

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
March 27, 2019  
8:00 a.m. to 9:30 a.m.

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	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) February 27, 2019 Board Meeting	Action	8:01	1-6
C. Superintendent Report	Information	8:03	7
D. Executive Committee Report	Information	8:06	---
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:07	8-11
b) Authorization for payment of vouchers and payroll	Action	8:10	12
F. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:11	---
b) Program investment recommendations	Action	8:12	13-16
c) Grant sustainability criteria follow-up	Information	8:30	17
d) VCWC connection to medical providers	Information	8:35	---
e) Verdant Community Wellness center activity report	Information	---	18-19
f) Verdant multicultural program update	Information	---	20
G. Marketing Report	Information	8:45	21
H. Public Comments (please limit to three minutes per speaker)	---	8:50	---
I. Commissioner Comments	---	8:55	---
J. Executive Session			
a) To review the performance of a public employee	---	9:00	---
K. Open Session			
a) Approve Superintendent Performance Evaluation & Goals	Action	9:20	---
b) Resolution 2019-03 – Amending Superintendent Compensation	Action	9:25	22-24
L. Adjournment	---	9:30	---

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

**BOARD OF COMMISSIONERS**

***Regular Meeting  
Verdant Community Wellness Center  
March 27, 2019***

<b>Commissioners Present</b>	Deana Knutsen, President Karianna Wilson, Secretary Bob Knowles, Commissioner Jim Distelhorst, M.D., Commissioner
<b>Commissioners Absent</b>	Fred Langer, Commissioner
<b>Staff</b>	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
<b>Guests</b>	Farrell Fleming, Edmonds Senior Center Members of the community
<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 8:00 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 February 27, 2019.
<b>Superintendent Report</b>	Dr. Fenn reported on the following items: <ol style="list-style-type: none"><li>1. Domestic Violence Services will hold an open house at their new facility on April 25, 2019, 3 to 6 p.m. at 4232 198<sup>th</sup> St. SW, Lynnwood and the commissioners are invited.</li><li>2. The Lynnwood City Council decided not to move forward with the purchase of the Rodeo Inn. City Council may consider other properties for this project.</li><li>3. The Snohomish Health District is recognizing Ms. Waldin as a health champion for infant and</li></ol>

maternal health (E:11:19). The health district's burden of disease report has been released and Dr. Fenn will invite Jeff Ketchel of the Snohomish Health District to the April 24, 2019 board meeting to present the report to the board.

4. The commissioners present approved December 6 to 7, 2019 for a board retreat at Tulalip Resort Casino and confirmed they will all be available to attend. Staff will secure the reservations.
5. The Provider Open House at Verdant was held on March 21, 2019.

**Executive  
Committee Report**

The committee met on March 20, 2019 via telephone to review the agenda for the March 27, 2019 board meeting and the executive session topic which includes public employee evaluation. This evaluation will include board surveys, then a time for the board to summarize the evaluation, then meet with the public employee in Executive Session, and finally the board will approve the public employee compensation in Open Session.

**Finance Committee  
Report**

The committee met on March 19, 2019. Ms. King reviewed the financial statements and cash activity for February 2019 (E:12:19) and called out the receipt of a 2004 Medicare settlement in the amount of \$10,702. Commissioner Knowles inquired on the status of the space for rent at the Kruger Clinic. Ms. King reported that the potential tenant is still considering the space.

**Authorization for  
Payment of  
Vouchers & Payroll**

Warrant Numbers 13430 through 13474 for February 2019 for payment in the amount of \$65,509.67 were presented for approval (E:13:19) by Commissioner Distelhorst. ***Motion was made, seconded and passed unanimously to approve.***

**Program Committee  
Update**

The Program Committee met on March 18, 2019 to review three programs, follow-up on myStrength web/mobile-based behavioral health program, and follow-up on sustainability discussion from the board retreat (E:14:19).

Commissioner Knowles asked if there were any conflicts of interest. Commissioner Distelhorst commented that he served on the board of the Edmonds Senior Center

and resigned after he was appointed to the board of PHD #2. No conflicts of interest were identified.

Mr. Kosovich presented a summary of each of the three programs and Commissioner Knowles presented the committee recommendations to the board.

**Motion was made, seconded and passed unanimously to approve \$15,585** for one year for the Compass Health Youth Mental Health Partnership, a program that will provide youth mental health training to families at the Alderwood and Edmonds Boys & Girls Club sites. The program includes youth mental health first aid and other behavioral health presentations on topics such as anxiety, bullying and signs of suicide.

**Motion was made, seconded and passed unanimously to approve \$52,250** for one year for the Compass Health Emergency Voucher Program Expansion, a program that provides short-term motel assistance to individuals and families. The program has been operating for 12 years and would specifically target South County individuals being discharged from the hospital with no shelter to provide short-term (two weeks) motel vouchers. Domestic violence issues would be referred to DVS for assistance but if their shelter is full, DVS would provide these motel vouchers as well. Commissioners would like the program to specifically target people with significant health needs, mental health needs, and/or people who are being discharged from Swedish Edmonds.

**Motion was made, seconded and passed unanimously to approve** the Edmonds Senior Center nutrition program in the amount of \$21,000 in Year 1, \$165,000 in Year 2, and \$9,000 in Year 3. Commissioners discussed with Edmonds Senior Center Director Farrell Fleming the funding amount needed to meet the health department requirements for the temporary meal program to operate out of Holy Trinity Church during the senior center construction. Director Fleming clarified that the Edmonds Senior Center will now be working with Homage Senior Services to cater the meals out of their Everett kitchen including three hot meals and two box lunches per week. Approximately \$10,000 would be

used for equipment, vehicle use and driver costs and not for upgrades to the Holy Trinity Church kitchen.

**Follow-up on  
myStrength**

A presentation on this program will be given at the April 24, 2019 board meeting (E:15:19). Commissioner Distelhorst commented that this program attracts very few males, however mental health topics in general draw fewer men to in-person programs.

**Grant Sustainability  
Criteria**

Mr. Kosovich presented the summary (E:16:19) and the commissioners are comfortable with this summary.

**VCWC Connection  
to Medical Providers**

Ms. Waldin presented the Program Guide and health & wellness prescription pad to the board and explained how since 2015 Verdant has been developing and expanding programs for the broader population to support referrals from local health providers. Programs focus on lifestyle modification, weight management, and diabetes/pre-diabetes (E:17:19).

Commissioner Knutsen commented that items such as veterans' services should be included in the wellness navigation materials.

Commissioner Wilson commented that this program is best advertised through the local clinics and their medical assistants/nurses. She suggested lunch meetings at site clinics.

**Verdant Community  
Wellness Center  
Activities Update**

See Exhibit 18:19

**Verdant Multicultural  
Program Update**

See Exhibit 19:19

**Marketing Report**

Ms. Piplic presented the Marketing report (E:20:19) for March 2019 which included information on the program materials for providers and the Spring/Summer issue of The Canopy which is currently under production.

**Public Comments**

Ms. Vivian Olson, candidate for Edmonds City Council and a swim instructor, introduced herself and thanked the board for funding swim lessons, and asked for the board's assistance with the issue of vaping among teens in the area.

**Commissioner  
Comments**

None

**Executive Session**

President Knutsen recessed the regular meeting at 9:20 a.m. into Executive Session to review the performance of a public employee.  
President Knutsen stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session.  
At 9:40 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 9:45 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 9:50 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 9:55 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 10:00 a.m., President Knutsen extended the Executive Session for 5 minutes.

**Open Session**

The board reconvened into Open Session at 10:05 a.m. President Knutsen reported that the board will review the Superintendent's 2019 goals at a later date.


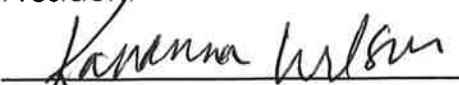
**Resolution 2019:03  
Amending  
Superintendent  
Compensation**

***Motion was made, seconded and passed unanimously to approve Resolution 2019:03*** amending the Superintendent compensation to \$189,437 effective January 1, 2019.

**Adjournment**

The meeting was adjourned at 10:06 a.m.

**ATTEST BY:**

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



60 years of working for a safer & healthier Snohomish County

E: 11:19  
3.27.2019

March 15, 2019

Sue Waldin  
Verdant Health Commission  
4710 196th St. S.W.  
Lynnwood, WA 98036

Subject: 2018 Health Champion Award Winner

Dear Sue,

Each year, the Snohomish Health District recognizes exemplary programs and policies promoting healthy behaviors in Snohomish County. These Health Champions consistently demonstrate innovative and effective practices that contribute to healthier communities.

We are pleased to inform you that you have been recognized as a **Maternal and Child Health Champion** for 2018. To receive your award, your presence is requested at the Snohomish Health District Health Champions and 60th Anniversary Celebration to be held on **Saturday, April 6, from 11 a.m. to 2 p.m.** Please arrive by 11 a.m. at the Snohomish Health District, 3020 Rucker Avenue, Everett. We'll gather in the Atrium on the first floor.

Enclosed in this envelope is a photo consent form. Please fill it out and bring it to the ceremony if you would like to have photos of this moment shared with the community. If you provide us with an email address, a digital copy of the photo(s) will be sent to you after the event.

We encourage you to bring family, friends or colleagues to the celebration. Please contact Kari Bray at 425.339.5223 or [kbray@snohd.org](mailto:kbray@snohd.org) with your **RSVP no later than April 1.**

Congratulations! We look forward to the pleasure of your participation. If you have any questions, please call 425.339.5223.

Sincerely,

Jefferson Ketchel, M.A., R.S.  
Administrator  
Snohomish Health District

Dr. Mark Beatty, M.D., M.P.H.  
Health Officer  
Snohomish Health District

# APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 Provider Training: Addressing Obesity with Your Patients, Verdant Wellness Center, 7-8am	12 Provider Training: Mindful Awareness and Body Oriented Therapy, Verdant Wellness Center, 12-2pm	13
14	15	16	17	18	19	20
21	22	23 Hero's Café, Verdant Wellness Center, 10am-2pm	24 Board meeting, Verdant Wellness Center, 6-8pm	25 DVS Open House, 4232 198 <sup>th</sup> St SW, Lynnwood, 3-6pm	26 Step Up! Racial Equity conference, Lynnwood Convention Center, 8am-4pm	27
28	29	30				



E:12:19  
3.27.2019

### Balance Sheet

As of February 28, 2019

	A	B	C	D
	Dec 31, 2018	Feb 28, 2019	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	2,863,276	2,422,532	(440,744)	
<b>4 Other Current Assets</b>	47,774,390	48,362,956	588,566	Includes Investments
<b>5 Total Current Assets</b>	50,637,666	50,785,488	147,822	
<b>6 Total Long-term &amp; Fixed Assets</b>	44,873,691	44,561,395	(312,295)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<b>95,511,357</b>	<b>95,346,884</b>	<b>(164,473)</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,176,028	1,361,897	(814,130)	
<b>11 Long-term Liabilities</b>	1,073,890	1,063,551	(10,338)	2012 LTGO Bonds/BHCF
<b>12 Total Liabilities</b>	3,249,917	2,425,449	(824,468)	
<b>13 Total Equity</b>	92,261,439	92,921,435	659,995	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>95,511,357</b>	<b>95,346,884</b>	<b>(164,473)</b>	

### Profit & Loss

February 2019

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	905,594	911,008	(5,413)	1,830,135	1,822,215	7,920
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	194,478	191,716	(2,761)	381,894	389,827	7,932
<b>5 Depreciation Expense</b>	149,301	149,301	0	298,724	298,724	0
<b>6 Program Expenses</b>	548,315	694,490	146,175	1,111,366	1,390,981	279,614
<b>7 Total Expenses</b>	892,094	1,035,508	143,414	1,791,985	2,079,532	287,547
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	253,962	241,828	12,134	621,845	483,655	138,190
<b>10 NET INCOME/(LOSS)</b>	<b>267,462</b>	<b>117,328</b>	<b>150,135</b>	<b>659,995</b>	<b>226,339</b>	<b>433,657</b>

### Monthly Highlights

February 2019

Verdant received dividends payments of \$96,460 offset by a unrealized loss of \$35,374 on our investment portfolio in February which closed with an ending market value of \$47,747,205.

Program grant commitments total \$5,969,697 for 2019\*. \$1,730,303 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. \*Excludes BHCF

Revenue of \$108,486 and expenses of \$83,096 from the Kruger Clinic were incurred, netting to an additional operating income of \$25,390 in February.

## Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
13430	02/20/2019	Girl Scouts of Western WA	200.00	Refund for Deposit for use of VCWC
13431	02/20/2019	Azose	3,315.00	Property Management
13432	02/20/2019	Cascade Security Corporation	512.00	Feb 2019 Parking Lot Security
13433	02/20/2019	Dataworks	975.58	IT Support
13434	02/20/2019	Dimensional Communication, Inc	364.32	Demo Kitchen Mics and Speaker Repair
13435	02/20/2019	Margot Helphand	3,585.54	Facilitation of Commission Retreat
13429	02/13/2019	Nasser Ahmadi	300.00	Emergency Snow Removal
13436	02/20/2019	AA Dispatch, LLC	38.00	Taxi Service 12/12/18 (#79189)
13437	02/20/2019	Comcast	528.61	Telephone/Internet
13438	02/20/2019	Compass Health	25.00	Copies of client files
13439	02/20/2019	FastSigns	473.55	1 banner & 2 foamcore signs for sponsor acknowledgement
13440	02/20/2019	Lighthouse (formerly Discovia)	5,472.25	Jan 2019
13441	02/20/2019	Neopost	112.63	Postage
13442	02/20/2019	Quality Reimbursement Services	2,676.00	25% contingency on FY2004 SSI Group Appeal Settlement
13443	02/20/2019	Roto-Rooter	248.40	Repair Toilet Clog
13444	02/20/2019	Seattle Food Nut	564.39	WC 229 - Nutrition Programming
13445	02/20/2019	Staples	188.96	Supplies
13446	02/20/2019	Verizon	100.80	Cell Phones
13447	02/20/2019	Washington State Department of Health	100.00	Registration for Community Health Workers 2-day conference
13448	02/20/2019	Lani Miller	341.69	WC 213 - Instructor reimbursement Meatless Mondays 1/14
13449	02/20/2019	Lynnwood Convention Center	9,887.22	Final Payment for food, AV, tech for VHCC 2019
13450	02/20/2019	Lara Okoloko	800.00	1/26 Provider Training
13451	02/20/2019	Irene Mora	17.50	Refund for Mediterranean for Life
13452	02/20/2019	Tulalip Resort Casino	1,558.56	Remaining Bal for Banquet, Tula Bene Dinner, Hotel Accom
13453	02/20/2019	Ana Evelin Garcia	600.00	WC 226 - Intro to Mindfulness for Stress Reduction
13454	02/20/2019	Wells Fargo	257.03	Misc
13455	02/20/2019	Wells Fargo	1,527.21	Misc
13456	02/20/2019	Awards Service Inc	282.63	Awards for VHCC
13457	02/20/2019	Dataworks	233.97	Anti-virus licensing for Feb 2019
13458	02/20/2019	McKinstry Co., LLC	422.64	HVAC Maint. Replace piping insulation
13459	02/20/2019	Parsi Properties LLC	2,634.00	March 2019 - Parking lot lease
13460	02/20/2019	Wells Fargo	666.30	Misc
13461	02/20/2019	Payden & Rygel	7,919.00	1/1-1/31/19 Investment Advisory Services
13462	02/27/2019	Davidson-Macri Sweeping, Inc.	2,243.33	Snow Plowing
13463	02/27/2019	Electronic Business Machines	770.24	2/22-3/21/19 Copy Machine; 11/22/18-2/21/19 overage
13464	02/27/2019	Principal	1,804.50	EE Life Insurance
13465	02/27/2019	Regence Blueshield	5,745.31	Mar 2019 Health Insurance
13466	02/27/2019	WSSCSW	100.00	CEU Approval Application Fee
13467	02/27/2019	Maria G Casey	1,095.16	Lets Make Sculptures @ Boys & Girls Club 2/18-2/19
13468	02/27/2019	Azose	3,240.00	March Property Management
13469	02/27/2019	Waste Management	329.45	Gargbage/Recycle
13470	02/27/2019	Jason Becker Creative	1,302.50	VHCC graphic design & photography, Med4Life layout
13471	02/27/2019	Town & Country Fence, Inc	1,518.01	Repair Dumpster Enclosure
13472	02/06/2019	Alexander Printing Co, Inc	137.70	Printing invites for Provider Open House

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
13473	02/06/2019	AmeriFlex Business Solutions	23.00	Mar 2019 FSA Administration
13474	02/06/2019	Eventbrite	271.69	Ticket Fees
		Total Warrants	65,509.67	
<b>Wire/ACH Activity:</b>				
	2/1/2019	Payroll	22,719.02	ACH payroll transfer
	2/1/2019	Department of Treasury	8,501.73	Payroll taxes for 1/26/19 pay period ending
	2/1/2019	Valic	3,690.55	Payroll 401(a)/457 Deposit
	2/1/2019	Paychex	122.70	Fee for payroll processing
	2/15/2019	Payroll	22,562.81	ACH payroll transfer
	2/15/2019	Department of Treasury	8,485.52	Payroll taxes for 2/9/19 pay period ending
	2/15/2019	Valic	3,716.18	Payroll 401(a)/457 Deposit
	2/15/2019	Paychex	124.95	Fee for payroll processing
	2/12/2019	Wells Fargo Merchant Services	278.95	Merchant Services
	2/15/2019	Alzheimer's Association Western & Central	7,209.16	Program Payment
	2/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	2/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	2/15/2019	Center for Human Services	32,279.16	Program Payment
	2/15/2019	ChildStrive	50,150.16	Program Payment
	2/15/2019	City of Lynnwood	8,718.33	Program Payment
	2/15/2019	City of Mountlake Terrace	2,880.00	Program Payment
	2/15/2019	Community Health Center of Snohomish Co	11,445.40	Program Payment
	2/15/2019	Compass Health	14,857.80	Program Payment
	2/15/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
	2/15/2019	Edmonds School District No. 15	112,465.25	Program Payment
	2/15/2019	Edmonds Senior Center	9,666.67	Program Payment
	2/15/2019	Homage Senior Services	60,586.67	Program Payment
	2/15/2019	Kinderling	11,862.67	Program Payment
	2/15/2019	Korean Women's Association	5,000.00	Program Payment
	2/15/2019	Medical Teams International	8,100.00	Program Payment
	2/15/2019	PEPS	3,250.00	Program Payment
	2/15/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	2/15/2019	Project Access Northwest	10,416.67	Program Payment
	2/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	2/15/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	2/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	2/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	2/15/2019	Wonderland Development Center	28,839.58	Program Payment
	2/25/2019	WA Department of Revenue	887.98	B&O/Retailing Sales Tax for Jan 2019
	2/15/2019	Ameriflex	60.89	EE FSA Payments
		Total Wires/ACH Transactions	599,144.73	

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Workers Compensation Claims Activity:</b>				
305417-419	Feb-19	Various Claimants/Vendors	1,571.93	Administered by Eberle Vivian
<b>Kruger Clinic Activity:</b>				
1111-1129	Feb-19	Various Claimants/Vendors	34,889.93	Administered by Azose
<b>Total Disbursements</b>			<b>\$ 701,116.26</b>	

Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>			
2/1/2019	Swedish/Edmonds	826,827.77	Monthly leases
2/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
2/1/2019	Seattle Skin & Laser	7,308.18	Kruger Clinic monthly lease
2/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
2/1/2019	Puget Sound Gastro	28,293.35	Kruger Clinic monthly lease
2/1/2019	Value Village	27,614.77	Monthly lease
2/10/2019	Snohomish County	5,610.53	Levy
2/24/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
2/1/2019	Sea Mar Community Health Center	1,000.00	Sponsorship of VHCC
2/1/2019	Puget Sound Kidney Centers	1,000.00	Sponsorship of VHCC
2/5/2019	Coordinated Care	3,500.00	Sponsorship of VHCC
2/7/2019	Foster Pepper	1,000.00	Sponsorship of VHCC
2/16/2019	Community Health Plan of WA	1,000.00	Sponsorship of VHCC
2/22/2019	Premiera	5,000.00	Sponsorship of VHCC
2/21/2019	WA State Health Care Authority	10,702.00	2004 Settlement
2/19/2019	VCWC Class Registrations	15.00	Misc. Class Registration
Misc	VHCC Registration	4,802.00	2019 Conference Registration
<b>Total Deposits</b>		<b>\$ 932,169.85</b>	

E: 13:19  
3.27.2019

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 13430 through 13474 have been issued for payment in the amount of \$65,509.67. These warrants are hereby approved.

Attest:

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

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

Warrants Processed:	2-1-19 – 2-28-19	\$65,509.67
Work Comp Claims Pd:	2-1-19 – 2-28-19	1,571.93
Kruger Clinic Processed:	2-1-19 – 2-28-19	34,889.93
Payroll:	1-13-19 – 1-26-19	22,719.02
	1-27-19 – 2-9-19	<u>22,562.81</u>
		45,281.83
Electronic Payments:	Payroll Taxes	16,987.25
	Paychex	247.65
	Valic Retirement	7,406.73
	FSA Payments	60.89
	Bank Fees	278.95
	WA State Dept Revenue	887.98
	Program Expenditures	<u>527,993.45</u>
		<u>553,862.90</u>
	Grand Total	<u>\$701,116.26</u>

E: 14:19  
3.27.2019

### Program Oversight Committee Summary Report March 2019

- Three programs for discussion
- Follow-up on myStrength: web/mobile-based behavioral health program
- Board discussion about sustainability as follow-up from retreat

#### Funding Requests

1.) Compass Health – Youth Mental Health Partnership	Request Year 1	Request Year 2	Request Year 3
	\$15,585		
<b>Program Description:</b> a program that would provide youth mental health training to families at the Alderwood and Edmonds Boys and Girls Club sites. The program would include youth mental health first aid and other behavioral health presentations on topics like anxiety and bullying, signs of suicide, etc.			
<b>Expected Results</b>	The program would serve 179 individuals and would include 6 sessions of mental health first aid (8 hrs of training in each) and another 6 sessions of other topics (2 hrs each). Mental health first aid is a national program that seeks to improve the attendee's ability to assist young people who are dealing with a mental health problem, substance use challenge, or crisis. For the other topics, Compass would seek to increase knowledge of parents and youth and increase the ability of parents and children to discuss the topics with each other.		
<b>Use of Funds &amp; Costs</b>	The funds would be used for course materials, refreshments, and support other program logistics. Verdant would be the only funder for the project at the B&G club, but Compass receives other funding for community trainings.		

2.) Compass Health - Emergency Motel Voucher Program Expansion	Request Year 1	Request Year 2	Request Year 3
	\$52,250		
<b>Program Description:</b> a request to provide short-term motel assistance to individuals and families. The program has been operating for 12 years and would specifically target South County individuals to provide short term (two weeks) motel vouchers.			
<b>Expected Results</b>	90 individuals would be served by the program during the year. The program would be open to Compass clients, but also through providers like VOA, CCS, Salvation Army, etc. Compass reports that 95% of individuals in its existing program exit into transitional or other housing from the program.		
<b>Use of Funds &amp; Costs</b>	The program budget includes \$62k in other private funding sources. The average nightly cost is \$75 per night and 95% of the budget supports the direct cost of motel stays.		

*Note: the program committee members asked Verdant staff to follow-up with Compass and find out if the program could be targeted to specific populations, like those experiencing domestic violence or individuals being released from the hospital without a place to stay. Compass confirmed that the program could be tailored to support specific eligibility criteria and screen for them. However, for safety reasons Compass is not able to put individuals in a motel if they are fleeing active domestic violence—they would be referred to a secure dv shelter. If individuals are not in imminent danger and need housing they could be accepted.*

3.) Edmonds Senior Center - Nutrition Program	Request Year 1	Request Year 2	Request Year 3
	\$21,000	\$165,000	\$9,000
<b>Program Description:</b> a funding request for the Edmonds Senior Center nutrition and nutrition education programs. The project includes three phases: 1. maintaining the existing meal program through the site transition to a new center, 2. equipping a new commercial and a teaching kitchen at the new Edmonds Waterfront Center, and 3. designing and implementing a nutrition program that will meet the needs of seniors and other groups.			
<b>Expected Results</b>	<p>There are four major parts of the project:</p> <ol style="list-style-type: none"> <li>1.) Sustaining the existing meal/nutrition program at a temporary site during construction</li> <li>2.) Building out the commercial kitchen at the new center</li> <li>3.) Building out a new teaching kitchen at the new center</li> <li>4.) Developing an improved nutrition service and catering model in the space</li> </ol> <p>The current nutrition program reaches 3,000 participants each year. The senior center is interested in partnering with Verdant to collaborate on nutrition education programs out of the new teaching kitchen.</p>		
<b>Use of Funds &amp; Costs</b>	<p>The budget includes roughly 50% of the cost of equipment and support for program staff during relocation periods. The budget also includes consulting and support to support the center redesign a new nutrition service model that is more sustainable than the current model.</p>		

*Note: The program committee asked Verdant staff to get some additional budget information from the Senior Center to learn more about the split in cost between the commercial and teaching kitchen. The total project request is \$279,000 and the Edmonds Senior Center was seeking \$195,000 in funding from Verdant.*

Budget Summary by Use	Total Budget	% of Total
1. Sustaining the existing meal/nutrition program at temporary site	\$24,000	9%
2. Building out a new commercial kitchen	\$150,000	54%
3. Build out a new teaching kitchen	\$54,000	19%
4. Developing an improved nutrition service model in the new space	\$25,000	9%
5. Operating Costs (Salaries/Rent/Utilities)	\$26,000	9%
<b>Total</b>	<b>\$279,000</b>	

### Full 3- Year Project Budget

Revenue	Year 1	Year 2	Year 3
Funds from Verdant Health	\$21,000	\$165,000	\$9,000
Program Revenue/Fees	\$3,000	\$3,000	\$3,000
Corporate Grants		\$75,000	
Total Revenue	\$24,000	\$243,000	\$12,000
Expenses	Year 1	Year 2	Year 3
Salaries & Benefits	\$8,000	\$8,000	\$6,000
Rent/Utilities	\$6,000	\$6,000	\$6,000
Equipment - Transitional	\$10,000		
Equipment - Teaching Kitchen		\$54,000	
Equipment – Commercial Kitchen		\$150,000	
RFP Catering/Development Process		\$25,000	
Total Expenses	\$24,000	\$243,000	\$12,000

### Program Committee Recommendations (Commissioners Knowles & Wilson)

#### Recommended for Funding:

- **Compass Health – Youth Mental Health Partnership:** the committee is recommending funding the program at \$15,585 for as a pilot for one year. The committee members were interested in the idea of supporting a partnership between Compass and the Boys and Girls Club with some focused training on mental health topics. Depending on community interest, the committee was also open to the idea of supporting more of the community classes vs. mental health first aid because the sessions are so time intensive.

#### For Further Board Discussion

The committee asked for some follow-up information on the two other programs that were referenced earlier.

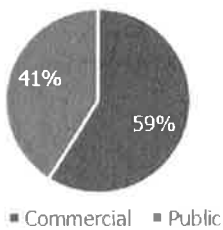
- **Compass Health – Emergency Motel Voucher Program:** the committee was potentially interested in supporting the program with some focus on populations in need. Examples that the committee discussed included people with significant health needs, mental health needs, or individuals experiencing domestic violence.
- **Edmonds Senior Center – Nutrition Program:** the committee members were most interested in supporting the nutrition education and operating portions of the request. They were less interested in the capital request tied to the commercial kitchen.



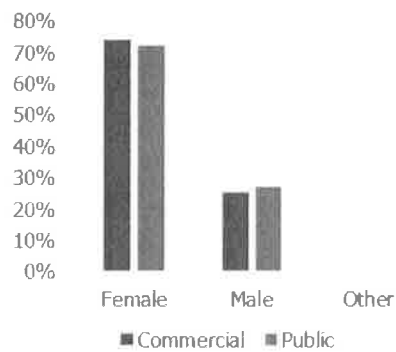
### Follow-up on myStrength: Web/mobile-based behavioral health program

- The program committee is recommending a demonstration at the April board meeting to share program, explore evidence-base;
- MyStrength also provided demographic snapshot of users as requested (below)

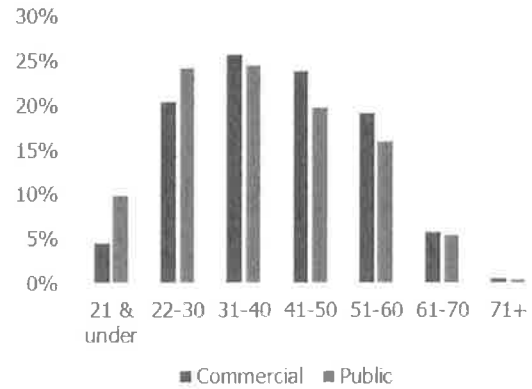
Total users



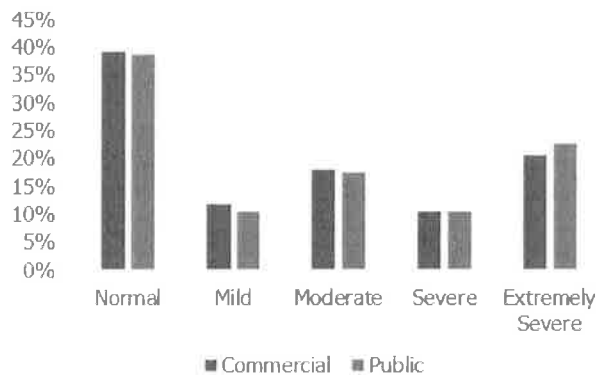
Gender



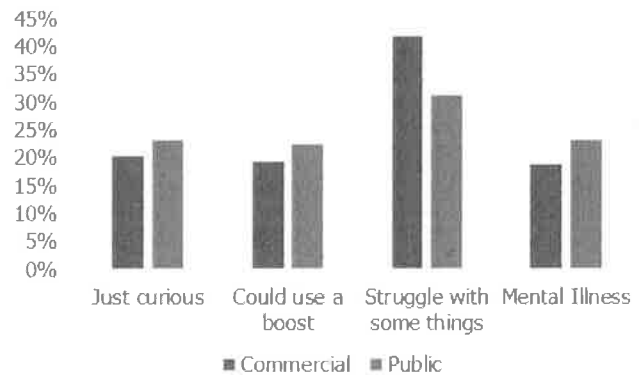
Age



Baseline Depression Scores



Motivations for myStrength



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#### **Follow-up on Sustainability Discussion**

- The Program Committee had a follow-up discussion about sustainability and grants
  - Average program tied to a top Verdant priority is \$179k vs. \$77k for those not tied to a top priority
  - Most of the “Non-core” programs fit in the “Other Prevention” category
- Committee recommended we proactively review a rolling list of grants soon to expire. Grants expiring between now and June 2019:
  - Alzheimer’s Association (Other Prevention, April)
  - Compass Health Community Medic Program (Mental Health, May)
  - PEPS (Other Prevention, April)
  - Prescription Drug Assistance Program (Access to Healthcare, June)
  - Therapeutic Health Services (Mental Health, June)

# Health & Wellness Rx

Free & low-cost health programs at the  
Verdant Community Wellness Center

## ☐ Lifestyle Modification

Free weekly support to improve nutrition & physical activity habits

» Healthy Living Coaching Group—Drop in every Tuesday 6–7 p.m.

Free Registered Dietitian-led classes to promote healthier eating

» Monthly cooking demos in our teaching kitchen

» Quarterly nutrition education programs

Low-cost class series that focus on lifestyle changes in nutrition  
and/or physical activity habits

» Mediterranean for Life

» Meal Planning & Grocery Store Tour

» Cooking with Confidence

» Plant-Powered Whole Foods

» Core Strength & Balance

## ☐ Weight Management

Free consultations with a Registered Dietitian to work towards  
a healthier weight

» Getting to Goal Weight Reduction Program

## ☐ Diabetes/Pre-Diabetes

Free classes on preventing & living with diabetes through  
healthier choices in food, activity & lifestyle

» Series on Diabetes-Friendly Living for Adults with Type 2

» Monthly Support Group

» Education, Prevention & Screening Events

## ☐ Wellness Navigation

Free consultation to review your health goals with referral  
to Verdant programs and/or community resources

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## Verdant Community Wellness Center Summary March 2019

### Completed Programs (January/February)

1. General Community and Provider Events	Attendance
1. PEPS – Baby Peppers Support for New Moms & Babies (1/10-3/28)*	6-8/session
2. Monthly Hero's Café for Veterans (2/26; 3/26)	100+/session
3. Sebastian Place Case Managers Meeting (2/28)	6-8
4. League of Women Voter's Children's Committee (3/1)	8-10
5. ARC Mothers of Children with Disabilities Monthly Support Network (3/2)	10
6. Parkinson's Disease Monthly Support Group (3/4)	6-8
7. SHIBA Updates Training (3/5)	25
8. Korean Women's Association Everyday Prevention Workshops (3/7)*	30
9. Family & Kinship Caregiver Support Groups (March 7)	6-10
10. Girls on the Run Coach CPR Training (3/7)*	13
11. DDA Region 2 Meeting (3/8, 9)	8/session
12. Wonderland Board Retreat (3/9)	19
13. Snohomish County Early Intervention Providers Meeting (3/14)	20
14. Welcome to Medicare Monthly Workshops (3/15)	12
15. Verdant Resource Connector Meeting (3/19)	32
16. Verdant Provider Open House (3/21)	18
17. Kinderling National Sib-Shop Facilitator Training (3/22, 23)	35/session
18. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
19. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies
2. Nutrition and Healthy Behaviors	Attendance
1. Survive & Thrive with Chronic Kidney Disease (Feb 27 – April 3)*	20/session
2. Cooking Demo for Adults on SNAP – Monthly FINI Training (2/28)*	21
3. Physical Activity in Childcare Settings – STARS Training (3/2)	14
4. Weekly Healthy Living Coaching Group (3/5, 12, 19, 26)*	12-15/session
5. Learn & Taste: Fueling the Young Athlete (3/11)*	13
6. Diabetes Support Group (3/13)	2-4
7. Cooking Demo: Healthy Asian Meals (3/14)*	20
8. Cooking Demo: Soups & Stews (3/18)*	19
9. Cooking Demo: Not all Fats are Created Equal (3/19)*	18
10. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)*	varies
3. Behavioral Health & Substance Use	Attendance
1. Support Group for Newly Diagnosed Parkinson's (1/16 - 3/27)	16 /session
2. NAMI Connections Mental Health Support Group (2/28; 3/14)	6-8/session
3. Parkinson's Disease Support Group (3/4)	4-6/session
4. Gender Diversity Family Support Group (3/10)	6-10
5. Understanding Anxiety & Depression (3/12-4/30)*	9
6. Art Therapy – Self Reflection Group (3/21-4/25)*	7
7. Brain Health and Wellness Classes (3/5, 12, 19)	2-6/session
8. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20+/week

**Verdant Community Wellness Center Summary  
March 2019**

**Upcoming Programs (March/April)**

**A. General Community and Provider Events**

1. Alliance for Child Welfare Provider Training (March 23)
2. NAMI Snohomish County Board Retreat (March 28)
3. Monthly Hero's Café for Veterans (March 26, April 23)
4. ESD Health Services Meeting (March 29)
5. Parkinson's Disease Support Group (April 1)
6. Family & Kinship Caregiver Support Group (April 1)
7. SHIBA Updates Training (April 2)
8. Korean Women's Association Everyday Prevention Workshops (April 4)\*
9. PEPs – Baby Peppers (April 4- June 20)\*
10. League of Women Voter's Children's Committee (April 5)
11. ARC Mothers of Children with Disabilities Monthly Support Network (April 6)
12. Snohomish County Early Intervention Providers Meeting (April 11)
13. Basic Food Education Forum (April 17)
14. Toddler 101 with a Pediatrician (April 17)
15. Community Foundation Racial Equity 101 Training (April 18)
16. Welcome to Medicare Monthly Workshops (April 19)
17. STARS Childcare Provider Training for Russian Speakers (April 20)
18. Leadership Snohomish County Presentations (April 22)

**B. Nutrition and Healthy Behaviors**

1. Survive & Thrive with Chronic Kidney Disease (Feb 27 – April 3)\*
2. Weekly Healthy Living Coaching Group (March 26; April 2, 9, 16, 23, 30)\*
3. Meal Planning 3 part series (March 26 – April 16)\*
4. Learn & Taste: Using Herbs & Spices to Flavor Food (March 28)\*
5. Diabetes Support Group (April 10)
6. Diabetes-friendly Living Series (April 10 – May 1)\*
7. Cooking Demo: A Taste of India (April 10)\*
8. Cooking Demo: Flavors of Greece (April 11)\*
9. Mediterranean for Life 6 Week Series (April 16 – May 21)\*
10. Cooking with Confidence (April 24-May 8)\*
11. Cooking Demo for Adults on SNAP – Monthly FINI Training (April 25)\*
12. Cooking Demo: Tasty Breakfast Option (April 29)\*

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

1. Understanding Anxiety & Depression (March 12 – April 30)\*
2. Art Therapy – Self Discovery & Reflections (March 14 – April 18)\*
3. NAMI Connections Mental Health Support Group (March 28, April 11, 25)
4. Behavioral Health Integration Meeting (March 27)
5. Brain Health and Wellness Classes (April 2, 11, 22)
6. Gender Diversity Family Support Group (April 14)
7. UW Memory & Brain Wellness Resource Day (April 27)
8. AAPPN Psychiatric Nurse Practitioner Training (April 27)
9. Adult Children of Alcoholics Weekly Support Group (weekly)
10. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

**\* = Grant / Program Funded Partners**

## February/March 2019 Multicultural Program & Outreach Report

- **De Corazon a Corazon:** This 6-month series will offer Spanish speaking community members education and information to be more aware of what they are eating and how to choose healthy foods; to be more aware of the amount of activity they do in a day; to stop self-destructive thoughts and replace them with positives and to manage stress, social events and other people that make it difficult for them to change.
- **King County Promotoras Network:** Meeting of the group in King County that supports the efforts of the work of CHW (Promotoras) in Snohomish County. The Promotora model is a culturally sensitive, lay health educator for the Latina community.
- **7-week Spanish Language Positive Discipline Program for Parents and Youth 10-14 years:** The Positive Discipline Program is geared towards parents and youth 10-14 teaching family skills designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds. The first class started this month and we have 20 families enrolled.
- **Skill Building Training with Dr. America Bracho:** Training for Community Health Workers, community members interested in learning how to enrich their capacity to transform the health and well-being of their communities by learning to involve stakeholders (individuals, families, agencies within and outside those communities) in the process of positive change. This training is designed to use popular education, the generation of topics and non-traditional methodologies where participants can express their thoughts and feelings while reducing their levels of anxiety and intimidation.
- **Meeting among parents with children with disabilities:** An opportunity for families to gather to talk about issues facing them and how to work through them as a group.
- **Art class for All:** Trained professionals engage with families with children with disabilities through art expression.

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## March 2019 Marketing Report

### Provider Outreach Materials

- Program guide focused on Lifestyle Modification, Weight Management, Diabetes/Pre-Diabetes, and Wellness Navigation
- Prescription pad for providers to use for patient referrals

### The Canopy

- Scheduled to distribute in mid-April, focused on engaging community and highlighting spring and summer programs including VCWC classes and programs, Bike2Health South County Rides, South County Walks, Meet Me at the Park, National Night Out and more