

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
July 25, 2018  
6:00 to 7:35 p.m.

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	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	6:00	---
B. Approval of the Minutes			
a) June 27, 2018 Board Meeting	Action	6:01	1-4
C. Executive Committee Report	Information	6:02	---
D. Superintendent Report	Information	6:05	5
E. Finance Committee Report			
a) State Auditors 2016-17 Annual Accountability Audit	Presentation	6:10	6-15
b) Review financial statements and cash activity	Information	6:20	16-19
c) Authorization for payment of vouchers and payroll	Action	6:25	20
F. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	6:30	---
b) Program investment recommendations	Action	6:30	21-23
c) Building Healthy Communities Fund update	Information	6:40	24-28
d) Verdant Community Wellness Center activities update	Information	6:55	29-30
e) Verdant multicultural program update	Information	7:00	31
f) Community Social Worker update	Information	7:05	32
G. Marketing Report	Information	7:15	33
H. Public Comments (please limit to three minutes per speaker)	---	7:20	---
I. Commissioner Comments & Commissioner Williams recognition	---	7:25	---
J. Adjournment	---	7:35	---

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

**BOARD OF COMMISSIONERS**

***Regular Meeting***  
***Verdant Community Wellness Center***  
**June 27, 2018**

<b>Commissioners Present</b>	Deana Knutsen, President Bob Knowles, Commissioner J Bruce Williams, Commissioner
<b>Commissioners Excused</b>	Fred Langer, Commissioner Karianna Wilson, Commissioner
<b>Staff</b>	George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Nancy Budd, Social Worker Karen Goto, Executive Assistant
<b>Staff Excused</b>	Robin Fenn, Superintendent Sandra Huber, Community Engagement
<b>Call to Order</b>	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:55 a.m. by President Knutsen.
<b>Approval of Minutes</b>	<b><i>Motion was made, seconded and passed unanimously to approve</i></b> the minutes of the regular board meeting on May 23, 2018. <b><i>Motion was made, seconded and passed unanimously to approve</i></b> the minutes of the special board meeting on June 13, 2018.
<b>Executive Committee Report</b>	The committee met on June 20, 2018 to review the agenda for the June 27, 2018 board meeting and to discuss the June 22, 2018 Strategic Collaboration meeting agenda. No action was taken. President Knutsen reviewed the July 2018 calendar (E:51:18) with dates for the Food Lifeline meeting on July 2 <sup>nd</sup> , Meet Me at the Park on July 10 <sup>th</sup> , 17 <sup>th</sup> , and 24 <sup>th</sup> , and the Board Meeting on July 25 <sup>th</sup> from 6 to 8 p.m. which will include the State Auditor's report and will also be Commissioner Williams' last board meeting.

**Finance Committee  
Report**

The committee met on June 20, 2018. Ms. King reviewed the financial statements and cash activity for May 2018 (E:52:18).

Commissioner Knowles inquired about Kruger Medical Office Building revenue and Ms. King noted that there is still one vacant suite.

**Authorization for  
Payment of  
Vouchers & Payroll**

Warrant Numbers 12877 through 12939 for May 2018 for payment in the amount of \$106,001.22 were presented for approval (E:53:18). ***Motion was made, seconded and passed unanimously to approve.***

**Program Committee  
Update**

The Program Committee met on June 13, 2018 to review one new request for funding, the Building Healthy Communities Fund application update, and follow-up discussion on transportation from the May 2018 board meeting (E:54:18).

Commissioner Knowles asked if there were any conflicts of interest. No conflicts of interest were reported by the commissioners present.

Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations to the board.

***Motion was made, seconded and passed unanimously to approve*** the Girls on the Run renewal request for three years in the amount of \$15,000 in Year 1, \$18,750 in Year 2, and \$22,500 in Year 3.

Commissioner Knowles asked about a similar running program for boys and Ms. Megan Wolfe from Girls on the Run explained that they are looking into the feasibility of adding a boy's running program at a future date.

**Building Healthy  
Communities Fund  
Update**

Mr. Kosovich provided an update to the board. Applications are due by June 29, 2018. An information session was held at Verdant on June 5, 2018 with 12 organizations attending (E:54:18). The Program Committee will review all applications and share the results at the July 25, 2018 board meeting.

**Transportation  
Update**

Mr. Kosovich updated the board on the medical transportation issue and questions that arose at the May 23, 2018 board meeting. He asked for feedback from the board on which topics resonate with them

and which opportunity they would like to pursue (E:54:18). Commissioner Knowles is interested in seniors and people with mobility issues and would like to convene stakeholders to discuss further.

Commissioner Knutsen is interested in both groups: people lacking reliable transportation and seniors and people with mobility issues. She would also like to convene a stakeholder's meeting to discuss further. Commissioner Williams did not have a preference.

**Verdant Community  
Wellness Center  
Activities Update**

Ms. Waldin presented an update on activities at the Wellness Center in June 2018 (E:55:18). She presented examples of partnerships to provide classes and programs including the LGBTQ support group for families with children with gender questioning issues, Dr. Jim Distelhorst and the Snohomish County YMCA class on Staying Fit as You Age, and the Chef/Dietitian at Swedish Edmonds completing two sold-out classes on Culinary Secrets of the Mediterranean Diet.

**Verdant Multicultural  
Report**

Mr. Kosovich presented an update on multicultural activities for June 2018 (E:56:18) including the Hope & Health Wellness Fair that occurred on June 2, 2018 and the upcoming Meet Me at the Park events.

**Marketing Report**

Ms. Piplic presented the Marketing report (E:57:18) which includes the South County Walks that started on June 19<sup>th</sup> and will extend to the end of September 2018. There are currently over 20 volunteers leading these walks. Ms. Piplic is also completing an online Google analytics training with plans to do a Facebook analytics training to understand and improve Verdant's web and social media presence.

The Herald will be publishing an article on swim lessons funded by Verdant. Commissioner Williams inquired on the number of children Verdant has supported so far with these lessons and Ms. Piplic responded that approximately 150 students have been served in 2018.

**Public Comments**

Ms. Megan Wolfe of Girls on the Run thanked the board for the funding to her organization as well as funding to the Boys & Girls Club.

**Commissioner  
Comments**

Commissioner Knutsen commented that her next-door neighbor took the swim lessons as a 3<sup>rd</sup> grader and she is now going in to high school.

Ms. Budd commented that in July 2018, she would like to provide an update to the board on her work with the community.

**Adjourn**

The meeting was adjourned at 8:28 a.m.

**ATTEST BY:**

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President

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Secretary

# AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 LETI Expo, Edmonds Community College, 12:00-5:00
5	6	7 National Night Out, Community Life Center, 19820 Scriber Lake Rd, 5:00-8:00	8	9	10	11
12	13	14	15	16	17	18 Woodway Town Fair, Woodway, 9:00-12:00  Ubuntu, Wilcox Park, 11:00-4:00
19	20	21	22 Board Meeting, Verdant, 8:00-9:30	23 Homage Senior Services Open House, Homage, 5026 196 <sup>th</sup> St SW, 3:30-6:30  Back to School Health Fair, Cedar Valley Community School, 6:00-8:00	24	25
26	27	28	29	30	31	

## **Exit Conference: Public Hospital District No. 2 of Snohomish County (Verdant Health Commission)**

The Office of the Washington State Auditor's vision is increased trust in government. Our mission is to provide citizens with independence and transparent examinations of how state and local governments use public funds, and develop strategies that make government more efficient and effective.

The purpose of this meeting is to share the results of your audit and our draft reporting. We value and appreciate your participation.

### **Audit Reports**

We will publish the following reports:

- Accountability audit for January 1, 2016 through December 31, 2017 - see draft report.
- Review of contracted CPA firm's financial audit for January 1, 2016 through December 31, 2016 – see report.

### **Audit Highlights**

We appreciate the District's cooperation and assistance during the audit. In addition, we would like to thank the District's staff for their patience as the audit was on hold pending the results of Washington State House Bill 2539.

### **Recommendations not included in the Audit Reports**

#### **Exit Items**

We have provided exit recommendations for management's consideration. Exit items address control deficiencies or non-compliance with laws or regulation that have an insignificant or immaterial effect on the entity, or errors with an immaterial effect on the financial statements. Exit items are not referenced in the audit report.

### **Status of Prior Management Letter items**

Brief Description	Resolved	Unresolved
Community Grant Programs	X	

## **Work of Other Auditors**

A financial statement audit was performed by Moss Adams, LLP of Everett, Washington. Professional audit standards require us to evaluate relevant work done by other auditors and communicate certain matters to the governing body.

- We performed procedures to ensure we could rely on the work of the external auditors and reference their audit in our audit report. These procedures included consideration of attendance at key meetings, evaluation of the firm's last peer review report, review of the other auditor's work, review of the other auditor's results and communications with the other auditor.
- We did not become aware of any instance in which the work of the other auditors gave rise to concern about the quality of their work.
- There were no limitations that restricted our analysis of the other audits.
- We did not become aware of any instance in which a material misstatement of the financial statements has or may have resulted from fraud or suspected fraud.

## **Finalizing Your Audit**

### **Report Publication**

Audit reports are published on our website and distributed via e-mail in an electronic .pdf file. We also offer a subscription service that allows you to be notified by email when audit reports are released or posted to our website. You can sign up for this convenient service at: <https://portal.sao.wa.gov/saoportal/Login.aspx>

### **Management Representation Letter**

We have included a copy of representations requested of management.

### **Audit Cost**

At the entrance conference, we estimated the cost of the audit to be \$12,500 with travel expenses of approximately \$1,000, and actual audit costs will approximate that amount.

### **Your Next Scheduled Audit**

Your next audit is scheduled to be conducted in the fall of 2019 and will cover the following general areas:

- Accountability for Public Resources for January 1, 2018 through December 31, 2018

In addition, we will conduct the following reviews shortly after the reports are made available:

- Review of contracted CPA firm's financial audit for January 1, 2017 through December 31, 2017
- Review of contracted CPA firm's financial audit for January 1, 2018 through December 31, 2018

The estimated cost for the next accountability audit based on current rates is \$12,500 plus travel expenses of approximately \$1,000. Our review of contracted CPA firm's financial audits is estimated to cost approximately \$2,000 per year. These preliminary estimates are provided as a budgeting tool and not a guarantee of final cost.



## **Working Together to Improve Government**

### **Audit Survey**

When your report is released you will receive an audit survey from us. We value your opinions on our audit services and hope you provide feedback.

### **Local Government Support Team**

This team provides support services to local governments through technical assistance, comparative statistics, training, and tools to help prevent and detect a loss of public funds. Our website and client portal offers many resources, including a client Help Desk that answers auditing and accounting questions. Additionally this team assists with the online filing of your financial statements.

### **Performance Center**

The Performance Center is a resource for local governments that need to solve problems, reduce costs, and improve the value of their services to citizens. The Center offers training and tools to help local governments improve performance and effectiveness.

### **Questions?**

Please contact us with any questions about information in this document or related audit reports.

**Kelly Collins, CPA, Director of Local Audit, (360) 902-0091, [Kelly.Collins@sao.wa.gov](mailto:Kelly.Collins@sao.wa.gov)**

**Tina Watkins, CPA, Assistant Director of Local Audit, (360) 260-6408 Ext. 106 [Tina.Watkins@sao.wa.gov](mailto:Tina.Watkins@sao.wa.gov)**

**Kristina Baylor, Program Manager, (425) 948-7401 ext. 101, [Kristina.Baylor@sao.wa.gov](mailto:Kristina.Baylor@sao.wa.gov)**

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**Office of the Washington State Auditor**  
**Pat McCarthy**

**Accountability Audit Report**  
**Public Hospital District No 2 of**  
**Snohomish County**  
**(Verdant Health Commission)**

**For the period January 1, 2016 through December 31, 2017**

**Published (Inserted by OS)**

**Report No. 1021814**





## **Office of the Washington State Auditor Pat McCarthy**

Issue Date – (Inserted by OS)

Board of Commissioners  
Verdant Health Commission  
Lynnwood, Washington

### **Report on Accountability**

Thank you for the opportunity to work with you to promote accountability, integrity and openness in government. The State Auditor's Office takes seriously our role of providing state and local governments with assurance and accountability as the independent auditor of public accounts. In this way, we strive to help government work better, cost less, deliver higher value and earn greater public trust.

Independent audits provide essential accountability and transparency for District operations. This information is valuable to management, the governing body and public stakeholders when assessing the government's stewardship of public resources.

The attached comprises our independent audit report on the District's compliance with applicable requirements and safeguarding of public resources for the areas we examined. We appreciate the opportunity to work with your staff and we value your cooperation during the audit.

Sincerely,

Pat McCarthy  
State Auditor  
Olympia, WA

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## AUDIT RESULTS

This report describes the overall results and conclusions for the areas we examined. In those selected areas, District operations complied with applicable state laws, regulations, and its own policies, and provided adequate controls over the safeguarding of public resources.

### About the audit

This report contains the results of our independent accountability audit of the Verdant Health Commission from January 1, 2016 through December 31, 2017.

Management is responsible for ensuring compliance and adequate safeguarding of public resources from fraud, loss or abuse. This includes the design, implementation and maintenance of internal controls relevant to these objectives.

This audit was conducted under the authority of RCW 43.09.260, which requires the Office of the State Auditor to examine the financial affairs of all local governments. Our audit involved performing procedures to obtain evidence about the District's uses of public resources, compliance with state laws and regulations and its own policies and procedures, and internal controls over such matters.

In keeping with general auditing practices, we do not examine every transaction, activity or area. Instead, based on our risk assessment for the years ended December 31, 2017 and 2016, the areas examined were those representing the highest risk of fraud, loss, abuse, or noncompliance. The following areas were examined during this audit period:

- Statutory authority – review of external and internal community programs
- Property taxes – review of authorized amounts
- Contracts and agreements, including bid law requirements for construction at the Kruger Clinic
- Selected Information Technology (IT) policies, procedures, practices, and controls protecting financial systems, IT systems and data
- Financial condition and fiscal sustainability
- Self-insurance compliance for workers compensation
- Open Public Meetings minutes

## INFORMATION ABOUT THE DISTRICT

Public Hospital District No. 2 of Snohomish County, doing business as Verdant (Ver-dent) Health Commission, serves citizens in south Snohomish County. On September 1, 2010, the District entered into a lease and operating agreement with Swedish Health Services. Swedish now operates the acute-care hospital with 217 licensed beds, two primary care clinics, and an emergency department. The District formed the Verdant Health Commission to work with the community to provide complimentary health services and funding for priority healthcare needs within the District's service area. In January 2015, Verdant opened a Community Health & Wellness Center to serve residents of the District. All programming is free or low-cost to residents and supports healthy lifestyle choices.

An elected, five-member Board of Commissioners governs the District. Commissioners serve staggered, six-year terms. The Board appoints a Superintendent to oversee the District's daily operations and its employees. For fiscal year 2017, the District had operating costs of \$9.5 million.

### Contact information related to this report

Address:	Verdant Health Commission 4710 196th Street S.W. Lynnwood, WA 98036
Contact:	Lisa King, Director of Finance
Telephone:	(425) 582-8543
Website:	<a href="http://www.verdanthealth.org">www.verdanthealth.org</a>

*Information current as of report publish date.*

### Audit history

You can find current and past audit reports for the Verdant Health Commission at <http://portal.sao.wa.gov/ReportSearch>.

## ABOUT THE STATE AUDITOR'S OFFICE

The State Auditor's Office is established in the state's Constitution and is part of the executive branch of state government. The State Auditor is elected by the citizens of Washington and serves four-year terms.

We work with our audit clients and citizens to achieve our vision of government that works for citizens, by helping governments work better, cost less, deliver higher value, and earn greater public trust.

In fulfilling our mission to hold state and local governments accountable for the use of public resources, we also hold ourselves accountable by continually improving our audit quality and operational efficiency and developing highly engaged and committed employees.

As an elected agency, the State Auditor's Office has the independence necessary to objectively perform audits and investigations. Our audits are designed to comply with professional standards as well as to satisfy the requirements of federal, state, and local laws.

Our audits look at financial information and compliance with state, federal and local laws on the part of all local governments, including schools, and all state agencies, including institutions of higher education. In addition, we conduct performance audits of state agencies and local governments as well as [fraud](#), state [whistleblower](#) and [citizen hotline](#) investigations.

The results of our work are widely distributed through a variety of reports, which are available on our [website](#) and through our free, electronic [subscription](#) service.

We take our role as partners in accountability seriously, and provide training and technical assistance to governments, and have an extensive quality assurance program.

Contact information for the State Auditor's Office	
Public Records requests	<a href="mailto:PublicRecords@sao.wa.gov">PublicRecords@sao.wa.gov</a>
Main telephone	(360) 902-0370
Toll-free Citizen Hotline	(866) 902-3900
Website	<a href="http://www.sao.wa.gov">www.sao.wa.gov</a>



**Office of the Washington State Auditor  
Pat McCarthy**

September 25, 2017

Board of Commissioners  
Public Hospital District No. 2 of Snohomish County  
(doing business as Verdant Health Commission)  
Lynnwood, Washington

**Contracted CPA Firm's Audit Report on Financial Statements**

We have reviewed the audit report issued by a certified public accounting (CPA) firm on the Public Hospital District No. 2 of Snohomish County's (doing business as Verdant Health Commission) financial statements for the fiscal years ended December 31, 2016 and 2015. The District contracted with the CPA firm for this audit.

Based on this review, we have accepted this report in lieu of the audit required by RCW 43.09.260. The State Auditor's Office did not audit the accompanying financial statements and, accordingly, we do not express an opinion on those financial statements.

This report is being published on the State Auditor's Office website as a matter of public record.

Sincerely,

Pat McCarthy  
State Auditor  
Olympia, WA



**Balance Sheet**

As of June 30, 2018

	A	B	C	D
	Dec 31, 2017	June 30, 2018	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	1,853,495	1,811,271	(42,224)	
<b>4 Other Current Assets</b>	44,606,558	45,931,624	1,325,067	Includes Investments
<b>5 Total Current Assets</b>	46,460,053	47,742,896	1,282,843	
<b>6 Total Long-term &amp; Fixed Assets</b>	45,773,750	44,735,762	(1,037,988)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<b>92,233,802</b>	<b>92,478,657</b>	<b>244,855</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,066,262	1,297,817	(768,445)	Tenant Prepaid Lease Income
<b>11 Long-term Liabilities</b>	2,050,919	2,019,904	(31,015)	2012 LTGO Bonds
<b>12 Total Liabilities</b>	4,117,182	3,317,722	(799,460)	
<b>13 Total Equity</b>	88,116,621	89,160,936	<b>1,044,315</b>	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>92,233,802</b>	<b>92,478,657</b>	<b>244,855</b>	

**Profit & Loss**

June 2018

	A	B	C	D	E	F
	June Actual	June Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	865,100	861,998	3,102	5,263,074	5,287,108	(24,034)
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	170,396	191,566	21,170	1,056,601	1,143,162	86,560
<b>5 Depreciation Expense</b>	165,645	165,613	(32)	997,275	997,084	(192)
<b>6 Program Expenses</b>	489,313	606,525	117,213	3,019,632	3,696,153	676,521
<b>7 Total Expenses</b>	825,354	963,704	138,351	5,073,509	5,836,398	762,889
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	171,645	234,813	(63,167)	854,750	1,408,877	(554,127)
<b>10 NET INCOME/(LOSS)</b>	<b>211,391</b>	<b>133,106</b>	<b>78,285</b>	<b>1,044,315</b>	<b>859,586</b>	<b>184,729</b>

**Monthly Highlights**

June 2018

Verdant received dividends payments of \$66,080 and an unrealized loss of \$88,406 on our investment portfolio in June which closed with an ending market value of \$44,749,308.

Program grant commitments total \$5,788,183 and \$2,980,148 for 2018 and 2019 respectively. \$1,201,817 remains available to spend in 2018.

Revenue of \$89,841 and expenses of \$74,842 from the Kruger Clinic were incurred, netting to an additional operating income of \$14,999 in June.

**Public Hospital District #2**

<b>Warrant Number</b>	<b>Transaction Date</b>	<b>Payee</b>	<b>Amount</b>	<b>Purpose</b>
<b>Warrant Activity:</b>				
12940	06/01/2018	Parsi Properties LLC	2,555.00	June 2018 - Parking lot lease
12941	06/01/2018	Sandra S Huber	425.53	Reimbursement
12942	06/01/2018	VOID	0.00	VOID
12943	06/01/2018	Property Management NW	6,989.87	Kruger Clinic Property Management
12944	06/01/2018	Susana Flores	67.50	Childcare for Strengthening families 5/30
12945	06/01/2018	Corporate Security LLC	299.17	Security Monitoring
12946	06/01/2018	Juan Estrella Gonzalez	150.00	WC 181- Hope & Health Multicultural Fair 6/2
12947	06/06/2018	Armstrong Services	1,150.00	May 2018 Janitorial
12948	06/06/2018	Ash Consulting	1,963.00	Public Records Request Document Search & Finance Committe
12949	06/06/2018	AmeriFlex Business Solutions	17.25	Jun 2018 FSA Administration
12950	06/06/2018	Dynamic Language	78.00	Interpreter services
12951	06/06/2018	Milagros Lopez Nunez	300.00	Hope & Health Wellness Fair Face Painting
12952	06/06/2018	Pacific Medical Centers(PacMed)	230.35	WC 175 - Living Well Alliance
12953	06/06/2018	Reine Huber	100.00	Exercise Demo at Hope & Health Wellness Fair
12954	06/06/2018	Sound Dietitians	2,242.05	WC 170 - Healthy Living Coaching Group/WC 169 - Nutrician Consulting Services
12955	06/06/2018	Yasaura Carvajal	100.00	Exercise Demonstration at Hope & Health Wellness Fair
12956	06/13/2018	Marsha Russell	15.00	Refund for Plant-powered Whole Food Challenge
12957	06/13/2018	Ruth Foote	15.00	Refund for Plant-powered Whole Food Challenge
12958	06/13/2018	Beth Rodriguez, LLC	236.37	Apr/May 2018 VHCC (3 hrs)
12959	06/13/2018	Comcast	543.35	Internet/Telephone
12960	06/13/2018	Dataworks	2,052.96	IT Support
12961	06/13/2018	Dynamic Language	11.55	Telephone Interpreter services
12962	06/13/2018	Eberle Vivian	4,266.19	3Q18 Self Insurance Work Comp Claims Administration
12963	06/13/2018	ELTEC Systems, LLC	264.96	June 2018 Elevator Maintenance
12964	06/13/2018	Nohemi Rivera Carreon	600.00	Promotoras Organizing
12965	06/13/2018	Snohomish County Clerk	25.00	Case Management Client Legal Consult
12966	06/13/2018	Verizon	100.80	JP & NB Cell Phones
12967	06/13/2018	Comcast	270.58	Internet/Telephone
12968	06/13/2018	Trinidad Zuluaga Vasquez	180.00	WC 190 - Mental Health Training for Promotoras
12969	06/20/2018	DS Forensics, Inc	3,562.50	PRR - Collection of records from Commissioners
12970	06/20/2018	Dynamic Language	160.36	Translation into Russian
12971	06/20/2018	James Distelhorst, MD	200.00	WC 166 - Fall Prevention & Exercise Promotion
12972	06/20/2018	Staples	216.31	Supplies
12973	06/20/2018	State Auditor's Office	1,331.40	2016-2017 State Audit
12974	06/20/2018	Consolidated Landscape Maintenance, Inc.	505.63	Landscaping Color Change
12975	06/20/2018	Juan Estrella Gonzalez	300.00	Meet me at the Park 7/10, 7/17, 7/24
12976	06/20/2018	R&T Hood and Duct Services, Inc.	1,003.42	Annual Hood Cleaning
12977	06/20/2018	Sound Publishing, Inc.	36.40	Legal Notice 6/13/18 Special Board Meeting
12978	06/20/2018	Lowe Graham Jones PLLC	150.00	Trademark monitoring
12979	06/22/2018	Juan Estrella Gonzalez	150.00	Hope & Health Fair (Final Payment)
12980	06/22/2018	Wells Fargo	4,789.98	Misc
12981	06/27/2018	Dataworks	3,477.45	IT Support
12982	06/27/2018	Edmonds School District No. 15	1,220.46	Reimbursement for childcare supplies
12983	06/27/2018	Electronic Business Machines	40.08	6/22-7/21/18 Copy Machine

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
12984	06/27/2018	Principal	1,776.05	EE Life Insurance
12985	06/27/2018	Regence Blueshield	5,745.31	June 2018 Health Insurance
12986	06/27/2018	Roto-Rooter	223.56	Repair Toilet Clog
12987	06/27/2018	Wells Fargo	580.14	Misc
12988	06/27/2018	YMCA of Snohomish County	75.00	Vendor Table for YMCA Healthy Living Fair 8/7/18
12991	06/29/2018	WA Department of Revenue	19,317.30	Q2 2018 Leasehold Excise tax return
12989	06/27/2018	Parsi Properties LLC	2,634.00	July 2018 - Parking lot lease
12990	06/27/2018	City of Lynnwood	1,253.00	May 2018 After Hours Support (81 hrs)
12993	06/27/2018	Third & Wall Art Group, LLC	879.00	Deposit on Art for Verdant Building
		Total Warrants	74,876.83	
<b>Wire/ACH Activity:</b>				
	6/8/2018	Payroll	20,977.06	ACH payroll transfer
	6/8/2018	Department of Treasury	7,788.15	Payroll taxes for 6/2/18 pay period ending
	6/8/2018	Valic	3,534.38	Payroll 401(a)/457 Deposit
	6/8/2018	Paychex	122.70	Fee for payroll processing
	6/22/2018	Payroll	20,902.11	ACH payroll transfer
	6/22/2018	Department of Treasury	7,768.17	Payroll taxes for 6/16/18 pay period ending
	6/22/2018	Valic	3,528.41	Payroll 401(a)/457 Deposit
	6/22/2018	Paychex	122.70	Fee for payroll processing
	6/10/2018	Wells Fargo Merchant Services	93.59	Merchant Services
	6/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	6/15/2018	American Red Cross	5,000.00	Program Payment
	6/15/2018	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	6/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	6/15/2018	Center for Human Services	32,279.16	Program Payment
	6/15/2018	ChildStrive	50,150.16	Program Payment
	6/15/2018	City of Lynnwood	8,718.33	Program Payment
	6/15/2018	Cocoon House.	5,000.00	Program Payment
	6/15/2018	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	6/15/2018	Edmonds School District No. 15	122,213.42	Program Payment
	6/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	6/15/2018	Homage Senior Services	59,420.00	Program Payment
	6/15/2018	Kinderling	11,517.17	Program Payment
	6/15/2018	Korean Women's Association	5,000.00	Program Payment
	6/15/2018	Mary Porter, RDN	536.25	Program Payment
	6/15/2018	Medical Teams International	5,500.00	Program Payment
	6/15/2018	PEPS	3,250.00	Program Payment
	6/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	6/15/2018	Project Access Northwest	7,500.00	Program Payment
	6/15/2018	Puget Sound Christian Clinic	33,750.00	Program Payment
	6/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	6/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	6/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	6/15/2018	Wonderland Development Center	12,458.33	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	6/15/2018	Foundation for Edmonds School District	9,750.00	Program Payment
	6/1/2018	AmeriFlex Business Solutions	1,433.10	FSA Payment
	6/11/2018	AmeriFlex Business Solutions	9.18	FSA Payment
	6/15/2018	AmeriFlex Business Solutions	341.54	FSA Payment
	6/25/2018	AmeriFlex Business Solutions	3.56	FSA Payment
		Total Wires/ACH Transactions	<u>545,021.72</u>	
<b>Workers Compensation Claims Activity:</b>				
305395-397	Jun-18	Various Claimants/Vendors	<u>1,583.44</u>	Administered by Eberle Vivian
<b>Kruger Medical Office Building:</b>				
3257-3273	Jun-18	Various Claimants/Vendors	<u>26,985.21</u>	Administered by PMNW
		<b>Total Disbursements</b>	<u><b>\$ 648,467.20</b></u>	

	Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>				
	6/1/2018	Swedish/Edmonds	789,039.84	Monthly leases
	6/1/2018	Value Village	27,614.77	Monthly lease
	6/1/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
	6/1/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	6/1/2018	Kean Lawlor	7,301.29	Kruger Clinic monthly lease
	6/1/2018	PSG	28,035.18	Kruger Clinic monthly lease
	6/10/2018	Snohomish County	142,226.02	Levy
	6/25/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	6/14/2018	WA State Health Care Authority	5,000.00	Intergovernmental Transfer
	6/25/2018	Kilpatrick Townsend & Stockton LLP	12.64	Public Records Request
		VCWC Class	235.00	Registration for VCWC Classes
		<b>Total Deposits</b>	<u><b>\$ 1,007,874.73</b></u>	

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

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 12940 through 12993 have been issued for payment in the amount of \$74,876.83 These warrants are hereby approved.

Attest:

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

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

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Warrants Processed:	6-1-18 – 6-30-18		\$74,876.83
Work Comp Claims Pd:	6-1-18 – 6-30-18		1,583.44
Kruger Clinic Pd:	6-1-18 – 6-30-18		26,985.21
Payroll:	5-20-18 – 6-2-18	20,977.06	
	6-3-18 – 6-16-18	<u>20,902.11</u>	
			41,879.17
Electronic Payments:	Payroll Taxes	15,556.32	
	Valic Retirement	7,062.79	
	Paychex	245.40	
	Ameriflex	1,787.38	
	Bank Fees	93.59	
	Program Expenditures	<u>478,397.07</u>	
			<u>503,142.55</u>
	Grand Total		<u>\$648,467.20</u>

## Program Oversight Committee Summary Report July 2018

- 4 regular program applications (2 new and 2 renewals or expansions)
- Review Building Healthy Communities Fund applications
  - 14 applications received, total of \$15.3 million in requests
  - Discuss follow-up decision making process

### Regular Operating Funding Requests

1. Parent Trust – Stress Management & Relaxation Teen (SMART) Program	Request Year 1	Request Year 2	Request Year 3
	\$15,000	\$15,000	\$15,000
<b>Program Description:</b> an operating request to support a program that helps high school teens gain the knowledge and skills to learn how to identify and manage stress. The training is provided during school in a 90-minute session that helps students to identify warning signs of stress and provides practical examples to mitigate the negative impacts of stress.			
<b>Expected Results</b>	The goal would be to deliver the program to 1,250 students over the three-year period and the program uses pre/post tests to measure increased knowledge and understanding of coping and stress management techniques.		
<b>Use of Funds &amp; Costs</b>	Parent Trust has operated a SMART program funded in King County for the past 8 years. Verdant funds would be primarily used for staff costs and for direct program costs like materials and program supplies.		

2. Parent Trust – Parent Education and Coordinated Support Services	Request Year 1	Request Year 2	Request Year 3
	\$15,000	\$20,000	\$20,000
<b>Program Description:</b> a request to support parent education programs in South Snohomish County. Classes include Great Starts Childbirth and Parenting Programs, Conscious Fathering Skills for New Dads, and the Family Help Line and Support Services.			
<b>Expected Results</b>	The program goal would be to reach 650 individuals through parent education and support programs. For in-person education programs, expected outcomes are focused on increased knowledge of positive parenting techniques and strategies that foster secure and/or nurturing relationships. Example programs include the Parent Help Line, childbirth education, and a Conscious Father Skills program.		
<b>Use of Funds &amp; Costs</b>	Funds would be used for staffing and program delivery costs—the organization also maintains a training space in Mountlake Terrace. The program includes other funding from public sources, program revenue, and foundation grants.		

3. Medical Teams International Mobile Medical Dental Clinics	Request Year 1	Request Year 2	Request Year 3
	\$105,300 (13 months)	\$97,200	\$97,200
<b>Program Description:</b> a renewal operating request for a mobile dental clinic program. The program historically relies on volunteer dentists in a mobile clinic to provide dental care for uninsured residents at community venues (ex. Edmonds Community College, senior centers, housing, and local churches).			
<b>Expected Results</b>	The program would serve 650-720 patients from Verdant's district per year, with the focus on uninsured individuals that do not have dental benefits. Last year the program reached 94% of its service goals.		
<b>Use of Funds &amp; Costs</b>	Budget request is for \$97,200 per year for three years (47% increase) compared to the current level of \$66,000 per year. Rationale behind increased grant is two-fold: <ul style="list-style-type: none"> <li>• Increase an increase in number of clinics from 66 to 72.</li> <li>• Increased use of paid contract dentists (vs. volunteers). Per clinic cost is ~\$600 more when using a paid contract dentist. Finding volunteer dentists is generally the limit to serving more people.</li> </ul>		

4. PSCC Lynnwood Dental Clinic Expansion	Request Year 1	Request Year 2	Request Year 3
	\$225,946	\$225,946	
<b>Program Description:</b> PSCC is seeking funding to expand its partnership with UW Geriatric Dental program and to expand its fixed site dental program by adding additional staff.			
<b>Expected Results</b>	Expanded funding would add two days of a paid dentist, hygienist, and dental clinic to expand the clinic to 5 days a week. The clinic has a current wait list of 300 patients. Verdant currently provides an operating grant (\$200,000 per year) for the dental program. In the last year PSCC has seen 334 patients with 1,100 patient visits; the existing goal is to ramp up to 450 patients this year.		
<b>Use of Funds &amp; Costs</b>	The expansion would serve an additional 1,640 dental visits (\$138/each) for 520 unduplicated patients which still compares favorably to the community dental clinic (Medicaid) encounter rate, especially given high needs of older and uninsured patients. Funding would also expand a partnership with the UW dental school, and would include 40 clinics per year with 1st, 3rd, and 4th year dental students.		

### **Program Committee Recommendations (Commissioner Knowles)**

1. **Parent Trust – Stress Management & Relaxation Teen (SMART) Program:** Recommended for full funding at \$15,000 per year for three years. The program is unique in our area and would address Verdant’s focus on youth mental health and building resiliency.
2. **Parent Trust – Parent Education and Coordinated Support Services:** Recommended for partial funding at \$5,000 per year for three years. Some of the programs in the application (ex. childbirth education) appeared to be similar to other programs offered by other providers, but the Conscious Fathering program appeared to be unique and we would ask that Verdant funds are dedicated to that program.
3. **Medical Teams International – Mobile Dental Program:** Recommended for increased funding at \$97,200 per year for three additional years. The program addresses a community need and even though the service costs are increasing, the use of volunteer dentists and community partners still means costs are favorable compared to alternatives like community clinics.
4. **PSCC – Lynnwood Dental Clinic Expansion:** Recommended for increased funding at an additional \$225,946 per year for two more years. Similar to the MTI proposal, the program meets a community need for uninsured individuals and the program will expand a unique partnership between PSCC and the UW dental school.



## Building Healthy Communities Fund Applications

### Programs Recommended to Move Forward in Evaluation Process

- 14 applications received, total of \$15.3 million in requests
- Expected allocation: up to \$5 million, max of \$2.5 million

Name		Request	Funding Request				Program Focus	Location
			Yr1	Yr2	Yr3	Total		
Access to Healthcare								
1	CHC of Snohomish County - Integrated Pain Management & Recovery Services	Integrated pain management program and recovery services in new 10,000 square foot space adjacent to CHC Edmonds Primary Care Clinic. Includes potential to include other behavioral health and other services.	\$1,700,000	\$800,000		\$2,500,000	Behavioral Health (pain management and substance use)	Edmonds
2	Medical Teams International - Mobile Dental Program Multi-Site Delivery Vehicle	Mobile, multi-site delivery vehicle equipped with 3 portable dental operatories. The model would be different than MTI's existing RV because the operatories could be dropped and set up at partner sites.	\$358,917			\$358,917	Dental	Mobile
3	Sea Mar CHC - Lynnwood Clinic	Integrated community health clinic with medical, dental and behavioral health services, including mental health therapy and substance abuse treatment services.	\$2,000,000			\$2,000,000	Dental, medical, and behavioral health	Lynnwood
Increase Physical Activity								
4	City of Lynnwood - South Lynnwood Park	Improvement of South Lynnwood Park, including multi-use sport field (1/3 regulation size), pump track, and other park improvements.	\$1,685,200			\$1,685,200	Increase Physical Activity	Lynnwood
5	Town of Woodway	Design and construction of a walking trail, purchase of circuit exercise equipment and picnic facilities.	\$47,500			\$47,500	Increase Physical Activity	Woodway
6	City of Edmonds - Edmonds Outdoor Fitness	Support the installation of two outdoor fitness zones (durable exercise equipment) in Mathay Ballinger and City Park.	\$49,500	\$12,750	\$107,750	\$170,000	Increase Physical Activity	Edmonds
7	City of Mountlake Terrace - Evergreen Playfields	Replace exist dirt athletic field and replace it with synthetic turf, multi-use facility with lighting.	\$1,000,000			\$1,000,000	Increase Physical Activity	Mountlake Terrace
Both: Physical Activity and Access to Healthcare								
8	Edmonds Senior Center - Waterfront Center	A request to support the construction of a new Edmonds Senior & Community Center (Edmonds Waterfront Center). City to program Parks & Recreation activities in center during evenings.	\$1,250,000	\$1,250,000		\$2,500,000	Both: Increase Physical Activity & Access to Care	Edmonds
9	Volunteers of America Western Washington - Lynnwood Neighborhood Center	Construction of a 36,000 sf Lynnwood Neighborhood Center near the intersection of Hwy-99 and 196th to include space for physical activity, youth and other community spaces.	\$1,050,000	\$1,450,000		\$2,500,000	Both: Increase Physical Activity & Access to Care	Lynnwood

## Programs Not Recommended to Move Forward

<b>10</b>	Boys and Girls Club of Snohomish County - Edmonds Club	Build a new 15,000 square foot B&G Club in Edmonds, including a gym and kitchen.	\$1,500,000	<b>\$1,500,000</b>	Increase Physical Activity	Edmonds
<b>11</b>	Edmonds Community College - Outdoor Play Facility at Center for Families	Playground and outdoor space at Edmonds CC Center for Families.	\$234,435	<b>\$234,435</b>	Increase Physical Activity	Lynnwood
<b>12</b>	Snohomish County Parks and Recreation - Esperance Park Forest Playground	Funding for a hybrid-style playground in a forested area of Esperance Park.	\$250,000	<b>\$250,000</b>	Increase Physical Activity	Esperance (uninc.)
<b>13</b>	Homage Senior Services - Community Kitchen	Community Kitchen expansion to support meal preparation and nutrition education.	\$250,000	<b>\$250,000</b>	Nutrition	Lynnwood
<b>14</b>	Domestic Violence Services of Snohomish County	Provide funding for Community Advocate to support victims of domestic violence.	\$96,000      \$96,000      \$96,000	<b>\$288,000</b>	Domestic Violence Services	N/A

## Process for Decision-Making

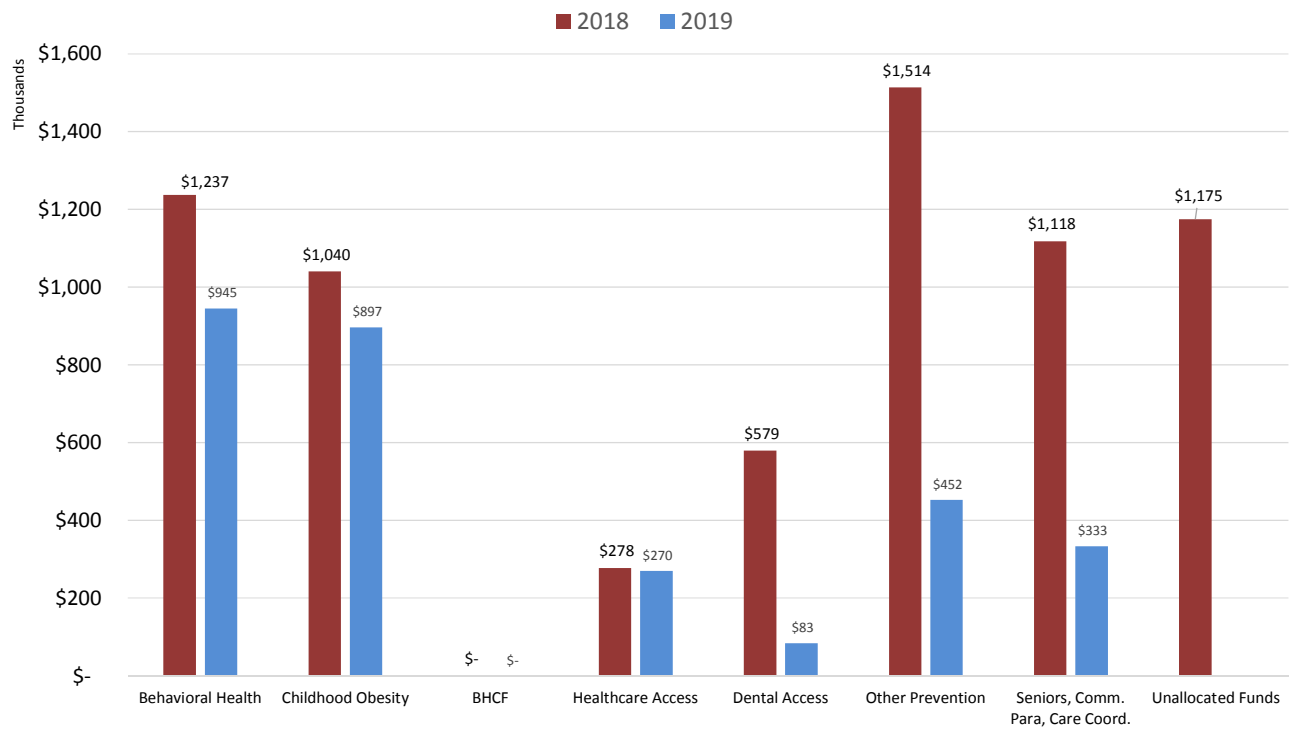
- Capture feedback and questions from Commissioners at today's board meeting
- Invite applicants to Q&A session with Verdant, followed by deliberation session
- Session would occur after Commissioner Langer's return (8/20)
- Would need 2.5+ hours if we opt to review 9 projects

## Detailed Strengths & Weaknesses for Proposals

Name	Strengths	Weaknesses	Questions
<b>1</b> CHC of Snohomish County - Integrated Pain Management & Recovery Services	<ul style="list-style-type: none"> <li>- Colocation of services</li> <li>- Pain management program a unique service</li> <li>- Project not reliant on other funding commitments</li> <li>- Opportunity for Verdant to shape other services</li> </ul>	<ul style="list-style-type: none"> <li>- Service model beyond pain clinic and recovery services still somewhat unclear</li> <li>- Not much detail provided on need for pain and recovery services</li> </ul>	<p>Beyond two identified partners, how much space is available?</p> <p>Is the intent to track outcomes between 3+ agencies (recovery, pain management, primary care)?</p>
<b>2</b> Medical Teams International - Mobile Dental Program Multi-Site Delivery Vehicle	<ul style="list-style-type: none"> <li>- Clear description of need</li> <li>- Clear outcomes and evaluation</li> <li>- To leverage private fundraising on remaining vehicle cost</li> </ul>	<ul style="list-style-type: none"> <li>- Verdant funded a similar project in 2014</li> </ul>	<p>How many clinics are new vs. existing clinics?</p>
<b>3</b> Sea Mar CHC - Lynnwood Clinic	<ul style="list-style-type: none"> <li>- Clear summary of need;</li> <li>- Specific outcomes and evaluation;</li> <li>- Project not reliant on raising additional funds</li> </ul>	<ul style="list-style-type: none"> <li>- Not much evidence of collaboration</li> <li>- Verdant has funded similar (dental) project in Lynnwood</li> </ul>	<p>Why the increase from \$1m to \$2 million from 2016 request?</p> <p>Is there any opportunity for other grant funding?</p>
<b>4</b> City of Lynnwood - South Lynnwood Park	<ul style="list-style-type: none"> <li>- Compelling stats on community need;</li> <li>- Partnering with multiple organizations on design and community engagement;</li> <li>- Includes funding from private and other sources</li> </ul>	<ul style="list-style-type: none"> <li>- Measurable results are mostly outputs like usage counts</li> </ul>	<p>What is the timing and expectation for state funding allocations?</p>
<b>5</b> Town of Woodway	<ul style="list-style-type: none"> <li>- No comparable facilities in area</li> <li>- Have not funded projects in area</li> </ul>	<ul style="list-style-type: none"> <li>- Not much evidence of collaboration</li> <li>- Outcomes and evaluation not completely clear</li> </ul>	
<b>6</b> City of Edmonds - Edmonds Outdoor Fitness	<ul style="list-style-type: none"> <li>- Would serve two different neighborhoods</li> <li>- No comparable facilities available</li> </ul>	<ul style="list-style-type: none"> <li>- Outcomes and evaluation not completely clear</li> <li>- Verdant provided equipment in 2014</li> </ul>	
<b>7</b> City of Mountlake Terrace - Evergreen Playfields	<ul style="list-style-type: none"> <li>- Have not funded similar project in MLT</li> <li>- Comparable facilities not available</li> </ul>	<ul style="list-style-type: none"> <li>- Results largely activity counts</li> <li>- Provided many letters of support, but partnerships not completely clear</li> </ul>	<p>Estimate for how much use would be local vs. tournaments?</p>

Name	Strengths	Weaknesses	Questions
<b>8</b> Edmonds Senior Center - Waterfront Center	<ul style="list-style-type: none"> <li>- Unique collaboration with City of Edmonds on project;</li> <li>- Raised \$10m of \$16m need with diverse funding;</li> <li>- Funding tied to increased participation in evidence-based programs.</li> </ul>	<ul style="list-style-type: none"> <li>- Programs not necessarily unique: there are other recreation programs and senior center programs</li> </ul>	How much use is anticipated for events vs. recreation and other community programming?
<b>9</b> Volunteers of America Western Washington - Lynnwood Neighborhood Center	<ul style="list-style-type: none"> <li>- Unique collaboration model;</li> <li>- Clear description of need and population served</li> </ul>	<ul style="list-style-type: none"> <li>- Evaluation plan primarily references activity counts</li> </ul>	Any ability to track results or outcomes across programs for residents?
<b>10</b> Boys and Girls Club of Snohomish County - Edmonds Club	<ul style="list-style-type: none"> <li>- Clear track record with a sustainable model</li> <li>- Could demonstrate increase in club membership</li> </ul>	<ul style="list-style-type: none"> <li>- B&amp;G club model indirectly tied to BHCF purpose</li> <li>- Looking for Verdant to be early contributor</li> <li>- Outcomes referenced are participation in existing B&amp;G club programs</li> </ul>	
<b>11</b> Edmonds Community College - Outdoor Play Facility at Center for Families	<ul style="list-style-type: none"> <li>- Center partners with multiple partners</li> </ul>	<ul style="list-style-type: none"> <li>- Playground indirectly tied to BHCF Purpose</li> <li>- Verdant would be sole funder</li> <li>- Facility limited to childcare attendees</li> </ul>	
<b>12</b> Snohomish County Parks and Recreation - Esperance Park Forest Playground	<ul style="list-style-type: none"> <li>- Includes other public and private funding sources</li> <li>- Have not funded project in area</li> </ul>	<ul style="list-style-type: none"> <li>- Playground indirectly tied to BHCF Purpose</li> </ul>	What is the status on the rest of the park, including open space areas? Has that been funded?
<b>13</b> Homage Senior Services - Community Kitchen	<ul style="list-style-type: none"> <li>- Clear need for nutrition programs</li> <li>- Would partner with City of Lynnwood on program</li> </ul>	<ul style="list-style-type: none"> <li>- Nutrition not directly tied to access to care priority</li> <li>- Minimal outcome data provided other than increase in participation</li> </ul>	
<b>14</b> Domestic Violence Services of Snohomish County	<ul style="list-style-type: none"> <li>- Broad partnerships and organization background</li> </ul>	<ul style="list-style-type: none"> <li>- Seeking staff salaries, not tied to BHCF purpose</li> </ul>	

Verdant Committed Grant Funds (\$k)



**Verdant Community Wellness Center Summary**  
**July 2018**

**Completed Programs (June/July)**

<b>1. General Community and Provider Events</b>	<b>Attendance</b>
1. Cultural Competence & Strengthening Families Childcare Provider Training (6/23)	29
2. Monthly Hero's Café for Veterans (6/26)	100+
3. Caregiver Core Training for Foster Parents (6/ 26, 27, 30)	24/session
4. Sno-King Long Term Care Certification Training (6/28)	10
5. Sebastian's Place Veteran's Housing Team Meeting (6/28, 7/12)	8
6. Hunger and Health Stakeholder Discussion with Food Lifeline (7/2)	16
7. Parkinson's Disease AM & PM Support Group (7/2)	8
8. Family Caregiver Support Group (7/5, 19)	8-10/session
9. ARC Mothers of Children with Disabilities Monthly Support Network (7/7)	15
10. Child Strive PT/OT Training (7/12)	12
11. Sea Mar Regional Outreach & Enrollment Training (7/13)	20
12. Evergreen Home Health Team Meetings (7/18)	20
13. Immunization Action Coalition of WA Quarterly Meeting	30
14. Welcome to Medicare Monthly Workshops (7/20)	20
15. Developmental Disabilities Administration Training (7/20, 21)	36
16. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
17. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

<b>2. Nutrition and Healthy Behaviors</b>	<b>Attendance</b>
1. South County Walks Program (weekly 6/25 – 9/24)	10+/week
2. Culinary Secrets of the Mediterranean Diet (6/25)	23
3. Weekly Healthy Living Coaching Group (6/26; 7/3, 10, 17, 24, 31)*	15-20/session
4. Road Back to Life Kidney Support Group (6/26; 7/24)	8-10/session
5. Surviving & Thriving with Chronic Kidney Disease Cooking Class (6/27)*	17
6. Diabetes Support Group (6/27)	6-8/session
7. Cooking Demo for Adults on SNAP – Fruit & Vegetable Rx Class (6/28)*	16
8. Summer Teen Cooking Academy (7/10, 11, 12)*	12/session
9. Surviving & Thriving with Chronic Kidney Disease (7/11 – 8/15)*	20/session
10. Fresh from the Market Cooking Demo (7/16)*	25
11. CHC Diabetes Cooking Class (7/20)	10
12. Getting to Goal Weight Reduction Individual Consultations (by appt)*	Varies

<b>3. Behavioral Health &amp; Substance Use</b>	<b>Attendance</b>
1. Skills to Ease Stress Using Mindfulness & Other Techniques (5/22 – 6/29)*	6-8 /session
2. Brain Health and Wellness Classes (6/25, 26; 7/2, 9, 12, 16, 23, 26)*	varies
3. Gender Diversity Family Support Group (7/8)	14
4. NAMI Connections Mental Health Support Group (7/12)	7
5. Adult Children of Alcoholics Weekly Support Group (weekly)	12-18/week
6. Understanding Relationships Support Group (weekly)	6-8/week
7. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies

<b>4. Other Programs</b>	<b>Attendance</b>
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

## Verdant Community Wellness Center Summary July 2018

### Upcoming Programs (July/August)

#### A. General Community and Provider Events

1. Evergreen Healthcare Dementia Training (July 24; August 29)
2. Monthly Hero's Café for Veterans (July 24, August 28)
3. North Sound ACH Meeting (July 30)
4. Korean Women's Association Everyday Prevention Workshops (August 2)\*
5. Family Caregiver Support Group (August 2, 16)
6. ARC Mothers of Children with Disabilities Monthly Support Network (August 4)
7. Parkinson's Disease AM & PM Support Group (August 6)
8. SHIBA Update Trainings (August 7)
9. Evergreen Home Health Team Meetings (August 8, 21)
10. Strengthening Families Childcare Provider Training (August 9)
11. Sebastian's Place Veteran's Housing Team Meeting (August 9, 23)
12. CEO Roundtable (August 15)
13. Edmonds School District Health Services Meeting (August 16)
14. Welcome to Medicare Monthly Workshops (August 17)
15. Edmonds School District Family Liaison Team Meeting (August 28)
16. Swedish Edmonds Core Leadership Retreat (August 30)

#### B. Nutrition and Healthy Behaviors

1. Surviving & Thriving with Chronic Kidney Disease (July 11 – Aug 15)\*
2. Weekly Healthy Living Coaching Group (July 24, 31; August 7, 14, 21, 28)\*
3. Road Back to Life Kidney Support Group (July 24; August 28)
4. Cooking Demo for Seniors on SNAP – Monthly FINI Training (July 26; August 23)\*
5. Summer Salads Cooking Demo (July 26)\*
6. Cooking Demo: Exploring Tofu, Tempeh & Other Vegetable Proteins (July 31)\*
7. Kids Cook with Heart AHA Teen Cooking Series (August 7, 8, 9, 14, 15, 16)
8. Diabetes Support Group (August 8)
9. Cooking Demo: Summer Grilling (August 9)\*
10. Cooking Demo: Light & Refreshing Smoothies (August 16)\*
11. Cooking Demo: Produce from the Peak of Summer (August 20)\*
12. Packing Fun & Delicious Lunches: Kids & Parents Cooking Class (August 25)\*
13. Getting to Goal Weight Reduction Individual Consultations (by appt)\*

#### C. Behavioral Health & Substance Use Focus

1. Brain Health and Wellness Classes (July 23, 26; August 1, 8)\*
2. Gender Diversity Family Support Group (August 12)
3. NAMI Connections Mental Health Support Group (July 26; August 9, 23)
4. Adult Children of Alcoholics Weekly Support Group (weekly)
5. Understanding Relationships Support Group (weekly)
6. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

\* = Grant/Program Funded Partners

## Verdant Community Social Worker Case Management

**GOAL:** Assist hard to serve clients that have multiple health and wellness service needs, and those that may not have the capacity to follow through on meeting these needs. Eligible clients typically do not fit the traditional local or state programs or they are unable to be served with a simple handoff to resources.

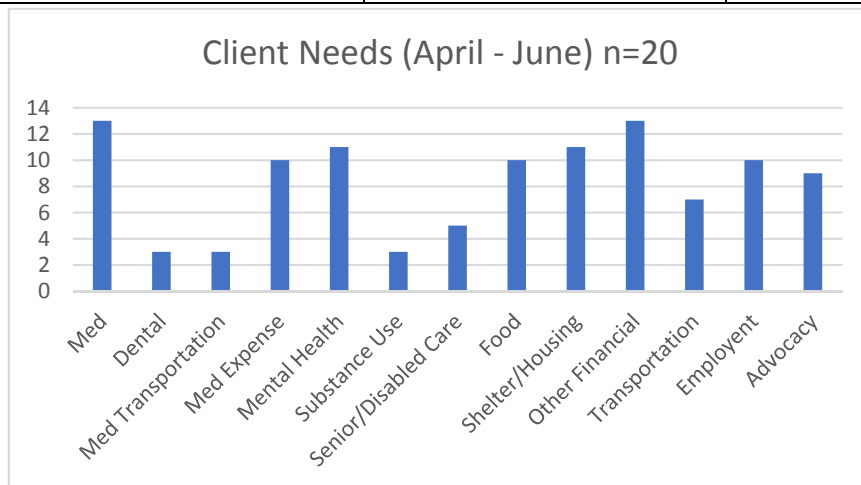
### Five case management principles are emphasized:

- Continuity of care among providers
- Use of the case management relationship
- Adjusting/balancing support and structure in response to client need
- Flexibility of intervention strategies (i.e., frequency, duration, and location of contact)
- Facilitating client resourcefulness or strengths

### Measuring Client Outcomes:

- \* Client Functioning: Fenn-Jorstad Self Sufficiency Matrix; measured at intervals
- \* Accomplishment of goals
- \* Quality of health
- \* Decision making skills
- \* Level of engagement
- \* Self-efficacy/empowerment

<p><u>Information and Referrals:</u></p> <p>Walk-ins needing help with a referral for health or social services. Referrals from providers for clients needing basic needs, along with possible navigation guidance and/or advocacy.</p> <p>Typically will be just one appointment for approximately 1-1.5 hours.</p>	<p><u>Short Term Case Management Support:</u></p> <p>Some walk-ins, typically referrals from other providers/partner agencies for medical, behavioral health and basic needs along with some degree of systems navigation and advocacy support.</p> <p>A minimum of 2-5 appts., usually lasting 1-2 hours.</p>	<p><u>Long Term Case Management*:</u> Clients typically have multiple medical, dental, behavioral health and social service needs, and have difficulty achieving goals or following up on resources. Clients sign informed consent and VCSW works with client's providers to ensure care coordination. Typically meet weekly with clients, with appointments lasting for 1-2 hours.</p> <p>*Long Term Case Management clients are assessed at intake and are reassessed based on life changes or interim dates (i.e. 3 mos., 6 mos.) Assessment tool is the Fenn-Jorstad Self Sufficiency Matrix, and other tools such as the AUDIT (Alcohol Use Disorders Identification Test), DAST (Drug Abuse Screening Test), PHQ-9 (Patient Health Questionnaire-9), and GAD (Generalized Anxiety Disorder-7) are used.</p>
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	Male	Female
Gender	6	14
Average Age	55	49
Homeless	2	3
City		
Lynnwood	5	12
Edmonds	1	1
Everett		1

### Client Examples (at intake):

- Short-term: 40 yo female. Developmental disabilities, diabetic, severe allergies, mental health, trauma. Seeking stable, affordable housing. Extremely low monthly income (\$750) and unable to maintain employment. No local family (sister in CA) small connection to community. Highly vulnerable. Currently lives with another woman from her church who needs the space for family.
- Long-term: 58 yo female. Chronic, late stage alcoholism, mental health, traumatic brain injury, past stroke, asthma, Hep C. Seeking stable, affordable housing, transportation, MH counseling, memory care and dental services. Extremely low monthly income (\$750). Currently in intensive outpatient substance abuse treatment, and living in unhealthy situation with past abusive boyfriend.



## July 2018 Multicultural Program & Outreach Report

**Meet me at the Park:** Verdant Health Commission and the City of Lynnwood will host Meet Me at the Park at parks throughout Lynnwood for parents who are tired of seeing their kids glued to the sofa playing video games when it's a beautiful day out. Activities will include: hula hoop demo, Frisbee, basketball, sidewalk chalk, soccer, and Zumba. Prizes Available! This program is intended for families of all abilities and capabilities. Meet Me at the Park takes place from 6:30-8 p.m.

July 10<sup>th</sup> at Wilcox Park in Lynwood

July 17<sup>th</sup> at South Lynnwood Park Lynwood

July 24<sup>th</sup> at Daleway Park in Lynwood

### **Upcoming programs:**

**National Night Out:** National Night Out is an opportunity for all parts of the community, including businesses, religious institutions, city agencies, and news media, to come together to promote the shared goal of a safe, healthy and inclusive community. This year, in partnership with the City of Lynnwood and The Community Life Center we will be celebrating the 2<sup>nd</sup> Annual National Night Out Against Crime at the **Community Life Center, 19820 Scriber Lake Rd, Lynnwood, WA 98036**. Free and open to the community it will include FREE entertainment, health education, healthy snack demos and resources for everyone.

# July 2018 Marketing Report

## Annual Report

- Development and design work for 2017 update is underway.

## Coming Events

- **LETI Expo:** Saturday, Aug. 4 at Edmonds Community College from 12-5 p.m.
- **National Night Out:** Tuesday, Aug. 7 at two locations: Community Life Center in Lynnwood (host site for PSCC Dental Clinic) from 5-8 p.m. and Evergreen Playfield in Mountlake Terrace from 6-9 p.m.
- **Woodway Town Fair:** Saturday, Aug. 18 outdoors near Town Hall from 10 a.m. – 1:30 p.m.
- **Ubuntu: Saturday, Aug. 18** at Wilcox Park, 11 a.m. – 4 p.m.
- **Back to School Health & Resource Fair:** Thursday, August 23, 5-8 p.m. at Cedar Valley Community School
- **Fair on 44<sup>th</sup>:** Saturday, Sept. 8, 10 a.m. – 2 p.m. on 44<sup>th</sup> Ave. W between the Lynnwood Library and Fire Station #15