

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
January 24, 2018
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. Commissioner Oath of Office	Action	8:02	1-2
C. Approval of Officer Appointments & Committee Assignments	Action	8:01	3
D. Approval of the Minutes			
a) December 20, 2017 Board Meeting	Action	8:01	4-8
E. Introduce 2018 Board Meeting and Retreat Schedule	Information	8:10	9
F. Executive Committee Report	Information	8:04	---
G. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:12	10-14
b) Authorization for payment of vouchers and payroll	Action	8:17	15
c) Introduce amended Bylaws	Information	8:18	16-28
H. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:18	---
b) Program investment recommendations	Action	8:20	29-30
c) Verdant Community Wellness Center activities update	Information	8:30	31-32
d) Verdant multi-cultural program update	Information	8:35	33
I. Marketing Report	Information	8:40	34-35
J. Superintendent's Report	Information	8:45	---
K. Public Comments (please limit to three minutes per speaker)	---	8:50	---
L. Commissioner Comments	---	8:55	---
M. Executive Session	---	9:00	---
a) Consider the legal risks of a proposed action of the district			
b) Review and consider proposed property acquisition			
N. Open Session	---	9:30	---
O. Adjournment	---	9:30	---

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
January 24, 2018**

Commissioners Present	Deana Knutsen, President Fred Langer, Commissioner Bob Knowles, Commissioner Karianna Wilson, Commissioner J Bruce Williams, Commissioner
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Karen Goto, Executive Assistant
Guests	Brad Berg, Foster Pepper Bryan Helfer, 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.
Commissioner Oath of Office	The oath of office was administered to Commissioner Knutsen and Commissioner Wilson by Commissioner Langer. Both were elected to 6-year terms in November 2017.
Approval of Officer Appointments and Committee Assignments	<i>Motion was made, seconded and passed unanimously to approve</i> the 2018 officer appointments and committee assignments (E:01:18).
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on December 20, 2017.
Introduce 2018 Board Meeting & Retreat Schedule	The proposed 2018 schedule was introduced (E:02:18) to the board. The amended Bylaws will be presented for

approval before this schedule can be approved at the next regular board meeting on February 28, 2018.

**Executive
Committee**

President Knutsen reported that the Executive Committee met on January 17, 2018 to review and approve the January 24, 2018 board meeting agenda including Bylaws amendments and to discuss other updates that will be shared in the Superintendent report. No action was taken.

**Finance Committee
Report**

The committee met on January 17, 2018. Ms. King reviewed the financial statements and cash activity for December 2017 (E:03:18).

**Authorization for
Payment of Vouchers
& Payroll**

Warrant Numbers 12601 through 12663 for December 2017 for payment in the amount of \$111,715.58 were presented for approval (E:04:18). ***Motion was made, seconded and passed unanimously to approve.***

**Introduce Amended
Bylaws**

Amended Bylaws were introduced and will be presented for approval at the next regular board meeting on February 28, 2018 (E:05:18).

**Program Committee
Update**

The Program Committee met on January 10, 2018 to review two applications (E:06:18). Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations to the board.
No conflicts of interest were reported by any of the commissioners present.

Applications Recommended for Funding:

Feet First – Lynnwood Walking Adult – funding request to conduct a walking audit to create a report about the walking conditions around the soon-to-be redeveloped Lynnwood Transit Center.

Motion was made, seconded and passed unanimously to approve \$2,650 on a one-time basis.

Applications Not Recommended for Funding:

Alpha Supported Living, Health Services Program – a request for \$150,000 over three years to support health needs of developmentally delayed individuals primarily living in supported living/group home settings.

**Verdant Community
Wellness Center
Activities Update**

Ms. Waldin presented an update on activities at the Wellness Center in December 2017 and January 2018 (E:08:18). Ms. Waldin highlighted the Supporting LGBTQ Youth event on January 17, 2018 with 90 people in attendance and the Mediterranean for Life 6-month program which enrolled 16 participants at a per participant cost of \$79 with a refund incentive of \$50 with health goal achieved. Results of the program will be presented in June 2018.

**Verdant Multicultural
Report**

Ms. Huber presented an update on multicultural activities for January 2018 (E:09:18).

Marketing Report

Ms. Piplic presented the Marketing report (E:10:18) with a schedule for the March 12, 2018 Verdant Healthier Community Conference. Tickets sales started on January 16, 2018 and two more sponsors have been added.

**Superintendent
Report**

Dr. Fenn reported on the following items:

1. Since returning from the holidays, all staff have been involved with the Verdant Healthier Community Conference planning.
2. Hero's Café has completed one year of meeting at Verdant for their monthly gathering. They would like to acknowledge the Verdant staff at next month's gathering.
3. The LGBTQ+ event was successful thanks to Ms. Waldin.
4. Verdant social worker candidates will have a 2nd round of interviews on January 29, 2018.
5. Feedback from the commissioners on whether they prefer the new meeting program report structure. All commissioners agreed that they do prefer it.
6. Dr. Fenn was invited to participate in a legislative panel with the Economic Alliance Snohomish County in early January 2018.
7. HB 2539 was heard on January 18, 2018 along with SB 6208 for which Dr. Fenn testified representing public hospital districts. Both bills are now going to the full house and senate. Dr. Fenn will send more information to all commissioners. Dr. Fenn stated that there were two "NO" votes in the house local government committee, identifying concerns

about competition with the private sector. Commissioner Langer stated that he is comfortable with the bill's language. Commissioner Williams commented that private gyms should devise a program that meets the community needs and seek funding from Verdant. Ms. Waldin commented that Verdant offers introductory Tai Chi and Yoga classes and then refers individuals to seek further physical activity classes in the community through private gyms or recreation centers and senior centers.

Public Comments

None

Commissioner Comments

Commissioner Langer reported that he observed some of a multicultural class at Verdant and noted the positive energy. Commissioner Williams commented on Oregon's recent decision on a publicly funded health insurance option and asked if someone from the Health Care Authority could speak to the board about the insurance enrollment progress and how Verdant can fill any gaps. Commissioner Wilson added that Verdant may also want to hear from someone at the Exchange. President Knutsen reported that her husband is at today's meeting to observe her taking the oath of office.

Executive Session

President Knutsen recessed the regular meeting at 8:40 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 acquisition. Brad Berg and Bryan Helfer of Foster Pepper PLLC, participated in the executive session. President Knutsen stated that the board would reconvene in 30 minutes and no action would be taken in Executive Session. At 9:10 a.m. President Knutsen extended the Executive Session for 30 minutes. Commissioner Williams left at 9:30 a.m. Commissioner Knowles left at 9:35 a.m. At 9:40 a.m. President Knutsen extended the Executive Session for 5 minutes. At 9:45 a.m. President Knutsen extended the Executive Session for 5 minutes.

At 9:50 a.m. President Knutsen extended the Executive Session for 5 minutes.

Open Session

The board reconvened into Open Session at 9:55 a.m.

Adjourn

The meeting was adjourned at 9:55 a.m.

ATTEST BY:



President



Secretary

State of Washington



County of Snohomish

Certificate of Election

Deana Knutsen

at the County of Snohomish, State of Washington, on the 7th day of November, 2017, received the highest number of votes cast for:

**Hospital District 2
Commissioner Position 1**
6-year term

and is therefore elected in accordance with RCW 85.38.115 at the Election in the County of Snohomish, State of Washington, on the 7th day of November, 2017.



In witness whereof, I have hereunto set my hand and affixed my official seal this 4th day of December, 2017.

Carolyn Weikel, County Auditor

E: 01:18
1.24.18

State of Washington



County of Snohomish

Certificate of Election

Karianna Wilson

at the County of Snohomish, State of Washington, on the 7th day of November, 2017, received the highest number of votes cast for:

**Hospital District 2
Commissioner Position 4**
6-year term

and is therefore elected in accordance with RCW 85.38.115 at the Election in the County of Snohomish, State of Washington, on the 7th day of November, 2017.

In witness whereof, I have hereunto set my hand and affixed my official seal this 4th day of December, 2017.



Carolyn Weikel, County Auditor

E:02:18
1.24.18



Proposed 2018 Monthly Board Meetings
Subject to Approval by Resolution

4th Wednesday of the month unless noted
Time: 8 - 10 a.m. unless noted
Location: Verdant Community Wellness
Center

January 24

February 28

March 28

April 25 – Evening Meeting, 6 - 8 p.m.

May 23

June 27

July 25 – Evening Meeting, 6 - 8 p.m.

August 22

September 26

October 24 – Evening Meeting, 6 - 8 p.m.

November 28

December 19 (3rd Wednesday)

2018 Board Study Sessions

Time: 8 - 10 a.m. unless noted
Location: Verdant Community Wellness
Center unless noted

March 14

June 13 – Board Retreat, 12 - 5 p.m.

October 10 – Budget Meeting

December 7 to 8 – Board Retreat
12 - 5 p.m. Friday
8 a.m. - 12 p.m. Saturday
Location TBD

2018 Other Important Dates

March 12 – Verdant Healthier Community
Conference
8 a.m. - 4 p.m.
Lynnwood Convention Center

E: 02:18

1.24.18



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 December 31, 2017

	A	B	C	D
	Dec 31, 2016	Dec 31, 2017	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	5,457,824	1,853,236	(3,604,588)	
4 Other Current Assets	34,822,481	43,127,455	8,304,974	Includes Investments
5 Total Current Assets	40,280,305	44,980,691	4,700,386	
6 Total Long-term & Fixed Assets	46,463,198	45,771,939	(691,259)	Includes Depreciation
7 TOTAL ASSETS	86,743,503	90,752,630	4,009,127	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	3,230,044	1,397,836	(1,832,208)	
11 Long-term Liabilities	3,087,949	3,025,919	(62,030)	2012 LTGO Bonds/BHCF
12 Total Liabilities	6,317,993	4,423,755	(1,894,238)	
13 Total Equity	80,425,511	86,328,875	5,903,365	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	86,743,503	90,752,630	4,009,127	

Profit & Loss
December 2017

	A	B	C	D	E	F
	Dec Actual	Dec Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	2,305,312	2,343,296	(37,985)	11,901,177	11,928,961	(27,783)
3 EXPENSES						
4 Operating Expenses	218,813	192,267	(26,546)	1,950,914	2,351,276	400,362
5 Depreciation Expense	168,724	164,637	(4,087)	2,152,253	2,113,656	(38,598)
6 Program Expenses	480,754	1,567,854	1,087,099	5,470,229	7,891,246	2,421,017
7 Total Expenses	868,291	1,924,757	1,056,466	9,573,397	12,356,178	2,782,781
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	265,990	228,229	37,761	3,575,584	2,738,746	836,838
10 NET INCOME	1,703,010	646,768	1,056,242	5,903,365	2,311,528	3,591,836

Monthly Highlights
December 2017

Verdant received dividends payments of \$77,915 on our investment portfolio in December and closed with an ending market value of \$43,036,363.

Annual program spending totalled \$6,095,443 for 2017. \$1,795,803 was unspent in 2017. (Cash Basis)
Program commitments total \$4,769,340 for 2018. \$2,585,965 remain available to spend in 2018.

Revenue of \$139,536 and expenses of \$88,754 from the Kruger Clinic were incurred, netting to an additional operating income of \$50,782 in December. Annual operating income \$510,930.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12601	12/06/2017	Berry Sign Systems	516.76	Replace large pylon sign ballasts & lamps
12602	12/06/2017	Consolidated Landscape Maintenance, Inc.	440.50	Dec 2017 Landscaping maintenance
12603	12/06/2017	Corporate Security LLC	284.00	Dec 2017 Parking Lot Security
12604	12/06/2017	Electronic Business Machines	1,008.04	11/22-12/21/17 Copy Machine; overage 8/22-11/21/17
12605	12/06/2017	Maria Isabel Quijano	525.00	CPR Trainer
12606	12/06/2017	Sound Publishing, Inc.	39.20	Legal Notice 12/1-2/17 Special Board Retreat Meeting
12607	12/06/2017	Susana Flores	52.50	Childcare for CPR Class 11/30/17
12608	12/06/2017	Yasaura Carvajal	52.50	Childcare for CPR Class 11/30/17
12609	12/06/2017	Armstrong Services	1,160.28	Nov 2017 Janitorial
12610	12/06/2017	Ash Consulting	100.50	Nov 2017 Consulting
12611	12/06/2017	YMCA of Snohomish Co	200.00	Refund for VWC deposit
12612	12/06/2017	Comcast	290.91	Telephone/Internet
12613	12/06/2017	Puget Sound Energy	57.47	Natural Gas
12614	12/06/2017	Connie Nelson, RN	480.00	WC 164 - Yoga 101
12615	12/06/2017	Seattle Food Nut	543.36	WC 157 - Teens in the Kitchen
12616	12/06/2017	Beth Rodriguez, LLC	461.52	Nov 2017 VHCC Support (12 hrs)
12617	12/06/2017	Tulalip Resort Casino	656.82	Final Balance for 12/1 - 12/2 Board Retreat
12618	12/13/2017	Comcast	1,013.10	Telephone/Internet
12619	12/13/2017	Dimensional Communication, Inc	456.60	Deposit for PA Sound System
12620	12/13/2017	Sound Dietitians	1,755.51	WC 150 - Lifestyle Change Check in and Cooking Classes
12621	12/13/2017	AmeriFlex Business Solutions	17.25	Dec 2017 FSA Administration
12622	12/13/2017	City of Lynnwood	3,663.00	Oct & Nov 2017 Front Desk Support
12623	12/13/2017	Eberle Vivian	4,266.19	1Q18 Self Insurance Work Comp Claims Administration
12624	12/13/2017	Marie-Lou Andersen	187.50	WC 165 - Instructor for Tai Chi 9/28-11/9/17
12625	12/13/2017	Total Health	275.00	WC 152 - Nutrition and Fitness Education Workshops
12626	12/13/2017	Latino Educational Training Institute	300.00	8-week women's health program support
12627	12/13/2017	James Distelhorst, MD	200.00	WC 166 - Finding Reliable Medical Info on the Internet
12628	12/13/2017	Principal	263.92	Payroll Tax for S-T Disability
12629	12/13/2017	Dataworks	1,361.09	Server Backup NAS and ShadowProtect
12630	12/20/2017	UNITED WAY	735.00	3Q17 Employee Charitable Contributions
12631	12/20/2017	Discovia	824.00	PRR Software
12632	12/20/2017	Dynamic Language	161.89	Interpreter services
12633	12/20/2017	State Auditor's Office	8,022.99	2016-2017 State Audit
12634	12/20/2017	Guardian Security Systems, Inc.	643.00	Annual inspections for fire sprinklers and extinguishers
12635	12/20/2017	Margot Helphand	4,343.44	Facilitation of Commission Retreat
12636	12/20/2017	P3G, Inc.	2,205.17	Marketing Materials - Bouncy balls
12637	12/27/2017	Swedish/Edmonds	1,365.82	T-mobile Cell Tower Lease Dec 2017
12638	12/20/2017	Davidson-Macri Sweeping, Inc.	395.23	Ice Melt application 12/6/17
12639	12/20/2017	Staples	89.40	Supplies
12640	12/27/2017	Sound Publishing, Inc.	39.20	Legal Notice 12/20/17 Board Meeting
12641	12/27/2017	Velia Lara	525.00	Instructor for Spanish Language Strengthening Families Program
12642	12/27/2017	Washington State University	507.86	Strengthening Families in Spanish 1/24-3/30/18
12643	12/27/2017	EPromos	892.30	T-shirts #459779, beachballs #459777
12644	12/27/2017	Consolidated Landscape Maintenance, Inc.	216.93	Update plantings and landscaping
12645	12/27/2017	Regence Blueshield	4,658.11	Jan 2018 Health Insurance

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12647	12/31/2017	Dataworks	2,516.60	Gateway Security Suite 1 yr subscription, IT Support
12648	12/31/2017	Electronic Business Machines	40.08	12/22/17-1/21/18 Copy Machine
12646	12/27/2017	Snohomish County Auditors Office	43,033.67	Nov 7, 2017 Election of Commissioners
12649	12/31/2017	Principal	1,400.09	EE Life Insurance
12650	12/31/2017	Waste Management	258.65	Garbage/Recycling
12651	12/31/2017	Wells Fargo	1,266.10	Misc.
12652	12/31/2017	Consolidated Landscape Maintenance, Inc.	440.50	Jan 2018 Landscaping maintenance
12653	12/31/2017	Northwest Health Law Advocates	1,800.00	WC 171 - Health Care Coverage for Immigrants
12654	12/31/2017	Total Health	990.00	WC 144 - Reimbursement for Mediterranean for Life
12655	12/31/2017	Wells Fargo	1,156.75	Misc.
12656	12/31/2017	Dimensional Communication, Inc	259.44	Lavalier mic and headset mic for Cedar
12657	12/31/2017	Mary Porter, RDN	240.00	WC 149 - Individual consult
12658	12/31/2017	NAMI Snohomish County	2,214.29	WC 148 - Mental Health Workshops (7 series)
12659	12/31/2017	Snohomish County PUD	1,730.90	Electricity
12660	12/31/2017	Sound Dietitians	1,265.65	WC 150 - Lifestyle Change Check in and Cooking Classes
12662	12/31/2017	YWCA of Seattle, King and Snohomish Co	6,219.00	WC 154 - Lifeskills Classes
12663	12/31/2017	UNITED WAY	630.00	4Q17 Employee Charitable Contributions
		Total Warrants	111,715.58	
Workers Compensation Claims Activity:				
305378-380	Dec-17	Various Claimants/Vendors	1,555.89	Administered by Eberle Vivian
Kruger Clinic Activity:				
3179-3191	Dec-17	Various Claimants/Vendors	44,324.29	Administered by PMNWN
Wire/ACH Activity:				
	12/8/2017	Payroll	18,194.79	ACH payroll transfer
	12/8/2017	Department of Treasury	6,487.56	Payroll taxes for 12/2/17 pay period ending
	12/8/2017	Valic	2,574.77	Payroll 401(a)/457 Deposit
	12/8/2017	Paychex	117.48	Fee for payroll processing
	12/22/2017	Payroll	18,641.26	ACH payroll transfer
	12/22/2017	Department of Treasury	6,711.21	Payroll taxes for 12/16/17 pay period ending
	12/22/2017	Valic	2,691.40	Payroll 401(a)/457 Deposit
	12/22/2017	Paychex	114.78	Fee for payroll processing
	12/1/2017	Payroll	3,370.12	ACH payroll transfer
	12/1/2017	Department of Treasury	813.66	Payroll taxes for 11/18/17 pay period ending
	12/1/2017	Valic	423.25	Payroll 401(a)/457 Deposit
	12/12/2017	Wells Fargo Merchant Services	145.30	Merchant Services

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	12/15/2017	Alzheimer's Association Western & Central	7,209.16	Program Payment
	12/15/2017	American Diabetes Association	3,750.00	Program Payment
	12/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	12/15/2017	CampFire	4,166.67	Program Payment
	12/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	12/15/2017	Center for Human Services	27,279.16	Program Payment
	12/15/2017	ChildStrive	23,333.33	Program Payment
	12/15/2017	City of Lynnwood	6,144.08	Program Payment
	12/15/2017	Cocoon House.	5,000.00	Program Payment
	12/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	12/15/2017	Edmonds School District No. 15	109,713.42	Program Payment
	12/15/2017	Edmonds Senior Center	9,666.67	Program Payment
	12/15/2017	Girls on the Run	11,000.00	Program Payment
	12/15/2017	Homage Senior Services	64,086.67	Program Payment
	12/15/2017	Kinderling	11,517.17	Program Payment
	12/15/2017	Korean Women's Association	5,000.00	Program Payment
	12/15/2017	Mary Porter, RDN	375.00	Program Payment
	12/15/2017	Medical Teams International	5,500.00	Program Payment
	12/15/2017	PEPS	3,250.00	Program Payment
	12/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	12/15/2017	Project Access Northwest	7,500.00	Program Payment
	12/15/2017	Puget Sound Christian Clinic	27,166.67	Program Payment
	12/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment
	12/15/2017	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	12/15/2017	Syracuse University	15,000.00	Program Payment
	12/15/2017	Therapeutic Health Services	20,833.33	Program Payment
	12/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	12/15/2017	Wonderland Development Center	12,458.33	Program Payment
	12/15/2017	YWCA of Seattle, King and Snohomish Co	8,333.33	Program Payment
	12/11/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	12/21/2017	AmeriFlex Business Solutions	360.00	FSA Payments
	12/25/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	12/12/2017	WA Department of Revenue	812.30	B&O/Retailing Sales Tax for Nov 2017
		Total Wires/ACH Transactions	525,963.38	
		Total Disbursements	\$ 683,559.14	

Transaction Date	Payer	Amount	Purpose
Deposits:			
12/1/2017	Swedish Edmonds	804,186.12	Monthly leases
12/1/2017	Value Village	26,552.66	Monthly lease
12/1/2017	Raymond Liu, D.D.S.	3,656.70	Kruger Clinic monthly lease
12/1/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
12/1/2017	Puget Sound Gastro	27,641.97	Kruger Clinic monthly lease
12/1/2017	Kean Lawlor	20,382.21	Kruger Clinic monthly lease
12/10/2017	Snohomish County	159,290.14	Levy
12/25/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
12/1/2017	T-mobile	1,365.82	Cell tower at the hospital
12/5/2017	Homage Senior Services.	200.00	Deposit for use of VCWC
12/7/2017	Community Transit	1,000.00	Sponsorship of VHCC
12/11/2017	Premiera	5,000.00	Sponsorship of VHCC
12/11/2017	Everett Clinic	2,500.00	Sponsorship of VHCC
12/11/2017	Amerigroup	1,000.00	Sponsorship of VHCC
12/14/2017	Swedish/Edmonds	175.00	Kruger Clinic
12/15/2017	Department of Labor and Industries	17,188.35	Refund for Work Comp Claim
12/15/2017	Molina Healthcare.	1,000.00	Sponsorship of VHCC
12/18/2017	Kilpatrick Townsend & Stockton LLP	12.64	Payment for PRR
12/21/2017	VCWC Class	40.00	Registration for 2 VCWC classes
12/29/2017	Value Village	27,614.77	Monthly lease for Jan 2018
12/31/2017	Swedish Edmonds	805,127.44	Monthly leases for Jan 2018
	Total Deposits	\$ 1,908,682.17	

E : 04 : 18

1.24.18

**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 12601 through 12663 have been issued for payment in the amount of \$111,715.58. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	12-1-17 – 12-31-17		\$111,715.58
Work Comp Claims Pd:	12-1-17 – 12-31-17		1,555.89
Kruger Clinic Processed:	12-1-17 – 12-31-17		44,324.29
Payroll:	11-5-17 – 11-18-17	3,370.12	
	11-19-17 – 12-2-17	18,194.79	
	12-3-17 – 12-16-17	<u>18,641.26</u>	
			40,206.17
Electronic Payments:	Payroll Taxes	14,012.43	
	Paychex	232.26	
	Valic Retirement	5,689.42	
	AmeriFlex FSA	716.92	
	Bank Fees	145.30	
	WA State Dept Revenue	812.30	
	Program Expenditures	<u>464,148.58</u>	
			<u>485,757.21</u>
	Grand Total		<u>\$683,559.14</u>

E: 05:18

1.24.18

**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

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Program Oversight Committee Summary Report

- Two new requests up for review and discussion this month

Information about Funding Requests

1. Feet First - Lynnwood Walking Audit		Request Year 1	Request Year 2	Request Year 3
		\$2,650 (+\$4,500 for volunteer costs)	-	-
Program Description: Feet First is seeking funding to conduct a walking audit to improve walking conditions around the soon-to-be redeveloped Lynnwood Transit Center.				
Expected Results	Feet First would conduct a walking tour of the area with community members, elected officials, and city staff to identify barriers and opportunities to walking. The organization would then analyze results and produce a written walking audit report that would include specific observations that could be implemented to improve the area, and would engage the participation of a consultant specializing in accessibility for people with disabilities.			
Use of Funds & Costs	Funds would be used for printing, design and consultant accessibility. The applicant also valued volunteer time in the proposal for 60 hours of work at \$4,500.			

2. Alpha Supported Living – Health Services Program		Request Year 1	Request Year 2	Request Year 3
		\$50,000	\$50,000	\$50,000
Program Description: A request to support health needs of developmentally delayed individuals primarily living in supported living/group home settings. The program would support the health needs of 23 individuals that live in South Snohomish County and funds would be used to pay for nursing staff. Alpha Supported Living is a non-profit that took over programs sites in South Snohomish County when Smithwright Services shut down.				
Expected Results	The focus of the program would be on prevention for residents and would track measures like vaccinations, medication management, behavior management and broad prevention goals like weight management. The program would expect to serve 23 residents in Verdant's district.			
Use of Funds & Costs	Funds would be used for portion of RN and other clinical team wages. Alpha Supported Living's services are primarily paid for through state contracts, but funding is insufficient to pay for RN staffing.			

Program Committee Recommendation

Applications Recommended for Funding

1. **Feet First, Lynnwood Walking Audit – the program committee is recommending funding the request at \$2,650 on a one-time basis.** The committee saw the project as an opportunity for Verdant to learn more about possible community infrastructure improvements and a clear fit to Verdant’s priority to create opportunities for increased physical activity. At the recent board retreat Verdant board members discussed getting more involved in policy issues and the committee saw this project as an opportunity to learn more about possible policy improvements.

Applications Not Recommended for Funding

2. **Alpha Supported Living, Health Services Program – the program committee is not recommending funding the program at this time.** Although the committee appreciated the applicant’s interest in providing more robust health services, there were several weaknesses with the request. First, the committee noted that Verdant does not typically fund program needs that are created by public funding gaps or shortfalls. Also, the program is expected to serve a small number of individuals (23) at a relatively high cost and there is not a clear path to funding sustainability.

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Verdant Community Wellness Center Summary January 2018

Completed Programs (December)

1. General Community and Provider Events	Attendance
1. Monthly Hero's Café for Veterans (12/19; 1/23)	100+
2. Korean Women's Association Everyday Prevention Workshops (1/4)*	40
3. Family Caregiver Support Group (1/4, 18)	6-8
4. League of Women Voters Children's Committee (1/5)	12
5. ARC Mothers of Children with Disabilities Monthly Support Network (1/6)	21
6. Parkinson's Disease AM Support Group (1/8)	6
7. SHIBA Update Trainings (1/9)	25
8. Powerful Tools for Caregivers Workshop (1/9 – 2/13)	16/class
9. PEPS – Baby Peppers Parent Support Group (1/11 – 3/22)*	4-6/class
10. Evergreen Home Health Team Meetings (1/10, 16)	50
11. SCAEYC Board Meeting (1/10)	5
12. Live Healthy 2020 – Nutrition Accelerator Workgroup (1/11)	12
13. LGBTQ Youth and Family Night (1/17)*	90
14. Welcome to Medicare Monthly Workshops (1/19)	15
15. Childcare Basics training for new providers	8
16. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
17. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

2. Nutrition and Healthy Behaviors	Attendance
1. Type 2 and You Program Culmination (12/18)*	20
2. Healthy Living Coaching Group – weekly support (12/19; 1/2, 9, 16)*	12-20/week
3. Flavors of Greece Cooking Demo (1/11)*	24
4. Mediterranean for Life Information Night (1/18)*	22

3. Behavioral Health & Substance Use	Attendance
1. YWCA Managing the Winter Blues (11/8 – 1/3)*	6-8/class
2. Brain Health and Wellness Classes (1/9, 16, 23, 29, 30)*	varies
3. National Alliance on Mental Illness Support Group (12/28, 1/11, 25)	4-8/week
4. Adult Children of Alcoholics Weekly Support Group (weekly)	8-16/week
5. 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 January 2018

Upcoming Programs

A. General Community and Provider Events

1. Powerful Tools for Caregivers Workshop (January 9 – February 13)
2. PEPS – Baby Peppers Parent Support Group (January 11 – March 22)*
3. SnoTrac Coalition Partner Meeting (January 22)
4. Reality of Today's Marijuana and It's Impact on Our Youth (January 22)*
5. Monthly Hero's Café for Veterans (January 23, February 27)
6. Childcare Aware Community Advocacy Training (January 24)
7. Edmonds School District Health Services Meeting (January 25)
8. Homage Senior Services Staff Meeting (January 26)
9. Girls on the Run Coach Training (January 27)*
10. Swedish Core Leaders Retreat (January 30)
11. Korean Women's Association Everyday Prevention Workshops (February 1)*
12. Family Caregiver Support Group (February 1, 15)
13. League of Women Voters Children's Committee (February 2)
14. ARC Mothers of Children with Disabilities Monthly Support Network (February 3)
15. Parkinson's Disease AM Support Group (February 5)
16. Working with Parkinson's Disease PM Support Group (February 5)
17. SHIBA Update Trainings (February 6)
18. Evergreen Home Health Team Meetings (February 7, 13)
19. Welcome to Medicare Monthly Workshops (February 16)

B. Nutrition and Healthy Behaviors

1. Road Back to Life Kidney Support Group (January 23)
2. Surviving & Thriving with Chronic Kidney Disease (January 24– February 28)*
3. Diabetes Support Group (January 24; February 28)
4. Crockpot Meals Cooking Demo (January 25)*
5. Mediterranean for Life Health Coaching Class (January 25-June 12)*
6. Making Weight Loss Your New Year's Resolution (January 29)*
7. Menu Planning in Action STARS Training for Childcare providers (February 3)
8. Instant Pot and Pressure Cooker Cooking Demo (February 6)*
9. Seafood for your Heart Cooking Demo with a Chef and Dietitian (February 12)*
10. CHC Diabetes Cooking Class (February 16)
11. Be Smart for your Heart: Learn & Taste with a Doc and Dietitian (February 26)*

C. Behavioral Health & Substance Use Focus

1. Understanding Relationships (January 23 – June 25)
2. Tai Chi – 6 Week Series for Beginners (January 24 – February 28)*
3. Intro to Social Skills for Young Adults with Developmental Disabilities (February 1)
4. Brain Health and Wellness Classes (February 5, 7, 12, 26, 27)*
5. National Alliance on Mental Illness "Connections" Support Group (February 11, 25)
6. Sit, Sleep and Move to Improve Your Mild Back Pain (February 13, 15, 20, 22)*
7. Managing Stress in Everyday Life – 8 week Support Group (February 22 – April 12)*
8. Yoga 101 for Beginners (February 27 – April 17)*
9. Adult Children of Alcoholics Weekly Support Group (weekly)
10. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partners**

January 2018 Multicultural Program & Outreach Report

- **Started a 7-week session of Spanish Language Cooking Matters for Diabetes:** As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals. Current participation at Verdant Wellness Center is 17 families and it's led by 3 trained community members.
- **Started a 7-week series of Spanish Language Strengthening Families Program for Parents and Youth 10-14 years.** The Strengthening Families Program is geared towards parents and youth 10-14 is a family skills training intervention designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds. The sessions provide instruction for parents on understanding the risk factors for substance use, enhancing parent-child bonding, monitoring compliance with parental guidelines and imposing appropriate consequences, managing anger and family conflict, and fostering positive child involvement in family tasks. Children receive instruction on resisting peer influences to use substances. Current participation is 12 families with 18 youth.

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January 2018 Marketing Report

Verdant Healthier Community Conference

- Mark your calendar: Monday, March 12, 2018
- Sponsors have contributed \$20,500 to support the event. They include: (Gold level) Premera; (Silver level) Coordinated Care, The Everett Clinic, and Kaiser Permanente; and (Bronze level) Amerigroup, Community Transit, Edmonds Community College, Foster Pepper, Molina, Puget Sound Kidney Centers, Swedish Edmonds, UW Bothell, 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		
	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.	Food, Hunger & Chronic Diseases: How Do They Relate?	Case Studies in Behavioral Health Integration	Navigating the Healthcare Alphabet Soup
10:15-11:05 a.m.	Why Does Oral Health Matter?	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 Burnout	The Many Faces of Community Health
2:25-3:25 p.m.	Closing Keynote		