

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
December 20, 2017
Verdant Community Wellness Center
8:00 a.m. to 9:30 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) October 25, 2017 Board Meeting	Action	8:03	1-5
b) December 1 to 2, 2017 Special Meeting	Action	8:04	6-12
C. Executive Committee Report			
a) 2018 Board Meeting Schedule	Information	8:05	---
b) 2018 Officers & Committee Assignments	Information	8:07	13
D. Superintendent's Report	Information	8:10	---
E. Finance Committee Report			
a) Review financial statements & cash activity for October & November 2017	Information	8:15	14-20
b) Authorization for payment of vouchers and payroll	Action	8:17	21
c) Proposed amendments to Bylaws	Information	8:18	22-34
F. Program Committee Report & Recommendations			
a) Conflicts of interest	---	8:25	---
b) Program investment recommendations	Action	8:26	35-38
c) Grant application evaluation criteria	Action	8:35	39
d) Verdant Community Wellness Center activities update	Information	8:45	40-42
e) Verdant multi-cultural program update	Information	8:50	43
G. Marketing Report	Information	8:55	44-45
H. Public Comments (please limit to three minutes per speaker)	---	9:00	---
I. Commissioner Comments	---	9:05	---
J. Executive Session	---	9:10	---
a) Consider the legal risks of potential litigation			
b) Consider acquisition of real estate			
K. Adjournment	---	9:30	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center

October 25, 2017

Commissioners Present	Deana Knutsen, President Fred Langer, Commissioner Bob Knowles, Commissioner Karianna Wilson, Commissioner (8:05 a.m. arrival, 9:48 a.m. departure)
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Director of Finance Jennifer Piplic, Director of Marketing Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement
Guests	Ramonda Sosa, Homage Senior Services Rich Robinson, Homage Senior Services Brad Berg, Foster Pepper Members of the community
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 Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on September 17, 2017. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on October 18, 2017.
Executive Committee	President Knutsen reported that the Executive Committee met on October 18, 2017 to review and approve the October 25, 2017 board meeting agenda including executive session, and debrief on the Special 2018 Budget Meeting. No action was taken.

**Superintendent's
Report**

Dr. Fenn updated the board on several items:

1. Dr. Fenn and Ms. King presented to the Mountlake Terrace City Council on October 16, 2017.
2. The State Auditors will be arriving October 30, 2017 to begin field work on the 2016 State Audit.
3. Dr. Fenn will be on vacation October 30-November 10, 2017 but will be reachable by phone or email.
4. Facilitator Margot Helphand will connect with each commissioner directly on the December Board Retreat planning.

**Finance Committee
Report**

The committee met on October 19, 2017. Ms. King reviewed the financial statements and cash activity for September 2017 (E:74:17). No action was taken.

**Authorization for
Payment of Vouchers
& Payroll**

Warrant Numbers 12455 through 12491 for September 2017 for payment in the amount of \$38,132.29 were presented for approval (E:75:17). ***Motion was made, seconded and passed unanimously to approve.***

**Resolution 2017:03
Property Tax Levy**

Motion was made, seconded and passed unanimously to approve Resolution 2017:03 approving the dollar amount and percentage increase in the District's regular property tax levy for calendar year 2018 (E:76:17).

**Resolution 2017:04
2018 Budget**

Motion was made, seconded and passed unanimously to approve Resolution 2017:04 approving and adopting the District's budget for calendar year 2018 (E:77:17).

**Program Committee
Update**

The Program Committee met on October 12, 2017 to review one application (E:78:17). Commissioner Knowles presented the committee recommendations to the board. No conflicts of interest were reported by any of the commissioners present.

Applications Not Recommended for Funding:

Free Range Health – Access to Low-cost Acupuncture for Underserved Seniors – a request for \$24,000 per year for two years to provide low-cost, community-based acupuncture at the Mountlake Terrace and Lynnwood senior centers. The committee did not recommend funding because of concerns about previous health claims made by the applicant regarding the use of acupuncture to treat conditions that were not substantiated by research. The committee also felt that acupuncture fell outside of the core access to healthcare programs that Verdant supports.

**Insurance Enrollment
and Palliative Care
Discussion**

Mr. Kosovich led a conversation about insurance enrollment in South Snohomish County. Commissioner Wilson stated that Verdant should be proactive in finding a way to participate in assisting our residents in health insurance enrollment, noting that the downstream effect of cuts in federal funding will result in people missing open enrollment and ending up uninsured in the emergency department. Commissioner Knowles stated that the time frame is too short to be effective this year.

Commissioner Langer agreed with Commissioner Knowles and stated that with more planning, we could engage next year, but noted that he agreed with Commissioner Wilson that the board should determine how this fits within Verdant priorities.

Commissioner Knutsen agreed with Commissioner Wilson and said that people are confused. She suggested researching outreach opportunities at the schools and exploring if there are other things already happening that we might be able to help with.

Commissioner Wilson asked Mr. Kosovich if there were opportunities with Korean Women's Association or Within Reach for Verdant to support additional outreach this year or if they have capacity to expand existing outreach efforts with additional funding. Mr. Kosovich stated that they are already fully staffed for 2017.

Commission Knutsen inquired about radio and TV campaign activity planned for South County and if Verdant should create a public awareness campaign. Mr. Kosovich stated that reaching the target audience needing qualified health plans is not our area of expertise and that targeting South Snohomish County is difficult. Commissioners decided to add this discussion to our retreat agenda in December.

Commissioners agreed that they need a clear plan about what they want to accomplish before issuing an RFP on Palliative Care. They agreed to have further discussion at the December board retreat.

**Program Grant
Evaluation**

Dr. Fenn reminded the commissioners that the program grant criteria will be up for approval at the November meeting. She shared that initial community feedback has been positive (E:79:17).

**Program
Presentation from
Homage Senior
Services**

Rich Robinson and Ramonda Sosa of Homage Senior Services presented an update on the Care Coordination program. They provided a written summary (E:80:17). Commissioner Knowles asked for some additional demographic information about their clients, including the mix of insurance types they serve (Medicare, Medicaid, dually eligible) as well as information on outcomes.

**Verdant Community
Wellness Center
Activities Update**

Ms. Huber presented an update on multicultural activities in the center for September 2017 (E:81:17).

Marketing Report

Ms. Piplic presented the Marketing report (E:82:17) mentioning that the Canopy newsletter was delivered to all households and businesses in the District and the first "For Your Health" column was published in the My Neighborhood News Network.

**Public Comments
Commissioner
Comments**

None

None

Executive Session

President Knutsen recessed the regular meeting at 9:08 a.m. into Executive Session to consider the legal risks of a proposed action of the district and to review and consider a proposed property sale. Brad Berg, Foster Pepper PLLC, participated in the executive session. President Knutsen stated that the board would reconvene in 25 minutes and no action would be taken in Executive Session.

At 9:33 a.m. President Knutsen extended the Executive Session for 15 minutes.

At 9:48 a.m. President Knutsen extended the Executive Session for two minutes.

Open Session

The board reconvened into Open Session at 9:50 a.m.

Motion was made, seconded and passed unanimously to authorize Superintendent Fenn to approve and sign a purchase and sale agreement on behalf of the District for a permanent easement on 196th Street SW in Lynnwood.

Adjourn

The meeting was adjourned at 9:53 a.m.

ATTEST BY:

President

Secretary

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON

BOARD SPECIAL MEETING
December 1 to 2, 2017
Tulalip Resort

**Commissioners
Present**

Deana Knutsen, President
Bob Knowles, Commissioner
Karianna Wilson, Commissioner (12:55 p.m. arrival)
Fred Langer, Commissioner (12:25 p.m. arrival)
J. Bruce Williams, MD, Commissioner

Staff

Robin Fenn, Superintendent
George Kosovich, Assistant Superintendent
Jennifer Piplic, Director of Marketing
Lisa King, Director of Finance
Sue Waldin, Community Wellness Program Manager
Sandra Huber, Community Engagement
Karen Goto, Executive Assistant

Guests

Margot Helphand, Facilitator
Elise Reich, Molina Healthcare
Jeff Ketchel, Snohomish Health District
Julie Zarn, Providence

Call to Order

On Friday, December 1 the Special Meeting of the Board of Commissioners was called to order by President Knutsen at 12:15 p.m.

**Strategic Planning
Discussion**

The board went into a strategic planning discussion. Topics included a look back at the strategic plan, the current healthcare environment with a panel on social determinants of health, Verdant's population and health environment future perspective, Verdant's mission and future role, confirmation of the Commission's core values and core mission, and the key outcomes for the next one to two years.

No action was taken at the meeting.

There being no further business to discuss, the meeting was recessed at 5:00 p.m.

A social gathering and dinner was held at 6:45 p.m. No business was conducted.

Call to Order

On Saturday, December 2 the Special Meeting of the Board of Commissioners was called to order by President Knutsen at 8:15 a.m.

**Strategic Planning
Discussion**

The board discussed information for decision making with some of the Verdant staff, then continued their strategic planning discussion from December 1. Topics included identifying major organizational decisions for 2018, principles of effective decision making, effective board governance, review and revision of board operating agreements, and board leadership and committees for 2018 (E:83:17). Facilitator notes are attached (E:84:17). No action was taken.

Adjourn

There being no further business to discuss, the meeting was adjourned at 12 p.m.

Attest By:

President

Secretary

**Verdant Health Commission
Commission Retreat
December 1 and 2, 2017
Meeting Summary**

Attended by:

Commissioners: Deana Knutsen, Bruce Williams, Karianna Wilson, Bob Knowles, Fred Langer

Staff: Robin Fenn, George Kosovich, Lisa King, Jennifer Piplic, Karen Goto, Sue Waldin, Sandra Huber

Facilitator: Margot Helphand

I. Retreat Goals:

- Confirm our Mission, Vision and Values
- Review strategic plan and major accomplishments
- Identify Key trends impacting Snohomish County, the work of the Commission and major impacts long-term “So-Whats”
- Develop decision making principles and protocols
- Determine slate of officers for 2018, committee assignments and meeting schedule
- Establish plan for Superintendent evaluation

II. Mission, Vision and Values Review

- A. Mission – Still compelling and relevant; Our programs are mission-driven
- B. Vision – Still compelling
- C. Values – We act in accordance with our values. Discussion of the word “Innovation”. Agreement that innovation is critical in Verdant’s work. No need to change Mission, Vision, Values

III. Current Environment/Trends

George presented key environmental trends

- Access to healthcare remains an issue
- Uninsured rates have gone down. This could change due to federal policy changes.
- Access to dental care remains an issue
- Childhood obesity rates remain unchanged
- Most youth not meeting physical activity guidelines
- Adolescent depression rates continue to rise
- Snohomish County fastest growing county in the US and urbanizing
- Increase in non-white population; Youth diversity and refugee and immigrant population
- Increase in aging population
- Poverty rates – 9% of district households below poverty line; 21% of single parent households with children below poverty line
- Inadequate workforce in dental, behavioral and dental care
- Housing affordability - ~60% of Lynnwood renters are “cost burdened”

- Homelessness - Increase in homeless children
- Opiate epidemic – Need for substance abuse treatment
- Changes to ACA; unknown impacts
- Recognition that social determinants of health are critical. (90% modifiable; 10% Hospital care)

IV. Strategic Plan Review

George reviewed the strategic plan and highlighted work in each of the key areas. Key points included:

Long-Term Prevention

A. Mental Health/Adverse Childhood Experiences

- Expanded reach of THS, CHS Youth Counseling, Edmonds SSA
- Expect to serve 20% more youth in 2018

B. Reduce Childhood Obesity

- Major expansion of Move 60!
- RFP on childhood obesity resulted in 2 new projects

C. Long-Term Improvements that support healthy lifestyle

- New Healthy Building Community Fund projects on hold
- Woodway Project – activity continues
- Bike 2 Health network 2/3 complete

Treatment/Access to Healthcare

D. Improve Treatment/Access to Healthcare

- Two behavioral/physical health integration projects initiated with local clinics
- Lynnwood detox opened
- No new healthcare access programs (existing mobile treats 200 a year)
- VCWC caseload on track

E. Improve Dental Care Access

- No new projects 2017
- CHC of Snohomish and MTI programs ongoing; reach 1,000 a year
- PSCC dental clinic opened 9/16; provided 1,600 visits first 6 months; wait list

Organizational Goals

F. Alignment/Sustainability - Maximize Programs for Strategic Impact

- New evaluation criteria will tighten focus on alignment; must connect to strategic priority
- Sustainability issues handled case by case

G. Community need Data

- Refresh complete 2016
- Spanish language focus groups complete
- Budgeted for ongoing assessment work in 2018; exploring contract with SHD

H. Financial Reserves and Investments

- Reserve plan decision complete

- Value Village; Plan to be developed

V. Stakeholder Panel on Social Determinants of Health

A stakeholder panel composed of Elise Reich, Molina; Jeff Ketchel, Snohomish Health District; and Julie Zarn, Providence presented information on social determinants of health. The panel supported the key environmental trends that were identified. Jeff encouraged the Board to participate in advocacy and policy issues related to health and provided several suggestions for doing so. This was discussed by the Board and no final decisions were made.

VI. Vision for the Future

Board and staff members identified key results/impacts that would like to see in the community as a result of Verdant's activities, investments, partnerships. Key Themes:

- Reduce Childhood Obesity
- Increase Youth Mental Health
- Healthy Seniors
- Improved Access to Dental Care
- Integrated Services

Key Comments:

- This vision reflects our current strategic priorities
- Our ability to generate results and impacts in the community will require strong partnerships in the future

VII. Decision Making

A. Department information for decision making

Program, Finance, Marketing, Superintendent/Admin Departments presented information to board members:

- How is information shared with the board?
- How does the department decide what information will be most relevant/useful?
- What's working well?
- Challenges and opportunities?
- Need for more feedback from board members was identified.

B. Key principles of decision making

The importance of clear decision-making protocols was affirmed. Effective decision making is critical for the success of the organization. Board members identified the following considerations when making a decision:

- **Clarify the decision:** What is the problem or issue we are trying to solve?
- Is there a **time frame** that we need to consider?
- What **results** are we trying to accomplish? Are these results mission focused? Is Verdant the "right one" to do this? Partners?
- **Whose decision** is this to make? (Board, staff);
- What **information** is needed?

- Have we assessed the **risk**?
- Who might be **impacted** by this decision?
- What **process** will we use to make the decision? Have we built in time to express opinions?

VIII. Major Decisions 2018

- Levy/Bond Strategy
- Value Village
- GME
- Building Healthy Communities Fund
- ACLU/Planned Parenthood
- Palliative Care
- Geriatric Center for Excellence
- Insurance Outreach
- Strategic Initiatives
- Funding – Sustain/Incubate

IX. Value Village/Bond-Levy Decision

- A. Time Frame – Decision by the end of 2018
Opportunity for financing, interest rates and tie to bond
- B. Parameters/Key Decisions
 - Building will be Verdant's front door
 - Partners will be engaged
 - Building should be as big as we can build it that parking will allow
 - No inpatient beds
 - Must meet our mission and vision and satisfy unmet community health needs
 - Potential of 5 story, mixed-use, flexible building with 40,000 sq. ft.
- C. What have we already done?
 - Community input/Engaged partners
 - Mapping
- D. Plan to make final decision by end of 2018
 - **Summarize** what we have already done, agreed to, know – Robin will prepare a timeline and a list of topics for a planning and resource notebook by 2/1/18. Notebook to be available in April 2018.
 - **Engage key partners**
 - **June 2018 begin formal conversation on program**
 - **By December 2018, program plan agreed upon. Approve decision to go out to an architect to begin development of architectural plans.**

X. Review Board-Superintendent Operating Agreements/Self-Evaluation

The Board reviewed the Operating Agreements and reaffirmed them. No revisions were made.

Key Discussion points:

- **Governance:** Meeting principles

- **Conflict of Interest:** Strongly meeting these principles
- **Meeting:** Sometimes challenging to have participation on committees and continuity of discussions.
Suggestions for improvements:
 - Explore technology to increase participation;
 - Need full board to make complex decisions
 - Minimize program presentations; Focus on result reports on strategic goals
 - Maximize meeting time to discuss complex decisions
 - Exploring bylaws changes to allow for phone/video decisions
- **Communication:** Generally meeting these principles. Board members are fair, objective and careful in communicating with the community. Suggestions for improvements:
 - Need for feedback to Superintendent emphasized
 - When requesting information from a staff member cc Superintendent; no individual board member will request major information from a staff member without full board approval.
 - If the Superintendent needs a response she will alert board members – “If I don’t hear from you by...,I will be”
- **Annual Planning and Evaluation:** Meeting these principles
- **Role of Board Leadership:** Meeting these principles
- **Expectations of Superintendent:** Meeting these expectations

XI. Commissioner Leadership and Committee Preferences

- President: Deana
- Secretary: Karianna
- Executive Committee: Deana, Karianna
- Program Committee: Bob, Bruce
- Finance: Fred, Karianna
- Strategic Collaboration: Fred, Deana

XII. Superintendent Goals and Evaluation

- Robin reviewed the goals identified at the 2016 board retreat and identified key accomplishments in each area.
- Robin presented a set of goals she developed early last year. These were not reviewed by the entire board. Robin would like board feedback on her goals. The goal would be to get clear superintendent goals in place early in 2018 that would be ratified by the full board by the regular February board meeting.
- Board will complete an evaluation of Robin.

XIII. Board Meeting schedule discussed and reviewed



Proposed 2018 Officers & Committee Assignments:

- President – Deana Knutsen
- Secretary – Karianna Wilson
- Executive Committee –
Deana Knutsen (Chair)/Karianna Wilson
- Finance Committee –
Karianna Wilson (Chair)/Fred Langer
- Program Committee –
Bob Knowles (Chair)/Bruce Williams
- Strategic Collaboration Committee –
Deana Knutsen (Chair)/Fred Langer
- Medical Advisory Committee –
ad hoc

Balance Sheet
As of November 30, 2017

	A	B	C	D
	Dec 31, 2016	Nov 30, 2017	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	5,457,824	2,628,113	(2,829,711)	
4 Other Current Assets	34,822,481	41,023,939	6,201,459	Includes Investments
5 Total Current Assets	40,280,305	43,652,052	3,371,747	
6 Total Long-term & Fixed Assets	46,463,198	44,527,887	(1,935,311)	Includes Depreciation
7 TOTAL ASSETS	86,743,503	88,179,940	1,436,436	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	3,230,044	522,915	(2,707,129)	
11 Long-term Liabilities	3,087,949	3,031,088	(56,860)	2012 LTGO Bonds/BHCF
12 Total Liabilities	6,317,993	3,554,004	(2,763,989)	
13 Total Equity	80,425,511	84,625,936	4,200,425	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	86,743,503	88,179,940	1,436,436	

Profit & Loss
November 2017

	A	B	C	D	E	F
	Nov Actual	Nov Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	890,428	887,435	2,993	9,595,866	9,585,664	10,201
3 EXPENSES						
4 Operating Expenses	136,770	184,987	48,217	1,732,156	2,159,010	426,853
5 Depreciation Expense	169,597	165,542	(4,055)	1,983,404	1,949,019	(34,385)
6 Program Expenses	459,975	567,854	107,879	4,989,475	6,323,392	1,333,917
7 Total Expenses	766,342	918,383	152,041	8,705,035	10,431,421	1,726,386
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	127,449	228,229	(100,779)	3,309,595	2,510,517	799,078
10 NET INCOME	251,536	197,281	54,255	4,200,425	1,664,761	2,535,665

Monthly Highlights
November 2017

Verdant received dividends payments of \$123,368 offset by an unrealized loss of \$249,788 on our investment portfolio in October and November and closed with an ending market value of \$41,071,175.

Annual program commitments total \$6,259,956 for 2017 and \$4,569,340 for 2018. \$1,631,290 remains available to spend in 2017, of which \$33,466 is earmarked as Superintendent Discretionary.

Revenue of \$236,055 and expenses of \$148,818 from the Kruger Clinic were incurred, netting to an additional operating income of \$87,236 in October and November.

Verdant reviewed settlements for FYE 2000, 2001, 2005 and 2009 as well as payment for the sale of the 196th Street easement.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12492	10/04/2017	Edmonds Chamber of Commerce	466.00	2017 Membership Dues
12493	10/04/2017	Principal	1,400.09	EE Life Insurance
12494	10/04/2017	Regence Blueshield	4,658.11	Oct 2017 Health Insurance
12495	10/04/2017	Raquel V. Diaz Rodriguez	45.00	Childcare for Parenting Class
12496	10/04/2017	Susana Flores	45.00	Childcare for Parenting Class
12497	10/04/2017	Monica Avendano	250.00	Spanish Language Emergency Preparedness Training
12498	10/04/2017	Rosa Asturias	52.50	Emergency Preparedness Childcare
12499	10/04/2017	Velia Lara	200.00	Instructor Parenting Class 9/22
12500	10/04/2017	Dameon Hahn	340.00	WC 158 - Instructor reimbursement
12501	10/04/2017	Dataworks	517.24	IT Support
12502	10/04/2017	Electronic Business Machines	40.08	9/22-10/21/17 Copy Machine
12503	10/04/2017	Julie Carlos	753.00	Fall 2017 Canopy Newsletter Design and Photos
12504	10/04/2017	Mitzy Vazquez	157.50	Spanish Language Childcare
12505	10/04/2017	Pacific Medical Centers(PacMed)	507.78	WC 138 - Living Well Alliance
12506	10/04/2017	Puget Sound Energy	50.50	Natural Gas
12507	10/04/2017	Seattle Food Nut	581.67	WC 157 - Teens in the Kitchen
12508	10/04/2017	Snohomish County PUD	956.23	VCWC Electricity
12509	10/04/2017	Sound Publishing, Inc.	42.00	Legal Notice 9/27 Board Meeting
12510	10/04/2017	StayWell Company, LLC	3,150.00	3Q17 installment of health content for website
12511	10/04/2017	ThyssenKrupp Elevator Company	839.58	Elevator Maint 10/1-12/31/17
12512	10/04/2017	US Postal Service	13,073.61	Postage for Canopy Newsletter
12513	10/04/2017	Waste Management	246.48	Garbage/Recycle
12514	10/04/2017	Yomira Vazquez	157.50	Spanish Language Childcare
12515	10/04/2017	Armstrong Services	1,778.00	Sept 2017 Janitorial
12516	10/11/2017	AmeriFlex Business Solutions	17.25	Oct 2017 FSA Administration
12517	10/11/2017	Consolidated Landscape Maintenance, Inc.	826.20	VCWC Landscaping
12518	10/11/2017	Corporate Security LLC	284.00	Oct 2017 Parking Lot Security
12519	10/11/2017	Dataworks	259.56	IT Support
12520	10/11/2017	Comcast	506.55	Internet/Telephone
12521	10/11/2017	Comcast	281.59	Internet/Telephone
12522	10/11/2017	Lowe Graham Jones PLLC	75.00	Sept 2017 Trademark watch
12523	10/11/2017	Seattle Food Nut	309.69	WC 157 - Teens in the Kitchen
12524	10/11/2017	Sound Dietitians	1,629.92	WC 150 - Lifestyle Change Check-in
12525	10/11/2017	Sandra S Huber	192.63	EE Expense Reimbursement
12526	10/11/2017	R&T Hood and Duct Services, Inc.	360.45	Annual Fire Suppression Test
12527	10/11/2017	WA Department of Revenue	22,317.72	Q3 2017 Leasehold Excise tax return
12528	10/18/2017	Bank of America - Trust	2,500.00	Annual trust fee for US Trust for Jon Smiley Account
12529	10/18/2017	Candace Cabochon	45.00	Refund for 3 tickets for cancelled cooking science class
12530	10/18/2017	City of Lynnwood	1,532.50	Sept 2017 After Hours Support (102.5hrs)
12531	10/18/2017	Sandra Carrera	225.00	National Night Out Zumba Demo and Instruction
12532	10/18/2017	Sound Publishing, Inc.	89.60	Legal Notice Public hearing on 2018 budget
12533	10/18/2017	Total Health	275.00	WC 152 - Nutrition and Fitness Education Workshops
12534	10/18/2017	Yelitza Medina	200.00	Building Relationship Series Communication Presentation
12535	10/18/2017	Kathleen Preciado-Partida	700.00	Sexual Health Instructor in Spanish 9/29-10/18
12536	10/18/2017	Sandra Lee Alvarez	300.00	Balloon Animals at National Night Out

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12537	10/25/2017	Consolidated Press Printing Company, Inc	10,396.28	Canopy Fall 2017 Printing and mail prep
12538	10/25/2017	Department of Labor and Industries	407.65	3Q17 Self Insurance Fund
12539	10/25/2017	Parsi Properties LLC	2,555.00	Nov 2017 - Parking lot lease
12540	10/25/2017	Property Management NW	4,566.99	Nov Management, May & June Maint, Oct postage
12541	10/25/2017	Wells Fargo	205.60	Misc CC
12542	10/25/2017	Dynamic Language	106.14	Interpreter Services
12543	10/25/2017	Foster Pepper PLLC	73,143.12	Legal Fees March-September 2017
12544	10/25/2017	Sound Publishing, Inc.	39.20	Legal Notice 10/18 Special Board Meeting
12545	10/25/2017	Principal	1,400.09	EE Life Insurance
12546	10/25/2017	Regence Blueshield	4,658.11	Nov 2017 Health Insurance
12547	10/25/2017	Consolidated Landscape Maintenance, Inc.	143.52	Fall irrigation shut off
12548	10/25/2017	Dataworks	700.00	IT Support
12549	10/25/2017	Wells Fargo	3,094.56	Misc CC
12550	11/01/2017	Department of Labor and Industries	17,188.35	Replenish Work Comp Pension Reserve
12551	11/01/2017	Consolidated Landscape Maintenance, Inc.	440.50	Nov 2017 Landscaping maintenance
12552	11/01/2017	Pacific Medical Centers(PacMed)	427.26	WC 138 - Living Well Alliance
12553	11/01/2017	Sound Publishing, Inc.	39.20	Legal Notice 10/25 Board Meeting
12554	11/01/2017	YWCA of Seattle, King and Snohomish Co	4,146.00	WC 154 - Lifeskills Classes
12555	11/01/2017	Electronic Business Machines	40.08	10/22-11/21/17 Copy Machine
12556	11/01/2017	Lynnwood Convention Center	3,109.50	Convention Center Deposit for VHCC 3/12/18
12557	11/01/2017	Puget Sound Energy	55.71	Natural Gas
12558	11/01/2017	Snohomish County PUD	1,015.00	Electricity
12559	11/01/2017	Waste Management	258.74	Garbage/Recycle
12560	11/01/2017	Zapora Consulting, LLC	500.00	Consulting 10/24/17 - 2 hrs
12561	11/01/2017	City of Lynnwood - Utilities	1,028.90	Water/Sewer
12562	11/01/2017	Dimensional Communication, Inc	456.60	Deposit for PA Sound System
12563	11/01/2017	Discovia	701.50	Public Records Request Software
12564	11/01/2017	Quality Reimbursement Services	45,600.00	Medicare Consulting SSI Settlement FYE 2000, 2001, 2005 (25% contingency)
12565	11/01/2017	Mitzy Vazquez	105.00	Childcare 10/13 + 10/20 Spanish Health Programming
12566	11/01/2017	Yomira Vazquez	105.00	Childcare 10/13 + 10/20 Programs in Spanish
12567	11/08/2017	Armstrong Services	1,212.16	Oct 2017 Janitorial
12568	11/08/2017	Corporate Security LLC	284.00	Nov 2017 Parking Lot Security
12584	11/22/2017	Swedish/Edmonds	10,926.56	T-mobile Cell Tower Lease Apr-Nov 2017
12569	11/08/2017	Comcast	288.90	Internet/Telephone
12570	11/08/2017	Dameon Hahn	220.00	WC 158 - Instructor reimbursement
12571	11/08/2017	PAWS	200.00	Refund for deposit for Cooking Class
12572	11/08/2017	McKinstry Co., LLC	1,931.45	4Q17 HVAC Maintenance Contract VCWC
12573	11/08/2017	Pacific Medical Centers(PacMed)	456.56	WC 138 - Living Well Alliance
12574	11/08/2017	Principal	180.24	EE Life Insurance
12575	11/08/2017	Sound Dietitians	1,982.03	WC 150 - Lifestyle Change Check in and Cooking Classes
12576	11/08/2017	AmeriFlex Business Solutions	17.25	Nov 2017 FSA Administration
12577	11/15/2017	Beth Rodriguez, LLC	365.37	Sept/Oct 2017 VHCC Support (9.5 hrs)
12578	11/15/2017	Dataworks	633.70	IT Support
12579	11/15/2017	Tulalip Resort Casino	3,868.33	Deposit for Annual Board Retreat
12580	11/15/2017	Sound Publishing, Inc.	39.20	Legal Notice 11/15 Board Meeting
12581	11/15/2017	Staples	248.06	Supplies
12582	11/15/2017	Susana Flores	277.50	Childcare for Parenting Class 10/11, 10/13, 10/18, 10/20, 11/17

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12583	11/21/2017	Professional Appliance Technicians, Inc.	216.68	Dishwasher repair
12585	11/22/2017	Consolidated Landscape Maintenance, Inc.	677.52	Update plantings and landscaping
12586	11/22/2017	Regence Blueshield	4,658.11	Dec 2017 Health Insurance
12587	11/22/2017	State Auditor's Office	786.67	2016/2017 Accountability Audit
12588	11/22/2017	Total Health	275.00	WC 152 - Nutrition and Fitness Education Workshops
12589	11/29/2017	Principal	1,400.09	EE Life Insurance
12590	11/29/2017	Snohomish County PUD	1,292.75	Electricity
12591	11/29/2017	Beth Rodriguez, LLC	57.69	Aug VHCC Consulting (1.5 hrs)
12592	11/29/2017	Julie Carlos	90.00	VHCC 2018 Sponsorship Flyer Design
12593	11/29/2017	Parsi Properties LLC	2,555.00	Dec 2017 - Parking lot lease
12594	11/29/2017	Dataworks	1,428.64	Server Backup NAS 4TB storage, Antivirus software, Firewall
12595	11/29/2017	Raymundo Corona Vargas	300.00	LGBTQ 101 Presentation 11/17/17
12596	11/29/2017	Waste Management	251.44	Garbage/Recycle
12597	11/29/2017	Wells Fargo	5,281.34	Misc. CC
12598	11/29/2017	Executive Speakers Bureau	6,200.00	VHCC 2018 Speaker Fees - Dr. Tamber
12599	11/29/2017	Guardian Security Systems, Inc.	240.00	1/1/2018-3/31/18 Elevator and AES Radio Monitoring
12600	11/29/2017	Property Management NW	7,704.94	Dec Management, July & Aug Maint, Nov postage
		Total Warrants	296,416.31	
Workers Compensation Claims Activity:				
305369-370	Oct-17	Various Claimants/Vendors	1,731.69	Administered by Eberle Vivian
305371-377	Nov-17	Various Claimants/Vendors	19,220.43	Administered by Eberle Vivian
		Total Workers Compensation Claims	20,952.12	
Kruger Clinic Activity:				
3139-3158	Oct-17	Various Claimants/Vendors	38,357.96	Administered by PMNW
3159-3167	Nov-17	Various Claimants/Vendors	14,342.38	Administered by PMNW
		Total Workers Compensation Claims	52,700.34	
Wire/ACH Activity:				
	10/13/2017	Payroll	17,123.57	ACH payroll transfer
	10/13/2017	Department of Treasury	6,228.58	Payroll taxes for 10/7/17 pay period ending
	10/13/2017	Valic	2,467.31	Payroll 401(a)/457 Deposit
	10/13/2017	Paychex	136.78	Fee for payroll processing
	10/27/2017	Payroll	17,343.26	ACH payroll transfer
	10/27/2017	Department of Treasury	6,332.90	Payroll taxes for 10/21/17 pay period ending
	10/27/2017	Valic	2,462.70	Payroll 401(a)/457 Deposit
	10/27/2017	Paychex	114.57	Fee for payroll processing
	10/10/2017	Wells Fargo Merchant Services	75.79	Merchant Services
	10/10/2017	Wells Fargo	106.65	Bank Fees
	10/15/2017	Alzheimer's Association Western & Central	7,209.16	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	10/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	10/15/2017	CampFire	4,166.67	Program Payment
	10/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	10/15/2017	Center for Human Services	27,279.16	Program Payment
	10/15/2017	ChildStrive	23,333.33	Program Payment
	10/15/2017	City of Lynnwood	21,824.08	Program Payment
	10/15/2017	City of Mountlake Terrace	5,950.00	Program Payment
	10/15/2017	Cocoon House.	5,000.00	Program Payment
	10/15/2017	Compass Health	18,572.50	Program Payment
	10/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	10/15/2017	Edmonds School District No. 15	109,713.42	Program Payment
	10/15/2017	Homage Senior Services	64,086.67	Program Payment
	10/15/2017	Kinderling	11,517.17	Program Payment
	10/15/2017	Korean Women's Association	5,000.00	Program Payment
	10/15/2017	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
	10/15/2017	Mary Porter, RDN	1,170.00	Program Payment
	10/15/2017	Medical Teams International	5,500.00	Program Payment
	10/15/2017	PEPS	3,250.00	Program Payment
	10/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	10/15/2017	Project Access Northwest	7,500.00	Program Payment
	10/15/2017	Puget Sound Christian Clinic	27,166.67	Program Payment
	10/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment
	10/15/2017	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	10/15/2017	Therapeutic Health Services	20,833.33	Program Payment
	10/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	10/15/2017	Wonderland Development Center	12,458.33	Program Payment
	10/15/2017	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	10/15/2017	Edmonds Senior Center	9,666.67	Program Payment
	10/30/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	10/3/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	10/17/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	10/25/2017	WA Department of Revenue	816.31	B&O/Retailing Sales Tax for Sept 2017
	10/2/2017	Department of Labor and Industries	454.68	3Q17 L&I - State Fund
	11/10/2017	Payroll	18,107.92	ACH payroll transfer
	11/10/2017	Department of Treasury	6,111.41	Payroll taxes for 11/4/17 pay period ending
	11/10/2017	Valic	2,458.11	Payroll 401(a)/457 Deposit
	11/10/2017	Paychex	111.87	Fee for payroll processing
	11/24/2017	Payroll	14,275.81	ACH payroll transfer
	11/24/2017	Department of Treasury	4,935.69	Payroll taxes for 11/18/17 pay period ending
	11/24/2017	Valic	2,050.95	Payroll 401(a)/457 Deposit
	11/24/2017	Paychex	107.92	Fee for payroll processing
	11/10/2017	Wells Fargo Merchant Services	77.58	Merchant Services
	11/10/2017	Wells Fargo	108.96	Bank Fees
	11/15/2017	Alzheimer's Association Western & Central	7,209.16	Program Payment
	11/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	11/15/2017	Brain Injury Association of WA	6,250.00	Program Payment
	11/15/2017	CampFire	4,166.67	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	11/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	11/15/2017	Center for Human Services	27,279.16	Program Payment
	11/15/2017	ChildStrive	23,333.33	Program Payment
	11/15/2017	City of Lynnwood	6,144.08	Program Payment
	11/15/2017	Cocoon House.	5,000.00	Program Payment
	11/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	11/15/2017	Edmonds School District No. 15	109,713.42	Program Payment
	11/15/2017	Edmonds Senior Center	9,666.67	Program Payment
	11/15/2017	Homage Senior Services	64,086.67	Program Payment
	11/15/2017	Kinderling	11,517.17	Program Payment
	11/15/2017	Korean Women's Association	5,000.00	Program Payment
	11/15/2017	Mary Porter, RDN	420.00	Program Payment
	11/15/2017	Medical Teams International	5,500.00	Program Payment
	11/15/2017	PEPS	3,250.00	Program Payment
	11/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	11/15/2017	Project Access Northwest	7,500.00	Program Payment
	11/15/2017	Puget Sound Christian Clinic	27,166.67	Program Payment
	11/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment
	11/15/2017	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	11/15/2017	Syracuse University	15,000.00	Program Payment
	11/15/2017	Therapeutic Health Services	20,833.33	Program Payment
	11/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	11/15/2017	Wonderland Development Center	12,458.33	Program Payment
	11/15/2017	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	11/17/2017	AmeriFlex Business Solutions	900.00	FSA Payments
	11/27/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	11/13/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	11/24/2017	WA Department of Revenue	813.59	B&O/Retailing Sales Tax for Oct 2017
	11/30/2017	US Bank	893,775.00	Principal and Interest 2012 LTGO Bonds
		Total Wires/ACH Transactions	1,920,729.87	
		Total Disbursements	\$ 2,290,798.64	

	Transaction Date	Payer	Amount	Purpose
Deposits:				
	10/1/2017	Swedish Edmonds	804,186.12	Monthly leases
	10/1/2017	Value Village	26,552.66	Monthly lease
	10/9/2017	Raymond Liu, D.D.S.	3,578.68	Kruger Clinic monthly lease
	10/5/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	10/17/2017	Kean Lawlor	20,382.21	Kruger Clinic monthly lease
	10/9/2017	Puget Sound Gastro	27,641.97	Kruger Clinic monthly lease
	10/10/2017	Snohomish County	35,755.88	Levy
	10/25/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	10/1/2017	T-mobile	1,365.82	Cell tower at the hospital
	10/3/2017	YMCA of Snohomish Co	200.00	Deposit for use of the VCWC
	10/2/2017	Exercise classes at VCWC	5.00	Registration for VCWC Class
	10/31/2017	Kean Lawlor	20,382.21	Kruger Clinic monthly lease
	10/31/2017	WA State Health Care Authority	182,398.00	2000, 2001, 2005 Settlement
	11/1/2017	Swedish Edmonds	804,186.12	Monthly leases
	11/1/2017	Value Village	26,552.66	Monthly lease
	11/1/2017	Raymond Liu, D.D.S.	3,734.72	Kruger Clinic monthly lease
	11/1/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	11/1/2017	Puget Sound Gastro	27,641.97	Kruger Clinic monthly lease
	11/10/2017	Snohomish County	835,202.40	Levy
	11/24/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	11/1/2017	T-mobile	1,365.82	Cell tower at the hospital
	11/14/2017	WA State Health Care Authority	693,994.00	2009 Final CPE Settlement
	11/10/2017	City of Lynnwood	51,300.00	Sale of 196th Street Easement
		Total Deposits	\$ 3,575,922.94	

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 12492 through 12600 have been issued for payment in the amount of \$296,416.31 These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Warrants Processed:	10-1-17 – 11-30-17		\$296,416.31
Work Comp Claims Pd:	10-1-17 – 11-30-17		20,952.12
Kruger Clinic Processed:	10-1-17 – 11-30-17		52,700.34
Payroll:	9-24-17 – 10-7-17	17,123.57	
	10-8-17 – 10-21-17	17,343.26	
	10-22-17 – 11-4-17	18,107.92	
	11-5-17 – 11-18-17	<u>14,275.81</u>	
			66,850.56
Electronic Payments:	Payroll Taxes	23,608.58	
	Paychex	471.14	
	Valic Retirement	9,439.07	
	AmeriFlex FSA	1,792.30	
	Bank Fees	368.98	
	WA State Dept Revenue	1,629.90	
	Dept of L&I	454.68	
	Annual Bond Payment	893,775.00	
	Program Expenditures	<u>922,339.66</u>	
			<u>1,853,879.31</u>
	Grand Total		<u>\$2,290,798.64</u>

**AMENDED AND RESTATED BYLAWS
OF
PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON
d/b/a VERDANT HEALTH COMMISSION**

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AMENDED AND RESTATED BYLAWS
OF
PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

ARTICLE I
FORMATION AND PURPOSE

This public hospital district (the “District”), a municipal corporation, was created in 1962 to provide hospital and health care services for the residents of the District and other persons. The activities of the District shall be conducted in conformity with the Constitution and laws of the State of Washington, including Chapter 70.44 RCW, as now in effect or hereafter amended. These Bylaws are adopted in furtherance of the lawful purposes of the District including the providing of health care services appropriate to the needs of the population served.

ARTICLE II
BOARD OF COMMISSIONERS

Section 1. Qualification and Election. No person shall be eligible to be elected to the office of public hospital district commissioner unless he or she is a registered voter within the boundaries of the District. All District commissioners shall be elected and serve in the manner and for the term prescribed by law.

Section 2. Organization and Officers of the Board of Commissioners. The five-member Board of Commissioners (the “Board” or the “Commission”) shall at its first regular meeting in each calendar year organize by election from its own members, a President and Secretary. Such election shall be by a majority vote of the commissioners in each case. The terms of both officers shall be for one year.

2.1. The President shall act as the presiding officer at meetings of the Board and shall execute on behalf of the District all contracts, agreements and other documents and papers duly authorized by the Board that may require his or her signature.

2.2. The Secretary shall prepare, or cause to be prepared, minutes of all regular and special meetings of the Board, shall sign the same and shall keep them in a proper book for that purpose. The Secretary shall have charge of the official seal of the District and shall affix or cause to be affixed such seal to any documents requiring it, attesting the same. In the absence of the President, the Secretary shall preside at Board meetings.

2.3. If a vacancy occurs in the office of either the President or the Secretary, an election of officers shall take place at the next regular meeting of the Board to fill the unexpired term created by the vacancy. All members of the Board, whether elected or appointed, shall be required to take an oath of office in the form prescribed by the laws of the State of Washington relating to public officials.

2.4. A vacant commissioner position may be filled by the Board appointing a new member in the manner prescribed by law.

Section 3. Meetings of the Board or Commission.

3.1. Regular meetings. The dates, times and locations for the regular meetings of the Board shall be established from time to time by resolution adopted by the Board.

3.2. Special meetings

a. A special meeting may be called at any time by the presiding officer of the Board or by a majority of the members of the Board by delivering written notice personally, by mail, by fax, or by electronic mail to each member of the Board. Written notice shall be deemed waived in the following circumstances: (1) a commissioner submits a written waiver of notice to the secretary of the Board at or prior to the time the meeting convenes, which may be given by telegram, fax, or electronic mail; or (2) a commissioner is actually present at the time the meeting convenes.

b. Notice of a special meeting called under subsection (a) of this section shall be: (1) delivered to each local newspaper of general circulation and local radio or television station that has on file with the Board a written request to be notified of such special meeting or of all special meetings; (2) posted on the District's web site. The District shall not be required to post a special meeting notice on its web site if it (i) does not have a web site; (ii) employs fewer than ten full-time equivalent employees; or (iii) does not employ personnel whose duty, as defined by a job description or existing contract, is to maintain or update the web site; and (3) prominently displayed at the main entrance of the District's principal location and the meeting site if it is not held at the agency's principal location. Such notice must be delivered or posted, as applicable, at least twenty-four hours before the time of such meeting as specified in the notice.

c. The call and notices required under subsections (a) and (b) of this section shall specify the time and place of the special meeting and the business to be transacted. Final disposition shall not be taken on any other matter at such meetings by the Board.

The notices provided in this section may be dispensed with in the event a special meeting is called to deal with an emergency involving injury or damage to persons or property or the likelihood of such injury or damage, when time requirements of such notice would make notice impractical and increase the likelihood of such injury or damage.

3.3. The order of business at meetings of the Commission shall be as follows:

a. Regular Meetings

(i) Call to order

(ii) Reading and approval of minutes of the last regular meeting and any intervening special meeting and approval of any other matters on the consent agenda

- (iii) Reports
- (iv) Consideration of items on the agenda or other matters properly before the Board and action thereon
- (v) Adjournment
- b. Special Meetings
 - (i) Call to order
 - (ii) Reading of the notice calling the meeting
 - (iii) Consideration of matters stated in the notice and action thereon
 - (iv) Adjournment

3.4. Attendance From Remote Location

a. The Board, recognizing the benefits of fullest practicable attendance and participation by its commissioners, allows for attendance from remote location(s) through the use of electronic means including but not limited to such two-way communication methods as speakerphone, Skype, or other media that provide full audio or audio and visual capacity.

b. For purposes of voting by a commissioner (or commissioners) of the Board, such attendance from remote location(s) shall be considered the equal of being physically present at the meeting site. In the case of executive sessions, the Board may permit participation from remote location(s) by the above alternative means only when the Board on a case-by-case basis considers such participation to be necessary and the Board is confident in the security of such remote communications.

c. Any communications systems utilized by the Board for such remote attendance shall reliably permit all persons attending to be clearly heard by all others and to clearly hear all audio content of the meeting; and where applicable by the Board's determination, be clearly seen by all others and clearly see all visual content that is determined by the Board to be crucial to the understanding of matters discussed. Systems used in the course of executive sessions shall be reasonably secure from unauthorized access.

d. Audio and video recordings of proceedings involving attendance by commissioner(s) from remote locations shall be maintained for the public record as required by law.

e. Commissioners are encouraged to attend meetings in-person and attendance from remote location(s) is intended to be an alternative method for participation by commissioners.

3.5. Procedure For Remote Attendance

a. In all meetings involving remote attendance, the Superintendent or his or her designee shall be present at the meeting place and shall inform all present at the meeting place of the intent to initiate a remote communication. The Superintendent or his or her designee shall ensure that the equipment necessary for such remote attendance is present in the meeting place.

b. The Superintendent or his or her designee shall confirm and announce to all that all present at the meeting place and in the remote location(s) that all parties can clearly hear all other parties and (as appropriate) clearly see visual content as will be presented. Such confirmation shall be recorded in the Minutes.

c. With such confirmation, commissioners—whether they are at the meeting site or at remote location(s)—constituting a majority may approve the use of the remote communication for the entirety of the meeting or for a specified portion thereof.

d. Before convening in executive session with participants from a remote location, the Presiding Officer shall instruct the Superintendent or his or her designee to verify that the public has been excluded from the meeting place.

e. In the event that the remote communication link is broken or significantly degraded such that it no longer meets the full requirements of Sections 3.4 and 3.5, the presiding officer shall confirm the loss of service and announce the close of the remote attendance.

Section 4. Action by the Board. As used herein, “action” means the transaction of the official business of the District by the Board including but not limited to receipt of public testimony, deliberations, discussions, considerations, reviews, evaluations, and final actions. “Final action” means a collective positive or negative decision, or an actual vote by a majority of the members of the Board when sitting as a body or entity, upon a motion, proposal or resolution.

All final action taken by the Board shall be by motion or resolution recorded in a book or books kept for such purposes. Minutes of all regular and special meetings, except executive sessions thereof, shall be promptly recorded and shall be open to public inspection.

All meetings at which action is taken by the Board shall be open and public and all persons shall be permitted to attend any meeting of the Board, except as otherwise provided in this section or by law. The Board shall never adopt any motion or resolution, except in a meeting open to the public and then only at a regular meeting, duly convened at the prescribed time and place, or at a special meeting of which notice has been given according to the provisions of the foregoing section. Any action taken at meetings failing to comply with the provisions of this section shall be null and void.

Nothing in this section shall be construed to prevent the Board from holding executive sessions during a regular or special meeting to consider:

- (i) To consider matters affecting national security;

(ii) To consider, if in compliance with any required data security breach disclosure under RCW 19.255.010 and 42.56.590, and with legal counsel available, information regarding the infrastructure and security of computer and telecommunications networks, security and service recovery plans, security risk assessments and security test results to the extent that they identify specific system vulnerabilities, and other information that if made public may increase the risk to the confidentiality, integrity, or availability of agency security or to information technology infrastructure or assets;

(iii) To consider the selection of a site or the acquisition of real estate by lease or purchase when public knowledge regarding such consideration would cause a likelihood of increased price;

(iv) To consider the minimum price at which real estate will be offered for sale or lease when public knowledge regarding such consideration would cause a likelihood of decreased price. However, final action selling or leasing public property shall be taken in a meeting open to the public;

(v) To review negotiations on the performance of publicly bid contracts when public knowledge regarding such consideration would cause a likelihood of increased costs;

(vi) To receive and evaluate complaints or charges brought against a public officer or employee. However, upon the request of such officer or employee, a public hearing or a meeting open to the public shall be conducted upon such complaint or charge;

(vii) To evaluate the qualifications of an applicant for public employment or to review the performance of a public employee. However, subject to RCW 42.30.140(4), discussion by the Board of salaries, wages, and other conditions of employment to be generally applied within the District shall occur in a meeting open to the public, and when the Board elects to take final action hiring, setting the salary of an individual employee or class of employees, or discharging or disciplining an employee, that action shall be taken in a meeting open to the public;

(viii) To evaluate the qualifications of a candidate for appointment to elective office. However, any interview of such candidate and final action appointing a candidate to elective office shall be in a meeting open to the public;

(ix) To discuss with legal counsel representing the District matters relating to agency enforcement actions, or to discuss with legal counsel representing the District litigation or potential litigation to which the District, the Board, or a member of the Board acting in an official capacity is, or is likely to become, a party, when public knowledge regarding the discussion is likely to result in an adverse legal or financial consequence to the District. This subsection (viii) does not permit the Board to hold an executive session solely because an attorney

representing the District is present. For purposes of this subsection (viii), “potential litigation” means matters protected by RPC 1.6 or RCW 5.60.060(2)(a) concerning:

(A) Litigation that has been specifically threatened to which the District, the Board, or a member of the Board acting in an official capacity is, or is likely to become, a party;

(B) Litigation that the District reasonably believes may be commenced by or against the District agency, the Board, or a member of the Board acting in an official capacity; or

(C) Litigation or legal risks of a proposed action or current practice that the District has identified when public discussion of the litigation or legal risks is likely to result in an adverse legal or financial consequence to the District;

(x) To consider the granting, denial, reduction, termination or suspension of clinical privileges, or the medical staff membership of a physician or “other health care provider,” as that term is defined in RCW 7.70.020, as now in effect or hereafter amended, if other health care providers in the discretion of the Board are determined eligible to be considered for such privileges or membership.

Before convening in executive session, the presiding officer of the Board shall publicly announce the purpose for excluding the public from the meeting place, and the time when the executive session will be concluded. The executive session may be extended to a stated later time by announcement of the presiding officer.

Section 5. Quorum. A majority of the persons holding the office of District commissioner shall constitute a quorum of the Board for the transaction of business, but no resolution shall be adopted or other final action taken without a majority vote of the whole Commission. Attendance by commissioners from a remote location pursuant to Section 3.4 shall be considered the equal of being physically present at the meeting site.

Section 6. Committees. The Board may from time to time act as a committee of the whole or appoint such other committees as it may deem necessary or advisable in the conduct of its affairs or for other purposes it may specify. The activities of any committees so appointed shall be conducted lawfully and be recorded in written minutes. Chairpersons of such committees shall be appointed by the Board to serve for terms not to exceed one year, subject both to removal at the will of the Board and to reappointment in the sole discretion of the Board.

Section 7. Powers and Duties of the Board or Commission. The Board shall be the governing body of the District and the superintendent appointed by the Board as specified in Article III, Section 1, shall be responsible to the Board for the efficient administration of all affairs of the District. While the authority of the Board may be delegated to the superintendent as specified in Article III, Section 1, and Article IV, respectively, or by resolution, any delegation of authority by the Board may be rescinded in its sole discretion.

All of the powers authorized in Chapter 70.44 RCW or other applicable statute may be exercised by the Board in the performance of its duties prescribed therein. Among other things, the Board shall strive to:

- (i) Determine the policies and the purposes of the District in proper relation to community needs;
- (ii) Provide services, facilities, equipment and personnel to meet the needs of residents within the purposes of the District, and consistent with present and future community needs;
- (iii) Assure that an appropriate standard of professional care is maintained with due regard for quality of care and effective quality assurance mechanisms, and assuring that personnel possess appropriate current qualifications, and determining in its discretion which kinds of programs shall be considered;
- (iv) Promote planning and coordinate services with administrative, financial and community needs, the policies of the District, and the purposes of the District;
- (v) Provide for the sound administration and application of public funds, adopting annual budgets for the District at the times and in the manner required by law;
- (vi) Maintain accurate records of District finances and all related activities;
- (vii) Exercise proper care and judgment in the selection of a qualified superintendent who shall be responsible for implementing policies adopted by the Board; and
- (viii) Evaluate its own performance.

Section 8. Avoidance of Conflicts of Interest. District commissioners, being aware of the fiduciary nature of their positions, shall avoid actions and relationships which could result in a conflict between their private financial interests and their public responsibilities. Commissioners shall not violate the conflict-of-interest provisions of these Bylaws, Chapters 42.20 and 42.23 RCW, or any other applicable statute.

Recognizing that even the appearance of impropriety should be avoided, no commissioner shall:

- (i) Be beneficially interested in or otherwise expect to profit from, directly or indirectly, any contract, sale, lease or purchase made by the District, except as specifically permitted under RCW 42.23.030, as now in effect or hereafter amended, or under other applicable law;

(ii) Accept, directly or indirectly, any compensation, gratuity, favor or award from any party seeking to do business with the District, or in connection with any contract made by the District, other than (a) compensation and reimbursement for expenses as provided by law, or (b) compensation in connection with contracts permitted under RCW 42.23.030, as now in effect or hereafter amended, or under other applicable law;

(iii) Employ, use or appropriate any District employee, money or property for his or her private benefit;

(iv) Hold any office, engage in any employment or occupy any position, public or private, which could create conflicts between the duties, interests and opportunities inherent in such office, employment or position and the commissioner's public responsibilities as a member of the Board;

(v) Reveal or divulge to any other party, unless authorized by the Board, any confidential information received in the performance of his or her duties as a commissioner, nor use such information for personal gain.

Any commissioner, upon discovering or suspecting that he or she has or may have a conflict of interest contrary to the policies and standards set forth in this section, shall promptly report the same to the Board.

ARTICLE III OTHER OFFICERS

Section 1. Superintendent.

1.1. Appointment. The Board shall select and appoint as superintendent a competent and experienced chief executive officer who shall be its direct representative in the management of the District. The superintendent shall be appointed for an indefinite term, removable at the will of the Board, and shall receive such compensation as the Board shall establish by resolution. The appointment or removal of the superintendent shall be by resolution of the Board, introduced at a regular meeting and adopted at a subsequent regular meeting by majority vote.

1.2. Powers and Duties. The superintendent shall be the chief executive and administrative officer of the District. As representative of the Board, and subject to its policies, the superintendent shall be responsible for the efficient administration of all affairs of the District and shall be in direct charge with full authority to act.

In the performance of his or her duties prescribed by law, all of which shall be faithfully discharged, and not by way of limitation of his or her authority, the superintendent shall:

(i) Perfect and submit to the Board for approval a plan of organization for the personnel concerned with the operation of the District, which shall be periodically reviewed;

(ii) Prepare annually a budget or budgets showing anticipated receipts and expenditures for the ensuing fiscal year which shall be submitted to the Board to allow timely filing and hearing thereon before adoption as required by law;

(iii) Select, employ, control and discharge all employees authorized by the applicable budget, assuring that they are competent to perform their duties and establishing appropriate quality assurance mechanisms;

(iv) Assure that all buildings, equipment and other facilities are maintained in good repair;

(v) Furnish periodic recommendations to the Board with respect to the acquisition, development and extension of desirable facilities, equipment and services;

(vi) Supervise through the treasurer and auditor all business affairs including the disbursement of funds, recording of financial transactions, collection of accounts and purchase and issue of supplies;

(vii) Cooperate with staff and secure like cooperation on the part of all those concerned with rendering professional services;

(viii) Submit regularly to the Board reports regarding the services and financial activities of the District along with any special reports that may be requested by the Board;

(ix) Prepare agenda for and attend all meetings of the Board at which he or she may participate in the discussion of matters being considered;

(x) Execute on behalf of the District all such contracts, agreements and other documents and papers as he or she may deem appropriate within the scope of his or her authority or be authorized by resolution of the Board to sign; and

(xi) Undertake on his or her own initiative the performance of such other duties, consistent with law and the policies of the Board, as may be in the best interest of the District.

Section 2. Auditor. The Board shall appoint as auditor of the District a person experienced in accounting and business practices.

The auditor shall report in the performance of his or her duties directly to the superintendent. The auditor shall draw, sign and issue all warrants for the disbursement of funds of the District upon the orders of, or vouchers approved by, the Commission; and shall perform such other duties relating to business affairs of the District including the recording of financial transactions, collection of accounts, and the routine purchase and issue of supplies, as are assigned by the superintendent.

Section 3. Treasurer. The Commission by resolution shall appoint and designate a person having experience in financial and fiscal matters as treasurer, subject to the requirement of an adequate bond with an authorized surety company.

The treasurer shall receive, deposit and disburse all funds of the District in the manner provided by law under the supervision of the superintendent and as directed by resolutions of the Board to the extent of its lawful discretion.

ARTICLE IV INDEMNIFICATION AND INSURANCE

Section 1. Indemnification. The District shall indemnify and hold harmless to the full extent permitted by applicable law each person who was or is made a party to or is threatened to be made a party to, or is involved (including, without limitation, as a witness) in an actual or threatened action, suit or other proceeding, whether civil, criminal, administrative or investigative by reason of the fact that he or she is or was a commissioner, officer, employee or agent of the District, or having been such a commissioner, officer, employee or agent, he or she is or was serving at the request of the District as a director, officer, employee, agent, trustee or in any other capacity of another corporation or of a partnership, joint venture, trust or other enterprise, including service with respect to employee benefit plans, whether the basis of such proceeding is alleged action or omission in an official capacity or in any other capacity while serving as a commissioner, officer, employee, agent, trustee or any other capacity, against all expense, liability, and loss (including, without limitation, attorneys' fees, judgments, fines, ERISA excise taxes or penalties in amounts to be paid in settlement) actually or reasonably incurred or suffered by such person in connection therewith. Such indemnification may continue as to a person who has ceased to be a commissioner, officer, employee or agent of the District and shall inure to the benefit of his or her heirs, and personal representatives.

Section 2. Insurance. The District may purchase and maintain insurance, at its expense, to protect itself and any commissioner, officer, employee, agent or trustee of the District or another corporation, partnership, joint venture, trust or other enterprise against any expense, liability or loss to the full extent permitted by applicable law.

ARTICLE V CONSTRUCTION, INTERPRETATION AND CONVENTIONS

Section 1. Gender and Number. As used in these Bylaws, personal pronouns shall be interpreted to refer to persons of either gender and relative words whenever applicable to more than one person shall be read as if written in the plural.

Section 2. Titles, Headings and Captions. The titles, headings and captions appearing in these Bylaws are used and intended for convenience of description or reference only and shall not be construed or interpreted to limit, restrict or define the scope or effect of any provision.

Section 3. Severability. If any provision of these Bylaws, or its application to any person or circumstance, is held invalid by a court of competent jurisdiction, the remainder of these Bylaws, or the application of the provision to other persons or circumstances, shall not be affected.

**ARTICLE VI
REVIEW AND AMENDMENT**

These Bylaws shall be reviewed by the Board on an annual basis at its regular meeting in December. These Bylaws may be amended at any time by resolution of the Board introduced at a regular meeting and adopted at a subsequent regular meeting.

ADOPTED this __ day of _____, 2018.

President and Commissioner

Commissioner

Commissioner

Commissioner

Secretary and Commissioner

DRAFT

Program Oversight Committee Summary Report

1. Two months of program committee reports:
 - a. Two funding proposals were discussed in the December Committee Meeting
 - b. Five funding proposals were discussed in the November Committee Meeting
2. Grant Evaluation Criteria: up for board final approval

December Program Funding Requests

Applications Recommended for Funding

1. **PSCC Mobile Medical Clinic – Mobile Medical Clinic:** a renewal request at \$105,000 per year to support and expand the mobile medical clinic held in Lynnwood. The clinic focuses on supporting uninsured patients with chronic health conditions including diabetes and hypertension. Demand for services has continued and the clinic primarily serves immigrants/refugees, the homeless, and people who are unable to afford out-of-pocket costs associated with their insurance. The program serves 260 unduplicated patients a year with about 600 patient visits. Due to expanded demand and volunteer capacity, the clinic plans to add hours to serve more patients, with the goal of serving 518 patients a year with 1,150 patient visits.

The program committee is recommending fully funding the revised request for two more years at \$105,000 per year (a 9% increase from current level).

2. **ChildStrive – South Snohomish County Strengthening Family Outcomes** – a funding request to expand ChildStrive’s direct services provided in South Snohomish County with a focus on Early Intervention and an evidence-based home-visiting program called Parents as Teachers. The expanded program would serve 425 children and their parents. Verdant funding would be used to support ~4 FTE mixed between occupational therapists, speech-language pathologists, counselors, educators, home visiting and other staff.

The program committee is recommending partial funding of the program. Verdant currently funds two other two Early Intervention providers (Wonderland and Kinderling) at lower levels to serve lower numbers of families. After some discussion, the program committee is recommending partially funding the program at \$150,000 in the first year, increasing by 25% to \$187,500 in the second year, and by an additional 25% in the third year to \$234,374. The funding increases would be contingent on ChildStrive demonstrating an increase in enrollment and services provided in years 2 and 3.

November Program Funding Requests

Applications Recommended for Funding

1. **City of Lynnwood Move 60! Teens Program** - a renewal request for an afterschool activity program for middle school students. The program offers afterschool nutrition and fitness activities and uses Fitnessgram for outcome tracking as well as other self-reported measures. The program serves 210 total students, reaching each middle school two days a week and provides other programs on Fridays/Saturdays for teens.

The program committee is recommending fully funding the revised request for three more years at \$104,620 per year. The program costs are going up 40%, primarily due to a steep increase in the minimum wage and the addition of required paid sick leave for part-time staff. The program committee felt that to justify a large increase in funding, the program should strive to serve more youth and would like to set a target of a 20% increase.

2. **Korean Women's Association – Everyday Prevention:** a renewal request to support an “Everyday Prevention” program that serves Asian American residents of Verdant's district. The program request includes:
 - A. Current and expanded Everyday Prevention (\$60k request) that provides weekly seminars to Asian American seniors in the area. The program includes topics like heart disease prevention, cancer prevention, Yoga, fall prevention, and has added mental health topics like screening for mental health or substance use issues (ex. SBIRT). The program reaches ~325 unduplicated individuals with education programming, 300 screened with SBIRT, and 750 screened for other public health benefits.
 - B. ***New*** “Integrated Care” focused primarily on insurance enrollment (\$30k request). This request would support enrollment activities in Medicaid, Medicare, and Qualified Health Plans (QHPs).

The program committee is recommending funding the Everyday Prevention request for three more years at \$60,000 per year. The committee did not see a role in Verdant funding the Medicaid, Medicare, Qualified Health Plan or other benefit enrollment activities at this time.

3. **Homage Senior Services (fka Senior Services of Snohomish County) – Care Coordination Program:** a renewal request for a program that integrates care coordination between healthcare providers and community services for adults. Funding is used to support two Care Transition Coach positions who follow up with high-need patients. The program is an evidence-based model based on a care transitions model developed by the University of Colorado.

The applicant proposed a concept that Verdant fund 1 FTE to support uninsured or Medicare only clients and provide start-up funding to support 2FTE that would be primarily dedicated to serving high-need clients eligible through the Health Homes Program. The purpose of this funding model would be to improve the ongoing sustainability of the program by leveraging ongoing Health Homes funding.

The program committee is recommending funding the program as-is at \$135,000 for 2.0 FTE for two more years. Although they appreciated the Health Homes concept to improve sustainability, the program data showed that many patients would not be eligible for Health Homes because they are only enrolled in Medicare. The committee also felt that there was some risk in investing in a Health Homes program start-up model, and that there is no guarantee that the program continues in the long-term.

Applications Not Recommended for Funding by the Committee

4. **Camp Fire Healthy Initiative** - a renewal request for Camp Fire's "Healthy Initiative," which helps children ages 5-18 in after school programs to make healthy choices. Through the program, children learn and practice nutrition and physical activities. The program would be expected to reach 2,400 children in

Verdant's service area, and the program tracks improved commitment to health and decision-making skills. CampFire was seeking a renewal at \$55,000 per year for three years.

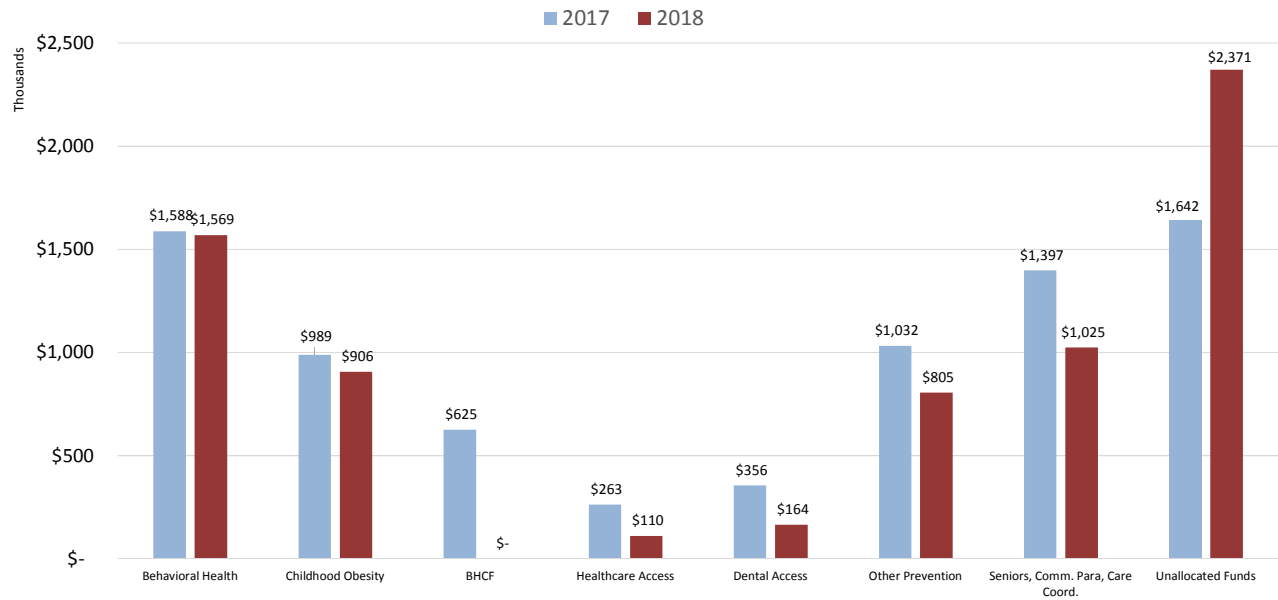
The program committee is not recommending funding the program at this time. Although the initiative has strong participation, the committee didn't feel that there is enough objective evidence that the program is driving results in long-term behavior change and obesity reduction for children and youth.

5. **Snohomish County Health Leadership Coalition (YMCA Fiscal Agent) - Live Healthy 2020:** a request of \$30,000 per year for two years to support "LiveHealthy2020," which is a countywide collective impact model to improve health around physical activity, nutrition, mental/emotional wellbeing, and civic health and engagement. The project includes a technology portal, resource hub, shared measurement, and workgroups called "accelerators."

The accelerators convene around topics like child hunger, nutrition education, infrastructure, and mental/emotional well-being. The approach is to set baseline measurements and focus attention and resources around measurable improvements for each area. The child hunger and nutrition education groups are in place and the mental/emotional well-being and infrastructure groups recently launched.

The program committee is not recommending funding the program at this time. Although the committee appreciated the focus on collaboration and partnerships, the committee did not see enough evidence that the activities would drive measurable health results in Verdant's service area.

Verdant Committed Grant Funds (\$k)



3. Grant Evaluation Criteria

Old Scoring Criteria			Proposed New Scoring Criteria (Draft)		
1. Connect to mission & priorities	20%		A. Connection to Verdant Priority Area	How well did the applicant demonstrate connection between the proposed program and one or more of Verdant's priority area(s)?	10%
2. Need & service to district residents	20%		B. Needs Assessment	How well did the applicant provide current local statistics, agency info or other evidence to document the scope of the problem within Verdant service area?	10%
3. Evidence-based, measurable results	20%		C. Target Population	How well did the applicant demonstrate the target population which will be served by the proposed program including clear demonstration of service to residents within the Verdant service area?	10%
4. Clear budget, use of funds, leverage	20%		D. Organizational Capacity	How well does the applicant display the organizational capacity necessary to implement their proposed program?	10%
5. Sustainability, innovation, partnerships	20%		E. Identification of Other Agencies that Offer This Service/Program	How well did the applicant clearly identify other organizations that address the issue and how the proposed program differs?	5%
Total	100%		F. Program Activities	How clearly defined were the program activities? Is the proposed program an evidence based program?	10%
			G. Program Rationale	How well does the applicant provide evidencethat supports the link between project and its intended results (i.e., is the proposed project evidence-based? Promising practice? Innovative practice?)	5%
			H. Program Outcomes	How well did the application clearly describe the desired outcomes (changes in participants' attitudes, behaviors or knowledge; desired results of the program?)	10%
			I. Program Evaluation	How well did the applicant indicate how program results or outcomes would be measured including any design or use of tests, scales, surveys, observations, etc.?	5%
			J. Budget	How well did the applicant provide an appropriate budget and identify other current funding sources?	10%
			K. Sustainability	How well did the applicant describe their plans for sustainability for the proposed program?	10%
			L. Collaboration	How well did the applicant describe their plans for collaboration with other agencies and organizations?	5%
				Total	100%

**Verdant Community Wellness Center Summary
November and December 2017**

Completed Programs (November)

1. General Community and Provider Events	Attendance
1. PEPS – Baby Peppers Parent Support Group (9/21 – 12/7)*	6-8
2. Monthly Hero's Café for Veterans (10/23)	100+
3. Medicare Open Enrollment by SHIBA (10/30; 11/7, 13, 27)	50+
4. League of Women Voters Children's Committee (11/3)	10
5. ARC Mothers of Children with Disabilities Monthly Support Network (11/4)	25
6. Parkinson's Disease AM and PM Support Groups (11/6)	10-12
7. State Health Insurance Benefits Advisors (SHIBA) Monthly Training (11/7)	25
8. Edmonds School District Health Services Meeting (11/9)	20
9. Evergreen Home Health Staff Meeting (11/14, 15)	50
10. Snohomish County Child Care Center Director's Forum (11/ 8)	15
11. Understanding Medicare Monthly Workshops (11/17)	18
12. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
13. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Taste & Texture: Infant feeding with a Doc & Dietitian (10/23)*	25/class
2. Healthy Living Coaching Group (10/24, 31; 11/7, 14, 21, 28)*	24
3. Road Back to Life Kidney Support Group (10/24)	8
4. Monthly Diabetes Support Group (10/25)	6-8
5. Healthy Alternatives to Home Meal Delivery Services (10/26)*	17
6. Surviving & Thriving with Chronic Kidney Disease (11/1 – 12/13)*	14-16
7. Meal Planning & Cooking with a Busy Schedule Cooking Demo (11/2)*	22
8. Kids and Parents Cooking Class (11/ 4)*	18
9. Winter Wellness & Foods to Boost the Immune System (11/6)*	32
10. Health Screening and Diabetes-friendly Holiday Recipes & Tasting (11/11)*	29
11. The MIND Diet – Eating for Better Brain Health (11/14)*	39
12. Diabetes-friendly Holidays: Cooking Demo (11/15)*	23
13. CHC Diabetes Cooking Class (11/17)	10
14. Getting to Goal Program (Weight Management/Activity Consultations)*	8-10 Clients

3. Behavioral Health & Substance Use	Attendance
1. YWCA Mindfulness (10/11 – 12/6)*	8-10/class
2. YWCA Anxiety & Depression Recovery (10/17 – 12/5)*	6-8/class
3. Brain Health and Wellness Classes (10/25; 11/1, 2, 8, 9, 14, 15, 29, 30)*	varies
4. NAMI "Connections" Support Group (10/ 26; 11/9, 11)	4-8
5. YWCA Managing the Winter Blues (11/8 – 1/3)*	8/class
6. Operation SAVE: Veteran Suicide Prevention Training (11/16)	25
7. NAMI Presents: Torrey Pines Film/ Outside the Sexual Binary (11/16, 30)*	20
8. NAMI Presents: Return to Meaningful Work (11/30)*	10
9. International Survivors of Suicide Loss Day (November 18)*	33
10. Adult Children of Alcoholics Weekly Support Group (weekly)	8-12/week
11. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

**Verdant Community Wellness Center Summary
November and December 2017**

Completed Programs (December)	
5. General Community and Provider Events	Attendance
1. PEPS – Baby Peppers Parent Support Group (9/21 – 12/7)*	6-8
2. Monthly Hero's Café for Veterans (11/28; 12/19)	100+
3. ARC Mothers of Children with Disabilities Monthly Support Network (12/2)	16
4. YMCA Staff Retreat (12/4)	20
5. Parkinson's Disease AM & PM Support Groups (12/4)	10-12
6. Resource Connectors Quarterly Meeting (12/5)	35
7. Hispanic Seniors Outreach and Education Day (12/5)	12
8. Medicare Open Enrollment by SHIBA (12/6)	15
9. Korean Women's Association Everyday Prevention Workshops* (12/ 7)	40
10. MTI Root Canal Clinic (12/7)*	5-6
11. Edmonds School District Health Services Meeting (12/8)	22
12. Finding Reliable Medical Information on the Internet (12/11)*	17
13. Community Health Accelerator Meetings (12/11, 13)	25-30
14. Snohomish County Child Care Center Director's Forum (12/13)	14
15. Understanding Medicare Monthly Workshops (12/ 15)	7
16. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
17. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

6. Nutrition and Healthy Behaviors	Attendance
1. Surviving & Thriving with Chronic Kidney Disease (11/1 – 12/13)*	15/class
2. Road Back to Life Kidney Support Group (11/28)	8-10
3. Healthy Living Coaching Group – weekly support (12/ 5, 12, 19)*	10-16
4. Dips, Small Bites and Side Dishes for the Holidays (12/7, 12)*	38
5. Getting to Goal Program (Weight Management/Activity Consultations)*	8-10 Clients

7. Behavioral Health & Substance Use	Attendance
1. YWCA Mindfulness (10/11 – 12/6)*	8-10/class
2. YWCA Anxiety & Depression Recovery (10/17 – 12/5)*	6-8/class
3. YWCA Managing the Winter Blues (11/8 – 1/3)*	8/class
4. Brain Health and Wellness Classes (11/29, 30; 12/6, 12)*	varies
5. NAMI "Connections" Support Group (12/14, 28)	4-8
6. NAMI Presents: Substance Abuse and Mental Illness – Co-occurring Disorders (12/11)*	9
7. Adult Children of Alcoholics Weekly Support Group (weekly)	8-12/week
8. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies
8. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

Verdant Community Wellness Center Summary November and December 2017

Upcoming January Programs

A. General Community and Provider Events

1. Child Care Basics Trainings(December 16)
2. Child Care ITERS/ECERS STARS Training (December 16)
3. Monthly Hero's Café for Veterans (December 19; January 23)
4. Family Caregiver Support Group (January 4, 18)
5. ARC Mothers of Children with Disabilities Monthly Support Network (January 6)
6. Parkinson's Disease AM Support Group (January 8)
7. Working with Parkinson's Disease PM Support Group (January 8)
8. SHIBA Update Trainings (January 9)
9. Powerful Tools for Caregivers Workshop (January 9 – February 13)
10. PEPS – Baby Peppers Parent Support Group (January 11 – March 22)*
11. Evergreen Home Health Team Meetings (January 10, 16)
12. LGBTQ Youth and Family Night (January 17)*
13. Welcome to Medicare Monthly Workshops (January 19)
14. Reality of Today's Marijuana and It's Impact on Our Youth (January 22)*
15. Edmonds School District Health Services Meeting (January 25)
16. Girls on the Run Coach Training (January 27)*

B. Nutrition and Healthy Behaviors

1. Type 2 and You Program Culmination (December 18)*
2. Healthy Living Coaching Group – weekly support (December 19; January 2, 9, 16, 23, 30)*
3. Flavors of Greed Cooking Demo (January 11)*
4. Mediterranean for Life Information Night (January 18)*
5. Road Back to Life Kidney Support Group (January 23)
6. Surviving & Thriving with Chronic Kidney Disease (January 24– February 28)*
7. Crockpot Meals Cooking Demo (January 25)*
8. Mediterranean for Life Health Coaching Class (January 25-June 12)*
9. Making Weight Loss Your New Year's Resolution (January 29)*

C. Behavioral Health & Substance Use Focus

1. Brain Health and Wellness Classes (January 9, 16, 23, 29, 30)*
2. National Alliance on Mental Illness "Connections" Support Group (January 11, 25)
3. Tai Chi – 6 Week Series for Beginners (January 24 – February 28)*
4. Adult Children of Alcoholics Weekly Support Group (weekly)
5. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partner**

Multicultural Program & Outreach Report

- Hosted a community conversation session on November 7th with local Community Health Workers (Promotoras) to plan collaboration on different projects for 2018 including Diabetes Prevention, Nutrition and Barriers to Healthy Eating. The conversation was led by 2 professors from the School of Health Studies at the University of Washington-Bothell
- In November, held workshop on women's sexual health with Dr. Kathy Partida, a Spanish-speaking OB-GYN
- Spanish Language Alzheimer's Presentation on Tue Nov 14 focused on cardiovascular health and dementia.
- Hosted a workshop about Sexual Orientation and Gender Identity - What's the difference?
- Hosted a bilingual CPR class for community members

December 2017 Marketing Report

Verdant Healthier Community Conference

- Mark your calendar: Monday, March 12, 2018
- Sponsors have contributed \$17,000 to support the event. They include: (Gold level) Premera; (Silver level) Coordinated Care and The Everett Clinic; and (Bronze level) Amerigroup, Community Transit, Edmonds Community College, Foster Pepper, Molina, Puget Sound Kidney Centers, Swedish Edmonds, Herald (in-kind), Pacific Art Press (in-kind)

Time	Activity		
7:30-8 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8-9 a.m.	Breakfast Keynote Dr. Pritpal Tamber		
	Interest Tracks		
	The “Why” What theories inform effective community health practices?	The “How” What practices do we implement to improve community health?	The “Now What?” How do we advocate and drive policy in community health?
9:15-10:05 a.m.	Hunger & Chronic Diseases	Case Studies in Behavioral Health Integration	Navigating the Healthcare Alphabet Soup
10:15-11:05 a.m.	Oral Health and Physical Health Connection	What Does Trauma Look Like in Children?	Immigration as a Social Determinant of Health
11:15 a.m. – 12:15 p.m.	Verdant Update/Awards		

12:25-1:15 p.m.	What is Evidence-based Practice and How Do You Know If You're Doing It Right?	Non-opiate Treatment of Pain	Case Studies in Advocacy Work
1:25-2:15 p.m.	Brain Health	Mindfulness for Preventing Provider Burnout	The Many Faces of Community Health
2:25-3:25 p.m.	Closing Keynote		