(Somali)



Activities  
Coordinator  
Esther  
(Spanish)



**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.

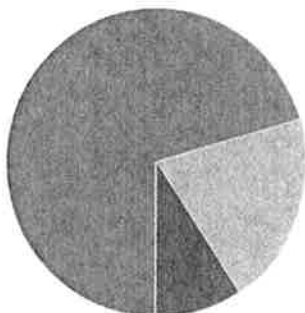
Mercy Housing employs **1,286** people nationwide.

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

<b><u>Board Officers</u></b>	<b><u>Corporate Officers</u></b>
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

**Mercy Housing Northwest**

2505 Third Avenue, Suite 204, Seattle, Washington 98121 o | 206-838-5700 f | 206-838-5705

[mercyhousing.org/Northwest](http://mercyhousing.org/Northwest)

Mercy Housing is sponsored by communities of Catholic Sisters



**mercy**  
HOUSING

## ***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**

#### **Mercy Housing Northwest - Washington**

2505 Third Avenue, Suite 204, Seattle, Washington 98121 o | 206-838-5700 f | 206-838-5705  
mercyhousing.org

Mercy Housing is sponsored by communities of Catholic Sisters



LIVE IN HOPE

Page 23



- **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.

E:43:16  
6.22.2016

**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. <b>Korean Women's Association: Everyday Mental Health</b> (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. <b>Children's Administration Foster Parent Training</b> (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. <b>For the Kid's Sake</b> – 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. <b>National Alliance on Mental Illness "Connections" Support Group</b> (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

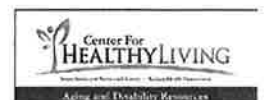
## Prizes Available

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** or call (425) 582-8600.*



“ A PLACE FOR PATIENTS, THE MEDICAL COMMUNITY AND THE PUBLIC”

“ As a Team of Architects and Developers, we prize excellence in design, use high-end materials and construction technologies, and strike best balance by innovative planning.”





## TEAM INTRODUCTION

Hisham Ashkouri, Architects | Developers, Development Experience with Two Cities,  
D/D Hotels with TAC and Under ARCADD, Ongoing Hotel in Bermuda and Other Projects in USA

HADD/ARCADD, Inc. Architectural Design, Mixed Use Buildings  
Ronnelle Riley, FAIA Interior Hotel Design and FF and E

Starwood Hotel Brand (Letter of Interest is Being Provided)  
Chesapeake Hospitality Operation and Management

To Be Selected Civil Engineers, Surveyors  
To Be Selected Geotechnical Engineers  
Rosenwasser Grossman Structural Engineers  
WSP Flack+Kurtz MEP Engineers  
TCI Engineers LEED Certification Engineers

Brown| Sardina Landscape Architects  
Acentech Acoustics, Audiovisual, Vibration  
Lam Partners, Inc. Lighting Design Consultants  
Colburn & Guyette Food Service Design Consultants  
Convergent Technologies Audio Visual Information Technology \

HAAD/ARCADD, Inc. Equity and Debt/ Developer  
Swedish Hospital Equity and Debt Participation

Construction Manager/Cost Cons. Private Bid Process  
General Contracting Private Bid Process

## FINANCIAL TEAM AND PROJECTIONS

### Pro Forma:

Total Project Cost: \$82 Million  
Total Building Area: 244,208 SF  
Cost Per Square Foot: \$321.85 Estimated

Total Annual Gross First Year Income : \$13,798,816  
Total First year Profit (Including Paying 5 Points for Borrowing: \$626,171.00  
Interest Per Year: 6.25% Number of Years: 25  
Total Profit in 10 Years: \$20,446,725  
Total Profit in 20 Years: \$59,227,395

Office Area: 129,375 SF  
Hotel Area: 33,332.5 SF  
Conference Area: 30,250 SF  
Retail and Dining Area: 30,250.0 SF



## HOTEL PROGRAMMATIC ANALYSIS

Hotel Flag: **Starwood**

Hotel Operator: **Chesapeake Hospitality**

~90 Rooms **Standard**: \$145/Night, 250 sf Gross, 65% Occupancy,

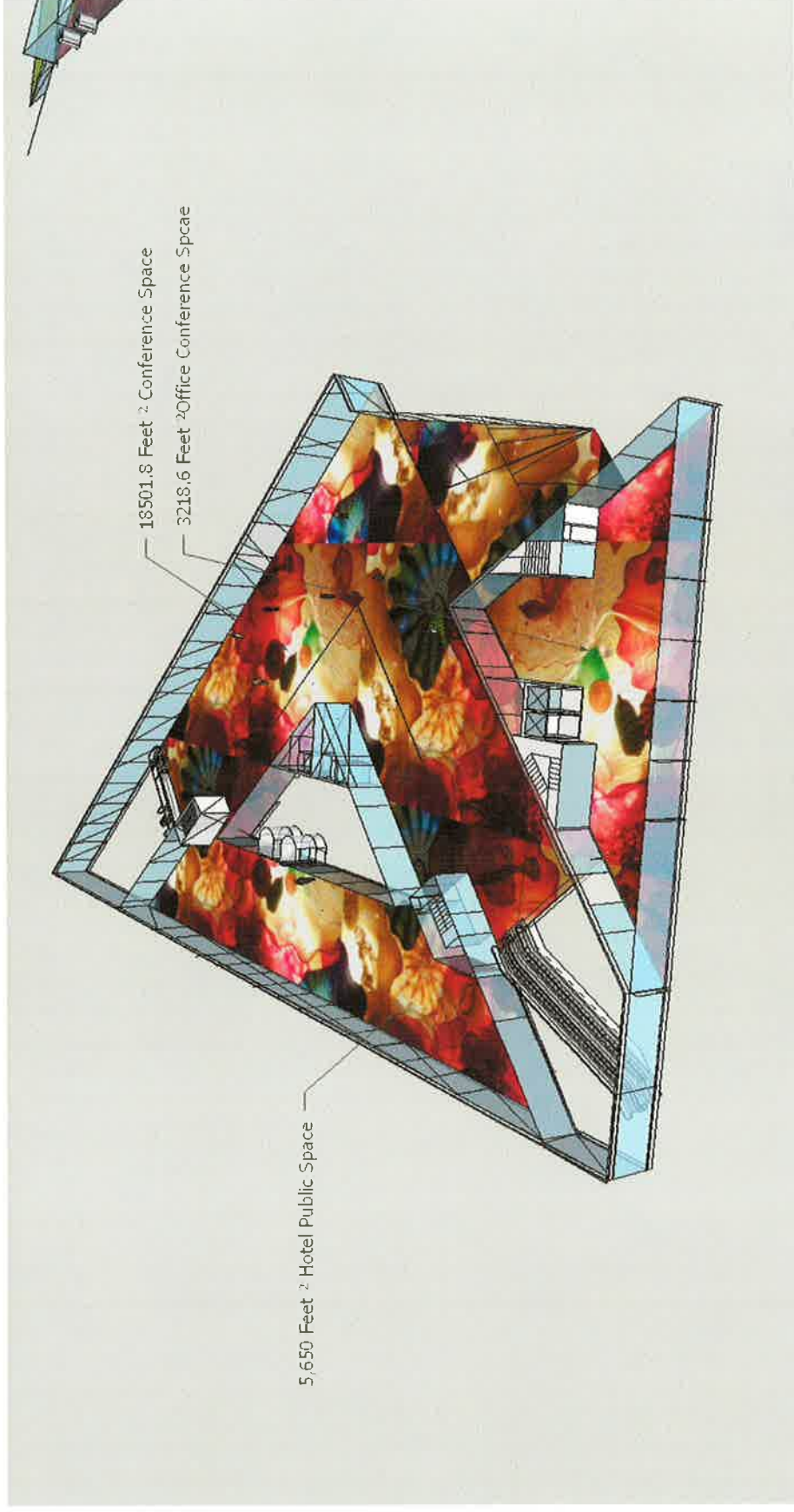
~28 Rooms **Executive**: \$200/Night, 325 sf Gross, 65% Occupancy,

~**Total Guestrooms equal 118**

**GROUND FLOOR PLAN: Public, Retail, Food and Restaurants, Pharmacy, Small Supermarket Hotel Lobby and Medical Office Lobby with Drop off Areas and Parking Entrance Below Ground.**

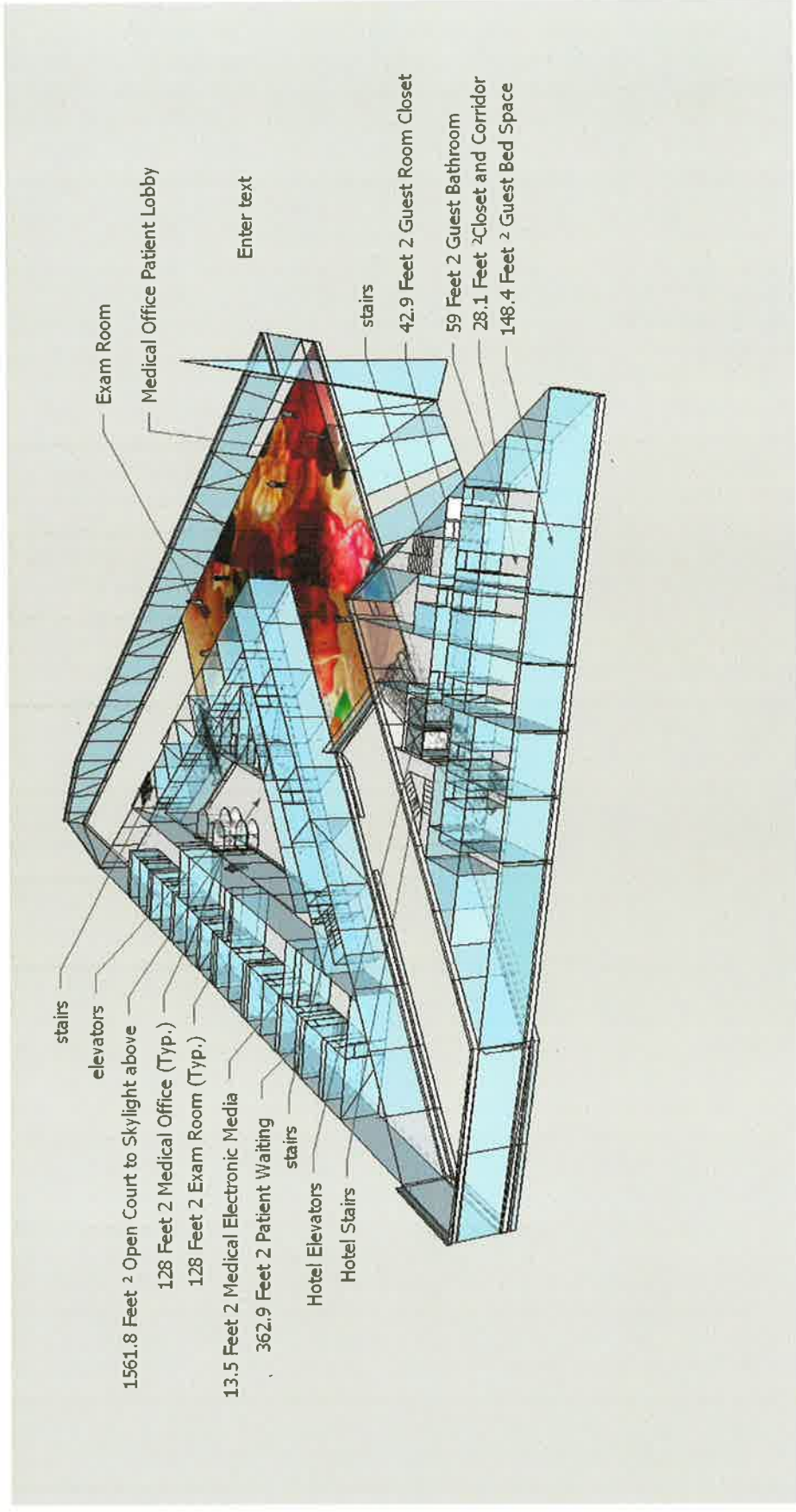


1<sup>ST</sup> FLOOR PLAN: Conference Facilities at Hotel, Office Blocks and inbetween.  
Conference Spaces can be Shared by Users of Hotel, Office and the Public.

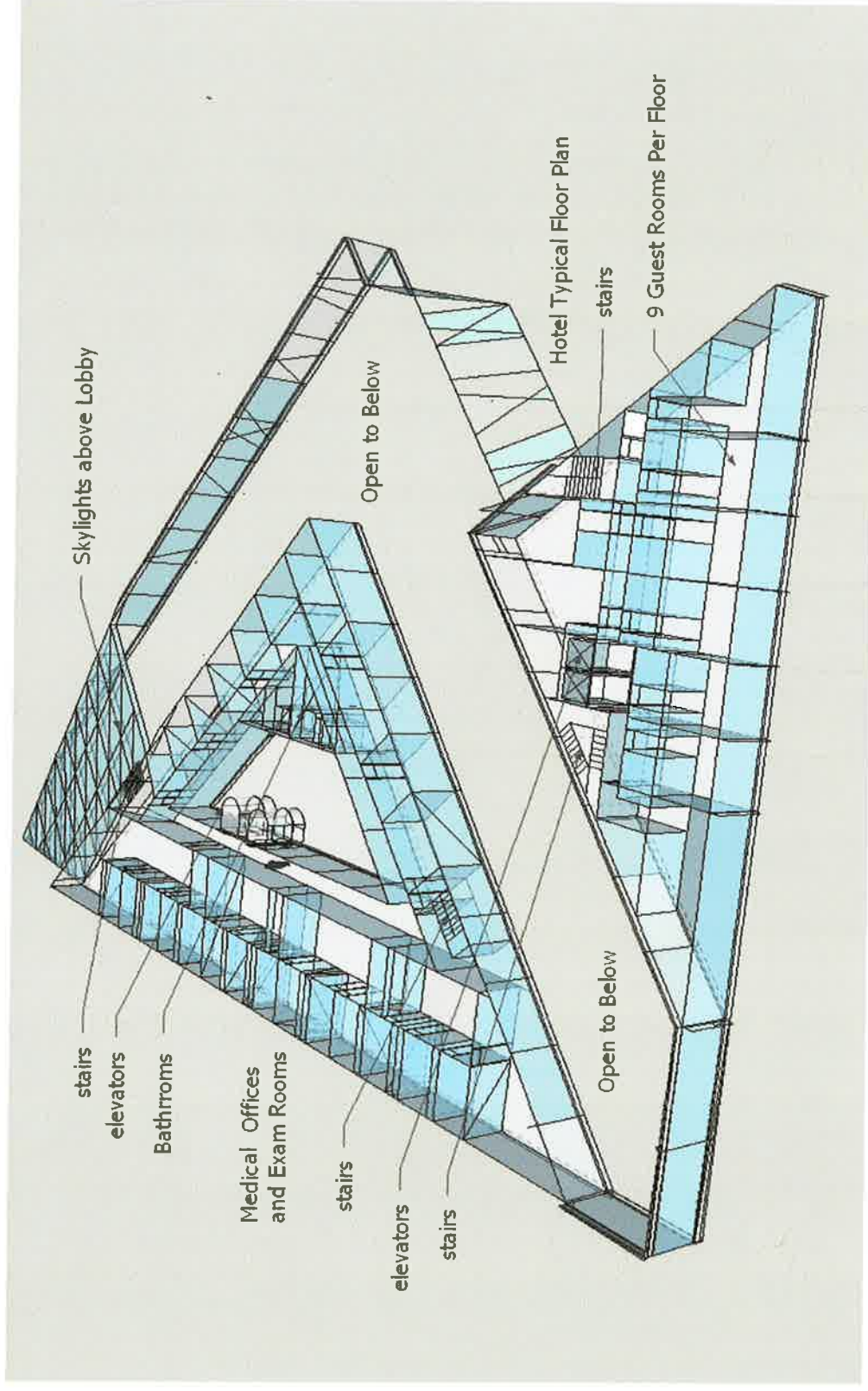




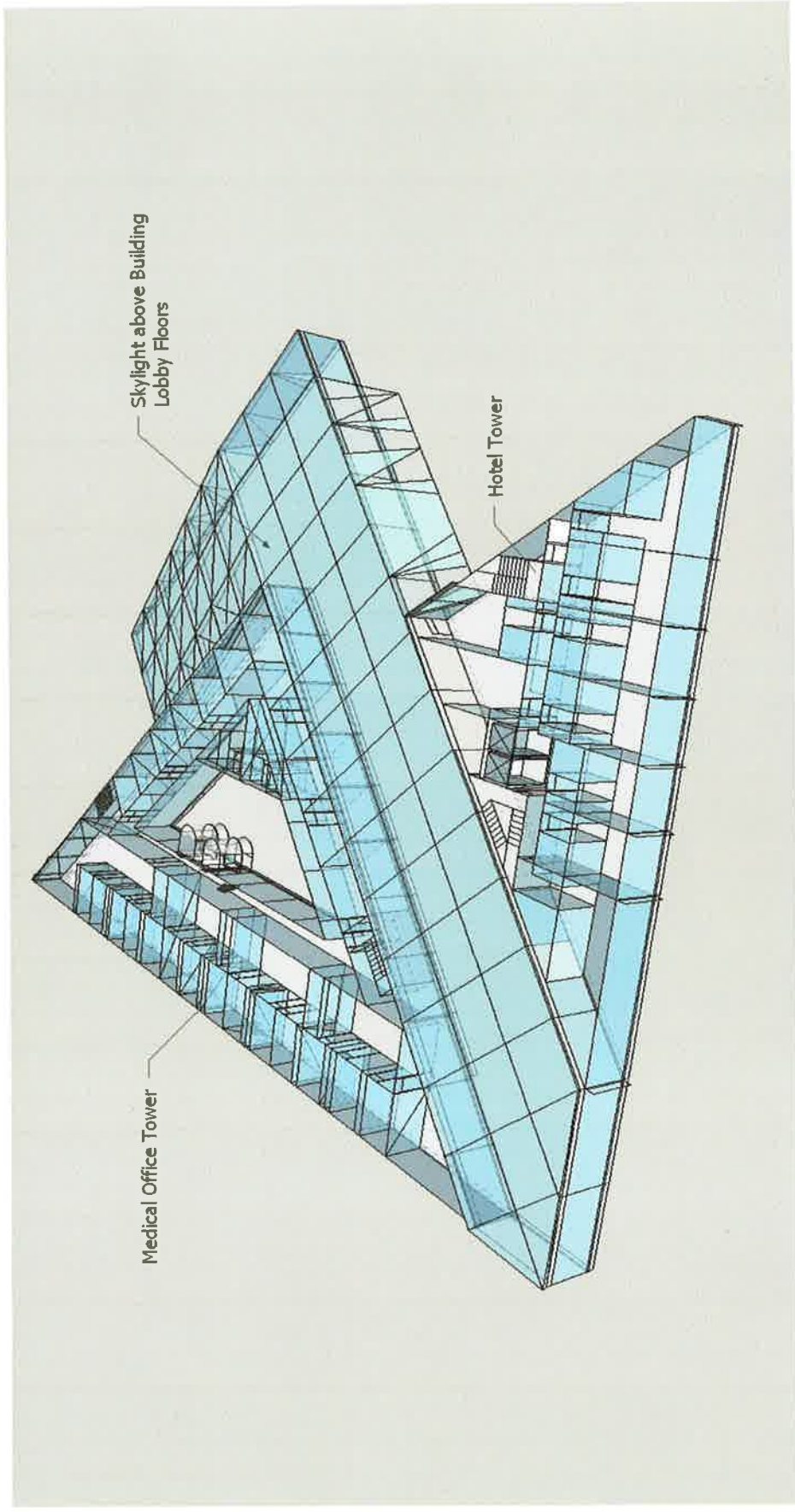
**SECOND FLOOR PLAN:** This Floor will have the first floors of the Hotel and the Medical Offices and Exam Rooms. Lobby for these Towers can be reached through Two Escalators, Four Elevators. Common Waiting and Patient Areas are exposed to Skylights above.



**THIRD FLOOR PLAN:** This is the Second Floor of the Dedicated Hotel and Medical Towers. Each Building has its Own Independent two Elevators, Two Fire Stairs, Independent Male and Female Bathrooms for the Office Tower with An Open Court at the Center of the Office Tower.

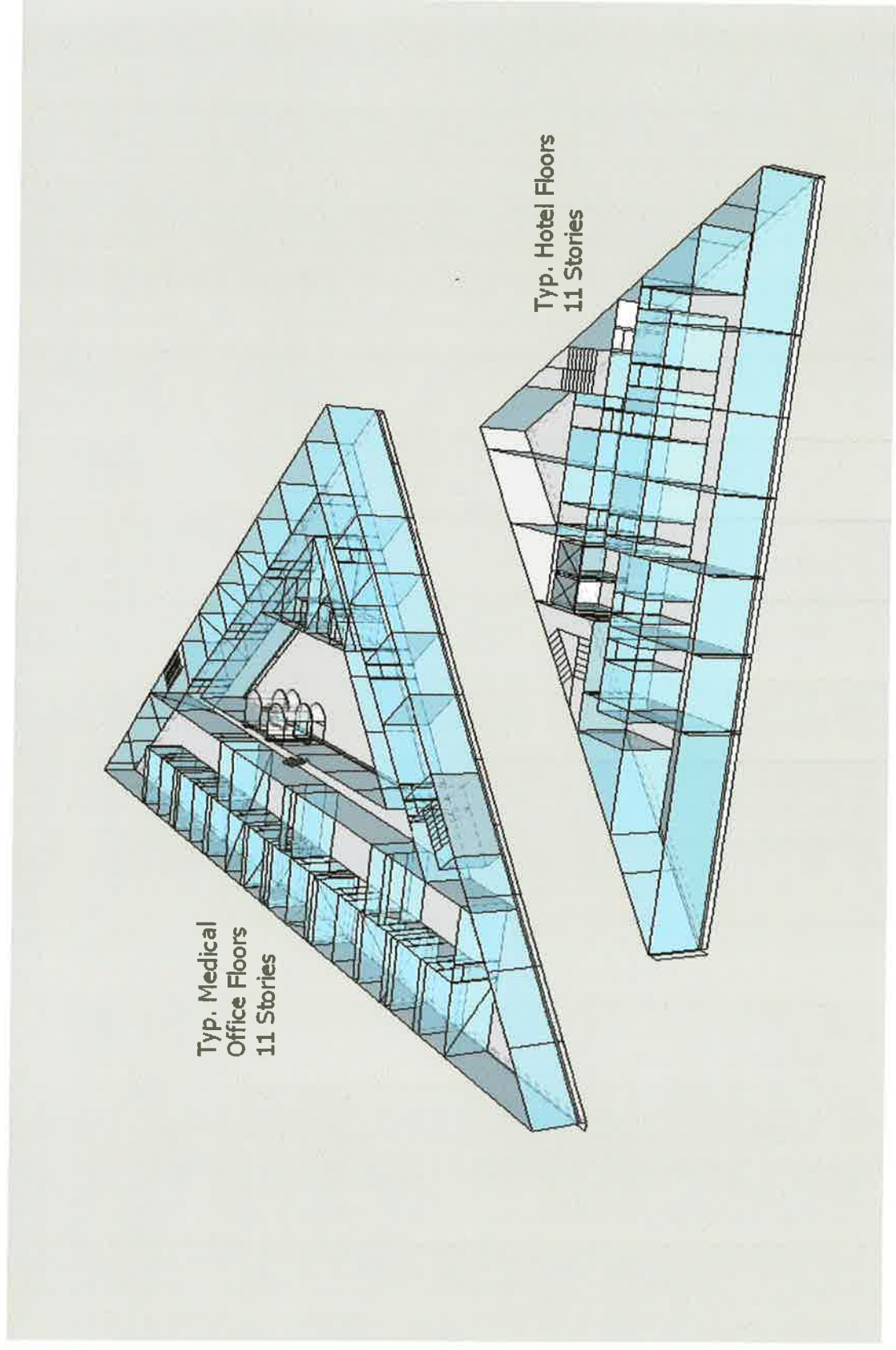


**FOURTH FLOOR PLAN:** This is the Floor above Lobby Skylight which includes The Medical Tower and the Hotel Tower as two Separated Entities. Each Tower has its own Fire Stairs, Independent Male and Female Bathrooms for the Office Tower with an Open Court at the Center of the Office Tower.





**TYPICAL FLOOR PLAN:** This Floor is repeated Eleven times making the total height of the building at Fifteen Stories.



# GOLD/PLATINUM GREEN

Sustainable Building Construction Strategies

- Engage TCI, Experts in LEED Certification, AIM FOR GOLD AND PLATINUM
- USE GEOTHERMAL HEATING AND COOLING  
Proven Experience in Geothermal
- SITE  
Location affects of Car Use and Transportation options. Local ecosystems, Water, Sewer and Lighting
- WATER  
Conserve Water Resources. Collect Storm water for site irrigation and bathroom use. Reduce run offs and create responsible site design.
- PRODUCTS & MATERIALS  
Use responsible Forest certified Wood. Materials selected for sustainable buildings should have appropriate performance, durability, and environmental properties.
- WASTE  
Construction and demolition activities contribute significantly to landfill sites and Waste Management System. Recycle Waste from Existing Structure to be Demolished.





# GOLD/PLATINUM GREEN

## Sustainable Building Design Strategies

- **BUILDING EXTERIOR ENVELOPE**  
*Building envelope to provide for energy efficiency, Solar Power Generation, Exterior and Interior Environmental Comfort. Reduce heat radiation and heat absorption.*



- **SOLAR GLASS:**  
*Use Solar Glass where applicable.*

- **PPG:**  
**50 years with SOLARBAN glass by PPG helped shape Denver skyline**
- **MECHANICAL/HVAC, PLUMBING**  
*Guest comfort, costs and environmental impacts. Site Pollution Control, Sewage Control, and Storm Water Collection*



- **ELECTRICAL**  
*Efficient electrical systems offer to reduce operating costs, power generation alternatives*



# GOLD/PLATINUM GREEN

## Operation & Maintenance Strategies

- **SITE**

Design Site Work, Conserve Water and Energy, Conserve Vegetation, Site Material, and Provide for Underground Parking.

- **BUILDING**

Measure – Report the building's environmental performance.

- **MATERIAL RECYCLING**

Recycling program for Complex Operations, guests and private areas.

- **HOTEL MATERIAL RECYCLING**

Recycling program for Hotel and Office Operations, Guest Needs and Dining/Restaurant Areas.

- **FF&E**

Select Fixtures and Furnishings that have neutral or Zero Carbon Foot Print

- **LIGHTING**

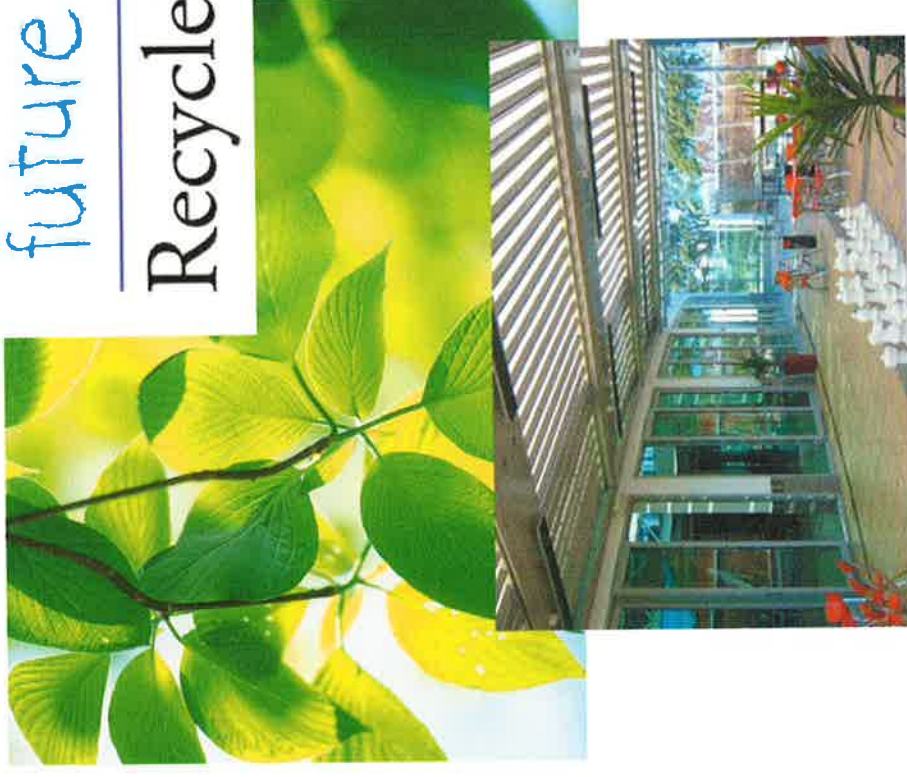
Use fluorescent lighting. Also, use occupancy sensors for public areas and back of house areas that are infrequently used. Use timers on exterior site lighting to turn off during daylight hours.

- **PARKING**

Provide preferred parking spaces for hybrid cars and carpools.

Don't  
trash our  
future.

Recycle.<sup>®</sup>







THANK YOU

SITE 1 PRO_FORMA FOR THE DEVELOPMENT, VERDANT HEALTH COMMISSION, EDMONDS, WA							Hisham Ashkouri, Architects/Developers, ARCADDO, Inc.		May/17/2015
COMPREHENSIVE COST AND INCOME ANALYSIS							This is a summary of Pro-Forma cost and income estimates, based on gross numbers and will be refined as the Project goes into more detailed phases.		
ITEM	BUILDING USE	Analysis			Cost Remarks	Income (\$/Yr)	Remarks		
		Number of Units	Area in Sq Feet						
<b>MC01</b>	<b>MEDICAL OFFICE SPACE</b>								
Summary: The project will house medical offices including exam rooms and specialty spaces for patient services and will house offices for doctors, nurses and patient records.									
The medical offices will be equipped with medical gases as necessary, vacuum, air and emergency and standard power supply.									
<b>A</b>	<b>Medical Office Space</b>								
1A	Medical Offices, Exam Rooms/Conference		112,500.00		Price does not include FFE	4,331,250.00	Dedicated to medical offices with latest communication and Internet technologies		
2A	Reception, Waiting and Patient Records		10,125.00		Price does not include FFE	389,812.50	Receptions will be grouped on the basis of medical specialty and groups of doctors		
3A	Corridors, Elevators, JC's, Mech/Elec.		6,750.00		Price does not include FFE	189,000.00	Common area for all offices		
	Subtotal Medical Offices and Exam Rooms		129,375.00			4,910,062.50			
<b>HO01</b>	<b>HOTEL</b>								
Summary: This hotel will serve special purposes in that it will provide overnight lodging for patient relatives, families and transient medical and hospital staff. The Hotel will also serve nearby Insurance Facilities and area visitors.									
The Hotel will have its independent entrance as well as its own service and reception lobby at the ground floor.									
<b>A</b>	<b>Hotel/Conference</b>								
1A	Hotel Rooms Standard Size and Style	92	20,700.00		Price does not include FFE	3,164,915.00	Interactive Electronic Displays with Bluetooth and Internet Technology		
2A	Hotel Rooms Business Size and Style	Not Planned	-		Price does not include FFE	-	Interactive Electronic Displays with Bluetooth and Internet Technology		
3A	Hotel Rooms Executive Size and Style	28	325.00		Price does not include FFE	1,328,600.00	Interactive Electronic Displays with Bluetooth and Internet Technology		
4A	Hotel restaurant and dining 200 seats at Mez	200	6,000.00		Price does not include FFE	1,660,750.00	Interactive Electronic Displays with Bluetooth and Internet Technology		
5A	Lobby and Support Space		6,307.50		Price does not include FFE	242,838.75	Interactive Electronic Displays with Bluetooth and Internet Technology		
	Subtotal Hotel	125 Rooms	33,332.50			6,397,103.75			
<b>CC01</b>	<b>CONFERENCE CENTER</b>								
Summary: The Conference Center space will work hand in hand with the Hospital, Medical Offices, Hotel and Restaurant Spaces within and around the building.									
The Conference Center will occupy one dedicated floor and will be designed with flexibility in dividing the space into smaller conference rooms or much larger rooms depending on the nature and size of the conference activity									
<b>A</b>	<b>Conference Center</b>								
1A	Conference Space		30,250.00		Price does not include FFE	1,164,625.00			
	Subtotal Conference Space		30,250.00			1,164,625.00			
	<b>RETAIL AND DINING</b>								
Summary: The Retail and Dining will mainly occupy the first floor and the mezzanine floor above. It will have private restaurants, retail stores of such nature that it will support the hotel, medical offices and conference center operations.									
<b>R</b>	<b>Retail and Dining</b>								
	Retail and Dining		30,250.00		Price does not include FFE	1,058,750.00	This space includes a restaurant at the roof of the building.		
	Subtotal Retail and Dining		30,250.00			1,058,750.00			
<b>P1</b>	<b>PARKING FOR 1,353 VEHICLES</b>								
Summary: There will be very limited on site parking for at most 70 cars plus drop-off area. Cost is such that it will be included in the site development cost.									
	Parking at Site	70	21,000.00			268,275.00			
	Sub-total Parking Area								
	<b>TOTAL BUILDING SPACE COST</b>								
	Initial Site Lease and Improvements		244,207.50		52,089,187.50				
	Furniture Fixtures and Equipment at 10%				6,500,000.00				
	Total Cost of Building, Site and FF&E				5,208,818.75				
	Engineering and Design at 9%				63,798,106.25				
	Development, Soft Costs, Legal, Marketing, Logistics, Transport etc. +/-				5,741,829.56				
	Grand Total				1,913,943.19				
	Grand Total Plus Contingency 10%				71,453,879.00				
	5 Points At Initial Lending				78,599,266.90				
					3,929,963.36				
	Grand Total				82,529,230.25		Estimated Total Project Budget is \$83MM		
	Annual Pay Back Entire Cost at 6.25% over 25 years				6,570,307.00				
	Operating Expenses + Taxes@5%				4,126,461.51				
	Capital Investment @3%				2,475,876.9				
	Total Expenses Including Paying Off Loan				13,172,645.42				
	<b>Net Annual Income 1st Year After Expenses</b>				<b>\$ 626,170.83</b>				
							Amortization Table		
							25 Year Mortgage at 6.25%		
							Initial Two Years may need help in tax payments		
							<b>Note: This Income Includes paying 5 points for financing for first year only.</b>		

[illegible]

Income	\$	19,640,018.17
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	5,873,241.41
Capital Investment @3%	\$	3,523,944.85
Total Expenses	\$	15,967,493.26
Net Income Year 10	\$	3,672,524.90

Total Net Income Over 10 Years

Income	\$	20,446,728.00
Mortgage	\$	20,425,618.89
Operating Cost and Taxes at 5%	\$	6,570,307.00
Capital Investment @3%	\$	6,108,171.07
Total Expenses	\$	3,664,902.64
Net Income Year 2	\$	16,343,380.71
Net Income Year 2	\$	4,082,238.18

Income	\$	21,242,643.65
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	6,352,497.91
Capital Investment @3%	\$	3,811,498.75
Total Expenses	\$	16,734,303.66
Net Income Year 3	\$	4,265,938.90

Income	\$	22,092,349.39
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	6,806,597.83
Capital Investment @3%	\$	3,963,958.70
Total Expenses	\$	17,140,863.53
Net Income Year 4	\$	4,457,906.15

Income	\$	22,976,043.37
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	6,870,861.74
Capital Investment @3%	\$	4,122,517.05
Total Expenses	\$	17,563,685.79
Net Income Year 5	\$	4,656,511.93

Income	\$	23,895,085.10
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	7,145,696.21
Capital Investment @3%	\$	4,287,417.73
Total Expenses	\$	18,003,420.94
Net Income Year 6	\$	4,868,144.96

Income	\$	24,850,888.51
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	7,431,524.06
Capital Investment @3%	\$	4,458,914.44
Total Expenses	\$	18,460,745.50
Net Income Year 7	\$	5,087,211.49

Income	\$	25,844,924.05
Mortgage	\$	6,570,307.00
Operating Cost and Taxes at 5%	\$	7,728,785.02
Capital Investment @3%	\$	4,637,271.01

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Everett, Washington

Commissioners -  
Byz only. No discussion today.  
I'll learn more Mon. + Tues with Brad Berg at state  
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## Washington's public hospitals must provide abortions on site

By Gene Johnson

Associated Press

SEATTLE — A Washington state judge says public hospitals must provide abortions on-site if they also offer maternity services.

The ruling from Skagit County Superior Court Judge Raquel Montoya-Lewis on Tuesday concerned Skagit Valley Hospital, which routinely refers patients to Planned Parenthood when they seek abortions. The American Civil Liberties Union of Washington sued the hospital in 2015 as part of a campaign to make sure public health care facilities follow the state's abortion rights law.

The hospital argued that it was willing to have abortions performed on-site, but that it doesn't have staff members who are willing to provide the services. State law allows health-care providers to opt-out of providing abortions, but the judge said that doesn't give the entire hospital a right not to offer abortions.

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