

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
December 19, 2018  
8:00 to 9:00 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) November 28, 2018 Board Meeting	Action	8:01	1-4
C. Executive Committee Report	Information	8:02	---
D. Superintendent Report	Information	8:05	---
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:10	5-8
b) Authorization for payment of vouchers and payroll	Action	8:15	9
F. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:16	---
b) Program investment recommendations	Action	8:17	10-12
c) Verdant Community Wellness Center activities update	Information	8:30	13-14
d) Verdant multicultural program presentation on Parent Support Education	Information	8:35	15-16
G. Marketing Report	Information	8:45	17
H. Public Comments (please limit to three minutes per speaker)	---	8:50	---
I. Commissioner Comments	---	8:55	---
J. Adjournment	---	9:00	---

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

**BOARD OF COMMISSIONERS**

*Regular Meeting*

*Verdant Community Wellness Center  
December 19, 2018*

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary Bob Knowles, Commissioner Fred Langer, Commissioner (via telephone) Jim Distelhorst, M.D., Commissioner
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Guests	Jim Welsh, ChildStrive Patricia Dauer, ChildStrive
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:01 a.m. by President Knutsen.
Approval of Minutes	<b><i>Motion was made, seconded and passed unanimously to approve the minutes of the regular board meeting on November 28, 2018.</i></b>
Executive Committee Report	The committee met on December 12, 2018 to review the agenda for the December 19, 2018 board meeting, the agenda for the board retreat on February 1 to 2, 2019, and other end-of-the-year items. No action was taken.
Superintendent Report	Dr. Fenn reported on the following items: <ol style="list-style-type: none"><li>1. Agenda for the board retreat is being finalized. Retreat is scheduled for February 1 to 2, 2019 at the Tulalip Resort Casino.</li><li>2. Reflecting back on 2018, the year started with a new RCW and ended with Building Healthy Communities Fund decisions. There were many new internal programs this year, good marketing outreach efforts, good budget, many clients served by Ms. Budd &amp; Ms. Huber,</li></ol>

and she would like to acknowledge all the staff for their good work.

3. District Bylaws state that the selection of officers is done at the first regularly scheduled meeting of the year and discussion around officer selection is typically done at the board retreat in December. Since the board retreat will not occur until February, Dr. Fenn asked if the board wants to forgo the January 2019 regularly scheduled meeting and have the first meeting occur on the 4<sup>th</sup> Wednesday of February 2019 instead. All commissioners agreed to forgo the meeting in January 2019.

Commissioner Knutsen also acknowledged the staff and the growth that has occurred in the organization over the past year.

#### Finance Committee Report

The committee met on December 17, 2018. Ms. King reviewed the financial statements and cash activity for November 2018 (E:103:18).

Commissioner Langer commented that he is excited that the 2012 LTGO bonds will be paid off in less than two years. He also noted that we have a prudent reserve balance in case of emergencies. Commissioner Langer would like to have the commissioners discuss what amount the board is comfortable with for this reserve at the board retreat on February 1 to 2, 2019. Commissioner Wilson agreed.

#### Authorization for Payment of Vouchers & Payroll

Warrant Numbers 13231 through 13287 for November 2018 for payment in the amount of \$137,619.00 were presented for approval (E:104:18). *Motion was made, seconded and passed unanimously to approve.*

#### Program Committee Update

The Program Committee met on December 12, 2018 to review one new funding request and three renewal funding requests (E:105:18).

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

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

*Motion was made, seconded and passed unanimously to approve renewal of ChildStrive Early Intervention/PAT program at the current level of \$321,802 for two more years.*

*Motion was made, seconded and passed unanimously to approve renewal of Kinderling Early Intervention program for two more years at \$142,352 in year 1 and \$146,623 in year 2.*

Commissioners discussed the cost of the ChildStrive's Nurse Family Partnership, how services are provided, the current case load capacity, number of clients being served, and other resources available to these clients. Ms. Dauer & Mr. Welsh from ChildStrive answered questions about the model, cost/benefit, and program fidelity requirements. Commissioners would like to further discuss with ChildStrive the program requirement for a Bachelor of Nursing (E:110:18).

Commissioner Distelhorst requested a copy of the cost analysis from ChildStrive.

*Motion was made, seconded and passed four to one to approve renewal of ChildStrive Nurse Family Partnership for funding for one year at the current level of \$288,400.*

All commissioners agreed not to fund the new request for the Children's Home Society Wendy's Wonderful Kids program. They felt that foster care fell outside of Verdant's health priorities.

#### **Multi-Cultural Program Presentation**

Ms. Huber presented an in-depth look at Verdant's multi-cultural programming (E:108:18) and how Verdant's relationships are key for a positive outcome in health and wellness for multi-cultural families. The presentation highlighted the holiday meal cooking demo, CPR hands on only seminar, and the Strengthening Families Program which focuses on serving the needs of bi-cultural families to develop resiliency. A total of three 7-week sessions were held in 2018.

#### **Marketing Report**

Ms. Piplic presented the Marketing report (E:109:18) for December 2018 which included information on the February 21, 2019 Verdant conference and sponsorship. The community event in Fall 2019 will focus on mental health and suicide prevention.

Commissioner Wilson recommended asking Premera for conference sponsorship but also had a philosophical question about why Verdant seeks sponsors when Verdant is a funder themselves. This topic will be placed on the board retreat agenda for February 1 to 2, 2019.

Public Comments            None

Commissioner  
Comments                    Commissioner Knutsen noted that her involvement with the County Community Services Advisory Council (CSAC) has highlighted that south county is not always considered for county funding or services. She would like this included on the agenda for the board retreat on February 1 to 2, 2019.

Adjournment                The meeting was adjourned at 9:20 a.m.

ATTEST BY:

  
\_\_\_\_\_  
President

  
\_\_\_\_\_  
Secretary

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

**BOARD OF COMMISSIONERS  
Regular Meeting  
Verdant Community Wellness Center  
November 28, 2018**

<b>Commissioners Present</b>	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Jim Distelhorst, M.D. Commissioner
<b>Commissioners Excused</b>	Karianna Wilson, Secretary
<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>Call to Order</b>	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:58 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 October 24, 2018.
<b>Executive Committee Report</b>	The committee met via telephone on November 21, 2018 to review the agenda for the November 28, 2018 board meeting and other upcoming events. No action was taken.
<b>Superintendent Report</b>	Dr. Fenn reported on the following items: <ol style="list-style-type: none"><li>1. Ms. Huber, Ms. Waldin, and Ms. Budd will provide a quarterly in-depth report on their activities starting today. The monthly VCWC summary (E:99:18) and multi-cultural report (E:100:18) will continue to be included in the board packets.</li><li>2. Acknowledgment of staff members: Ms. Huber for her presentation at the recent APHA Conference,</li></ol>

Ms. Waldin for her presentation on Food Insecurity Nutrition Incentive at the Department of Health, Ms. Waldin & Ms. Piplic for coordinating the Survivors of Suicide Loss Day held on November 17, 2018, Ms. Waldin & Ms. Goto for their assistance with the food bank focus groups which will be presented later in today's meeting.

3. December board retreat will be re-scheduled to February 1 to 2, 2019 pending board members' confirmation of availability. Dr. Fenn will send an email to the board to get their confirmation.
4. 2019 regular board meetings: commissioners were split on their preference for morning or evening regular board meetings in 2019. Commissioners decided to have one evening meeting in April 2019 and another evening meeting in October 2019 for the 2020 budget.
5. December 19, 2018 regular board meeting: quorum will be met with Commissioners Knutsen, Distelhorst, and Knowles in attendance.
6. Current committee members will remain in effect until the February 2019 board retreat when officers and committee members will be decided.
7. See the December 2018 Calendar for upcoming events (E:94:18).

**Finance Committee Report**

Ms. King reviewed the financial statements and cash activity for October 2018 (E:95:18).

**Authorization for Payment of Vouchers & Payroll**

Commissioner Langer noted for the record that the warrant approval sheet has been updated to read *Warrant Numbers 13150 through 13230 for October 2018 for payment in the amount of \$131,659.90 were presented for approval (E:96:18).* **Motion was made, seconded and passed unanimously to approve.**

**Resolution 2018:08 – Fixed Asset Disposition**

Commissioner Langer presented Resolution 2018:08 approving the fixed asset disposition. **Motion was made, seconded and passed unanimously to approve.**

**Program Committee Update**

The Program Committee met on November 14, 2018 to review one new funding request and one renewal funding request (E:97:18).

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

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

***Motion was made, seconded and passed unanimously to approve*** Cascade Bicycle Club's Let's Go bicycle

education program in the amount of \$32,000 per year for three years for the elementary education program.

Commissioners discussed the American Heart Association CPR Kiosk and no motion was made.

Commissioner Distelhorst would consider the request if the amount was decreased. Commissioners Knutsen & Langer were not interested in this project.

Commissioner Knowles expressed the need for expanded CPR exposure in the district. He stated that data shows only offering CPR classes is not reaching enough of the population.

#### **Hunger & Health Opportunities Presentation**

Ms. Waldin presented an in-depth look at the Food Insecurity Nutrition Incentive (FINI) program which includes a fruit and vegetable prescription program led by Verdant (E:98:18). Ms. Waldin also shared data about which groups of people use our local food banks.

Dr. Fenn shared with the commissioners some of the results of the recent focus groups held at two food banks and one school pantry to study the nexus between the food bank and healthcare. There was a total of 27 participants in three groups. The most common health condition among the participants was diabetes. Nutrition education was the top item that participants would like to learn more about. A full report will be provided to the board upon completion.

Mr. Kosovich presented some future opportunities to address some of these issues including a partnership between Food Lifeline and SeaMar with a focus on diabetes and the potential for a registered dietitian and a community resource advocate to be on-site at the food bank and school district food pantry. Commissioners commented on the issue of food insecurity in Verdant's service area.

**Marketing Report**

Ms. Piplic presented the Marketing report (E:101:18) for November 2018 which included a summary of the 2018 South County Walks data (E:102:18) and the 2019 conference schedule. Ms. Piplic also mentioned that a professional photographer is at Verdant today to take head shots of any board or staff members who would like a new photo.

**Public Comments**

None

**Commissioner  
Comments**

President Knutsen welcomed Commissioner Distelhorst, who was sworn in at the last regular meeting to this month's board meeting.

**Adjournment**

The meeting was adjourned at 9:14 a.m.

**ATTEST BY:**

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President

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Secretary

**Balance Sheet**  
As of November 30, 2018

	A	B	C	D
	Dec 31, 2017	Nov 30, 2018	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	1,853,495	1,714,944	(138,551)	
<b>4 Other Current Assets</b>	44,606,558	47,192,543	2,585,985	Includes Investments
<b>5 Total Current Assets</b>	46,460,053	48,907,487	2,447,434	
<b>6 Total Long-term &amp; Fixed Assets</b>	45,773,750	43,895,799	(1,877,950)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<u>92,233,802</u>	<u>92,803,286</u>	<u>569,484</u>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,066,262	390,420	(1,675,842)	Tenant Prepaid Lease Income
<b>11 Long-term Liabilities</b>	2,050,919	1,994,059	(56,860)	2012 LTGO Bonds
<b>12 Total Liabilities</b>	4,117,182	2,384,479	(1,732,702)	
<b>13 Total Equity</b>	88,116,621	90,418,807	2,302,186	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<u>92,233,802</u>	<u>92,803,286</u>	<u>569,484</u>	

**Profit & Loss**  
November 2018

	A	B	C	D	E	F
	Nov Actual	Nov Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	898,268	898,879	(611)	9,699,903	9,736,986	(37,083)
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	174,896	187,626	12,730	2,071,158	2,115,222	44,064
<b>5 Depreciation Expense</b>	152,376	152,344	(32)	1,808,311	1,807,959	(351)
<b>6 Program Expenses</b>	709,022	606,525	(102,496)	5,815,574	6,748,780	933,206
<b>7 Total Expenses</b>	1,036,293	946,495	(89,798)	9,695,043	10,671,961	976,919
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	357,090	234,813	122,277	2,297,326	2,582,941	(285,615)
<b>10 NET INCOME/(LOSS)</b>	<u>219,064</u>	<u>187,196</u>	<u>31,868</u>	<u>2,302,186</u>	<u>1,647,966</u>	<u>654,221</u>

**Monthly Highlights**  
November 2018

Verdant received dividends payments of \$100,122 and an unrealized gain of \$38,428 on our investment portfolio in November which closed with an ending market value of \$47,173,971.

Program grant commitments total \$6,256,640\* and \$8,410,015\* for 2018 and 2019 respectively. \*Includes BHCF.

Revenue of \$105,881 and expenses of \$73,236 from the Kruger Clinic were incurred, netting to an additional operating income of \$32,645 in November.

## Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
13231	11/07/2018	AmeriFlex Business Solutions	17.25	Nov 2018 FSA Administration
13232	11/07/2018	Ana Evelin Garcia	200.00	WC 211 - Basic Writing as a healing tool workshop
13233	11/07/2018	Ana L Bursch	112.50	Childcare for Strengthening Families 11/2 & CPR 10/20
13234	11/07/2018	Armstrong Maintenance, LLC	1,816.00	Oct 2018 Janitorial
13235	11/07/2018	Ash Consulting	105.50	Accounting Consulting
13236	11/07/2018	Aukema & Associates	156.25	Sept 2018 Website maintenance
13237	11/07/2018	Azose	3,165.00	November 2018 Management
13238	11/07/2018	Comcast	297.42	Telephone/Internet
13239	11/07/2018	Corporate Security LLC	299.17	Nov 2018 Parking Lot Security
13240	11/07/2018	ELTEC Systems, LLC	264.96	Nov 2018 Elevator Maintenance
13241	11/07/2018	Lani Miller	343.37	WC 213 - Instructor reimbursement Holiday Side Dish Makeover
13242	11/07/2018	Monica Avendano	300.00	WC 214 - Spanish Language Emergency Preparedness Training 11/3/18
13243	11/07/2018	Pacific Medical Centers(PacMed)	677.55	WC 175 - Living Well Alliance
13244	11/07/2018	Sound Dietitians	3,423.09	WC 170 - Healthy Living Coaching Group / WC 169 - Nutrition Consulting
13245	11/08/2018	City of Lynnwood	1,776.25	Oct 2018 After Hours Support (121.5 hrs)
13246	11/08/2018	Dynamic Language	153.08	ASL Translation services for EBT Cooking Demo
13247	11/08/2018	Susana Flores	285.00	Childcare for Spanish Programming
13248	11/08/2018	Yasaura Carvajal	165.00	Childcare for Spanish Programming
13249	11/14/2018	Comcast	525.91	Telephone/Internet
13250	11/14/2018	Consolidated Press Printing Company, Inc	11,073.31	Printing and mail prep for Fall 2018 Canopy Newsletter
13251	11/14/2018	Dataworks	338.08	IT Support
13252	11/14/2018	Foster Pepper PLLC	26,631.50	Lane Powell PRR 8/1-10/31/18
13253	11/14/2018	Payden & Rygel	7,799.00	9/1-9/30/18 Investment Advisory Services
13254	11/14/2018	Seattle Food Nut	605.00	WC 179 - Nutrition Programming
13255	11/14/2018	Verizon	100.80	Nov 2 -Dec 1, 2018
13256	11/14/2018	Town of Woodway	47,500.00	Award 303 - Walking Program
13257	11/14/2018	YMCA of Greater Seattle.	0.00	VOID
13258	11/14/2018	AA Dispatch, LLC	208.25	Taxi Service 10/31/18 (#77955, #71784, #77017, #79890, #77166)
13259	11/21/2018	Girl Scouts of Western WA	200.00	Deposit Refund for use of the VWCW
13260	11/21/2018	Sally Barron	15.00	Refund for Plant-powered Whole Foods Challenge
13261	11/21/2018	Lani Miller	321.85	WC 213 - Instructor reimbursement Holiday Side Dish Makeover in Spanish
13262	11/21/2018	Lowe Graham Jones PLLC	150.00	Oct 2018 Trademark monitoring
13263	11/21/2018	Maria G Casey	800.00	WC 215 - Alebritjes Art for Healing
13264	11/21/2018	Neopost	142.63	Postage meter rental 9/18-10/18 + \$60 postage
13265	11/21/2018	Principal	1,804.50	EE Life Insurance
13266	11/21/2018	Staples	504.51	Supplies
13267	11/21/2018	State Auditor's Office	1,644.07	Audit
13268	11/21/2018	UNITED WAY	140.00	3Q 2018 Employee Charitable Contributions
13269	11/21/2018	EPromos	935.07	Branded Verdant coats
13270	11/21/2018	Regence Blueshield	5,745.31	Dec 2018 Health Insurance
13271	11/28/2018	Consolidated Landscape Maintenance, Inc.	440.50	Dec 2018 Landscaping maintenance
13272	11/28/2018	Dataworks	202.29	IT Support
13273	11/28/2018	DS Forensics, Inc	1,571.01	PRR - Collection of records from Server and work with Dataworks
13274	11/28/2018	Electronic Business Machines	856.32	11/22-12/21/18 Copy Machine; 8/22-11/21/18 overage
13275	11/28/2018	Guardian Security Systems, Inc.	240.00	Elevator Monitoring

Warrant Number	Transaction Date	Payee	Amount	Purpose
13276	11/28/2018	Lighthouse (formerly Discovia)	4,758.25	PRR
13277	11/28/2018	Waste Management	298.98	Garbage/Recycling
13278	11/28/2018	Wells Fargo	2,140.41	Misc.
13279	11/28/2018	Ana L Bursch	37.50	Childcare for Art of Healing
13280	11/28/2018	Laura Miramontes	82.50	Childcare 11/15 EBT Class & 11/17 Cooking class
13281	11/28/2018	Wells Fargo	3,053.50	Misc.
13282	11/28/2018	Wells Fargo	96.38	Misc.
13283	11/28/2018	Arlen Rose Frazier	2,000.00	WC 206 - Managing Difficult Emotions
13284	11/28/2018	Pacific Medical Centers(PacMed)	278.71	WC 175 - Living Well Alliance
13285	11/28/2018	Susana Flores	202.50	Childcare for Spanish Language Programming
13286	11/28/2018	Total Health	300.00	WC 177 - Health Coaching
13287	11/28/2018	Yasaura Carvajal	112.50	Childcare for Art of Healing Series
		Harland Clarke Check	205.47	Check Stock
		Total Warrants	137,619.00	

#### Wire/ACH Activity:

11/9/2018	Payroll	21,273.75	ACH payroll transfer
11/9/2018	Department of Treasury	6,944.32	Payroll taxes for 11/3/18 pay period ending
11/9/2018	Valic	3,528.41	Payroll 401(a)/457 Deposit
11/9/2018	Paychex	122.70	Fee for payroll processing
11/23/2018	Payroll	22,024.36	ACH payroll transfer
11/23/2018	Department of Treasury	7,178.09	Payroll taxes for 11/17/18 pay period ending
11/23/2018	Valic	3,570.18	Payroll 401(a)/457 Deposit
11/23/2018	Paychex	119.85	Fee for payroll processing
11/13/2018	Wells Fargo Merchant Services	78.67	Merchant Services
11/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
11/15/2018	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
11/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
11/15/2018	Center for Human Services	32,279.16	Program Payment
11/15/2018	ChildStrive	50,150.16	Program Payment
11/15/2018	City of Lynnwood	20,298.33	Program Payment
11/15/2018	Cocoon House.	5,000.00	Program Payment
11/15/2018	Compass Health	14,857.80	Program Payment
11/15/2018	Edmonds School District No. 15	112,465.25	Program Payment
11/15/2018	Edmonds Senior Center	9,666.67	Program Payment
11/15/2018	Homage Senior Services	60,586.67	Program Payment
11/15/2018	Korean Women's Association	5,000.00	Program Payment
11/15/2018	Medical Teams International	8,100.00	Program Payment
11/15/2018	PEPS	3,250.00	Program Payment
11/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
11/15/2018	Project Access Northwest	10,416.67	Program Payment
11/15/2018	Puget Sound Christian Clinic	47,162.17	Program Payment
11/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
11/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
11/15/2018	Therapeutic Health Services	20,833.33	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	11/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	11/15/2018	Wonderland Development Center	12,458.33	Program Payment
	11/15/2018	Community Health Center of Snohomish Co	148,734.20	Program Payment
	11/25/2018	WA Department of Revenue	806.72	B&O/Retailing Sales Tax for Oct 2018
	11/30/2018	US Bank	916,175.00	Principal and Interest 2012 LTGO Bonds
	11/3/2018	AmeriFlex Business Solutions	341.54	FSA Payment
	11/16/2018	AmeriFlex Business Solutions	364.80	FSA Payment
	11/30/2018	AmeriFlex Business Solutions	341.54	FSA Payment
		Total Wires/ACH Transactions	1,628,941.59	
<b>Kruger Clinic Activity:</b>				
1057-1073	Nov-18	Various Claimants/Vendors	25,104.92	Administered by Azose (Formerly PMNW)
<b>Workers Compensation Claims Activity:</b>				
305406-410	Nov-18	Various Claimants/Vendors	36,433.59	Administered by Eberle Vivian
		<b>Total Disbursements</b>	<b>\$ 1,828,099.10</b>	
<b>Deposits:</b>				
	11/1/2018	Swedish/Edmonds	825,840.91	Monthly leases
	11/1/2018	Value Village	27,614.77	Monthly lease
	11/1/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	11/1/2018	Puget Sound Gastro	27,677.30	Kruger Clinic monthly lease
	11/1/2018	Raymond Liu, D.D.S.	3,804.06	Kruger Clinic monthly lease
	11/9/2018	Snohomish County	898,636.12	Levy
	11/14/2018	Seattle Skin & Laser	7,301.29	Kruger Clinic monthly lease
	11/15/2018	WA State Health Care Authority	25,900.00	NSACH
	11/21/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	11/27/2018	Puget Sound Gastro	552.60	WO at Kruger Clinic
	11/14/2018	Greater Seattle Dietetic Assc	200.00	Deposit for use of VCWC
		VCWC Class Registration	240.00	Class Registrations
		<b>Total Deposits</b>	<b>\$ 1,822,515.40</b>	

E:104:18  
12.19.2018

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

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 13231 through 13287 have been issued for payment in the amount of \$137,619.00. These warrants are hereby approved.

Attest:

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

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

Warrants Processed:	11-1-18 – 11-30-18	\$137,619.00
Kruger Claims Pd:	11-1-18 – 11-30-18	25,104.92
Work Comp Claims Pd:	11-1-18 – 11-30-18	36,433.59
Payroll:	10-21-18 – 11-3-18	21,273.75
	11-4-18 – 11-17-18	<u>22,024.36</u>
		43,298.11
Electronic Payments:	Payroll Taxes	14,122.41
	Valic Retirement	7,098.59
	Paychex	242.55
	Ameriflex	1,047.88
	Bank Fees	78.67
	WA State Dept Revenue	806.72
	Program Expenditures	646,071.66
	LTGO Bond Interest & Principal	<u>916,175.00</u>
		<u>1,585,643.48</u>
	Grand Total	<u>\$1,828,099.10</u>

### Program Oversight Committee Summary Report December 2018

- Four programs for discussion: three renewal applications and one new program up for board discussion
- Board discussion about interest in technology for behavioral health and possible presentation

#### Renewal Requests

1.) ChildStrive – Early Intervention/PAT		Request Year 1	Request Year 2	Request Year 3
		\$321,802	\$321,802	
<b>Program Description:</b> ChildStrive is seeking funding to continue its direct services to South Snohomish County with a particular focus on Early Intervention and a program called Parents as Teachers (PAT). Early Intervention includes speech, occupational, or physical therapists and counselors that provide services to young children in their home or other settings.				
<b>Expected Results</b>	In the first year, the goal of the program was to expand services to 425 children and their parents. Verdant provided one year of funding and made additional funding contingent on reaching program expansion goals. Through 11 months, the program has served 454 families from South County (425 goal). Early Intervention exceeded enrollment goals and PAT recruitment was slightly behind the goal at 15 (25 goal).			
<b>Use of Funds &amp; Costs</b>	Verdant previously funded a one-year grant at \$321,802 with the option to renew based on initial results. Funds are used for direct service staff like SLPs, OTs, counselors, supervisor and other administrative costs.			

2.) Kinderling Snohomish County – Expansion and Deepened Services		Request Year 1	Request Year 2	Request Year 3
		\$214,872	\$214,872	
<b>Program Description:</b> A renewal request to support a program that includes physical, speech, occupational, feeding, mental health and other therapies for children with delays and disabilities, including Autism Spectrum Disorder. Verdant has funded this program through Kinderling since 2014.				
<b>Expected Results</b>	The program has exceeded enrollment goals and seeks to expand from 124 to 170 served per year. The program tracks outcomes in developmental areas using objective measurements with goals to close developmental gaps.			
<b>Use of Funds &amp; Costs</b>	Similar to other programs, the Kinderling program includes funding from government sources, program revenue, and foundation grants. The annualized applicant request up from \$138,206 per year (55% increase).			

3.) ChildStrive Nurse Family Partnership:		Request Year 1	Request Year 2	Request Year 3
		\$288,400	\$297,050	
<b>Program Description:</b> a nurse home visiting program for first-time young mothers and their babies. Verdant has funded the program since 2012 and the program focuses on reducing preterm births, low birth weight, and ensuring child indicators like child immunizations, breastfeeding, and other developmental milestones are met.				
<b>Expected Results</b>	<p>The program served 63 PHD2 families in the last year. Example outcome measures include:</p> <ul style="list-style-type: none"> <li>• 99% breastfeeding initiation</li> <li>• 94% up to date immunizations at 24 months</li> <li>• 8% Preterm birth (&lt;37 weeks)</li> <li>• 7% low birthweight delivery</li> </ul>			
<b>Use of Funds &amp; Costs</b>	ChildStrive is seeking a 3% funding increase per year. Over the last renewal cycle, Verdant kept funding flat. Other funders include the Department of Early Learning, Snohomish County, Nurse-Family-Partnership Corp, and other grants.			

#### Budget Snapshot: Early Intervention & Nurse Home Visiting

Verdant Committed Funds	2017	2018	2019
ChildStrive Nurse Family Partnership	\$280,000	\$280,000	-
ChildStrive Early Intervention/PAT	-	\$321,802	-
Kinderling Early Intervention	\$138,206	\$103,654	-
WDC Early Intervention*	\$149,500	\$149,500	\$149,500
WDC Clinic for Prenatal Exposure*	-	-	\$196,757

\*Not currently up for renewal

#### New Funding Requests

4.) Children's Home Society – Wendy's Wonderful Kids (WWK)		Request Year 1	Request Year 2	Request Year 3
		\$55,000	\$60,000	\$65,000
<b>Program Description:</b> a program that works with children in the foster care system to help find them adoption or other stable placements. The program specifically targets older children (9+) and those with special needs for whom it is harder to find placements. The goal of the program is to reduce childhood trauma and reduce ACES by finding permanent and stable placements for children.				
<b>Expected Results</b>	<p>The program would seek to successfully work with 40 children in PHD2 and place them with permanent families. The program tracks the number of successful placements and matches, as well as improved relationships with caring adults.</p>			
<b>Use of Funds &amp; Costs</b>	<p>The budget would support 2 FTE adoption recruiters who would be staffed out of a N. Seattle office or CHS is also interesting in using space at Verdant. The project is part of a national effort to expand WWK. Private Funders and WA State are investing \$2.6m into the program.</p>			

## **Program Committee Recommendations (Commissioners Knowles & Knutsen)**

### **Recommended for Funding:**

- **ChildStrive – Early Intervention/PAT:** the committee is recommending funding the program at the current level (\$321,802) for two more years. Verdant made additional funding contingent on reaching program expansion goals, and ChildStrive is on track to exceed these goals.
- **Kinderling – Early Intervention:** the committee is recommending funding the program for two more years at a 3% increase (\$142,352 in year 1 and \$146,623 in year 2). The committee members see a clear need for the program, but were not ready to support a 55% increase.

### **For Board Discussion:**

- **ChildStrive – Nurse Family Partnership:** the committee members did not reach consensus and wanted the full board to discuss the project. Both committee members saw the value of serving young first-time parents and their children, but there was some discussion about sustainability and the cost/benefit.
- **Children’s Home Society – Wendy’s Wonderful Kids (WWK):** the committee members wanted the full board to discuss the project. Committee members saw some connection between Verdant’s priorities and serving foster-children, but wanted the full board to discuss whether the connection to Verdant’s health priorities was strong enough.

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## Verdant Community Wellness Center Summary December 2018

### Completed Programs (November/December)

1. General Community and Provider Events	Attendance
1. Monthly Hero's Café for Veterans (11/27; 12/18)	100/session
2. Swedish Edmonds Leadership Retreat (11/29)	30
3. ARC Mothers of Children with Disabilities Monthly Support Network (12/1)	27
4. Parkinson's Disease AM Support Group (12/3)	6-8
5. Snohomish Health District Data Walk (12/4)	25
6. City of Lynnwood Healthy Communities Meeting (12/ 4)	8
7. ESD Health Services Team Meeting (December 5)	25
8. Medicare Open Enrollment Event (December 5)	20
9. Korean Women's Association Everyday Prevention Workshops (12/6)*	40
10. Family & Kinship Caregiver Support Groups (12/6, 20)	12-16
11. Sebastien's Place Team Meeting (12/6)	4-6
12. League of Women Voter's Children's Committee (12/7)	8-12
13. U of WA Memory & Brain Wellness FTD Education Day (12/11)	36
14. Snohomish County Early Intervention Providers Meeting (12/13)	24
15. Opportunity Council Childcare Provider Advocacy Training (12/17)	Varies
16. Welcome to Medicare Monthly Workshops (12/21)	18
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Surviving & Thriving with Chronic Kidney Disease (11/7– 12/19)*	16/session
2. Plant-powered Whole Foods Challenge (11/19 – 12/17)*	10/session
3. Road Back to Recovery Kidney Support Group (11/27)	6-8
4. Weekly Healthy Living Coaching Group (11/27; 12/4, 11, 18)*	12-20/session
5. Core Strength & Improving Balance (11/28 – 12/19)*	12/session
6. Greater Seattle Dietetic Association Culinary Training (12/1)	15
7. DPP Cooking Demo (12/5)	10
8. Learn & Taste: Healthy Holiday Bites (12/6)*	26
9. Family Cooking Class – Healthy Holiday Treats (12/8)*	15
10. Cooking Demo Wholesome & Hearty Dinner Salads (12/10)*	24
11. What Can I Eat? - ADA Program for Type 2 Diabetes (12/11)	6
12. Diabetes Support Group (12/12)	4-6

3. Behavioral Health & Substance Use	Attendance
1. Mindfulness Self Compassion for Providers (10/4 – 12/6)	12-14 /session
2. Mindfulness Skill-building & Practice Group (10/17 – 12/19)	4-6/session
3. NAMI Connections Mental Health Support Group (11/27; 12/13)	varies
4. Using Yoga to Manage Holiday Stress (11/7, 14,; 12/5, 12)	4-8/session
5. Brain Health and Wellness Classes (11/27, 29; 12/4, 11)	Varies
6. Adult Children of Alcoholics Weekly Support Group (weekly)	10-16/session
7. 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  
December 2018**

**Upcoming Programs (December/January)**

**A. General Community and Provider Events**

1. Monthly Hero's Café for Veterans (December 18; January 22)
2. Korean Women's Association Everyday Prevention Workshops (January 3)\*
3. Family & Kinship Caregiver Support Groups (January 3, 17)
4. SHIBA Updates Training (January 8)
5. League of Women Voter's Children's Committee (January 4)
6. ARC Mothers of Children with Disabilities Monthly Support Network (January 5)
7. Parkinson's Disease AM & PM Support Groups (January 7)
8. Opportunity Council Childcare Provider Training (January 8)
9. WA State Society for Clinical Social Workers Annual Training (January 10)
10. Snohomish County Early Intervention Providers Meeting (January 10)
11. Verdant Resource Connector Meeting (January 15)
12. Support Group for Newly Diagnosed Parkinson's (January 16-March 6)
13. Girls on the Run Coach Training (January 19, 23)
14. Welcome to Medicare Monthly Workshops (January 21)
15. Swedish Edmonds Leadership Retreat (January 24)

**B. Nutrition and Healthy Behaviors**

1. Weekly Healthy Living Coaching Group (January 8, 15, 22, 29)\*
2. Getting to Goal Weight Reduction Program (January 9)\*
3. Gentle Yoga for Beginners (January 10 – February 14)\*
4. Diabetes Support Group (January 13)
5. Cooking Demo: Meatless Mondays (January 14)\*
6. Strength Training and Fitness Challenge Series (January 16 - Feb 6)\*
7. Mediterranean for Life Program (January 17 – February 21)\*
8. CHC Diabetes Cooking Class (January 18)
9. Cooking Demo for Adults on SNAP – Monthly FINI Training (January 24)\*
10. Getting Active in the New Year (January 30)

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

1. Brain Health and Wellness Classes (January 8, 17)
2. NAMI Connections Mental Health Support Group (January 10, 24)
3. Gender Diversity Family Support Group (January 13)
4. THS Parent Coaching Program (January 15 - February 12)
5. Adult Children of Alcoholics Weekly Support Group (weekly)
6. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

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

## **Multicultural Program & Outreach Report**

**Alebrijes: The Art of Healing Workshop:** An opportunity to support emotional healing through art & creative expression for those living in pain, grief, fear or stress. Art gives pain and trauma a voice and meaning by providing expressive abstract art to support emotional healing.

### **Spanish Language Holiday Meal Cooking Demo**

Culture, food, and many chronic diseases converge at different points to promote and affect an individual's health and well-being. The American Dietetic Association, American Diabetes Association, and American Association of Diabetes Educators support and encourage health care professionals to develop their cultural competence to provide culturally sensitive medical nutrition therapy as well as care and education to people with diabetes. Cultural competence is now part of the Commission on Accreditation for Dietetics Education standards. Students will learn and discuss diverse cultures as part of their studies.

The end of the year event was an opportunity to be with family and friends, to laugh and share our family traditions. This demo was led by a dietitian nutritionist taught how to enjoy in moderation the delights of traditional meals this season. In this adult demonstration class, participants learned how to prepare healthy side dishes for holiday celebrations and modify some of their favorite dishes for the holidays.

### **Spanish Language Hands-On only CPR**

In 2010, a randomized study called the Dispatcher-Assisted Resuscitation Trial (DART) compared the two practices at EMS sites in Washington state and London. What the researchers found was that, in cases where a bystander performed CPR, victims given chest compressions alone had a 39 percent greater chance of survival compared to those given both compression and mouth-to-mouth.

### **The Strengthening Families Program (SFP)**

Strengthening Families for Parents and Youth was adapted to help families with diverse risk factors, including high levels of family conflict as well as family isolation, economic stress, and living in vulnerable communities. The program has also been carried out in neighborhoods identified by high economic need or violence. The program can accommodate families with single or multiple parents and caregivers and those with single or multiple children in the 10 to 14-year age range. The primary caregiver(s) can include foster parents and their partners, step-parents, adoptive parents, grandparents, or other forms of kinship.

# Strengthening Families Program 10-14 Evaluation

The Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14) is an evidence-based skills training program for middle-school age youth and their caregivers. Research evidence shows that SFP 10-14 has positive impacts on youth behavior problems, delinquency and substance use.



## SFP 10-14 in WA State

Washington State University Extension and partners have collaborated to offer SFP 10-14 across the State for more than 10 years. From 2003 to 2015, a total of 569 programs were conducted/evaluated reaching 8,502 caregivers and 8,339 youth.



## Cost Savings in WA State

According to the Washington State Institute for Public Policy (2017), SFP 10-14 has produced ~ **\$27,527,039** in cost savings to society.



## Program Evaluation – Snohomish WA

- 15 caregivers and 15 youth participated in SFP 10-14 at Verdant Community Wellness Center from 1/19/2018 - 3/02/2018.
- Program evaluations measure improvement on family and individual characteristics (protective factors) that promote healthy development of children and youth.

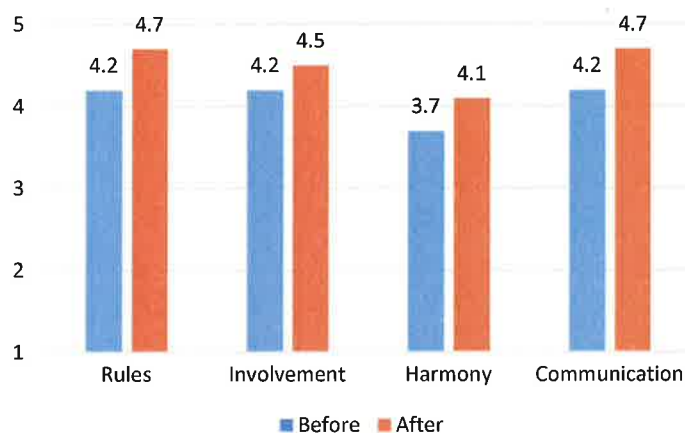


## What Snohomish Caregivers are Saying...

Caregivers found these tools/skills most useful:

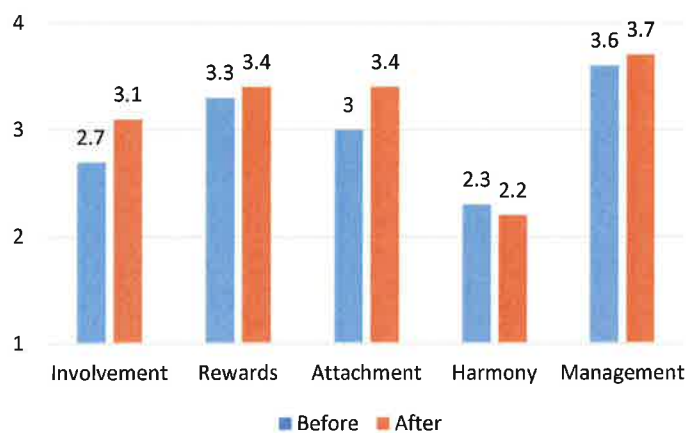
- Language, respect, limits
- To know how to listen
- Family values
- Talking about the rules
- Communication and respect

Family Protective Factors



Positive change indicates that caregivers report improvement in their parenting practices during the program.

Youth Protective Factors



Positive change indicates that youth think caregivers have changed their parenting practices during the program.

Caregivers participating in this program reported an average reduction in family tension of 41% from before to after the program.

## **December 2018 Marketing Report**

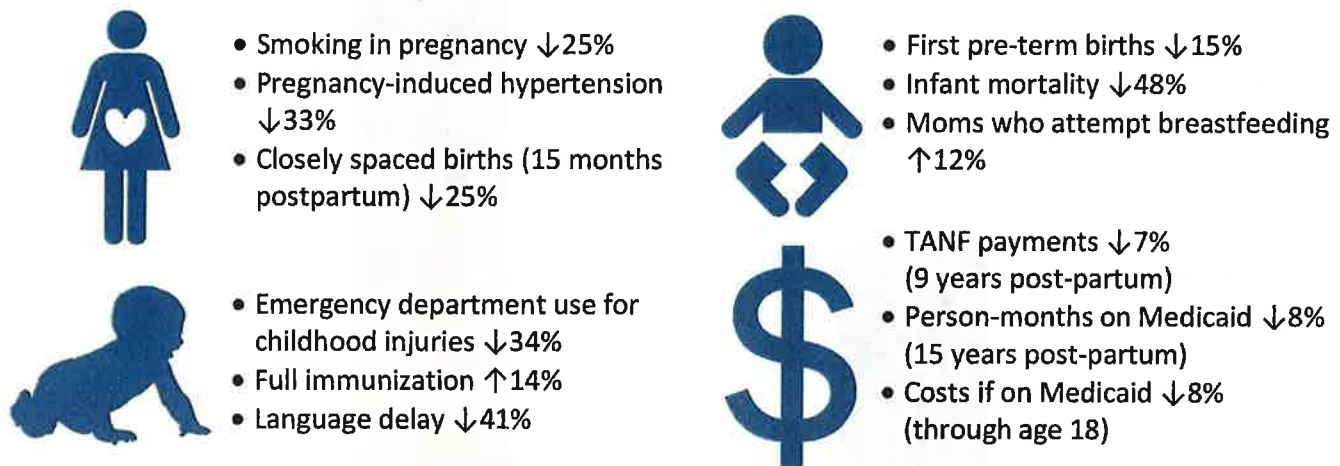
### **Planning for 2019 Conferences & Forums**

- **Verdant Healthier Community Conference**
  - Thursday, Feb. 21, 2019 from 8-11:30 a.m. at the Lynnwood Convention Center
  - Keynote Eric Klinenberg of NYU will discuss how social infrastructure influences our social determinants of health. Breakout sessions will localize this information, with sessions about Building Community Identity, Creating Connection, and Increasing Safety & Resilience.
- Sponsors on board include: Premera (Gold level), Coordinated Care and Edmonds Community College (Silver level), and Amerigroup, Molina, Puget Sound Kidney Centers, and UW Bothell (Bronze level).
- Community Health Forum (in English) in Fall 2019 is shaping up to focus on mental health and suicide prevention. This will be open to the public with a keynote speaker and training. We are working on a venue and date, hopefully a Saturday.

# Nurse-Family Partnership: Outcomes, Costs and Return on Investment in Washington



Nurse-Family Partnership® (NFP) offers significant benefits to the families it serves and significant cost savings to society and government funders. Based on a review and analysis<sup>1</sup> of **more than 40 NFP evaluation studies, including randomized controlled trials, quasi-experimental studies and large-scale replication data**, Dr. Ted Miller of the Pacific Institute for Research and Evaluation predicts that when NFP achieves scale in Washington, it can produce the following outcomes:



## NFP's Cost Savings and Return on Investment

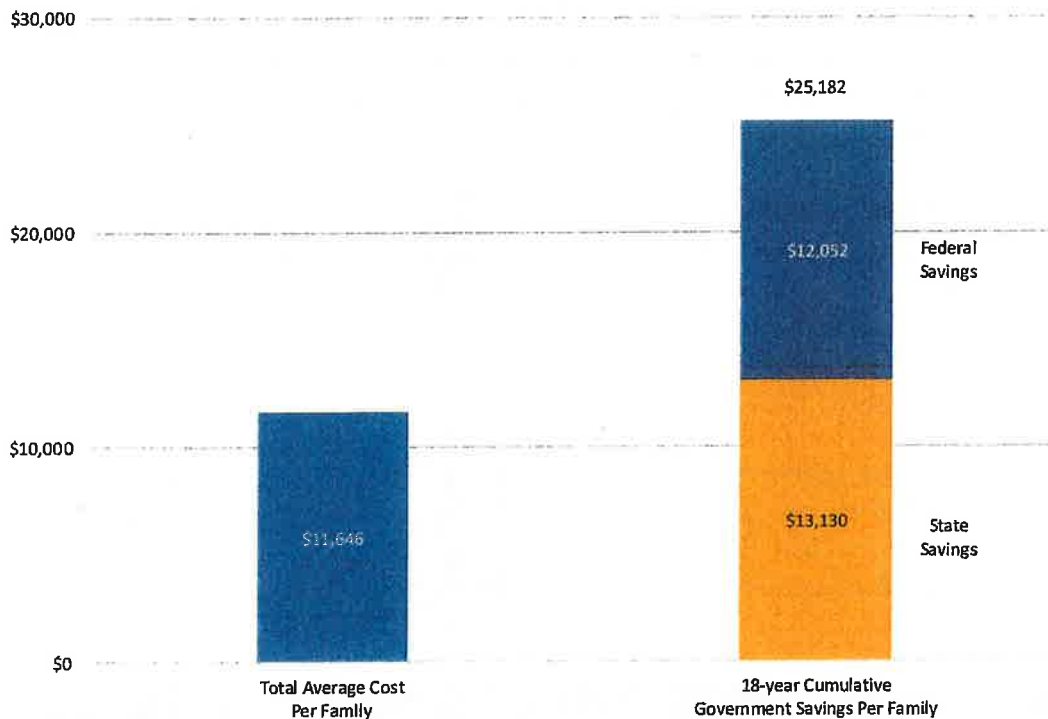
At a total average cost of **\$11,646 per family in Washington** (over an average enrollment of 594.0 days,<sup>2</sup> present value at a 3% discount rate, see Figure 1), Miller's model predicts that by a child's 18<sup>th</sup> birthday:

- State and federal cost savings due to NFP will average **\$25,182 per family served** or **2.2 times** the cost of the program.
- Analyzing broader savings to society, Miller takes into account less tangible savings (like potential gains in work, wages and quality of life) along with resource cost savings (out-of-pocket payments including savings on medical care, child welfare, special education, and criminal justice) to calculate:
  - NFP's total benefits to society equal **\$56,535 per family served**
  - This yields a **4.9 to 1** benefit-cost ratio for every dollar invested in Nurse-Family Partnership.

<sup>1</sup> Miller, T.R. (2015). Projected outcomes of Nurse-Family Partnership home visitation during 1996-2013, USA. *Prevention Science*. 16 (6). 765-777. This fact sheet relies on a state-specific return on investment calculator derived by Dr. Miller from published national estimates to project state-specific outcomes and associated return on investment. The calculator is revised periodically to reflect major research updates (latest revision: 3/27/2017).

<sup>2</sup> In Washington, the average cost to serve a family for a year is \$7,305 (2015 dollars).

**Figure 1: Total Average Per-Family Cost and Estimated Government Savings of Nurse-Family Partnership Implementation in Washington (Present Value at a 3% Discount Rate)**



Nationwide, Medicaid will accrue 62% of the government cost savings per family served by NFP. If Medicaid fully funded NFP in Washington, each level of government would reap Medicaid savings that exceed its share of undiscounted NFP costs when the child was age 10. By the child's 18th birthday, Medicaid would recoup \$1.40 per dollar invested (undiscounted).

**Figure 2: Distribution of Federal, State, and Local Government Cost Savings per Family Served by NFP Nationwide (Present Value at a 3% Discount Rate)**

