

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
July 24, 2019
8:00 a.m. to 9:10 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) June 26, 2019 Board Meeting	Action	8:01	1-4
C. Executive Committee Report	Information	8:03	---
D. Superintendent Report	Information	8:05	---
E. Finance Committee Report			
a) Resolution 2019:04 – Appointing Treasurer	Action	8:10	5-7
b) Financial statements and cash activity	Information	8:15	8-12
c) Authorization for payment of vouchers and payroll	Action	8:16	13
d) Resolution 2019:05 – Fixed Asset Disposition	Action	8:18	14-17
F. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:19	---
b) Program investment recommendations	Action	8:20	18-20
c) Update on Hunger & Health	Information	8:30	---
d) Verdant Community Wellness Center update	Information	8:40	21-22
e) Verdant Multicultural Program update	Information	8:45	23
G. Marketing Report	Information	8:55	24-26
H. Public Comments (please limit to three minutes per speaker)	---	9:00	---
I. Commissioner Comments	---	9:05	---
J. Adjournment	---	9:10	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center

July 24, 2019

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary Bob Knowles, Commissioner Fred Langer, Commissioner Dr. Jim Distelhorst, Commissioner
Staff	Dr. Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Jennifer Piplic, Marketing Director Lisa King, Finance Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Guests	Erica Ash, Ash Consulting Daria Heimerman, Ash Consulting
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 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 June 26, 2019.
Executive Committee Report	The committee met on July 17, 2019 to review the agendas for the July 24, 2019 board meeting and the September 5, 2019 special board meeting, and to discuss a personnel matter. No action was taken.
Superintendent Report	Dr. Fenn reported on the following items: <ol style="list-style-type: none">1. AWPHD is in the process of hiring an Executive Director due to the death of Ben Lindekugel. Dr. Fenn met with the interim CEO for Snoqualmie Hospital District which is in the process of a merger with Overlake. Dr. Fenn told the interim CEO that if their commissioners were interested in meeting with the Verdant commissioners to contact Dr. Fenn directly and she will work with the Verdant board to schedule.

2. WSU and Swedish Edmonds will speak at the August 28, 2019 board meeting if the commissioners are still interested in hearing an update. All commissioners are still interested.
3. The September 5, 2019 special board meeting will include strategic planning, Value Village plans, and staff input. Planning will be facilitated by Margot Helphand.
4. Legislative Listening Session is set for August 3, 2019 at Verdant. Thanks to Commissioners Knutsen and Distelhorst for RSVP-ing.
5. Dr. Fenn met with Town of Woodway Mayor Carla Nichols and the Woodway Public Works Department to view the walking trail. A ribbon cutting will occur in September 2019 and Mayor Nichols will confirm the date.
6. Mr. Kosovich has accepted a position with Skagit County Health working on housing issues. Dr. Fenn apologized to the Finance Committee that this was not known at their recent committee meeting. Commissioner Knutsen said that a transition plan will be put in to place.
7. Verdant Partner Roundtable on August 2, 2019 will include a farewell to Mr. Kosovich.

**Finance Committee
Report**

The committee met on July 17, 2019. Ms. King reviewed the financial statements and cash activity for June 2019 (E:46:19).

**Resolution 2019:04
Appointing District
Treasurer**

Motion was made, seconded and passed unanimously to approve Resolution 2019:04 appointing Ms. Daria Heimerman of Ash Consulting as the Treasurer of the District, providing for payment by the District of the bond premium, and removing the current treasurer, Mr. Kosovich. Commissioner Langer inquired if the Resolution was vetted by Brad Berg. Ms. King indicated that it was the same template resolution used previously that Mr. Berg had drafted. Ms. Ash introduced Ms. Heimerman to the board with her qualifications. Commissioner Langer inquired if anyone else on staff has the finance experience to fulfill the treasurer role. Ms. King indicated that there is currently no one on staff with the necessary experience.

**Authorization for
Payment of Vouchers &
Payroll**

Warrant Numbers 13641 through 13715 for June 2019 for payment in the amount of \$119,147.41 were presented for approval (E:47:19) by Commissioner Langer. ***Motion was made, seconded and passed unanimously to approve.***

**Resolution 2019:05
Fixed Asset Disposition**

Motion was made, seconded and passed unanimously to approve Resolution 2019:05 surplusizing certain property of the District.

**Program Committee
Update**

The Program Committee met on July 17, 2019 to review three renewal program applications (E:48:19).

Commissioner Knowles asked if there were any known or perceived conflicts of interest and none were reported by the commissioners.

Mr. Kosovich provided an overview of the three programs that the Program Committee discussed and Commissioner Knowles provided the committee recommendations.

Motion was made, seconded and passed unanimously to approve the Community Health Center of Snohomish County Dental Care Access for Uninsured Adults for two years at \$100,195 per year.

Commissioners discussed the idea of auditing select patient files to check for accountability of Verdant funding.

Motion was made, seconded and passed unanimously to approve the Edmonds School District Family Resource Advocate for two years at \$180,000 per year.

Motion was made, seconded and passed unanimously to approve partial funding for the Center for Human Services Youth Counseling Program for two years at \$270,000 per year.

**Update on Hunger &
Health**

Ms. Waldin provided an update on the Food Insecurity Nutrition Incentive (FINI) grant and the next steps for the Food Bank project (Exhibit E:49:19). Dr. Fenn acknowledged the work that Ms. Waldin did on this project.

**Verdant Community
Wellness Center
Activities Update**

See Exhibit 50:19.

**Verdant Multicultural
Program Update**

See Exhibit 51:19.

Marketing Report

Ms. Piplic presented the Marketing report (E:52:19) for July 2019 which included an article about the South County Walks and upcoming Summer events. There will be a Verdant Partner Roundtable on Friday, August 2, 2019, 2 to 4 p.m. at Verdant.

Commissioner Knutsen commented that she loved the Edmonds Beacon article on the South County Walks.

Public Comments

None

**Commissioner
Comments**

Commissioner Wilson commented that the Woodway fields were locked on several occasions and she mentioned this to Nicola Smith, Mayor of the City of Lynnwood and Ms. Diana White, President of the Edmonds School District Board. Commissioner Langer commented that the Verdant board should send a letter about this issue as the field project was funded by Verdant. Dr. Fenn will get the details from Commissioner Wilson and draft a letter for the board.

Commissioner Knutsen acknowledged that this is the last board meeting for Mr. Kosovich and thanked him for his service. She also thanked Ms. Waldin for her work.

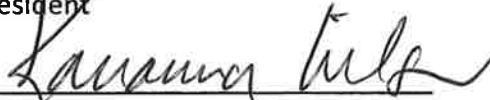
Adjournment

The meeting was adjourned at 9:00 a.m.

ATTEST BY:



President



Secretary

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2019-04

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington (the "District"), appointing and designating Daria Heimerman as the treasurer of the District and authorizing Wells Fargo, N.A., to honor his facsimile signature in that capacity; specifying the terms of the necessary surety bond; providing for payment by the District of the premium on such bond; and removing the current treasurer.

WHEREAS, pursuant to RCW 70.44.171 and Article III, Section 3, of the Amended and Restated Bylaws of the District (the "Bylaws"), the Commission is required to designate some person having experience in financial and fiscal matters as the treasurer of the District (the "Treasurer") subject to the requirement of an adequate surety bond with an authorized surety company; and

WHEREAS, by Resolution 2011-05, adopted June 22, 2011, George Kosovich was designated Treasurer; and

WHEREAS, the Commission desires to appoint a new Treasurer; NOW, THEREFORE,

BE IT RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, as follows:

Section 1. Daria Heimerman, who is found to possess the necessary experience in financial and fiscal matters, is designated Treasurer to perform under the direction of the District's superintendent the duties set forth in Article III, Section 3, of the Bylaws with respect to all funds of the District, effective August 2, 2019, provided that such designee shall have by then obtained an adequate surety bond with a surety company authorized to do business in the State of Washington.

Section 2. Wells Fargo, N.A. (the "Bank"), as a designated depository of this municipal corporation, and its correspondent banks are hereby requested, authorized and directed to honor all checks and warrants drawn in the District's name on its respective accounts with the Bank (including those drawn to the individual order of any person or persons whose names appear thereon as signer or signers thereof) when bearing or purporting to bear the facsimile signature of the following:

DARIA HEIMERMAN, Treasurer,

and the Bank (including its correspondent banks) shall be entitled to honor and to charge this municipal corporation for all such checks and warrants regardless of by whom or by what means the actual or purported facsimile signature or signatures thereon may have been affixed thereto, if

such facsimile signature or signatures resemble the facsimile specimens from time to time filed with the Bank by the Secretary or other authorized officer of the District; and further that all previous authorizations for the signing and honoring of such checks and warrants for the payment of the money drawn on the Bank by the District are continued in full force and effect as amplified hereby; that this authority shall continue in force until notice in writing of its revocation shall have been given to and received by the Bank; and that all transactions aforesaid which previously have taken place are hereby confirmed and ratified.

Section 3. The surety bond referred to in Section 1 assuring that the Treasurer shall faithfully perform the duties of those offices, shall be deemed adequate if it is payable to the District in the amount of at least \$250,000, which the Commission finds will protect the District against loss. The premium on such bond shall be paid by the District as provided by RCW 70.44.171.

Section 4. George Kosovich is hereby removed as Treasurer of the District effective August 2, 2019. The Superintendent is authorized and directed to notify the Bank and other financial institutions in writing that George Kosovich has been removed as Treasurer of the District.

ADOPTED and APPROVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, at a regular open public meeting thereof this 24th day of July, 2019, the following Commissioners being present and voting.



President and Commissioner



Commissioner



Commissioner



Commissioner



Secretary and Commissioner

CERTIFICATION

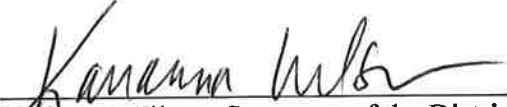
I, the undersigned, Secretary of Public Hospital District No. 2, Snohomish County, Washington (the "District"), hereby certify as follows:

1. The attached copy of Resolution No. 2019-04 (the "Resolution") is a full, true and correct copy of a resolution duly adopted at a regular meeting of the Commission of the District held at the regular meeting place thereof on July 24, 2019, as that Resolution appears on the minute book of the District; and

2. A quorum of the members of the Commission of the District was present throughout the meeting and a majority of those members present voted in the proper manner for the adoption of the Resolution.

IN WITNESS WHEREOF, I have hereunto set my hand this 24th day of July, 2019.

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON


Karianna Wilson, Secretary of the District

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2019-05

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington, determining certain personal property to be surplus and no longer required for public hospital district purposes of the District and authorizing the Superintendent or his designee to sell all or any part of such property on a negotiated basis upon the most favorable terms and conditions obtainable or to otherwise dispose of such property, and ratifying prior actions.

WHEREAS, certain personal property of the District is no longer required for District purposes and the Commission wishes to dispose of such property in a lawful manner as promptly as reasonably possible; NOW, THEREFORE,

BE IT RESOLVED BY THE COMMISSION OF PUBLIC HOSPITAL DISTRICT NO 2, SNOHOMISH COUNTY, WASHINGTON, as follows:

Section 1. It is hereby found, determined and declared that all of the personal property identified on Exhibit A hereto is no longer required for public hospital district purposes and such property therefore is surplus. It is further found and declared to be in the best interest of the District that such property (the "Surplus Property") be disposed of promptly as hereinafter provided.

Section 2. The Superintendent or his designee is hereby authorized and directed to sell on a negotiated basis upon the most favorable terms and conditions obtainable all or any part of the Surplus Property as soon as reasonably possible. Any Surplus Property not thus sold shall be disposed of and removed from the premises of Swedish Edmonds Hospital at the direction of the Superintendent or his designee at the least possible cost to the District.

ADOPTED AND APPROVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, this 24th day of July, 2019, the following commissioners being present and voting in favor of the resolution.

Deane Kretsen

President and Commissioner

Karannan Mbo

Commissioner

W. K. K. K.

Commissioner

W. K. K. K.

Commissioner

W. K. K. K.

Secretary and Commissioner

CERTIFICATE

I, the undersigned, Secretary of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2019-05 is a true and correct copy of the original resolution adopted on July 24, 2019 as that resolution appears on the Minute Book of the District.

DATED this 24th day of July, 2019.


Karianna Wilson
Secretary of the Board of Commissioners

CLASS	NUM	DEPT	DESCRIP	QTY	ACQDT	LIFE (Months)	COST	NBV 7/31/2019	Disposal Date
05	7809401	9510	STAND-ON SCALE LOW PROFILE	1	12/1/2007	120	1,796.85	-	7/31/2019
05	7809402	9510	STAND-ON SCALE LOW PROFILE	1	12/1/2007	120	1,796.85	-	7/31/2019
05	9104501	7050	BAXTER IV PUMPS	150	4/1/2009	60	242,796.91	-	7/31/2019
05	6702201	7250	PROCARE 400 VITALS MONITOR	1	7/1/2006	60	3,058.39	-	7/31/2019
05	3170006	7152	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170007	7153	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170008	7153	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170009	7153	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170010	7153	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170011	7153	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170012	7154	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170013	7154	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170014	7154	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170015	7154	VERSA CHAIR ARM	1	10/1/2003	180	184.23	-	7/31/2019
05	3170016	7154	VERSA CHAIR ARM	1	10/1/2003	180	184.22	-	7/31/2019
							251,475.52	-	

Balance Sheet

As of June 30, 2019

	A	B	C	D
	Dec 31, 2018	Jun 30, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	2,556,658	(306,617)	
4 Other Current Assets	47,865,697	50,741,408	2,875,711	Includes Investments
5 Total Current Assets	50,728,973	53,298,067	2,569,093	
6 Total Long-term & Fixed Assets	44,873,691	43,961,745	(911,946)	Includes Depreciation
7 TOTAL ASSETS	95,602,664	97,259,811	1,657,148	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,412,105	(763,923)	
11 Long-term Liabilities	1,073,890	1,042,875	(31,015)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,454,979	(794,938)	
13 Total Equity	92,352,746	94,804,832	2,452,086	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	95,602,664	97,259,811	1,657,148	

Profit & Loss

June 2019

	A	B	C	D	E	F
	Jun Actual	Jun Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	888,412	889,148	(736)	5,433,546	5,414,986	18,560
3 EXPENSES						
4 Operating Expenses	147,789	191,450	43,661	1,120,286	1,193,509	73,224
5 Depreciation Expense	146,855	146,855	-	890,602	890,602	0
6 Program Expenses	542,960	681,490	138,530	3,352,065	4,116,943	764,877
7 Total Expenses	837,605	1,019,795	182,191	5,362,953	6,201,054	838,101
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	485,066	241,828	243,238	2,381,493	1,450,966	930,527
10 NET INCOME/(LOSS)	535,873	111,180	424,693	2,452,086	664,897	1,787,188

Monthly Highlights

June 2019

Verdant received dividends payments of \$98,101 and a unrealized gain of \$157,705 on our investment portfolio in June which closed with an ending market value of \$50,764,279.

Program grant commitments total \$6,483,563 for 2019*. \$1,366,437 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$96,250 and expenses of \$56,894 from the Kruger Clinic were incurred, netting to an additional operating income of \$39,356 in June.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13641	06/03/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial Supplies
13642	06/03/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13643	06/03/2019	Edmonds School District No. 15	1,141.30	WC 221 - Supplies & Childcare for LGBTQ+ event
13644	06/03/2019	Electronic Business Machines	1,132.69	5/22-6/21/19 Copy Machine; 2/22-5/21/19 overage
13645	06/03/2019	Lani Miller	342.35	WC 228 - Instructor reimbursement Nutrition Program 5/20
13646	06/03/2019	Laura Miramontes	157.50	Childcare for Living with Diabetes; Women's Month; Mental Health
13647	06/03/2019	Neopost	172.71	Postage
13648	06/03/2019	Pacific Medical Centers(PacMed)	1,414.10	WC 230 - Living Well Alliance
13649	06/03/2019	Payden & Rygel	8,074.00	4/1-4/30/19 Investment Advisory Services
13650	06/03/2019	Principal	1,855.57	EE Life Insurance
13651	06/03/2019	Puget Sound Energy	50.08	Natural Gas
13652	06/03/2019	Regence Blueshield	5,744.61	June 2019 Health Insurance
13653	06/03/2019	Snohomish County PUD	854.23	Electricity
13654	06/03/2019	Sound Publishing, Inc.	42.00	Legal Notice 5/22 Board Meeting
13655	06/03/2019	Staples	279.14	Supplies
13656	06/03/2019	Susana Flores	105.00	Childcare for Mental Health 5/17; Diabetes 5/18
13657	06/03/2019	Waste Management	339.86	Garbage/Recycle
13658	06/03/2019	Yasaura Carvajal	52.50	Childcare for Mental Health 5/17
13659	06/03/2019	Wells Fargo	648.70	Misc
13660	06/03/2019	Wells Fargo	2,156.75	Misc
13661	06/03/2019	Wells Fargo	184.45	Misc
13662	06/03/2019	Armstrong Maintenance, LLC	193.38	Pressure Washing the Dumpster area
13663	06/03/2019	Azose	3,240.00	June Property Management
13664	06/03/2019	Cedar Way PTO	300.00	Gold Sponsorship - 2019 MLT 5k Fun Run
13665	06/03/2019	Comcast	328.67	Telephone/Internet
13666	06/03/2019	Consolidated Landscape Maintenance, Inc.	440.90	June 2019 Landscaping maintenance
13667	06/03/2019	Dataworks	1,236.47	IT Support
13668	06/03/2019	Eberle Vivian	4,398.44	3Q19 Self Insurance Work Comp Claims Administration
13669	06/03/2019	Luz E Diaz	700.00	WC 240 - Mental Health Series Salud de pies a cabeza: por que tu cuentas
13670	06/12/2019	AmeriFlex Business Solutions	23.00	Jun 2019 FSA Administration
13671	06/12/2019	Armstrong Maintenance, LLC	251.90	Janitorial Supplies
13672	06/12/2019	Aukema & Associates	642.50	May 2019 Website development/design
13673	06/12/2019	Blanca T. Santander	980.80	WC 217 - Original painting for 2019 Annual Latina Health Conference Deposit
13674	06/12/2019	Cascade Security Corporation	512.00	June 2019 Parking Lot Security
13675	06/12/2019	Comcast	528.73	Telephone/Internet
13676	06/12/2019	ELTEC Systems, LLC	277.92	June 2019 Elevator Maintenance
13677	06/12/2019	Mud Puddle Fitness	300.00	WC 244 - Core Strength & Balance 5/23 & 5/30
13678	06/12/2019	Santa Perez Luca	105.00	Childcare for Latina Women's Health Month 5/22 & 5/29
13679	06/12/2019	Turning Point Seattle	12,000.00	Award 328 - Back to School Health Fair 2019
13680	06/12/2019	Dataworks	298.08	IT Support
13681	06/12/2019	Luz E Diaz	700.00	WC 240 - Mental Health Series Salud de pies a cabeza: por que tu cuentas
13682	06/12/2019	Yasaura Carvajal	157.50	Childcare for Depression 5/24 & 6/7(7hrs) Diabetes 5/25 (3.5hrs)
13683	06/12/2019	Verizon	110.94	Cell Phones
13684	06/12/2019	Sound Dietitians	3,045.56	WC 223 - Healthy Living Coaching Group / WC 222 - Nutrition Consulting

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13685	06/12/2019	WSSCSW	300.00	Continuing Ed - 2 year unlimited events
13686	06/19/2019	City of Lynnwood	3,207.00	April & May 2019 Front desk after hours support
13687	06/19/2019	Ankrom Moisan	130.00	Kruger Clinic Floor plan dev Ste 270/280
13688	06/19/2019	Moss Adams - Audit	5,952.25	2018 Financial Audit
13689	06/19/2019	Neopost	60.00	Postage
13690	06/19/2019	Quality Reimbursement Services	22,827.00	2010 Medicare Reimbursement SSI Recalculation Consulting
13691	06/19/2019	Sound Publishing, Inc.	39.20	Legal Notice 6/11 Board Meeting
13692	06/19/2019	Staples	330.76	Supplies
13693	06/19/2019	Town of Woodway	500.00	2019 Town Fair Marketing/Sponsorship
13694	06/19/2019	GFOA	160.00	LK Annual Membership Dues
13695	06/19/2019	Mud Puddle Fitness	300.00	WC 244 - Core Strength & Balance 6/6 & 6/13
13696	06/19/2019	Payden & Rygel	8,282.00	5/1-5/31/19 Investment Advisory Services
13697	06/19/2019	Sara Prato, RD	1,971.77	WC 234 - Cooking Demos
13698	06/19/2019	Seattle Food Nut	582.27	WC 229 - Nutrition Programming
13699	06/26/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial
13700	06/26/2019	Daniella Valeska Ochoa	720.00	WC 241 - Diabetes and Nutrition class facilitation
13701	06/26/2019	VOID	-	VOID
13702	06/26/2019	Principal	1,855.57	EE Life Insurance
13703	06/26/2019	The Daily Herald.	245.07	Annual renewal of The Daily Herald newspaper
13704	06/26/2019	Laura Miramontes	210.00	Childcare for Living with Diabetes; Women's Month; Head to Toe Health
13709	06/26/2019	Wells Fargo	48.68	Misc
13705	06/26/2019	Backflows Northwest, Inc	90.00	Annual testing of backflow assembly
13706	06/26/2019	Regence Blueshield	5,821.41	July 2019 Health Insurance
13707	06/26/2019	Waste Management	338.75	Garbage/Recycle
13710	06/26/2019	Wells Fargo	105.82	Misc
13708	06/26/2019	Parsi Properties LLC	2,718.00	July 2019 - Parking lot lease
13711	06/26/2019	Wells Fargo	3,161.52	Misc
13712	06/26/2019	Alexander Printing Co, Inc	65.10	Distelhorst Business cards
13713	06/26/2019	Dataworks	318.97	IT Support
13714	06/26/2019	Edmonds Chamber of Commerce	332.00	2019 Membership Dues
13715	06/26/2019	Maria G Casey	610.88	WC 233 - Georgia O'Keefe Art Class
		Total Warrants	119,147.41	

Wire/ACH Activity:

6/7/2019	Payroll	22,518.04	ACH payroll transfer
6/7/2019	Department of Treasury/State of WA	8,616.85	Payroll taxes for 6/1/19 pay period ending
6/7/2019	Valic	3,837.10	Payroll 401(a)/457 Deposit
6/14/2019	ADP	83.77	Fee for payroll processing
6/21/2019	Payroll	21,841.69	ACH payroll transfer
6/21/2019	Department of Treasury/State of WA	8,751.18	Payroll taxes for 6/15/19 pay period ending
6/21/2019	Valic	3,867.39	Payroll 401(a)/457 Deposit
6/28/2019	ADP	85.78	Fee for payroll processing
6/13/2019	Wells Fargo Merchant Services	83.06	Merchant Services

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	6/14/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	6/14/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	6/14/2019	Center for Human Services	32,279.16	Program Payment
	6/14/2019	ChildStrive	50,150.16	Program Payment
	6/14/2019	City of Lynnwood	8,718.33	Program Payment
	6/14/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
	6/14/2019	Edmonds School District No. 15	112,465.25	Program Payment
	6/14/2019	Edmonds Senior Center	9,666.67	Program Payment
	6/14/2019	Homage Senior Services	60,586.67	Program Payment
	6/14/2019	Kinderling	11,862.67	Program Payment
	6/14/2019	Korean Women's Association	5,000.00	Program Payment
	6/14/2019	Medical Teams International	8,100.00	Program Payment
	6/14/2019	Parent Trust for WA Children	5,000.00	Program Payment
	6/14/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	6/14/2019	Project Access Northwest	10,416.67	Program Payment
	6/14/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	6/14/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	6/14/2019	Therapeutic Health Services	20,833.33	Program Payment
	6/14/2019	Volunteers of America Western WA	6,750.42	Program Payment
	6/14/2019	Wonderland Development Center	28,839.58	Program Payment
	6/14/2019	Compass Health	12,146.67	Program Payment
	6/14/2019	Foundation for Edmonds School District	15,000.00	Program Payment
	6/25/2019	WA Department of Revenue	818.68	98/O/Retailing Sales Tax for May 2019
	6/7/2019	Ameriflex	40.00	EE FSA Payments
	6/14/2019	Ameriflex	3,563.60	EE FSA Payments
	6/21/2019	Ameriflex	30.11	EE FSA Payments
		Total Wires/ACH Transactions	594,635.01	
Kruger Clinic Activity:				
1180-1193	misc	Various Claimants/Vendors	13,988.04	Administered by Azose
Work Comp Activity:				
305424-425	misc	Various Claimants/Vendors	835.64	Administered by Eberle Vivian
		Total Disbursements	\$ 728,606.10	

Transaction Date	Payer	Amount	Purpose
Deposits:			
6/1/2019	Swedish/Edmonds	828,898.42	Monthly leases
6/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
6/1/2019	Seattle Skin & Laser	7,355.79	Kruger Clinic monthly lease
6/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
6/1/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
6/1/2019	Value Village	27,614.77	Monthly lease
6/10/2019	Snohomish County	147,868.37	Levy
6/25/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
6/13/2019	WA State Health Care Authority	2,062.00	NSACH
6/24/2019	Safety National Casualty Corporation	1,779.83	Reimbursement for Dupree work comp claim
6/28/2019	WA State Health Care Authority	63,280.00	NSACH
Total Deposits		\$ 1,115,688.72	

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7.24.2019

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 13641 through 13715 have been issued for payment in the amount of \$119,147.41. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	6-1-19 – 6-30-19		\$119,147.41
Work Comp Claims Pd:	6-1-19 – 6-30-19		835.64
Kruger Clinic Processed:	6-1-19 – 6-30-19		13,988.04
Payroll:	5-19-19 – 6-1-19	22,518.04	
	6-2-19 – 6-15-19	<u>21,841.69</u>	
			44,359.73
Electronic Payments:	Payroll Taxes	17,368.03	
	Payroll Processing	169.55	
	Valic Retirement	7,704.49	
	FSA Payments	3,633.71	
	Bank Fees	83.06	
	WA State Dept Revenue	818.68	
	Program Expenditures	<u>520,497.76</u>	
			<u>550,275.28</u>
	Grand Total		<u>\$728,606.10</u>

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7.24.2019

Program Oversight Committee Summary Report July 2019

- Three program applications up for discussion this month:

New Funding Requests

1. Community Health Center of Snohomish County – Dental Care Access for Uninsured Adults	Request Year 1	Request Year 2	Request Year 3
	\$100,195	\$100,195	
Program Description: a dental program for uninsured adults. Verdant has funded the program for two previous grant periods. Patients who have unmet dental needs are screened in three areas: 1.) they are not eligible for Medicaid/Apple Health, 2.) they are low-income (<200% federal poverty level), and 3.) they live in Verdant zip codes.			
Expected Results	The program tracks patient visits, number of individuals served, and treatment plan completion. The program would cover 412 office visits annually. CHC also tracks treatment plan completion; historically 65% have completed their plan. 100% of patients lack dental insurance, all have been adults, and ~40% have been over 65. New in this request, the program would track the number of patients who complete their treatment plan and that came back 6 months later for a check-in appointment.		
Use of Funds & Costs	Similar to prior previous, Verdant would reimburse CHC at the Medicaid encounter rate for the visits. The prior funding level was \$200,000 per year.		

2. Edmonds School District – Family Resource Advocate	Request Year 1	Request Year 2	Request Year 3
	\$180,000	\$180,000	\$180,000
Program Description: a renewal request to support Family Resource Advocates (2.5 FTE) at 4 elementary schools. Verdant provided funding as a pilot nearly two years ago, and the focus of the program is to meet the needs of elementary age students and their parents.			
Expected Results	The program tracks needs and outcomes in 11 areas. For their Verdant grant, the program specifically tracks 4 areas: <ul style="list-style-type: none"> - # Matched to mental health resource (n=60) - # Matched to basic need resource like food or rental assistance (n=91) - # Matched to medical or other public benefit resource (n=66) - # seminars or other health education seminars or programs offered (8 sessions) In the most recent period, the program served students at 18 schools— 492 adults and 664 children.		
Use of Funds & Costs	Initial Verdant funding was \$200,000 per year, so the current request is a 10% decrease. The bulk of the budget covers 2.5 FTE staff with the district funding 1.0 FTE and school foundation supporting 0.5 FTE. Total in kind or matched funding is \$90k (33% of budget).		

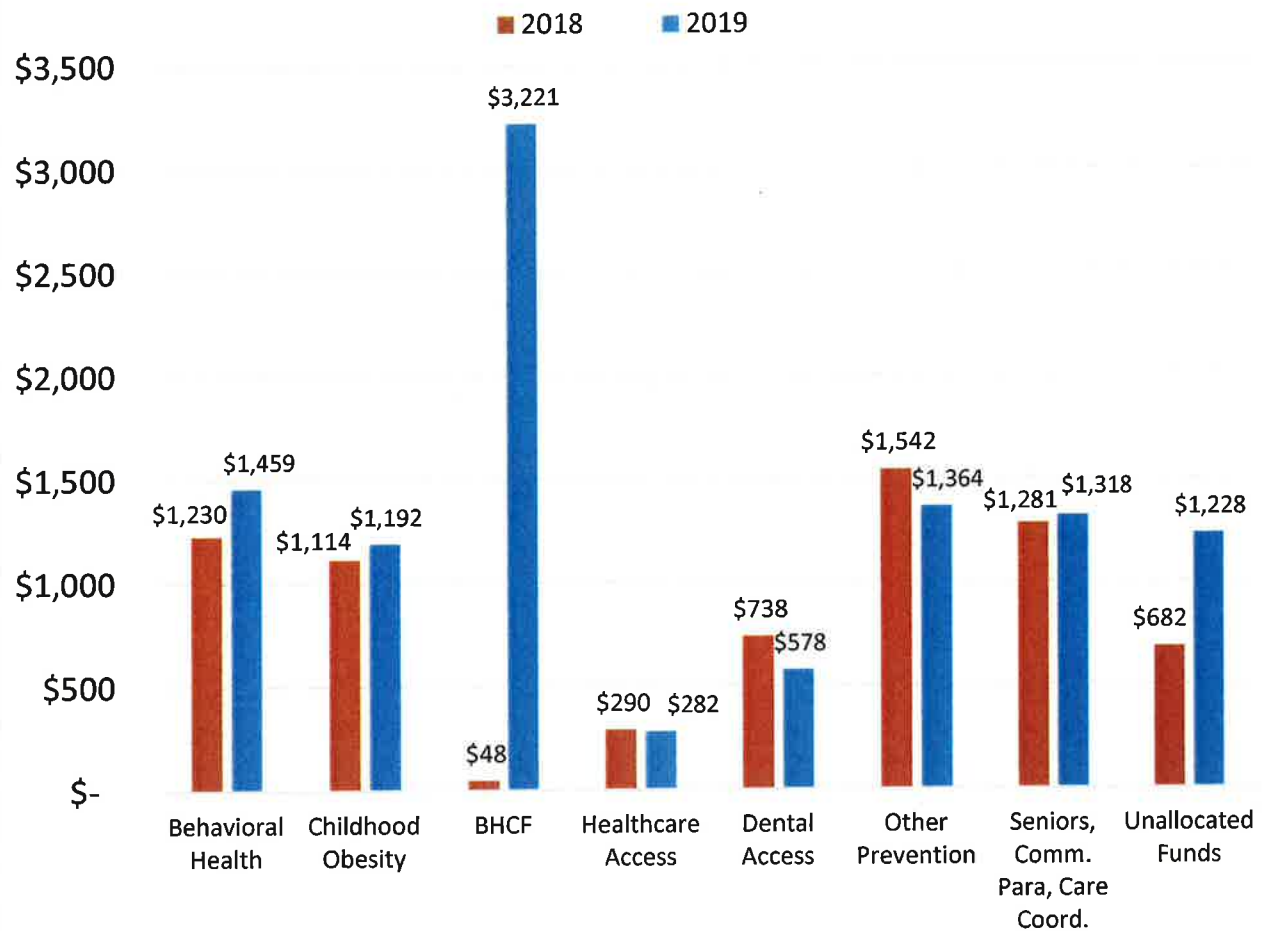
3. Center for Human Services – Youth Counseling Program		Request Year 1	Request Year 2	Request Year 3
		\$312,846	\$319,103	\$325,485
Program Description: a youth counseling program that funds counselors in the Edmonds School District. Funding does not expire until Dec. 2019 but CHS is looking for confirmation that services will be in place for the 2019-2020 school year and is proposing some changes to the service model to implement a brief therapy (3 month) model to better manage the increase in demand for services.				
Expected Results	<p>The program has exceeded its goals for number of youth served (210); with 453 served in the most recent year. The program tracks outcomes in the following areas.</p> <ul style="list-style-type: none"> • Youth's mental stability and functioning; • Reduction in symptomatic episodes; • Progress made toward youth's individual service plan goals <p>CHS uses validated assessments to track client progress (ex. GAD-7 for anxiety; PHQ-9 for depression).</p>			
Use of Funds & Costs	<p>The current funding (\$225,000) supports 3.5 FTE of masters-level therapists that are able to see patients regardless of funding source. In all, CHS has 12 therapists in the district, providing 44 hours of clinical time each week during the school year. The total budget for youth services in South County, including office-based work is ~\$1million and leverages \$645,000 in Medicaid/insurance and self-pay revenue.</p>			

Program Committee Recommendations (Commissioners Knowles & Wilson)

Recommended for Funding or Partial Funding

- **Community Health Center of Snohomish County – Dental Care Access for Uninsured Adults:** the committee is recommending funding the program in full at two more years at \$100,195 per year. The committee was interested in continued funding because the program matched well with Verdant priorities and reached patients that did not have dental insurance coverage.
- **Edmonds School District – Family Resource Advocate:** the committee is recommending funding the program as requested at \$180,000 per year for two more years. The committee was open to renewing the program for a third year, but would like to see the school district continue to bring other funding sources into the program.
- **Center for Human Services – Youth Counseling Program:** the committee is recommending partial funding for the program at \$270,000 per year for two more years. Although the committee members understand there has been a significant increase in demand for the Verdant-funded counseling slots, they were not quite ready to increase funding by nearly 40% from the previous period.

Verdant Committed Grant Funds (\$k)



Upcoming Expiring Grants (Current Annual Funding)

- Prescription Drug Assistance Program (\$50k)
- PEPS (\$39k)



Food Insecurity Nutrition Incentive Grant Fruit & Vegetable Rx Program

W. WA. 98101-3100
509-465-1234
www.verdantwa.org



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What is FINI? The Food Insecurity Nutrition Incentive Grant is a federal grant through the USDA, and is designed to make it easier for participants in the Supplemental Nutrition Assistance Program (SNAP or Food Stamps) to afford more fruits and vegetables. The WA Department of Health was awarded a \$5.8 million 5-year FINI Grant in 2015 and has brought on partners throughout WA.

How is Verdant participating in the FINI Grant? In 2018, Verdant took on the role as lead organization for Snohomish County administering the Fruit & Vegetable Rx Voucher Program. Verdant's unique model for voucher distribution includes partners across a variety of community and clinical settings.

Community Organization Partners (meeting 1:1 using voucher dosing model)	Clinical Partners (meeting 1:1 using voucher dosing model)	Nutrition Education Partners (group classes - 1 voucher per attendee)
Edmonds School District - Student & Family Advocates	Swedish Edmonds Hospital RDNs	Sound Dietitians LLC
Domestic Violence Services of Sno. Co. Housing Advocates	Puget Sound Kidney Center RDNs	Homage Senior Services
Mercy Housing Resident Service Coordinators	Molina Healthcare Clinic (MA/ Referral Coord.)	Verdant - Monthly EBT Classes
SHAG Senior Housing Resident Service Coordinators	Community Health Center of Sno. Co. RDNs	Snohomish Health District WIC Clinic
Community Social Workers (Verdant/Edmonds Senior Ctr)	NEW: Puget Sound Christian Clinic Diabetes Education	NEW: Puget Sound Christian Clinic
	NEW: Kaiser Permanente (Lynnwood & Everett)	NEW: MLI Senior Center "Stretch Your Food Dollars Class"

Other Verdant Program Details:

- A \$10 Non-SNAP Rx voucher was created to support immigrants, low-income seniors and other food insecure populations that live in Verdant's service area. These vouchers are reimbursed using Verdant \$\$
- Dosing Model – professionals meeting 1:1 with clients can dose by household size
- Group Nutrition Education Classes
- Verdant-sponsored "Stretching Your EBT Food Dollars" monthly cooking demo PLUS additional cooking demos at South County Food Banks, low income senior housing sites and the local WIC Clinic

What have we seen / learned

- Individuals in our community who are food insecure but do not receive SNAP benefits include:
 - Seniors on limited / fixed incomes
 - Immigrants without documented status (some fear going to food banks because they are affiliated with the government)
 - Mixed immigration status families who do not apply for benefits for eligible household members due to fear
 - Situational food insecurity (cancer treatment, change in family situation, etc.)
 - Individuals with incomes just over the SNAP eligibility limit who really struggle to afford housing costs and buy food
- Food Bank users identify with a variety of health conditions and find it challenging to access the food they need to manage their health
 - Chronic conditions such as Diabetes / Hypertension / Chronic Kidney Disease / Celiac Disease / Irritable Bowel Syndrome
 - Food related conditions: Dangerous Food Allergies / Lactose Intolerance / Need for soft foods: oral health, swallowing issues, etc.

Verdant Health Rx Voucher Redemption (Jan 1 – March 31, 2019)

901	# Safeway SNAP Rx issued worth \$9,010
\$8,350	Rx redeemed to buy fresh fruits and vegetables at Safeway
93% redemption rate --- compared to the state average of 55%	

Top 10 fruits & vegetables purchased statewide at Safeway

1. Bananas	6. Iceburg Lettuce
2. Chili Peppers	7. Navel Oranges
3. Cilantro	8. Red Grapes
4. Clementines	9. Regular Strawberries
5. Hass Avocados	10. Roma Tomatoes

Verdant SNAP Rx Voucher Redemption (April 2018 - May 2019)
(Funded by DOH Federal FINI Grant)

2,693	Total SNAP Vouchers	Redeemed from South Snohomish County
26,930	Fruits and Vegetables Purchased at Safeway (Verdant led FINI work)	

Snapshot of Verdant Non-SNAP Rx Voucher Redemption (May - June 2019)
(Funded by Verdant)

212	Total Non-SNAP Vouchers	Redeemed from South Snohomish County
\$ 2, 120.00	Fruits and Vegetables Purchased at Safeway (Verdant led FINI work)	

Verdant	50% through School Advocates
Distribution:	35% through Onsite Nutrition Education
	15% through Partners (RDNS; Clinic Staff; Housing Advocates; MSWs)

Hunger & Health Food Bank Project Timeline & Process

Late July:	Funding application made available to 3 major South County Food Banks
Late July:	Sound Dietitians assists Food Banks with pre-assessment work and scoping health programs (4-6 hours maximum)
August:	Tour Model Food Bank/s in Puget Sound Region
Late August:	Food Banks draft funding applications - Verdant staff available to review drafts
Sept. 6, 2019	Application Deadline (Applicants may request up to \$50,000 over the 2 year period)
Mid-September:	Verdant Program Committee Review and Decision Making

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Verdant Community Wellness Center Summary July 2019

Completed Programs (June/July)

1. General Community and Provider Events	Attendance
1. PEPs – Baby Peppers (April 4 – June 27)*	6-8/session
2. Living with Developmental Disabilities (June 24)	15
3. Monthly Hero's Café for Veterans (June 25, July 23)	100+
4. Wonderland Staff Meeting (June 25, July 30)*	24
5. Parkinson's Disease Support Group (July 1)	6-8
6. UW-Bothell / YWCA Nurses Orientation (July 2)	12
7. SHIBA Update Training (July 2)	20
8. ARC Mothers of Children with Disabilities Monthly Support Network (July 6)	14
9. SEAC Parent Group Meeting (July 8)	4
10. South Snohomish County Cold Weather Shelter Volunteer Meeting (July 13)	39
11. Alzheimer's Association Meeting (July 16)	20
12. WithinReach IACW Quarterly Meeting (July 17)	28
13. Evergreen Home Health Staff Meeting (July 18)	18
14. Sebastian's Place Vets Housing Meeting (July 18)	8
15. Welcome to Medicare (July 19)	15
16. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies
2. Nutrition and Healthy Behaviors	Attendance
1. Diabetes-friendly Living Series (June 10 – July 1)*	12/session
2. Weekly Healthy Living Coaching Group (6/25; 7/2, 9, 16, 23, 30)*	4-12/session
3. Cooking Demo: Eating Well to Reduce Fatigue (June 26)*	19
4. Stretch Your EBT Dollars Cooking Demo – Monthly FINI Training (6/27)*	14
5. Teens in the Kitchen: Oodles of Noodles (July 13)*	12
6. Cooking Demo: Summer Grilling Success! (July 15)*	18
7. Learn & Taste: Arthritis & Anti Inflammatory (July 16)*	23
8. Cooking Demo: Feature Summer Vegetables on Your Plate (July 18)*	21
9. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	Varies
3. Behavioral Health & Substance Use	Attendance
1. Using Mindfulness to Manage Stress (May 22 – June 26)*	11/session
2. Behavioral Health Integration Meeting (June 26)	18
3. Gentle Yoga (May 23 - June 27)*	6-8/session
4. THS Parent Coaching Group (June 4 – July 9)*	2-5/session
5. Caregiver Support Group (July 11)	10
6. Positive Discipline Parenting Tips for a Successful Summer (July 11)*	9
7. NAMI Connections (July 11, 25)	6/session
8. Gender Diversity Family Support Group (July 14)	12
9. Positive Discipline 7 week Parenting Series (July 18 – August 29)*	21
10. Understanding Relationships (weekly)	6/session
11. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
12. 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 July 2019

Upcoming Programs (July/August)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (July 23, August 22)
2. Wonderland Staff Meeting (July 23, August 22)
3. MTI Dental Van – Root Canal Clinic (July 24)*
4. Family Caregiver Support Group (August 1)
5. Korean Women's Association Everyday Prevention Workshops (August 1)*
6. Sebastian's Place Vets Housing Meeting (August 1, 15)
7. ARC Mothers of Children with Disabilities Monthly Support Network (August 3)
8. Parkinson's Disease Support Group (August 5)
9. SHIBA Updates Training (August 6)
10. Evergreen Home Health Staff Meeting (August 7, 20)
11. Swedish Edmonds Core Leader Retreat (August 8)
12. SEAC Parent Group Meeting (August 12)
13. PEPS – While You are Waiting Meeting (August 13)*
14. Welcome to Medicare (August 16)
15. DDA Planning Facilitator Training (August 19, 20)

B. Nutrition and Healthy Behaviors

1. Weekly Healthy Living Coaching Group (July 23, 30; August 6, 13, 20, 27)*
2. Cooking Demo for Adults on SNAP – Monthly FINI Training (July 25; August 22)*
3. Cooking Demo: Healthy Berry Deserts (July 29)*
4. Cooking with Confidence Series (July 31 – Aug 14)*
5. Cooking Demo: Summer Salads as a Main Dish (August 8)*
6. Carbohydrates 101 (August 12)*
7. Cooking Demo: Recipes Using Summer's Bounty from the Farmers Market (August 15)*
8. Cooking Demo: Exploring Vegetarian Options (August 29)*

C. Behavioral Health & Substance Use Focus

1. Brain Injury Alliance of WA Classes (July 23, August 22)
2. Behavioral Health Integration Meeting (July 24; August 28)
3. NAMI Connections Mental Health Support Group (July 25; August 8, 22)
4. Nutrition for Behavioral Health Providers (July 26)*
5. Postpartum Depression & Anxiety Support Group (August 7 – September 25)*
6. Gender Diversity Family Support Group (August 11)
7. Live Out Loud Girls Mentoring Workshop (August 24)
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

June 2019 Multicultural Program & Outreach Report

- **The 11th Annual Spring Intensive Capacity Building for Promotoras de Salud / Community Health Workers Monday, June 3 - Tuesday, June 4, 2019, Camp Roganunda in Naches, WA:** The Spring Intensive Training for Promotoras de Salud / Community Health Workers was an intensive one-and-a-half-day event, which includes various workshops, presentations and activities, which were offered free of charge to 70+ participants. These workshops, presentations and activities were conducted in Spanish, with English translation available, using popular education techniques.
- **We are Culture: Starting Conversation, Creating Unity June 2nd** was a student-led conversation and celebration focusing on our community unique cultures while fostering conversations that reduce barriers and increase empathy in our communities.
- **Mental Health for the Latino Community June 7th:** Class offered in Spanish where a certified mental health professional worked with community members to focus on what mental health is: Mental health refers to a person's emotional, psychological and social well-being. It impacts how one thinks, feels and acts. Because of the broad scope and impact of mental health, at Landmark we refer to mental health as "behavioral health."
- **Community Partner Recognition Lunch- University of Washington Bothell- June 12th:** Verdant was invited to be recognized and celebrated as a community partners who supports student learning through on and off-campus opportunities, course-based projects, community-based research. The event featured student stories, community partner recognition and celebration of 5-year partner awards.
- **Art class for All- June 28th:** Trained professionals engage with families with children with disabilities through art expression.

July 2019 Marketing Report

Provider Outreach

- Provider referral materials given to medical clinics including: Swedish Specialty Care Clinic, Swedish Primary Care at Richmond Beach, Virginia Mason Edmonds Family Medicine, and other clinics with dietetic support provided by Sound Dietitians
- Scheduled presentation for the all-provider meeting at Community Health Centers of Snohomish County in August
- Ongoing conversations with Molina and Kaiser

South County Walks

- Recent Edmonds Beacon article, "South County Walks offers another way to be active," included quotes from several participants (see next page for article)

Summer Events

- MLT 5K on Saturday, July 27
- Back-to-School Health & Resource Fair on Thursday, August 22
- Woodway Town Fair on Saturday, August 24
- Fair on 44th on Saturday, September 7

South County Walks offers another way to be active

By Cheryl Aarnio | Jul 18, 2019



Photo by: Cheryl Aarnio

South County Walks participants enjoy the view of Puget Sound during one of the weekly walks.

On a cloudy Tuesday that looked as if rain was about to start any minute, a group of 16 people cheerfully set out for a walk around Edmonds as part of the South County Walks.

These hour-long walks are organized four times a week throughout the summer and end Sept. 30, skipping Labor Day weekend. They take place in various locations around Edmonds, Lynnwood, and Mountlake Terrace, said Jennifer Piplic, Verdant Health Commission's director of marketing and communications.

Sherry Ogur, a volunteer who helps lead the walks, said, "We have some folks that will be here every Tuesday but would never go to Mountlake Terrace because they don't drive or they don't have access ... and that's another really good reason for having four different locations."

There are 10 routes for the walks in Edmonds, which are chosen by the Edmonds Senior Center and the Edmonds Parks, Recreation and Cultural Services Department.

However, not all locations have different routes. On Monday evenings, the walks begin at the Verdant Community Wellness Center in Lynnwood, and people get used to walking the same route each week, Piplic said.

Michael Parker, a participant of the walks in Edmonds and Lynnwood, said he has found new routes in both cities. Previously, one of the walks went through the Edmonds Marsh, which he did not know existed, and he is looking forward to seeing what is in store in future walks.

Some people are motivated by incentives, Piplic said, so at each walk, participants receive a punch card, and once they have finished eight walks, can be entered to win one of four prizes that have been donated by local businesses. The winners will be chosen in the beginning of October.

The prizes are a Fitbit Alta donated by the Everett Clinic; a commuter prize pack that includes, among other items, an ORCA card donated by Community Transit; running or walking shoes donated by Brooks Outlet Store; and hiking shoes and a Discover Pass donated by Althea's Footwear Solutions and IRG Physical Therapy.

While Karen Ash recently started participating in the South County Walks, she said the punch cards have been a good incentive for her to continue the walks.

"We were in Mountlake Terrace this weekend, looking at all the yards and all the different houses and the different neighborhoods; it made the walk really fast and enjoyable," Ash said. "We would never be in those areas otherwise."

Piplic said, "(The Verdant Health Commission) got involved because we wanted to create more opportunities for residents in this area to the outdoors and be active outside and connect with one another and meet new folks."

Diane Moss, who participated in the South County Walks last summer, said they are a great way to meet others. After they ended last year, she continued to walk with one of the women she met through them.

The walks start on Tuesday mornings at 9:30 at the Olympic Beach Visitor Station in Edmonds. On Thursdays at 6 p.m., they begin at the Lynnwood Recreation Center. The walks meet at the Mountlake Terrace Recreation Pavilion Saturdays at 9:30 a.m. On Monday evenings at 6, the walks start at the Verdant Community Wellness Center.

The Verdant Health Commission, with the Cities of Edmonds, Lynnwood, and Mountlake Terrace, and the Edmonds Senior Center, organizes South County Walks, Piplic said.

The Verdant Health Commission also organizes the Bike2Health South County Rides with Cascade Bicycle Club, said Marielle Harrington, healthy communities coordinator with the City of Lynnwood.

These are weekly bicycle rides intended for beginning riders over 6 years old with basic bike skills and for families. They end in August with one ride in September in each city.

So far, not many people have shown up for the rides, but Harrington said they hope it is because school has recently ended.

"We're really trying to get more bike riders in our communities. We know the benefits of being physically active, and this is really one component of encouraging people to be active," Harrington said.

The bicycle rides in July and August are from 5-7 p.m. Tuesdays at Veterans Memorial Park, 5-7 p.m. Wednesdays at South Lynnwood Park, and 5-7 p.m. Thursdays at Edmonds City Park. To register or for more information, visit <https://cascade.org/bike2health>.

Comments (0)



Daria Cardin, MBA

Daria is a leader with over 15 years of hands-on experience in a variety of finance, accounting, project management, financial systems and business development roles. Relevant project work and qualifications include:

- Served as the Interim Chief Financial Officer and Controller at a public district hospital in Snohomish County. Managed the day-to-day operations of the accounting department including the month-end close process, development of the annual budget, overseeing the state & financial audits as well as presenting financial data to the leadership team.
- Served as Project Manager for a major healthcare system assisting with a complete financial restructure, the development of a \$1B annual budget and simultaneous implementation of a \$100M cost savings initiative. Worked closely with department heads to develop strategies to meet targets.
- Served as the Interim Financial Leader for a non-profit organization supported by two major healthcare systems. Managed all aspects of finance, accounting and human resources. Created the annual budget, managed the annual audit and developed reporting materials to be presented to the Finance and Operations Committee as well as the Board of Directors. Substantially improved audit results and efficiency.
- Served as Interim Controller for a 500 employee non-profit senior living provider. Managed the day-to-day operations of the accounting department including the month-end close process, development of the annual budget, cash management, overseeing state & financial audits, as well as developing and presenting financial data to the leadership team, Finance Committee and the Board of Directors.
- Served as Controller for a local manufacturing organization leading all aspects of the accounting, finance and human resource departments. Streamlined numerous business processes including cash management, month-end close, budgeting and reporting.

Daria has a MBA from Seattle Pacific University and a Bachelor's degree in Finance from Washington State University

Clients where Daria has been an Interim Leader or Project Manager (since 2011):

MultiCare Health System
Trauma Trust
Futurewise

Presbyterian Retirement Communities NW
Comprehensive Life Resources
EvergreenHealth

Emerald Heights
Orthocare Innovations
EvergreenHealth Monroe

About Ash Consulting:

Ash Consulting, LLC is a small, local consulting firm that was founded in June of 2009. We've found our niche working with mid-sized for-profit, not-for-profit and healthcare organizations in the Puget Sound area.