

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

**BOARD OF COMMISSIONERS**

**Regular Meeting**

**Verdant Community Wellness Center  
November 20, 2019**

**Commissioners  
Present**

Deana Knutsen, President  
Karianna Wilson, Secretary (8:10 a.m. arrival)  
Bob Knowles, Commissioner  
Fred Langer, Commissioner (8:05 a.m. arrival)  
Dr. Jim Distelhorst, Commissioner

**Staff**

Jennifer Piplic, Superintendent  
Sue Waldin, Community Wellness Program Manager  
Sandra Huber, Community Engagement  
Nancy Budd, Community Social Worker  
Karen Goto, Executive Assistant

**Guests**

Brad Berg, Foster Garvey  
Erica Ash, 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 8:01 a.m. by President Knutsen.

**Approval of Minutes**

***Motion was made, seconded and passed unanimously to approve*** the minutes of the regular board meeting on October 23, 2019.

***Motion was made, seconded and passed unanimously to approve*** the minutes of the special board meeting on October 26, 2019.

**Executive  
Committee Report**

The committee met on November 13, 2019 to review the agenda for the November 20, 2019 board meeting, and the next steps in the Superintendent search. No action was taken.

**Resolution 2019:10**

Resolution 2019:10 was presented at the October 23, 2019 regular board meeting by Mr. Brad Berg. State statute was amended in 2018 around the appointment process for the district superintendent and Bylaws are being amended to be in compliance with the statute.  
***Motion was made, seconded and passed unanimously***

**to approve Resolution 2019:10**

**Resolution 2019:11**

Resolution 2019:11 was presented by President Knutsen. This resolution appoints Ms. Jennifer Piplic as the Superintendent of the hospital district.

***Motion was made, seconded and passed unanimously to approve Resolution 2019:11.***

**Superintendent/  
Marketing Report**

Ms. Piplic reported on the following items (E:75:19):

1. The Community Mental Health event on November 9, 2019 went well.
2. The Verdant Healthier Community Conference for 2020 is postponed while the Superintendent search is being conducted.
3. The board retreat is scheduled for December 6 and 7, 2019 at the Tulalip Resort.
4. A Superintendent position description compiled by Waldron is being distributed today.
5. Three search firms have been contacted and two of the three have responded. One will have a proposal sent to Verdant, one is currently busy and cannot respond until the end of January 2020, and one has not responded to our inquiry yet.
6. Kruger Clinic Suite 280 is now under contract.
7. Thank you to the staff and Ash Consulting for their work during this time of transition.

**Finance Committee  
Report**

Commissioner Langer stated that the committee met on November 18, 2019. Ms. Ash reviewed the financial statements and cash activity for October 2019 (E:76:19). Ms. Ash noted three warrants: one to the WA Department of Revenue for lease hold excise tax, one to Ace Internet Services for staff laptop replacements, and one to People Space for an office remodel. Ms. Piplic explained that the current open concept work space is being remodeled for more privacy especially during phone calls.

Commissioner Knowles asked Ms. Ash for the total operating income for the entire length of the Kruger Clinic lease and this will be provided at the next board meeting on December 18, 2019.

**Authorization for  
Payment of  
Vouchers & Payroll**

Warrant Numbers 13884 through 13961 for October 2019 for payment in the amount of \$120,360.43 were presented for approval (E:77:19) by Commissioner Langer. ***Motion was made, seconded and passed unanimously to approve.***

**Program Committee  
Update**

The Program Committee met on November 13, 2019 and reviewed one renewal grant application and the process for future grant renewal requests (E:78:19). Commissioner Knowles asked if there were any known or perceived conflicts of interest and none were reported by the commissioners.

Ms. Piplic presented the renewal application from Homage and Commissioner Knowles presented the program committee recommendation.

Commissioner Knowles asked the Homage guests in attendance about the average number of contacts that individuals in the Care Coordination program receive and about other funding support. Ms.

Vervitslotis from Homage indicated that the average number of contacts is two per individual per year. Mr. Rich Robinson from Homage indicated that currently, there is no other funding support but that they are working on strengthening their partnership with Swedish Edmonds.

***Motion was made, seconded and passed unanimously to approve the Homage Care Coordination Program in the amount of \$139,437 for Year 1, \$143,614 for Year 2, and \$147,919 for Year 3.***

Commissioner Knowles explained that the Program Committee intends to review renewal applications on an individual basis during this transition time and new grant requests have been put on pause. The committee expects to receive 4 or 5 renewal applications in December 2019.

**Verdant Community  
Wellness Center  
Update**

Ms. Waldin provided an update on programs in the Verdant Community Wellness Center (Exhibit 79:19) and also shared class flyers on Navigating Diabetes Today and Diabetes-Friendly Living.

**Verdant Multicultural  
Program Update**

See Exhibit 80:19 on multicultural programs in the month of October 2019.

**Executive Session**

President Knutsen recessed the regular meeting at 8:32 a.m. into Executive Session to review the performance of an employee. Mr. Brad Berg 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 8:42 a.m., President Knutsen extended the Executive Session for 5 minutes.

**Open Session**

The board reconvened into Open Session at 8:47 a.m.

**Public Comments**

None.

**Commissioner  
Comments**

Commissioners discussed topics for the upcoming board retreat in December 2019, the job descriptions for the three open positions (Superintendent, Finance Director and Programs Director), and how to identify potential search firms. Ms. Piplic will send the current job descriptions to the board. President Knutsen will contact Margot Helphand about her participation as facilitator of the board retreat and inform Mr. Langer of her answer. If Ms. Helphand is not available, Mr. Larry Pennings will be contacted.

Mr. Berg suggested contacting WSHA for their assistance with search firms for hospital executives. Ms. Ash reminded the board that the treasurer and auditor roles are legally required positions. The auditor reviews invoices and presents for payment; the treasurer authorizes the warrants to be paid and has a bond paid by the district on the person.

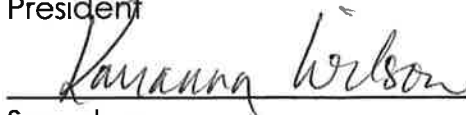
**Adjournment**

The meeting was adjourned at 9:30 a.m.

**ATTEST BY:**



President



Secretary

PUBLIC HOSPITAL DISTRICT NO. 2  
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2019-10

A RESOLUTION of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington (the "District"), adopting and approving amended and restated governing board bylaws of the District.

WHEREAS, RCW 70.44.050 requires the Board of Commissioners to adopt by resolution rules governing the transaction of its business; and

WHEREAS, the Board of Commissioners has previously adopted bylaws to govern the transaction of its business; and

WHEREAS, the Board of Commissioners wishes to amend and restate the bylaws to conform the provisions of the bylaws to the District's current operations and changes in applicable law; and

WHEREAS, Article VII of the current governing board bylaws provides that the bylaws may be amended at any time by resolution of the Board introduced at a regular meeting and adopted at a subsequent regular meeting; and


WHEREAS, this resolution was introduced at a regular meeting of the Commission held on October 23, 2019; NOW, THEREFORE,

BE IT RESOLVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, that Amended and Restated Bylaws of Public Hospital District No. 2, Snohomish County, Washington, in the form attached hereto as Exhibit A are hereby adopted and approved.

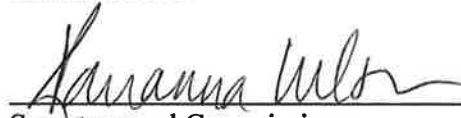
ADOPTED AND APPROVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, this 20<sup>th</sup> day of November, 2019, the following commissioners being present and voting in favor of the resolution.

  
President and Commissioner

  
Commissioner

  
Commissioner

  
Commissioner

  
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. 2019-10 is a true and correct copy of the original resolution adopted on November 20, 2019, as that resolution appears on the Minute Book of the District.

DATED this 20<sup>th</sup> day of November, 2019.

  
\_\_\_\_\_  
Karianna Wilson  
Secretary of the Board of Commissioners

PUBLIC HOSPITAL DISTRICT NO. 2  
SNOHOMISH COUNTY, WASHINGTON  
RESOLUTION NO. 2019-11

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington (the "District"), appointing Jennifer Piplic as superintendent of the District.

WHEREAS, RCW 70.44.070 requires the District to appoint a superintendent of the District (the "Superintendent"); and

WHEREAS, RCW 70.44.070 further requires that the Superintendent be appointed for an indefinite time and be removable at the will of the Commission; and

WHEREAS, RCW 70.44.080 provides that in the absence of the Superintendent a competent person shall be appointed by the commission to serve as interim Superintendent; and

WHEREAS, Dr. Robin Fenn, served as the District's Superintendent until the effective date of her resignation on November 15, 2019, and was available on a limited basis beginning October 31, 2019; and

WHEREAS, the Commission appointed Jennifer Piplic to serve as the District's interim Superintendent effective October 31, 2019, and now desires to appoint her as the Superintendent; NOW, THEREFORE,

BE IT RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, that effective as of November 20, 2019, Jennifer Piplic, is hereby appointed as the Superintendent of the District.

BE IT FURTHER RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, that so long as Ms. Piplic serves as the Superintendent, she shall be compensated at a salary level equal to the salary level paid to Dr. Fenn immediately prior to her resignation as the District's Superintendent.




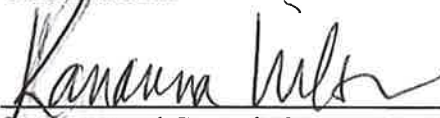
ADOPTED AND APPROVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, at a regular open public meeting thereof this 20th day of November, 2019, the following Commissioners being present and voting in favor of the adoption of the resolution.

  
\_\_\_\_\_  
President and Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Commissioner

  
\_\_\_\_\_  
Secretary and Commissioner

I, the undersigned, Secretary of the Commission of Public Hospital District No. 2, Snohomish County, Washington, hereby certify that the attached copy of Resolution No. 2019-11 is a true and correct copy of the original resolution adopted on November 20, 2019, as that resolution appears on the Minute Book of the District.

DATED this 20th day of November, 2019.

  
\_\_\_\_\_  
Karianna Wilson  
Secretary of the Commission

## **November 2019 Marketing Report**

### **Mental Health Community Event**

- Messages from Sean Locklear and Jordan Babineaux focused on self-reflection related to their own mental health, especially for Sean who has social anxiety and works daily to manage it. Jordan talked more about self-purpose as he has gone through transitions in life (career changes, questioning who is he), and he also discussed the need he sees in our society to increase the amount of listening and empathizing we do. They discussed the need for positive role models for youth to model these behaviors. Both also reflected on the internal and external pressure and expectations they experienced while playing in the NFL and the stigma surrounding seeking help or someone to talk to. Both also acknowledged the NFL's recent work to support mental health issues as a step in the right direction.

### **Verdant Healthier Community Conference**

- Postponed for 2020 while superintendent search is conducted.

### **Coming events**

- Board retreat on Dec. 6-7, 2019

E:76:19  
11.20.2019

Accrual Basis

Public Hospital District #2, Snohomish County

DRAFT

**Balance Sheet**  
As of October 31, 2019

	A	B	C	D
	Dec 31, 2018	Oct 31, 2019	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	2,863,276	2,684,723	(178,553)	
<b>4 Other Current Assets</b>	47,865,697	52,943,770	5,078,072	Includes Investments
<b>5 Total Current Assets</b>	50,728,973	55,628,493	4,899,520	
<b>6 Total Long-term &amp; Fixed Assets</b>	44,873,691	43,382,537	(1,491,153)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<u>95,602,664</u>	<u>99,011,030</u>	<u>3,408,366</u>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,176,028	2,214,469	38,441	
<b>11 Long-term Liabilities</b>	1,073,890	1,022,198	(51,691)	2012 LTGO Bonds/BHCF
<b>12 Total Liabilities</b>	3,249,917	3,236,667	(13,250)	
<b>13 Total Equity</b>	92,352,746	95,774,363	3,421,616	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<u>95,602,664</u>	<u>99,011,030</u>	<u>3,408,366</u>	

**Profit & Loss**  
October 2019

	A	B	C	D	E	F
	Oct Actual	Oct Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	926,074	924,580	1,494	9,088,810	9,067,452	21,358
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	178,457	220,713	42,256	1,833,778	1,981,177	147,399
<b>5 Depreciation Expense</b>	144,380	144,042	(338)	1,470,979	1,470,379	(600)
<b>6 Program Expenses</b>	589,398	681,490	92,093	5,997,158	7,309,704	1,312,546
<b>7 Total Expenses</b>	912,235	1,046,246	134,011	9,301,915	10,761,260	1,459,345
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	355,355	241,828	113,527	3,634,721	2,418,277	1,216,444
<b>10 NET INCOME/(LOSS)</b>	<u>369,194</u>	<u>120,162</u>	<u>249,032</u>	<u>3,421,616</u>	<u>724,469</u>	<u>2,697,147</u>

**Monthly Highlights**  
October 2019

Verdant received dividends payments of \$86,867 and a unrealized gain of \$76,043 on our investment portfolio in October which closed with an ending market value of \$52,242,150.

Program grant commitments total \$6,508,707 for 2019 and \$4,647,004 for 2020 excluding BHCF.

Revenue of \$108,881 and expenses of \$70,516 from the Kruger Clinic were incurred, netting to an additional operating income of \$38,365 in October.

## Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
13884	10/02/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial
13885	10/02/2019	Puget Sound Energy	49.26	Natural Gas
13886	10/02/2019	WA Department of Revenue	19,571.10	Q3 2019 Leasehold Excise tax return
13887	10/02/2019	Waste Management	337.54	Garbage
13888	10/02/2019	Ace Internet Services, Inc.	7,920.56	Computer replacement/Windows10 update
13889	10/02/2019	Azose	3,240.00	Oct Property Management
13890	10/02/2019	ELTEC Systems, LLC	277.92	Oct 2019 Elevator Maintenance
13891	10/02/2019	Alexander Printing Co, Inc	437.69	Annual Report Printing
13892	10/03/2019	Ash Consulting	568.75	Accounting Support
13893	10/03/2019	Consolidated Landscape Maintenance, Inc.	440.90	Oct 2019 Landscaping maintenance
13894	10/03/2019	Cascade Security Corporation	512.00	Oct 2019 Parking Lot Security
13895	10/03/2019	Northwest Health Law Advocates	1,920.00	WC 269 - Public Charge Training
13896	10/03/2019	Entre Hermanos	150.00	WC 273 - Public Charge Training
13897	10/03/2019	Laura Miramontes	324.00	WC 261 - Childcare
13898	10/03/2019	Susana Flores	255.00	WC 262 - Childcare
13899	10/03/2019	Yasaura Carvajal	219.00	WC 263 - Childcare
13900	10/03/2019	EPromos	1,500.00	Verdant pens
13901	10/09/2019	AmeriFlex Business Solutions	17.25	Oct 2019 FSA Administration
13902	10/09/2019	Comcast	530.17	Telephone/Internet
13903	10/09/2019	Dataworks	1,614.10	IT support
13904	10/09/2019	Jason Becker Creative	1,620.00	Annual Report, Canopy Fall 2019 and photos and design/layout
13905	10/09/2019	Snohomish County PUD	1,078.51	Electricity
13906	10/09/2019	Sound Publishing, Inc.	78.40	Legal Notice 10/09 Board Meeting
13907	10/09/2019	Comcast	330.22	Telephone/Internet
13908	10/09/2019	Sound Dietitians	4,227.62	WC 223 & WC 222 - Nutrition Consulting and Healthy Living Coaching Group
13909	10/16/2019	Consolidated Landscape Maintenance, Inc.	150.28	Fall sprinkler shut off
13910	10/16/2019	Cristina Almeda	250.00	WC 282 - Beverage Service
13911	10/16/2019	Daniella Valeska Ochoa	970.00	WC 267 - Familias Saludables 9/14 & 9/16 & Latina Conference
13912	10/16/2019	Rene de los Santos	150.00	WC 275 - Dance Demo at Latina Health Conference
13913	10/16/2019	Sound Publishing, Inc.	705.00	Advertising for Diabetes on the Rise on 9/28 and Latina Health Conf 10/12
13914	10/16/2019	Velia Lara	199.08	Rental of linen table clothes for Latina Conference
13915	10/16/2019	Verizon	112.64	Cell phone
13916	10/16/2019	Yasaura Carvajal	53.30	Item for raffle at Latina Health Conference
13917	10/16/2019	Payden & Rygel	8,690.00	9/1-9/30/19 Investment Advisory Services
13927	10/16/2019	Laura Evelia Garcia	300.00	WC 279 - Latina Health Conference
13919	10/16/2019	Vanessa Gutierrez	300.00	WC 277 - Latina Health conference
13926	10/16/2019	Huber, Sandra	1,490.41	Employee Reimbursement
13920	10/16/2019	Ankrom Moisan	317.97	Office furniture reconfigure
13921	10/16/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial service
13922	10/16/2019	Lani Miller	329.21	WC 228 - VCWC Cooking Demo
13923	10/16/2019	Staples	481.91	Supplies
13924	10/16/2019	Tulalip Resort Casino	444.00	Deposit for Board Retreat
13925	10/16/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
13930	10/16/2019	Lani Miller	890.26	WC 264 - Familias Saludables en Accion
13933	10/23/2019	Laura Evelia Garcia	-	VOID: WC 279 - Latina Health Conference
13928	10/16/2019	Sara Prato, RD	1,554.16	WC 224 - Mediterranean for Life
13929	10/16/2019	Seattle Food Nut	568.41	WC 229 - Nutrition Programming
13931	10/16/2019	Neural Shifts	300.00	WC 278 - Latina Health Conference
13932	10/16/2019	Claudia Hernandez	1,000.00	Flowers and decoration for Latina Health Conference
13934	10/23/2019	Analia Bulczynsky	440.00	Desserts for Latina Health Conference
13935	10/23/2019	Bank of America - Trust	2,500.00	Annual trust fee for US Trust for Jon Smiley Account
13936	10/23/2019	La Cazuela Restaurante Inc	3,926.30	WC 281 - Catering for Latina Health Conference
13937	10/23/2019	Largo Tents	530.00	WC 288 - Rental of Tables for Latina Health Conference
13938	10/23/2019	Lynnwood Chamber of Commerce	284.00	Annual Dues 2019
13939	10/23/2019	Neopost	60.00	Postage
13940	10/23/2019	Wells Fargo	5,142.46	Credit Card Payment
13941	10/23/2019	Wells Fargo	4,525.20	Credit Card Payment
13942	10/23/2019	Laura Miramontes	169.50	WC 261 - Childcare
13943	10/23/2019	Susana Flores	157.50	WC 262 - Childcare
13944	10/23/2019	Yasaura Carvajal	147.00	WC 263 - Childcare
13945	10/23/2019	City of Lynnwood	1,397.00	Sept 2019 Staffing
13946	10/23/2019	Consolidated Press Printing Company, Inc	11,438.84	Printing and mail prep of Fall 2019 Canopy
13947	10/23/2019	Encore Business Solutions	215.00	Dynamics support
13948	10/23/2019	Monica Hulttron Photography	500.00	WC 283 - Photography at Latina Health Conference
13949	10/23/2019	Oye Producciones	1,450.00	Tech support and Video Recording at Latina Health Conference
13950	10/23/2019	Principal	1,585.56	EE Life Support
13951	10/23/2019	Regence Blueshield	5,263.98	Nov 2019 Health Insurance
13952	10/23/2019	WA State Dept of Labor & Industries	83.02	3Q19 Self Insurance Fund
13953	10/23/2019	Peoplespace	6,374.58	Deposit for Furniture for VCWC
13954	10/30/2019	Alexander Printing Co, Inc	138.64	Annual Report
13955	10/30/2019	City of Lynnwood - Utilities	722.70	Water/Sewer
13956	10/30/2019	Dataworks	1,647.87	IT support
13957	10/30/2019	Electronic Business Machines	48.54	10/22-11/21/19 Copy Machine
13958	10/30/2019	Maria G Casey	2,400.00	WC 272 - Catrinas 3-day art class & Latina Health Conference
13959	10/30/2019	Puget Sound Energy	52.86	Natural Gas
13960	10/30/2019	Sound Publishing, Inc.	39.20	Legal Notice 10/23 Board Meeting
13961	10/30/2019	University of Washington/Forefront	300.00	Training Fee for Learn Save Lives - 11/9/19 community event
Total Warrants			120,360.43	

Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>			
10/11/2019	Payroll	18,487.41	ACH payroll transfer
10/11/2019	Department of Treasury/State of WA	6,248.12	Payroll taxes
10/11/2019	Valic	3,845.42	Payroll 401(a)/457 Deposit
10/25/2019	Payroll	20,770.92	ACH payroll transfer
10/25/2019	Department of Treasury/State of WA	6,528.24	Payroll taxes
10/25/2019	Valic	3,765.07	Payroll 401(a)/457 Deposit
10/25/2019	Payroll	8,100.52	ACH payroll transfer Lisa King PTO payout
10/25/2019	Department of Treasury/State of WA	5,142.77	Payroll taxes
10/07/2019	Ameriflex	237.31	EE FSA Payments
10/15/2019	Ameriflex	66.56	EE FSA Payments
10/18/2019	Ameriflex	232.31	EE FSA Payments
10/25/2019	Ameriflex	143.35	EE FSA Payments
10/04/2019	ADP	57.75	Fee for payroll processing
10/10/2019	Wells Fargo	108.71	Merchant Services
10/18/2019	ADP	116.35	Fee for payroll processing
10/25/2019	WA Department of Revenue	840.82	B&O/Retailing Sales Tax for September 2019
10/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
10/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
10/15/2019	Center for Human Services	36,029.16	Program Payment
10/15/2019	ChildStrive	50,150.16	Program Payment
10/15/2019	City of Lynnwood	8,718.33	Program Payment
10/15/2019	Compass Health	17,386.40	Program Payment
10/15/2019	Domestic Violence Services Snohomish Co	13,566.50	Program Payment
10/15/2019	Edmonds School District No. 15	132,538.75	Program Payment
10/15/2019	Edmonds Senior Center	9,666.67	Program Payment
10/15/2019	Homage Senior Services	60,586.67	Program Payment
10/15/2019	Kinderling	11,862.67	Program Payment
10/15/2019	Korean Women's Association	5,000.00	Program Payment
10/15/2019	Latino Educational Training Institute	5,416.66	Program Payment
10/15/2019	Medical Teams International	8,100.00	Program Payment
10/15/2019	Parent Trust for WA Children	5,000.00	Program Payment
10/15/2019	Prescription Drug Assistance Foundation	4,583.33	Program Payment
10/15/2019	Project Access Northwest	10,416.67	Program Payment
10/15/2019	Puget Sound Christian Clinic	47,495.50	Program Payment
10/15/2019	Puget Sound Kidney Centers Foundation	12,500.00	Program Payment
10/15/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
10/15/2019	Therapeutic Health Services	20,833.33	Program Payment
10/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
10/15/2019	Wonderland Development Center	28,839.58	Program Payment
	Total Wires/ACH Transactions	633,485.77	

Transaction Date	Payee	Amount	Purpose
<b>Kruger Clinic Activity:</b>			
1227-1244	misc		
	Various Claimants/Vendors	21,627.79	Administered by Azose
<b>Work Comp Activity:</b>			
305430-431	misc		
	Various Claimants/Vendors	382.94	Administered by Eberle Vivian
	<b>Total Disbursements</b>	<b>\$ 775,856.93</b>	

Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>			
10/1/2019	Swedish/Edmonds	782,863.91	Monthly hospital lease
10/1/2019	Swedish/Edmonds	69,276.28	Kruger Clinic monthly lease
10/1/2019	Value Village	27,614.77	Monthly lease
10/3/2019	Puget Sound Gastro	28,333.24	Kruger Clinic monthly lease
10/7/2019	Raymond Liu, D.D.S.	3,830.67	Kruger Clinic monthly lease
10/10/2019	Snohomish County	38,235.29	Levy
10/24/2019	Allied Dermatology	7,355.79	Kruger Clinic monthly lease
10/24/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
10/3/2019	Somow Mujeres Latinas Washington	200.00	Sponsorship of Latina Health Conference
10/4/2019	Jessica Hunter on behalf of Delores Reyes	100.00	Sponsorship of Latina Health Conference
10/7/2019	United Healthcare	200.00	Sponsorship of Latina Health Conference
Misc	Misc Registrations	1,610.00	Registration for Latina Health Conference
Misc	VCWC Registration	120.00	Registration for VCWC Classes
10/30/2019	ADP	575.55	Refund of Q3 Workers Comp Taxes - Electronic filing failed
10/31/2019	Swedish/Edmonds	782,863.91	Monthly hospital lease
10/31/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
	<b>Total Deposits</b>	<b>\$ 1,776,176.42</b>	



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11.20.2019

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 13884 through 13961 have been issued for payment in the amount of \$120,360.43. These warrants are hereby approved.

Attest:

Erica Ash  
Erica Ash

Just Fanger  
Commissioner  
Kayanna Miller  
Commissioner  
Mike M  
Commissioner  
Whitellhorst  
Commissioner  
Deana Knutson  
Commissioner

Warrants Processed:	10-1-19 – 10-31-19		\$120,360.43
Work Comp Claims Pd:	10-1-19 – 10-31-19		382.94
Kruger Clinic Processed:	10-1-19 – 10-31-19		21,627.79
Payroll:	9-22-19 – 10-5-19	18,487.41	
	Lisa King PTO payout	8,100.52	
	10-6-19 – 10-19-19	<u>20,770.92</u>	
			47,358.85
Electronic Payments:	Payroll Taxes	17,919.13	
	Payroll Processing	174.1	
	Valic Retirement	7,610.49	
	FSA Payments	679.53	
	Bank Fees	108.71	
	WA State Dept Revenue	840.82	
	Program Expenditures	<u>558,794.14</u>	
			<u>586,126.92</u>
	Grand Total		<u>\$775,856.93</u>

### Program Oversight Committee Summary Report November 2019

- One renewal application for discussion:

1. Homage	Request Year 1	Request Year 2	Request Year 3
	\$139,437	\$143,614	\$147,919
<b>Program Description: Care Coordination – South Snohomish County</b> <b>A renewal request</b> for Homage to provide care coordination to mostly older adults and people with disabilities from our district who are being discharged from the hospital in an effort to stabilize their home needs and prevent readmission. Most clients are referred by Swedish Edmonds, South County Fire & Rescue, and Edmonds Family Medicine. Following an assessment, Homage will provide services and support based on the client's immediate and long-term needs. These services may include: facilitating access to client's PCP, providing home meals/nutrition support, arranging transportation services, providing training for self-management of chronic conditions, making repairs in the home, accessing mental health services, etc.			
<b>Expected Results</b>	Homage anticipates serving 250 unduplicated individuals annually in this program. Homage proposes modifications to the evaluation component of this application and plans to use a new pre and post test to track the following anticipated outcomes: increase participant's understanding of their health condition and how to treat it, increase participant's ability to access resources to manage their health & safety, increase participant's feelings of self-efficacy and mental health in relation to their condition, decrease the number of ER visits and re-hospitalizations. Homage will also track additional figures: number of and categorization for chronic conditions, the insurance payer, the number of Community Resource Paramedic referrals, the number of homeless clients, and the number of ER visits or readmissions to the hospital.		
<b>Use of Funds &amp; Costs</b>	The current grant funding level is \$135k per year for two years. This request includes a 2% increase in the budget for each of the next three years. CMS has begun to adjust their rules to begin paying for this type of work, and Homage plans to advocate for these changes and pursue these opportunities when possible.		

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

#### Recommended for Funding:

- Homage:** The committee is recommending funding the program in full and believes the program aligns with Verdant priorities to increase access to services. The committee requests the contract includes language to revisit the terms of the agreement in the event CMS adjusts its billing rules.

### Future Grant Renewal Requests

#### Process for Renewals:

- The committee intends to review renewal applications on an individual basis during this transition time when new grant requests have been put on pause. We expect to receive 4 or 5 renewal applications for consideration in December.

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## Completed Programs (October/November)

1. General Community and Provider Events	Attendance
1. Monthly Hero's Café for Veterans (10/22; November 26)	100+
2. MTI Dental Van – Root Canal Clinic (10/30)*	4-6
3. League of Women Voters Children's Health Committee (11/1)	8
4. Verdant Partner Roundtable (11/1)	30
5. ARC Mothers of Children with Disabilities Monthly Support Network (11/2)	19
6. Parkinson's Disease Support Group (11/4)	8-12
7. Hanen Parent Workshop for Kids with Speech Delays (11/6 – 12/11)	10/session
8. Korean Women's Association Everyday Prevention Workshops (11/7)*	40
9. Family Caregiver Support Group (11/7)	8-10
10. Pulmonary Hypertension Support Group	6
11. Child Strive Early Intervention Staff Meeting (11/12)	48
12. Snohomish County Early Intervention Program Providers Meeting (11/14)	16
13. Homage – Medicare Open Enrollment (11/15)	6-8 appts
14. Welcome to Medicare (11/15)	14
15. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies
2. Nutrition and Healthy Behaviors	Attendance
1. Survive and Thrive with Kidney Disease (10/9 – 11/13)*	15/session
2. Yoga Using Tune Up Therapy Balls (10/17 – 11/21)*	6/session
3. Weekly Healthy Living Coaching Group (10/ 22, 29; 11/5, 12, 19, 26)*	4-12/session
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (10/24)*	23
5. Metabolic Syndrome: Facts & Food with a Doc & a Dietitian (10/30)*	21
6. Diabetes-friendly Living Series (11/6 - 27)*	13/session
7. Cooking with Confidence (11/6, 13, 20)*	8/session
8. Teens in the Kitchen – Baking Healthy & Delicious Cookies & Cupcakes (11/9)*	14
9. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	Varies
3. Behavioral Health & Substance Use	Attendance
1. Managing Difficult Emotions Support Group (9/24 – 11/12)*	8/session
2. Grief and Loss Support Group (10/2 – 11/20)*	6-8/session
3. Behavioral Health Integration Meeting (10/23)	20
4. Drug Use in Teens: A Parent Session (10/ 24)	12
5. NAMI Connections Mental Health Support Group (10/24; 11/14)	6-10/session
6. Gender Diversity Family Support Group (11/10)	10
7. Building Appropriate Self Esteem in your Child (11/14)	8
8. Association of Psychiatric Nurse Practitioners Leadership Retreat (11/16)	8
9. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
10. 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 (November/December)**

### **A. General Community and Provider Events**

1. Hanen Parent Workshop for Kids with Speech Delays (November 6 – December 11)
2. Monthly Hero's Café for Veterans (November 26; Dec 17)
3. MTI Dental Van – Root Canal Clinic (November 27; Dec 11)\*
4. City of Lynnwood Healthy Communities Retreat (December 3)
5. Foster Parent Core Training Series (December 5, 11, 12, 19)
6. Korean Women's Association Everyday Prevention Workshops (December 5)\*
7. Family Caregiver Support Group (December 5)
8. Strategic Collaboration Meeting (December 5)
9. Parkinson's Disease Support Group (December 6)
10. ARC Mothers of Children with Disabilities Monthly Support Network (December 7)
11. Opportunity Council Child Care Provider Training (December 7)
12. Special Education Parent Group Meeting (December 9)
13. Resource Connectors Meeting (December 10)
14. Snohomish County Early Intervention Program Providers Meeting (November 14)
15. Swedish Core Leadership Retreat (December 19)
16. Welcome to Medicare ((December 20)
17. Sea Mar Regional Staff Meeting (December 20)
18. Bloodworks Northwest Blood Drive (December 28)

### **B. Nutrition and Healthy Behaviors**

1. Diabetes-friendly Living Series (November 6 - 27)\*
2. Navigating Diabetes Today - Monthly Series: Holiday-friendly Recipes Cooking Demo (November 20)\*
3. Cooking Demo: Making Holiday Pies (November 25)\*
4. Puget Sound Kidney Center Holiday Cooking Class (December 4)
5. Learn & Taste: Managing Stress with Breathing, Gentle Yoga and Healing Nutrition (December 5)\*
6. Cooking Demo: Holiday Gifts from the Kitchen (December 11)\*
7. Cooking Demo: Making Holiday Sauces & Condiments (December 16)\*
8. Navigating Diabetes Today – Managing Stress over the Holidays & Everyday (December 18)\*
9. Weekly Healthy Living Coaching Group (November 19, 26; December 3, 10, 17)\*
10. Cooking Demo for Adults on SNAP – Monthly FINI Training (November 21; December 19)\*

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

1. Grief and Loss Support Group (October 2 – Nov 20)\*
2. Survivors of Suicide Loss Day (November 23)
3. NAMI Connections Mental Health Support Group (November 28; December 12)
4. Brain Health & Wellness Workshop (December 12)
5. Adult Children of Alcoholics Weekly Support Group (weekly)
6. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

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

# Navigating Diabetes Today



Navigating Diabetes Today is a free new program to support individuals living with diabetes. Join us the third Wednesday of each month at 6:00 p.m. for a session in the teaching kitchen or presentation by a health professional to learn up-to-date information about diabetes and strategies for better blood sugar control.

## Topics and Dates include:

### **Diabetes-friendly Holiday Cooking Demo**

Wednesday, November 20, 2019 from 6-7:30 p.m.

### **Managing Stress Over the Holidays and Every Day**

Wednesday, December 18, 2019 from 6-7:30 p.m.

### **Diabetes Goals for the New Year**

Wednesday, January 15, 2020 from 6-7:30 p.m.

### **Diabetes & Heart Health in the Kitchen Cooking Demo**

Wednesday, February 19, 2020 from 6-7:30 p.m.

All sessions take place at the Verdant Community Wellness Center,  
4710 196th Street SW in Lynnwood.

**Please note:** Navigating Diabetes Today sessions are only for individuals with a diabetes diagnosis, not pre-diabetes or at risk of developing diabetes.



### ***Registration is required.***

To register for this free program,  
visit ***verdanthealth.org/events*** or  
call (425) 582-8600.

# Facts, Food & A1C Screening Event

## Diabetes is on the Rise: Am I at Risk?

FREE

**Saturday, Sept. 28, 2019, from 10 a.m. - 12 p.m.  
at the Verdant Community Wellness Center**

4710 196th Street SW, Lynnwood

Learn the facts, calculate your risk, and hear what you can do to reduce your chances of getting Type 2 Diabetes.

- Learn how to lower your risk through lifestyle choices.
- Sample healthy foods and take home new recipes to try.
- Get a free A1C blood test\* to determine if your blood sugar falls in the pre-diabetes range.



Registration required at  
at **[verdanthealth.org/events](http://verdanthealth.org/events)** or  
call (425) 582-8600.

\* Free A1C blood tests will be limited to the first 35 people who meet simple eligibility guidelines. See website for details.

## WHO'S AT RISK for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:



45+ years old



Physically active less  
than 3 times/week



Family history of  
type 2 diabetes



High blood pressure



History of gestational  
diabetes\*



Overweight

\*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

## DID YOU KNOW...

African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

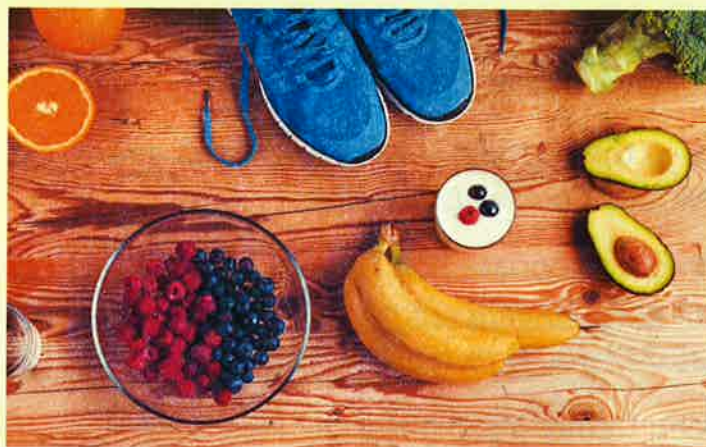




# Diabetes-Friendly Living: A 4-Week Series for Adults

Learn strategies for everyday better blood sugar control in this free program, taught by a Registered Dietitian Nutritionist and Certified Diabetes Educator.

- Dietary strategies using real world activities.
- Tips for shopping, eating out, and special events.
- How activity and everyday movement can improve your A1C.
- What your blood sugar checks can tell you and how to identify trends.
- Self-care and your daily routine — how medications, stress, and sleep can impact blood glucose.



This program meets **Wednesdays, Nov. 6, 13, 20, & 27, 2019, 1:30-3 p.m. at the Verdant Community Wellness Center, 4710 196th St. SW, Lynnwood.**

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***Please note:*** This program is not designed for adults newly diagnosed with Type 2 diabetes. They should participate in formal diabetes education with a health professional prior to taking this program.

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## **Registration is required.**

A support person is welcome to register and attend with the person with diabetes.

To register for this free series, visit **[verdanthealth.org/events](http://verdanthealth.org/events)** or call (425) 582-8600.

## October 2019 Multicultural Program & Outreach Report

- **Latinx Executive Board Meeting 10/14/19:** each month community leaders get together to discuss emerging as current 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
- **Positive Discipline in Spanish- Sept 13<sup>th</sup> through October 25<sup>th</sup>:** 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 3<sup>rd</sup> Tuesday of the month under the supervision of a certified mental health professional.
- **Latina Health Conference, Oct 12, 2019 Community Life Center:** the event surpassed our expectations, with over 125 people in attendance. The key note speakers focused on mental health, stress release, how your brain works for changes to your health, the healing power of forgiveness and the importance of self-care. The reviews are in and we had praise from the speech given by our commissioner Fred Langer to the self-care tips and suggestions.