

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
September 25, 2019
8:00 a.m. to 9:15 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) August 28, 2019 Board Meeting	Action	8:01	1-4
b) September 5, 2019 Special Board Meeting	Action	8:02	5-7
C. Executive Committee Report	Information	8:03	---
D. Discussion with Edmonds School District	Information	8:05	---
E. Superintendent Report	Information	8:20	---
F. Finance Committee			
a) Financial statements and cash activity	Information	8:25	8-11
b) Authorization for payment of vouchers and payroll	Action	8:30	12
G. Program Committee Report and Recommendations			
a) Verdant Community Wellness Center update	Information	---	13-14
b) Verdant Multicultural Program update	Information	8:35	15
H. Marketing Report	Information	8:45	16
I. Executive Session			
a) To consider the legal risks of a proposed action of the district	---	8:50	---
J. Open Session	---	9:00	---
K. Public Comments (please limit to three minutes per speaker)	---	9:05	---
L. Commissioner Comments	---	9:10	---
M. Adjournment	---	9:15	---

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
September 25, 2019**

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary (8:10 a.m. arrival) Bob Knowles, Commissioner Fred Langer, Commissioner Dr. Jim Distelhorst, Commissioner
Staff	Dr. Robin Fenn, Superintendent Jennifer Piplic, Marketing Director Lisa King, Finance Director Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Staff Excused	Sue Waldin, Community Wellness Program Manager
Guests	Greg Scwab, Edmonds School District Matt Finch, Edmonds School District Brad Berg, Foster Pepper Sarah Zabel, Swedish Edmonds Dr. Alex Chung, Swedish Edmonds
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 August 28, 2019. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on September 5, 2019.
Executive Committee Report	The committee met on September 18, 2019 to review the agenda for the September 25, 2019 board meeting. No action was taken.

Discussion with Edmonds School District

Commissioners discussed the challenges with public access to the Woodway Campus fields on weekends and holidays. Commissioners expressed that Verdant funded the Woodway Campus fields project as part of the larger Building Healthier Communities Fund with the intent that access to the fields is not limited to the regular school year and that the wider community has access; not just sports teams.

The Edmonds School District representatives shared that their intent is for the fields to be open from dusk to dawn and they are working through challenges with the contracted security company and with vandalism. The District has started a pilot program to keep the gates open 24 hours a day and they will report back to the board on any issues that arise from this program. The board thanked the representatives for their response.

Superintendent Report

Dr. Fenn reported on the following items:

1. No grant applications were received for this month.
2. Ms. Waldin is a speaker at a conference on food insecurity from September 23 to 25, 2019, presenting on a panel about food access and healthcare systems. Proposals from the local food banks are being reviewed by Dr. Fenn and Ms. Waldin.
3. Dr. Amit Singh of Edmonds Community College would like to present an update to the board on several college initiatives. The board would like to have Dr. Singh at the October 23, 2019 regular board meeting.
4. Staff is currently working on the 2020 budget and strategic priorities.
5. Dr. Fenn is working on the December 2019 board retreat agenda with Margot Helphand.
6. Verdant's 2018 annual report is available on the Verdant website and printed copies are coming soon. Ms. Piplic emailed the link in e-News to the commissioners.
7. President Knutsen and Dr. Fenn met recently with the Mayor Pro Tem of the City of Mountlake Terrace, Ms. Kyoko Matsumoto Wright.
8. Verdant has two more conferences this year – the Latina Health Conference on October 12,

2019 and the community conference on Mental Health on November 9, 2019.

9. Providence is doing a community partner update on October 31, 2019 at both 7 a.m. and 11 a.m. with details on upcoming changes to the behavioral health system. Dr. Fenn will forward the email to the board and staff.

Finance Committee Report

Commissioner Langer stated that the committee met on September 18, 2019. Ms. King reviewed the financial statements and cash activity for August 2019 (E:61:19). Commissioner Knowles inquired on the status of the remaining open space at the Swedish Kruger Clinic and Ms. King said there has been little to no interest.

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 13784 through 13832 for August 2019 for payment in the amount of \$116,091.26 were presented for approval (E:62:19) by Commissioner Langer. ***Motion was made, seconded and passed unanimously to approve.***

Program Committee Update

The Program Committee did not meet in September 2019 as there were no new grant applications or renewal programs to review. Dr. Fenn met with several potential applicants and anticipates that they will submit for October 2019 review.

Verdant Community Wellness Center Update

See Exhibit 63:19

Verdant Multicultural Program Update

Ms. Huber presented an update (Exhibit 64:19) on multicultural programs in the month of August 2019. The Latina Health conference on October 12, 2019 will be done in Spanish and will include three speakers, 12 to 13 supporting organizations, salsa dancing, yoga and an expected attendance of 200 women. Commissioner Langer will be in attendance and will provide opening remarks in Spanish on Verdant's work.

Marketing Report

Ms. Piplic presented the Marketing report (E:65:19) for September 2019 which includes that the Fall issue of The Canopy is in development, and the Community conference on mental health will feature two former Seattle Seahawks, Sean Locklear and Jordan Babineux

once their contracts with Verdant are in place. This conference will take place on November 9, 2019 at the Edmonds Center for the Arts. From 10 to 11 a.m., the former Seahawks will speak and there is no registration required for this portion. From 11:30 a.m. to 1 p.m. there will be a suicide prevention training and people must pre-register for this portion of the conference.

Executive Session

President Knutsen recessed the regular meeting at 8:50 a.m. into Executive Session to discuss the legal risks of a proposed action of the district. Mr. Brad Berg, Ms. Sarah Zabel, and Dr. Alex Chung participated in the Executive Session.

President Knutsen stated that the board would reconvene in 10 minutes and no action would be taken in Executive Session.

At 9:00 a.m., President Knutsen extended the Executive Session for 10 minutes.

At 9:10 a.m., President Knutsen extended the Executive Session for 10 minutes.

At 9:20 a.m., President Knutsen extended the Executive Session for 10 minutes.

At 9:30 a.m., President Knutsen extended the Executive Session for 10 minutes.

Open Session

The board reconvened into Open Session at 9:40 a.m. No action was taken.

Public Comments

None.

**Commissioner
Comments**

None.

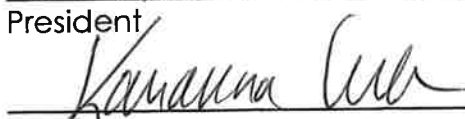
Adjournment

The meeting was adjourned at 9:45 a.m.

ATTEST BY:



President



Secretary

Balance Sheet
As of August 31, 2019

	A	B	C	D
	Dec 31, 2018	Aug 31, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	1,549,990	(1,313,286)	
4 Other Current Assets	47,865,697	52,513,720	4,648,022	Includes Investments
5 Total Current Assets	50,728,973	54,063,709	3,334,736	
6 Total Long-term & Fixed Assets	44,873,691	43,667,977	(1,205,713)	Includes Depreciation
7 TOTAL ASSETS	<u>95,602,664</u>	<u>97,731,686</u>	<u>2,129,023</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,408,688	(767,340)	
11 Long-term Liabilities	1,073,890	1,032,537	(41,353)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,441,224	(808,693)	
13 Total Equity	92,352,746	95,290,462	2,937,716	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	<u>95,602,664</u>	<u>97,731,686</u>	<u>2,129,023</u>	

Profit & Loss
August 2019

	A	B	C	D	E	F
	Aug Actual	Aug Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	901,979	901,695	284	7,236,585	7,218,376	18,209
3 EXPENSES						
4 Operating Expenses	139,884	187,795	47,910	1,461,059	1,570,184	109,125
5 Depreciation Expense	145,229	145,229	-	1,181,879	1,181,879	(0)
6 Program Expenses	691,808	690,490	(1,317)	4,800,531	5,638,923	838,392
7 Total Expenses	976,921	1,023,514	46,593	7,443,470	8,390,987	947,517
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	607,483	241,828	365,655	3,144,601	1,934,621	1,209,979
10 NET INCOME/(LOSS)	<u>532,541</u>	<u>120,008</u>	<u>412,533</u>	<u>2,937,716</u>	<u>762,010</u>	<u>2,175,705</u>

Monthly Highlights
August 2019

Verdant received dividends payments of \$96,284 and a unrealized gain of \$318,206 on our investment portfolio in August which closed with an ending market value of \$52,140,554.

Program grant commitments total \$6,481,599 for 2019*. \$1,268,401 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$108,798 and expenses of \$56,748 from the Kruger Clinic were incurred, netting to an additional operating income of \$52,050 in August.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13784	08/02/2019	Pacific Medical Centers(PacMed)	450.07	WC 230 - Living Well Alliance
13785	08/02/2019	Cascade Security Corporation	512.00	Aug 2019 Parking Lot Security
13786	08/02/2019	Consolidated Landscape Maintenance, Inc.	440.90	Aug 2019 Landscaping maintenance
13787	08/02/2019	Parsi Properties LLC	2,718.00	Aug 2019 - Parking lot lease
13788	08/02/2019	Payden & Rygel	8,418.00	Place Holder 7/1-7/31/19 Investment Advisory Services
13789	08/02/2019	Ash Consulting	620.50	Accounting Consulting
13790	08/02/2019	Kathy Page Feek, Ed. D.	2,657.83	Art Consultaion VCWC
13791	08/02/2019	Seattle Food Nut	356.95	WC 229 - Nutrition Programming
13792	08/14/2019	AmeriFlex Business Solutions	23.00	Aug 2019 FSA Administration
13793	08/14/2019	Aukema & Associates	120.00	July 2019 Website maintenance and support
13794	08/14/2019	Comcast	330.22	Telephone / Internet
13795	08/14/2019	Dataworks	80.00	IT Support
13796	08/14/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13797	08/14/2019	ELTEC Systems, LLC	277.92	Aug 2019 Elevator Maintenance
13798	08/14/2019	Enduris	54,320.00	Annual Insurance Renewal
13799	08/14/2019	Sound Dietitians	4,672.14	One-time Provider Training / WC 223 Healthy Living Coaching / WC 222
13800	08/14/2019	Verizon	111.26	Jul 2 - Aug 1, 2019
13801	08/14/2019	Comcast	530.07	Telephone / Internet
13802	08/14/2019	Fenn, Robin	58.17	Reimbursement for July Mileage
13804	08/15/2019	YMCA of Greater Seattle.	7,310.00	Award 284c - 2017-2020 Drowning Prevention Program
13803	08/14/2019	Ankrom Moisan	1,872.49	Office furniture reconfig
13805	08/20/2019	Dimensional Communication, Inc	2,059.82	Bulb replacement
13806	08/20/2019	Emily Oomen	350.00	Photography at NNO
13807	08/20/2019	Lani Miller	100.00	WC 264 - NNO Cooking Demo
13808	08/20/2019	Milagros Lopez Nunez	300.00	WC 265 - NNO Face Painting
13809	08/20/2019	Neopost	185.12	Postage
13810	08/20/2019	Principal	1,985.30	EE Life Insurance
13811	08/20/2019	Sandra Carrera	100.00	WC 258 - NNO Zumba
13812	08/20/2019	Staples	184.64	Supplies
13813	08/21/2019	Juan Estrella Gonzalez	250.00	WC 265 - NNO Musical Entertainment
13814	08/21/2019	Rene de los Santos	100.00	WC 257 - Dance Demo at National Night Out
13815	08/21/2019	Regence Blueshield	5,783.01	Sept 2019 Health Insurance
13816	08/21/2019	Ana Evelin Garcia	1,400.00	WC 251 - Healthy Relationships Series
13817	08/21/2019	Jorge Ahuactzin	350.00	WC 256 - NNO Entertainment
13818	08/21/2019	Laura Miramontes	210.00	WC 261 - Childcare 8/9, 8/10; 8/14; 8/17
13819	08/21/2019	Yasaura Carvajal	105.00	WC 263 - Childcare 8/9; 8/14
13820	08/21/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial
13821	08/21/2019	Dataworks	2,340.13	IT support
13822	08/21/2019	Payden & Rygel	172.00	Place Holder 7/1-7/31/19 Investment Advisory Services
13823	08/28/2019	Wells Fargo	4,388.50	Misc.
13824	08/28/2019	Wells Fargo	247.95	Misc.
13825	08/28/2019	Wells Fargo	365.10	Misc.
13826	08/28/2019	Daniella Valeska Ochoa	100.00	WC 267 - Cooking Demo for NNO
13827	08/28/2019	Encore Business Solutions	53.75	Dynamics support

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13828	08/28/2019	City of Lynnwood	1,229.00	July 2019 Staffing
13829	08/28/2019	Roto-Rooter	273.49	Repair Toilet Clog
13830	08/28/2019	Waste Management	376.87	Garbage / Recycle
13831	08/28/2019	Azose	3,240.00	Sept Property Management
13832	08/28/2019	Parsi Properties LLC	2,718.00	Sept 2019 - Parking lot lease
		Total Warrants	116,091.26	

Wire/ACH Activity:

8/2/2019	Payroll	22,061.54	ACH payroll transfer
8/2/2019	Department of Treasury/State of WA	8,793.58	Payroll taxes for 7/27/19 pay period ending
8/2/2019	Valic	3,838.44	Payroll 401(a)/457 Deposit
8/2/2019	ADP	60.35	Fee for payroll processing
8/5/2019	Payroll	10,909.13	ACH payroll transfer
8/5/2019	Department of Treasury/State of WA	6,581.86	Payroll taxes for GK final payroll & vacation cash out
8/5/2019	Valic	377.68	Payroll 401(a)/457 Deposit
8/5/2019	ADP	20.00	Fee for payroll processing
8/16/2019	Payroll	18,284.50	ACH payroll transfer
8/16/2019	Department of Treasury/State of WA	7,322.11	Payroll taxes for 8/10/19 pay period ending
8/16/2019	Valic	3,588.29	Payroll 401(a)/457 Deposit
8/16/2019	ADP	35.00	Fee for payroll processing
8/30/2019	Payroll	18,352.87	ACH payroll transfer
8/30/2019	Department of Treasury/State of WA	7,267.72	Payroll taxes for 8/24/19 pay period ending
8/30/2019	Valic	3,077.70	Payroll 401(a)/457 Deposit
8/30/2019	ADP	60.35	Fee for payroll processing
8/12/2019	Wells Fargo Merchant Services	70.00	Merchant Services
8/11/2019	Wells Fargo	51.09	Service Charge
8/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
8/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
8/15/2019	Center for Human Services	32,279.16	Program Payment
8/15/2019	ChildStrive	50,150.16	Program Payment
8/15/2019	City of Lynnwood	16,638.33	Program Payment
8/15/2019	City of Mountlake Terrace	3,760.00	Program Payment
8/15/2019	Community Health Center of Snohomish Co	31,636.03	Program Payment
8/15/2019	Compass Health	17,386.50	Program Payment
8/15/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
8/15/2019	Edmonds School District No. 15	112,465.25	Program Payment
8/15/2019	Edmonds Senior Center	9,666.67	Program Payment
8/15/2019	Homage Senior Services	60,586.67	Program Payment
8/15/2019	Kinderling	11,862.67	Program Payment
8/15/2019	Korean Women's Association	5,000.00	Program Payment
8/15/2019	Medical Teams International	122,100.00	Program Payment
8/15/2019	Project Access Northwest	10,416.67	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	8/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	8/15/2019	South Snohomish County Fire & Rescue	48,603.34	Program Payment
	8/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	8/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	8/15/2019	Wonderland Development Center	28,839.58	Program Payment
	8/23/2019	WA Department of Revenue	807.42	B&O/Retailing Sales Tax for July 2019
	8/2/2019	Ameriflex	10.12	EE FSA Payments
	8/9/2019	Ameriflex	332.31	EE FSA Payments
	8/16/2019	Ameriflex	82.50	EE FSA Payments
	8/23/2019	Ameriflex	296.62	EE FSA Payments
		Total Wires/ACH Transactions	783,668.13	
Kruger Clinic Activity:				
1216-1226	misc	Various Claimants/Vendors	8,456.90	Administered by Azose
Work Comp Activity:				
305429.00	8/6/2019	Various Claimants/Vendors	201.34	Administered by Eberle Vivian
		Total Disbursements	\$ 908,417.63	
Deposits:				
	8/1/2019	Swedish/Edmonds	829,338.32	Monthly leases
	8/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
	8/1/2019	Allied Dermatology (formerly Seattle Skin & Laser)	7,355.79	Kruger Clinic monthly lease
	8/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	8/1/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
	8/1/2019	Value Village	27,614.77	Monthly lease
	8/10/2019	Snohomish County	6,710.19	Levy
	8/25/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	8/15/2019	Sunrise Dental	400.00	Sponsorship of Latina Health Conference Oct 2019
	8/16/2019	Cynthia Shaw	25.00	Donation
	Misc	VCWC Registration	620.00	Registration for VCWC Classes
	8/31/2019	Value Village	27,614.77	Sept 2019 monthly lease Prepayment
		Total Deposits	\$ 936,508.38	


E: 62:19
9.25.2019

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 13784 through 13832 have been issued for payment in the amount of \$116,091.26. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	8-1-19 – 8-31-19		\$116,091.26
Work Comp Claims Pd:	8-1-19 – 8-31-19		201.34
Kruger Clinic Processed:	8-1-19 – 8-31-19		8,456.90
Payroll:	7-14-19 – 7-27-19	22,061.54	
	GK Final Ch & Vac Cash Out	10,909.13	
	7-28-19 – 8-10-19	18,284.50	
	8-11-19 – 8-24-19	<u>18,352.87</u>	
			69,608.04
Electronic Payments:	Payroll Taxes	29,965.27	
	Payroll Processing	175.70	
	Valic Retirement	10,882.11	
	FSA Payments	721.55	
	Bank Fees	121.09	
	WA State Dept Revenue	807.42	
	Program Expenditures	<u>671,386.95</u>	
			<u>714,060.09</u>
	Grand Total		<u>\$908,417.63</u>

Completed Programs (August/September)

1. General Community and Provider Events	Attendance
1. Live Out Loud Girl's Conference (August 24)	50
2. Monthly Hero's Café for Veterans (August 27)	100+
3. Arcora Foundation Partner Meeting (August 28)	8
4. SHIBA Update Training (September 3)	24
5. Korean Women's Association Everyday Prevention Workshops (September 5)*	40
6. League of Women Voters Children's Committee (September 6)	10
7. ARC Mothers of Children with Disabilities Support Network (September 7)	22
8. SEAC Parent Group Meeting (September 9)	6
9. Resource Connector Meeting (September 10)	29
10. South County Walk/Bike Coalition Meeting (September 11)	10
11. Snohomish County Early Intervention Program Providers Meeting (September 12)	20
12. Snohomish Co. Veteran Cultural Competency Training (September 17)	25
13. Community Narcan Training (September 18)	43
14. MTI Root Canal Clinic (September 18)	6
15. Welcome to Medicare (September 20)	15
16. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies
2. Nutrition and Healthy Behaviors	Attendance
1. Weekly Healthy Living Coaching Group (August 27; September 3,10,17, 24)*	6-12/session
2. Cooking Demo: Exploring Vegetarian Options (August 28)*	23
3. Plant-powered Whole Foods Challenge (September 11 – October 9)*	9
4. Mediterranean for Life Program (September 12 – Oct 17)*	14
5. Cooking Demo: Heart-healthy Recipes for Managing Cholesterol (Sept. 18)*	20
6. Puget Sound Kidney Center Cooking Class (Sept. 18)*	18
7. Cooking Demo: Fall Harvest (Sept. 19)*	24
8. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	Varies
3. Behavioral Health & Substance Use	Attendance
1. Positive Discipline 7 week Parenting Series (July 18 – August 29)*	10-16/session
2. Post-Partum Mood & Anxiety Disorder Support Group (August 14-September 25)*	6-8/session
3. Behavioral Health Integration Meeting (August 28)	25
4. Caregiver Support Group (September 5)	8-10
5. NAMI Connections (September 12, 26)	6-8
6. Gender Diversity Family Support Group (September 8)	10-14
7. Understanding Relationships (weekly)	6/session
8. Adult Children of Alcoholics Weekly Support Group (weekly)	10-12/session
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20+/week

Upcoming Programs (September/October)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (September 24)
2. Developmental Disabilities Trauma Training (September 25)
3. SHIBA Updates Training (October 1)
4. Provider Training: Public Charge – How will it affect immigrant clients? (October 2)*
5. Korean Women's Association Everyday Prevention Workshops (October 3)*
6. Family Caregiver Support Group (October 3)
7. Parkinson's Disease Support Group (October 4)*
8. ARC Mothers of Children with Disabilities Monthly Support Network (October 5)
9. UW Memory & Wellness Center Education & Resource Day (October 8)
10. CEO Roundtable (October 14)
11. MTI Dental Van – Root Canal Clinic (October 16)*
12. WithinReach Basic Food Forum (October 17)
13. Sea Mar Health Insurance Navigator's Meeting (October 17)
14. City of Lynnwood Arts Commission Meeting (October 17)
15. Welcome to Medicare (October 18)

B. Nutrition and Healthy Behaviors

1. Diabetes-friendly Living Series (September 23 – Oct 14)*
2. Cooking Demo for Adults on SNAP – Monthly FINI Training (September 26, October 24)*
3. Weekly Healthy Living Coaching Group (October 1, 8, 15, 22, 29)*
4. Survive and Thrive with Kidney Disease (Oct 9 – Nov 13)*
5. Teens in the Kitchen – Exploring Indian Flavors (October 12)*
6. Taking Care of You: Wellness for Childcare Providers (October 12)*
7. Cardio Pump+ Exercise for Fitness & Stress Reduction (October 14 – Nov 4)*
8. Cooking Demo: Vary your Vegetables (October 16)*
9. Energy & Metabolism (October 15)*
10. Info Session: Gentle Yoga Using Tune Up Therapy Balls (October 17)*
11. Cooking Demo: Food Preservation (October 17)*
12. Gentle Yoga Using Tune Up Therapy Balls – a 5 week series (October 24 – Nov 21)*
13. Metabolic Syndrome: Facts & Food with a Doc & a Dietitian (October 30)*

C. Behavioral Health & Substance Use Focus

1. Managing Difficult Emotions Support Group (September 24 – Nov 12)*
2. Grief and Loss Support Group (October 2 – Nov 20)*
3. NAMI Connections Mental Health Support Group (October 10, 24)
4. Behavioral Health Integration Meeting (October 23)
5. Drug Use in Teens: A Parent Session (October 24)
6. Nutrition for Behavioral Health Providers: Part 2 (October 25)*
7. Support Group for Parents with Children with ADHD (October 28 – Dec 16)*
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

August 2019 Multicultural Program & Outreach Report

- **Latinx Executive Board Meeting 8/12/19:** each month community leaders get together to discuss emerging health issues for the Latino community, creating opportunities to inform policy decisions in Washington State. As a member, I get to bring the voice of Snohomish County to the table.
- **Back to School Health & Resource Fair-Cedar Valley Elementary Presented by the Back to School Consortium on 8/22:** Verdant sponsored and participated in this annual event supporting families during times of need by providing Edmonds School District families with free resources and services, including health screenings, backpacks, school supplies, community resources and more.
- **Positive Discipline in Spanish- Sept 13th through October 25th:** This is a 7-week series for Parenting with Positive Discipline for Spanish speaking community members. This series is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home and give parents a sense of accomplishment.
- **Monthly Women's support group:** Verdant is support the mental and emotional health of Latina women offering a place to meet, discover and move forward. Sometimes, women who are living through difficult experiences that increase their level of stress and impact their health, who seek to share the experiences, those who want to find a place of understanding meet at Verdant on the 3rd Tuesday of the month under the supervision of a certified mental health professional.
- **Healthy Families in Action- Packed Lunches 9/14:** When it comes to healthy eating habits and lifestyles, the responsibility doesn't fall on a single family member, but it is a group effort for each family member, led by the parents. This class lead by a community health educator and a registered dietitian teaches new recipes for breakfast, snacks and healthy lunches to enjoy with their families.
- **Healthy Families in Action Breakfasts and snacks 9/16:** When it comes to healthy eating habits and lifestyles, the responsibility doesn't fall on a single family member, but it is a group effort for each family member, led by the parents. This class lead by a community health educator and a registered dietitian teaches new recipes for breakfast, snacks and healthy lunches to enjoy with their families.

September 2019 Marketing Report

Mental Health Community Event

- Saturday, Nov. 9, 2019 from 10 a.m. – 1 p.m. at the Edmonds Center for the Arts
- Goal is to share the message that talking about life's issues is ok and helpful – seek help from friends, family, or professional
- All are welcome, no pre-registration required for the mental health conversation in the auditorium with 2 retired Seattle Seahawks players from 10-11 a.m.
- Pre-registration is required for first 100 participants to attend a suicide prevention workshop from 11:30 a.m. – 1 p.m. in the classroom spaces at the ECA
- Many sponsors from the Verdant Healthier Community Conference are also connected to this event, including: Coordinated Care, Amerigroup, Community Transit, Foster Pepper, Molina, Swedish Edmonds, The Herald, and Community Health Plan of WA

Canopy newsletter

- In development and design – will focus messaging on our mental health community event promotion
- Anticipated mailing is in mid-October

2018 Annual Impact Report

- Currently in the final round of editing and we will have copies at Verdant in the coming week. PDF to be posted on the website week of Sept. 23