

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
June 27, 2018
8:00 to 9:00 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	—	8:00	—
B. Approval of the Minutes			
a) May 23, 2018 Board Meeting	Action	8:01	1-5
b) June 13, 2018 Special Meeting	Action	8:02	6-10
C. Executive Committee Report	Information	8:03	11
D. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:05	12-16
b) Authorization for payment of vouchers and payroll	Action	8:10	17
E. Program Committee Report & Recommendations			
a) Conflicts of Interest	—	8:11	—
b) Program investment recommendations	Action	8:15	18
c) Building Healthy Communities Fund & Transportation	Information	8:25	19-20
d) Verdant Community Wellness Center activities update	Information	8:35	21-22
e) Verdant multicultural program update	Information	8:40	23
F. Marketing Report	Information	8:45	24
G. Public Comments (please limit to three minutes per speaker)	—	8:50	—
H. Commissioner Comments	—	8:55	—
I. Adjournment	—	9:00	—

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
June 27, 2018**

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner J Bruce Williams, Commissioner
Commissioners Excused	Fred Langer, Commissioner Karianna Wilson, Commissioner
Staff	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
Staff Excused	Robin Fenn, Superintendent Sandra Huber, Community Engagement
Call to Order	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.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on May 23, 2018. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on June 13, 2018.
Executive Committee Report	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 nd , Meet Me at the Park on July 10 th , 17 th , and 24 th , and the Board Meeting on July 25 th 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 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 19th 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 3rd 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.

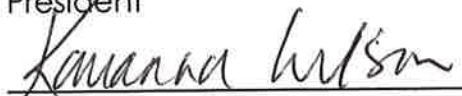
Adjourn

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

ATTEST BY:



President



Secretary

E:51:18
6.27.2018

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Food Lifeline Meeting 8:30 to 10:30am (Verdant)	3	4	5	6	7
8	9	10 Meet Me in the Park 6:30 to 8:00pm (Wilcox Park, Lynnwood)	11	12	13	14
15	16	17 Meet Me in the Park 6:30 to 8:00pm (South Lynnwood Park)	18	19	20	21
22	23	24 Meet Me in the Park 6:30 to 8:00pm (Daleway Park, Lynnwood)	25 Board Meeting 6:00 to 8:00pm (Verdant)	26	27	28
29	30	31				

South County Walks starts on June 19, with the first Verdant walk on June 25 at 6:00pm

Alzheimer Association Ribbon Cutting & Open House: June 26 (19031 33rd Ave. W, Ste. 301, Lynnwood) Ribbon Cutting Ceremony at 4:45pm, with Open House from 3:30 - 6:30pm.

Reminder: The State Auditor Office will present results of our recent audit at the 25 July Board meeting.

Dr. Williams' last meeting will be at the 25 July Board meeting.

Balance Sheet As of May 31, 2018

	A	B	C	D
	Dec 31, 2017	May 31, 2018	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,853,495	3,473,379	1,619,884	
4 Other Current Assets	44,606,558	43,902,913	(703,644)	Includes Investments
5 Total Current Assets	46,460,053	47,376,292	916,240	
6 Total Long-term & Fixed Assets	45,773,750	44,909,550	(864,200)	Includes Depreciation
7 TOTAL ASSETS	<u>92,233,802</u>	<u>92,285,842</u>	<u>52,040</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,066,262	1,285,981	(780,282)	Tenant Prepaid Lease Income
11 Long-term Liabilities	2,050,919	2,025,074	(25,846)	2012 LTGO Bonds
12 Total Liabilities	4,117,182	3,311,054	(806,127)	
13 Total Equity	88,116,621	88,974,788	858,167	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	<u>92,233,802</u>	<u>92,285,842</u>	<u>52,040</u>	

Profit & Loss May 2018

	A	B	C	D	E	F
	May Actual	May Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	874,481	876,234	(1,753)	4,398,084	4,425,110	(27,026)
3 EXPENSES						
4 Operating Expenses	152,059	189,234	37,175	860,592	951,596	91,004
5 Depreciation Expense	166,907	166,875	(32)	831,630	831,471	(160)
6 Program Expenses	469,545	606,525	136,980	2,530,799	3,089,627	558,828
7 Total Expenses	788,511	962,634	174,123	4,223,021	4,872,694	649,672
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	233,023	234,813	(1,790)	683,105	1,174,064	(490,959)
10 NET INCOME/(LOSS)	<u>318,993</u>	<u>148,413</u>	<u>170,581</u>	<u>858,167</u>	<u>726,480</u>	<u>131,687</u>

Monthly Highlights May 2018

Verdant received dividends payments of \$64,097 and an unrealized loss of \$911 on our investment portfolio in May which closed with an ending market value of \$42,771,634.

Program grant commitments total \$5,772,433 and \$2,961,398 for 2018 and 2019 respectively. \$1,217,567 remains available to spend in 2018.

Revenue of \$104,077 and expenses of \$48,498 from the Kruger Clinic were incurred, netting to an additional operating income of \$55,579 in May.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12877	05/02/2018	Electronic Business Machines	40.08	4/22-5/21/18 Copy Machine
12878	05/02/2018	Seattle Food Nut	1,145.14	WC 179 - Nutrition Programming
12879	05/02/2018	Karen Y Goto	72.46	Meal for 4/25 Board Meeting
12880	05/02/2018	Consolidated Landscape Maintenance, Inc.	440.50	April 2018 Landscaping maintenance
12881	05/02/2018	My Neighborhood News Network	2,240.00	1-yr Advertising in My Edmonds News/Lynnwood Today/MLT News
12882	05/02/2018	Pacific Medical Centers(PacMed)	200.00	WC 175 - Living Well Alliance
12883	05/02/2018	Snohomish County PUD	1,346.42	Electricity
12884	05/02/2018	Sound Publishing, Inc.	39.20	Legal Notice 4/25/18 Board Meeting
12885	05/02/2018	ThyssenKrupp Elevator Company	597.04	Elevator Maintenance 4/1-6/4/18
12886	05/02/2018	Moss Adams - Audit	1,333.14	2017 Financial Audit
12887	05/02/2018	Parsi Properties LLC	2,555.00	May 2018 - Parking lot lease
12888	05/02/2018	Puget Sound Energy	55.68	Natural Gas
12889	05/02/2018	Waste Management	287.91	Garbage/Recycle
12890	05/02/2018	Affordable Counseling	2,000.00	WC 178 - Managing Stress in Everyday Life 3/1-4/9/18
12891	05/02/2018	Corporate Security LLC	299.17	Parking lot security patrols
12892	05/02/2018	Soluciones Digitales	680.00	WC 193 - Emotional Fitness
12893	05/10/2018	AmeriFlex Business Solutions	17.25	May 2018 FSA Administration
12894	05/10/2018	Armstrong Services	1,409.65	Apr 2018 Janitorial
12895	05/10/2018	Background Investigation, Inc.	25.00	Background check for New FTE N Budd
12896	05/10/2018	City of Lynnwood - Utilities	700.68	Water/Sewer
12897	05/10/2018	Comcast	549.79	Internet/Cable
12898	05/10/2018	Consolidated Press Printing Company, Inc	10,578.64	Canopy Spring 2018 Printing and mail prep
12899	05/10/2018	Dameon Hahn	60.00	WC 189 - Instructor reimbursement Getting to Goal
12900	05/10/2018	Discovia	1,932.11	April 2018
12901	05/10/2018	Laura Reyes Torres	680.00	WC 192 - Mindfulness Class
12902	05/10/2018	Sound Dietitians	2,096.05	WC 170 - Healthy Living Coaching Group/WC 169 - Nutrician Consulting
12903	05/10/2018	Verizon	100.80	Employee Cell Phone May 2-June1, 2018
12904	05/10/2018	Comcast	270.58	Internet/Cable
12905	05/10/2018	Dynamic Language	201.00	Interpreter Services
12906	05/16/2018	Latino Educational Training Institute	100.00	Refund for Deposit
12907	05/16/2018	Dataworks	902.50	IT Support
12908	05/16/2018	Lowe Graham Jones PLLC	327.00	Trademark monitoring
12909	05/16/2018	Moss Adams - Audit	22,391.15	2017 Financial Audit
12910	05/16/2018	Lisa M King	1,409.56	Reimbursement for GFOA Conference
12911	05/16/2018	Economic Alliance Snohomish County	395.00	Annual Membership Dues
12912	05/16/2018	Seattle Food Nut	583.61	WC 179 - Nutrition Programming
12913	05/23/2018	Ana L Bursch	60.00	Childcare for Promotoras Planning Meeting
12914	05/23/2018	Dinotransfer LLC	307.45	T-shirts for Hope & Health Multicultural Fair 6/2
12915	05/23/2018	Quality Reimbursement Services	23,919.00	Medicare Consulting SSI Settlement FYE 2004 (20% contingency)
12916	05/23/2018	Roto-Rooter	223.56	Repair Toilet Clog
12917	05/23/2018	Staples	68.43	Supplies
12918	05/23/2018	Susana Flores	202.50	Childcare for Latino Women's Promotoras planning
12919	05/23/2018	Yasaura Carvajal	60.00	Childcare for Multicultural programming
12920	05/23/2018	Regence BlueShield	5,745.31	May 2018 Health Insurance
12921	05/23/2018	State Auditor's Office	855.90	2016-2017 State Audit

Warrant Number	Transaction Date	Payee	Amount	Purpose
12922	05/23/2018	Leslie Gilham	20.00	Refund for Strength Training & Fitness Class
12923	05/23/2018	Center for Human Services	420.00	WC 185 - Infant Mental Health Workshop for Childcare Providers 3-17-18
12924	05/23/2018	Sherwood Parent Staff Organization	750.00	Birds and the Bees Child Education Event
12925	05/23/2018	Cedar Way PTO	300.00	Gold Sponsorship - 2018 MLT 5k Fun Run
12926	05/23/2018	City of Lynnwood	1,565.00	Apr 2018 After Hours Support (105 hrs)
12927	05/23/2018	Sound Publishing, Inc.	42.00	Legal Notice 5/23/18 Board Meeting
12928	05/23/2018	Wells Fargo	185.13	Misc
12929	05/30/2018	Consolidated Landscape Maintenance, Inc.	440.50	May 2018 Landscaping maintenance
12930	05/30/2018	Dataworks	2,522.57	IT Support
12931	05/30/2018	DS Forensics, Inc	1,912.50	PRR - Collection and storage of records from Commissioners
12932	05/30/2018	Electronic Business Machines	1,018.96	5/22-6/21/18 Copy Machine; 2/22-5/21/18 overage
12933	05/30/2018	Guardian Security Systems, Inc.	240.00	7/1-9/30/18 Elevator and AES Radio Monitoring
12934	05/30/2018	Principal	1,776.05	EE Life Insurance
12935	05/30/2018	Puget Sound Energy	51.10	Natural Gas
12936	05/30/2018	Snohomish County PUD	838.91	Electricity
12937	05/30/2018	Total Health	1,450.00	WC 176 - Health Coaching
12938	05/30/2018	Waste Management	318.60	Garbage/Recycle
12939	05/30/2018	Wells Fargo	2,645.64	Misc
Total Warrants			106,001.22	

Workers Compensation Claims Activity:

305386-388	Apr-18	Various Claimants/Vendors	3,014.92	Administered by Eberle Vivian
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Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
5/11/2018	Payroll	ACH payroll transfer	21,205.00	ACH payroll transfer
5/11/2018	Department of Treasury	Payroll taxes for 5/5/18 pay period ending	7,890.31	Payroll taxes for 5/5/18 pay period ending
5/11/2018	Valic	Payroll 401(a)/457 Deposit	3,552.08	Payroll 401(a)/457 Deposit
5/11/2018	Paychex	Fee for payroll processing	125.55	Fee for payroll processing
5/25/2018	Payroll	ACH payroll transfer	20,687.87	ACH payroll transfer
5/25/2018	Department of Treasury	Payroll taxes for 5/19/18 pay period ending	7,738.48	Payroll taxes for 5/19/18 pay period ending
5/25/2018	Valic	Payroll 401(a)/457 Deposit	3,530.75	Payroll 401(a)/457 Deposit
5/25/2018	Paychex	Fee for payroll processing	119.85	Fee for payroll processing
5/10/2018	Wells Fargo Merchant Services	Merchant Services	78.25	Merchant Services
5/10/2018	Wells Fargo	Bank Fees	29.68	Bank Fees
5/15/2018	Mary Porter, RDN	Program Payment	617.50	Program Payment
5/15/2018	Alzheimer's Association Western & Central	Program Payment	7,209.16	Program Payment
5/15/2018	Boys & Girls Club of Snohomish County	Program Payment	20,519.58	Program Payment
5/15/2018	Brain Injury Association of WA	Program Payment	6,250.00	Program Payment
5/15/2018	Cascade Bicycle Club Education Foundation	Program Payment	2,666.67	Program Payment
5/15/2018	Center for Human Services	Program Payment	32,279.16	Program Payment
5/15/2018	ChildStrive	Program Payment	50,150.16	Program Payment
5/15/2018	City of Lynnwood	Program Payment	8,718.33	Program Payment
5/15/2018	City of Mountlake Terrace	Program Payment	4,240.00	Program Payment
5/15/2018	Cocoon House.	Program Payment	5,000.00	Program Payment
5/15/2018	Domestic Violence Services Snohomish Co	Program Payment	1,855.50	Program Payment
5/15/2018	Edmonds School District No. 15	Program Payment	109,713.42	Program Payment
5/15/2018	Edmonds Senior Center	Program Payment	9,666.67	Program Payment
5/15/2018	Homage Senior Services	Program Payment	59,420.00	Program Payment
5/15/2018	Kinderling	Program Payment	11,517.17	Program Payment
5/15/2018	Korean Women's Association	Program Payment	5,000.00	Program Payment
5/15/2018	Medical Teams International	Program Payment	5,500.00	Program Payment
5/15/2018	PEPS	Program Payment	3,250.00	Program Payment
5/15/2018	Prescription Drug Assistance Foundation	Program Payment	4,166.67	Program Payment
5/15/2018	Project Access Northwest	Program Payment	7,500.00	Program Payment
5/15/2018	Puget Sound Christian Clinic	Program Payment	33,750.00	Program Payment
5/15/2018	Puget Sound Kidney Centers Foundation	Program Payment	3,333.33	Program Payment
5/15/2018	South Snohomish County Fire & Rescue	Program Payment	36,103.34	Program Payment
5/15/2018	Therapeutic Health Services	Program Payment	20,833.33	Program Payment
5/15/2018	Wonderland Development Center	Program Payment	12,458.33	Program Payment
5/25/2018	WA Department of Revenue	B&O/Retailing Sales Tax for Apr 2018	808.91	B&O/Retailing Sales Tax for Apr 2018
5/7/2018	AmeriFlex Business Solutions	FSA Payment	602.29	FSA Payment
5/11/2018	AmeriFlex Business Solutions	FSA Payment	20.00	FSA Payment
5/18/2018	AmeriFlex Business Solutions	FSA Payment	63.83	FSA Payment
5/31/2018	US Bank	2012 LTGO Interest	41,175.00	2012 LTGO Interest
	Total Wires/ACH Transactions		569,346.17	
	Total Disbursements		\$ 678,362.31	

Transaction Date	Payer	Amount	Purpose
Deposits:			
5/1/2018	Swedish/Edmonds	796,526.14	Monthly leases
5/1/2018	Value Village	27,614.77	Monthly lease
5/2/2018	Raymond Liu, D.D.S.	3,329.15	Kruger Clinic monthly lease
5/3/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
5/3/2018	Kean Lawlor	7,148.36	Kruger Clinic monthly lease
5/3/2018	PSG	42,057.58	Kruger Clinic monthly lease
5/10/2018	Snohomish County	943,466.60	Levy
5/23/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
5/3/2018	Coordinated Care	300.00	Deposit for use of VCWC
	VCWC Class	400.00	Registration for VCWC Classes
	Total Deposits	\$ 1,825,590.95	

E: 53:18
6.27.2018

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 12877 through 12939 have been issued for payment in the amount of \$106,001.22. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	5-1-18 – 5-31-18		\$106,001.22
Work Comp Claims Pd:	5-1-18 – 5-31-18		3,014.92
Payroll:	4-22-18 – 5-5-18	21,205.00	
	5-6-18 – 5-19-18	<u>20,687.87</u>	
			41,892.87
Electronic Payments:	Payroll Taxes	15,628.79	
	Valic Retirement	7,082.83	
	Paychex	245.40	
	Ameriflex	686.12	
	Bank Fees	107.93	
	WA State Dept Revenue	808.91	
	US Bank – Bond Interest	41,175.00	
	Program Expenditures	<u>461,718.32</u>	
			<u>527,453.30</u>
	Grand Total		<u>\$678,362.31</u>

Program Oversight Committee Summary Report June 2018

1. One new grant request for review and decision
2. Building Healthy Communities Fund Application Update
3. Follow-up on Transportation discussion from May board meeting

1. Information about New Funding Requests

1. Girls on The Run Renewal Request	Request Year 1	Request Year 2	Request Year 3
	\$15,000	\$18,750	\$22,500
Program Description: a multi-year funding request to support a running program serving girls in the 3rd – 8th grades. Verdant funded a one-time grant in the 2017-18 school year that reached 129 participants. The program runs over 10 weeks with the goal of increasing physical activity and building resiliency in girls and the program culminates with participants completing a 5k.			
Expected Results	The expanded program would serve 160 girls in the Edmonds School District in year one, growing to 240 by the third year. Program outcome measures include: 1.) Increased self-confidence; 2.) Days of physical activity and reduced sedentary behavior; 3.) Completion of activity levels, including participating in 5k		
Use of Funds & Costs	Verdant funds would be used to provide scholarships for lower-income schools and families. The program budget includes program fees, private donations, and sponsorships. Financial aid is offered based on annual income level. In general, families earning less than \$30,000 pay \$20; middle income and higher families pay \$85-125 for the program.		

Program Committee Recommendations

- **Girls on The Run:** the program committee is recommending funding the program for three years at the requested amount. The committee members thought the program aligned with Verdant's focus on childhood obesity prevention and offered a unique service in the community.

2. Verdant Building Healthy Communities Fund Application Update

Verdant hosted an information session on June 5th. Attendees included:

- Community Health Center of Snohomish County
- City of Lynnwood Parks & Recreation
- City of Mountlake Terrace Parks & Recreation
- Compass Health
- Camp Fire Snohomish
- Domestic Violence Services of Snohomish County
- Edmonds Senior Center
- Homage Senior Services
- Snohomish County Parks Department
- Volunteers of America Western Washington
- Wonderland Developmental Center
- YMCA of Greater Seattle

Several organizations did not attend the session, but have indicated that they plan to apply for funding:

- City of Edmonds Parks & Recreation
- Sea Mar
- Town of Woodway

The deadline for applications is Friday June 29; should expect to present a summary of information at Verdant's regular July Board Meeting.

3. Follow-Up Discussion on Transportation Proposal and Board Discussion from May

To follow-up on the May board discussion about transportation, we have completed several brief initial interviews with key stakeholders, with the goal to understand:

1. For transportation to and from health and human services, what is working well?
2. What is not working well?
3. Capture a summary of services offered in the community.
4. Who else should we be talking to about this topic?

Summary of Feedback Captured

	People lacking reliable transportation	Seniors and People with mobility issues
Barriers	<ul style="list-style-type: none">• Medicaid provides a transportation benefit, Medicare generally does not cover transportation to get routine health care• Medicaid-brokered transportation lacks consistency and reliability• Public transit routes work only when people live near fixed routes and healthcare services are also nearby	<ul style="list-style-type: none">• Limited capacity for DART and other accessibility services (ex. combined rides with several other people, transportation can take all day)• County line transfers a challenge• One-size-fits-all-solutions with eligibility criteria and large wheelchair lift equipped vehicles• Clinics struggle most when mobility-impaired patients left behind
Opportunities	<ul style="list-style-type: none">• More flexible options for transportation (ex. gas cards, bus passes)• Enhancing existing volunteer transportation services• Emerging ridesharing services could provide higher quality service	<ul style="list-style-type: none">• Transportation coalitions developing customized community solutions (ex. Snoqualmie Transportation Coalition)• Engaging elected officials that sit on transit boards

Next Steps:

- Feedback and questions from Verdant Commissioners
- Look to convene stakeholders addressing barriers outlined above, with a focus on specifics in South Snohomish County

E155:18
6.27.2018

Verdant Community Wellness Center Summary June 2018

Completed Programs (May/June)

1. General Community and Provider Events		Attendance
1. Monthly Hero's Café for Veterans (5/22)		80-100
2. Hunger and Health Stakeholder Discussion with Food Lifeline (May 31)		30
3. ARC Mothers of Children with Disabilities Monthly Support Network (6/2)		12
4. Parkinson's Disease AM & PM Support Group (6/4)		4-8/session
5. SHIBA Update Trainings (6/5)		32
6. South Snohomish County Foster CARE Meeting		8
7. Korean Women's Association Everyday Prevention Workshops (6/7)*		40
8. Family Caregiver Support Group (6/7, 21)		8-10/session
9. League of Women Voters Children's Committee (6/8)		10-12
10. Bleeding Disorder Foundation Advocacy Summit (6/9)		10
11. Verdant Resource Connector Meeting (6/12)		30
12. Caregiver Core Training for Foster Parents (June 12, 13, 16, 26, 27, 30)		24/session
13. Welcome to Medicare Monthly Workshops (6/15)		15
14. Evergreen Home Health Team Meetings (6/19, 20)		25/session
15. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)		varies
16. Ongoing – Community Support for Prescription Assistance (weekly)*		varies
2. Nutrition and Healthy Behaviors		Attendance
1. Road Back to Life Kidney Support Group (5/22)		4-8/session
2. Diabetes Support Group (5/23)		6-8/session
3. Surviving & Thriving with Chronic Kidney Disease (5/16 – 6/20)*		18/session
4. Cooking Demo for Seniors on SNAP – Monthly FINI Training (5/24)*		8
5. Cutting Sugar in the Foods You Eat Cooking Demo (May 31)*		23
6. Strength Training Fitness Challenge (June 4, 11, 18, 25)*		12/session
7. Culinary Secrets of the Mediterranean Diet (June 4)		24
8. Plant-powered Whole Foods Challenge (June 7, 14, 21)*		11/session
9. Staying Physically Active as You Age (June 14)*		17
10. What's Fresh in June Cooking Demo (June 18)*		22
11. Weekly Healthy Living Coaching Group (5/22, 29; 6/5, 12, 19, 26)*		15-20/session
12. Getting to Goal Weight Reduction Individual Consultations (by appt)*		varies
3. Behavioral Health & Substance Use		Attendance
1. Brain Health and Wellness Classes (5/24, 29; 6/8, 13, 15, 18, 20, 25)*		varies
2. Skills to Ease Stress Using Mindfulness & Other Techniques (5/22 – 6/29)*		8-10 /session
3. Gender Diversity Family Support Group (6/10)		27
4. What is Mindfulness Info Session (6/19)*		26
5. UW Memory & Brain Wellness Workshop (6/21)		40
6. Adult Children of Alcoholics Weekly Support Group (weekly)		12-18/week
7. 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 June 2018

Upcoming Programs (June/July)

A. General Community and Provider Events

1. Cultural Competence & Strengthening Families Childcare Provider Training (June 23)
2. Monthly Hero's Café for Veterans (June 26, July 24)
3. WA Kids in Transition Board Meeting (June 27)
4. Sno-King Long Term Care Certification Training (June 28)
5. Hunger and Health Stakeholder Discussion with Food Lifeline (July 2)
6. Parkinson's Disease AM & PM Support Group (July 2)
7. SHIBA Update Trainings (July 3)
8. Family Caregiver Support Group (July 5, 19)
9. League of Women Voters Children's Committee (July 6)
10. ARC Mothers of Children with Disabilities Monthly Support Network (July 7)
11. Evergreen Home Health Team Meetings (July 18)
12. DEL Child Care Licensing Orientation (July 17)
13. Welcome to Medicare Monthly Workshops (July 20)

B. Nutrition and Healthy Behaviors

1. Culinary Secrets of the Mediterranean Diet (June 25)
2. Weekly Healthy Living Coaching Group (June 26; July 3, 10, 17, 24, 31)*
3. Road Back to Life Kidney Support Group (June 26; July 24)
4. Surviving & Thriving with Chronic Kidney Disease Cooking Class (June 27)*
5. Diabetes Support Group (June 27; July 11)
6. Cooking Demo for Seniors on SNAP – Monthly FINI Training (June 28; July 26)*
7. Summer Teen Cooking Academy (July 10-12)*
8. Surviving & Thriving with Chronic Kidney Disease (July 11 – Aug 15)*
9. Fresh from the Market Cooking Demo (July 16)*
10. Summer Salads Cooking Demo (July 26)*
11. Cooking Demo: exploring Tofu, Tempeh & other Vegetable Proteins (July 31)*
12. Getting to Goal Weight Reduction Individual Consultations (by appt)*

C. Behavioral Health & Substance Use Focus

1. Skills to Ease Stress Using Mindfulness & Other Techniques – 6 Week Class (May 22 – June 29)*
2. Brain Health and Wellness Classes (June 25, 26; July 2, 9, 12, 16, 23, 26)*
3. Nourishing Emotional Well-being for New Moms (July 9)
4. Intro to Mindfulness Group: Skill-building & Practice (July 10 – Aug 28)*
5. Adult Children of Alcoholics Weekly Support Group (weekly)
6. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partners**

June 2018 Multicultural Program & Outreach Report

Hope and Health 1st Annual Multicultural Wellness Fair: In partnership with Community Life Center and Puget Sound Christian Clinic we had our first annual Community Multicultural Health fair. The objectives of this event were:

- Increase health awareness by providing health screenings, activities, materials, demonstrations, and information;
- Increase awareness of local, state, and national health services and resources;
- Motivate participants to make positive health behavior changes;
- Teach self-care practices;
- Identify topics and participants for future educational health programs

Upcoming programs:

Meet me at the Park: Meet me at the park is an opportunity to show community members the benefits of using our local parks to increase physical activity especially during the Summer months. Families are invited to get up, get out and get active!

It's a collaboration with the city of Lynnwood and the Lynnwood Police where community members will join us for free activities and family fun from 6:30-8pm on:

- July 10th at Wilcox Park in Lynnwood
- July 17th at South Lynnwood Park Lynnwood
- July 24th at Daleway Park in Lynnwood

June 2018 Marketing Report

South County Walks

- Walks began last week, and we have a good group of volunteers leading walks.



Join us for free community walks this summer

SOUTH COUNTY WALKS

June 19-September 29

 Edmonds Tuesdays at 9:30 a.m. Edmonds Senior Center, 220 Railroad Ave.	 Lynnwood Mondays at 6:00 p.m. Verdant Community Wellness Center, 4710 196th St. SW
 Mountlake Terrace Saturdays at 9:30 a.m. Mountlake Terrace Recreation Pavilion, 5303 228th St. SW	 Lynnwood Thursdays at 6:00 p.m. Lynnwood Rec Center, 18900 44th Ave. W

Details at verdanthealth.org
or call (425) 582-8600.

Google Training

- Completing an online Google analytics training with plans to do a Facebook analytics training as well. This is in an effort to further our understanding of and improve our web and social media presence.

Coming Events

- **Meet Me at the Park:** Tuesdays, July 10, July 17, and July 24 at parks in Lynnwood in coordination with the Lynnwood parks and police.