

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
AGENDA
January 25th, 2023
8:00 a.m. to 10:00 a.m.

The public can participate in person at the Verdant Community Wellness Center or join via Zoom by visiting <https://us02web.zoom.us/j/83042983170> Meeting ID: 830 4298 3170 or the call-in number is 253-215-8782.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00am	---
B. Land & Enslaved People’s Acknowledgement	---	8:01am	3
C. Consent Agenda:	Action	8:03am	4-13
1. Approval of Minutes:			
a. November 22, 2022 Special Board Meeting			
b. December 21, 2022 Regular Board Meeting			
2. Officer Nominations & Committee Assignments for 2023			
D. Public Comments (limit 3 minutes per speaker)	Information	8:05am	---
E. Executive Committee Report	Information	8:15am	---
F. Superintendent Report			
1. Verdant Operations	Information	8:17am	---
2. Community Outreach Update	Information		---
3. Presentation: Verdant Marketing, Kirk Mathis	Information		14-16
a. Approval of outdoor display sign bid	Action		17-19
G. Program Committee Report			20-21
1. Conflicts of Interest	Information	8:37am	
2. Grant Modification Requests:	Action	8:38am	
a. Edmonds School District Move60!			
b. South Snohomish County Swim Voucher program			
3. Spring 2023 Grant Cycle Update	Information	8:50am	
H. Finance Committee Report			
1. Investment Presentation: Payden & Rygel, Asha Joshi and William Davis	Information	9:00am	---
2. Kruger Clinic Design Presentation: JPC Architects, Christine Benda and Brian Trapp	Information	9:20am	---
3. Review Financial Statements & Cash Activity	Information	9:35am	22-32
4. Authorization of Payments of Vouchers and Payroll	Action	9:45am	33-34

5. Property Updates	Information	9:47am	---
I. Public Comments (limit 3 minutes per speaker)	Information	9:52am	---
J. Commissioner Comments	Information	9:58am	---
K. Adjournment	---	10:00am	---



– Land & Enslaved People’s Acknowledgment –

Public Hospital District #2, Snohomish County (the Verdant Health Commission), recognizes that we live and work on the ancestral homelands and traditional territories of Indigenous peoples who have been here since time immemorial.

We also recognize that many enslaved and contracted peoples were forced to dedicate their work to the construction of what is now the South Snohomish County area.

In recognition that this land is colonized Indigenous territory that has been designated through slaves and hired labor, it is our collective responsibility to critically interrogate the stories and later lives of these people, and to honor, protect and sustain this land.

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

BOARD OF COMMISSIONERS

Special Meeting

Hybrid: In-Person at Verdant Community Wellness Center and via Zoom

November 22, 2022

5:00 p.m.- 6:00 p.m.

Commissioners Present

Jim Distelhorst, MD, President
 Deana Knutsen, Commissioner
 Karianna Wilson, Commissioner
 Bob Knowles, Commissioner

**Carolyn Brennan, Commissioner (excused absence)*

Staff

Dr. Lisa Edwards, Superintendent
 Kaysi Kelly, Executive Assistant/Office Manager

Guests

Jim Forenza, JSH Properties
 Brian Trapp, JPC Architects
 Maddie Lewis, JPC Architects
 Ryan Clay, JPC Architects

Call to Order

The special meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 5:00 p.m. by President Distelhorst.

Land and Enslaved People's Acknowledgement

President Jim Distelhorst read the acknowledgement.

Review of Timeline to Date

Dr. Edwards summarized the Kruger Clinic refresh project timelines and project work done to date (E:133:22). This project began in September 2021 with NBBJ providing an initial design proposal for an architect to begin the project. The majority of these project expenses will be paid in 2024.

Commissioner Knutsen asked when South County Fire would be continuing their purchase of the Value Village property. Dr. Edwards answered that SCF has until January 15, 2023 to submit the results of their Phase II environmental impact study as that is the deadline from Department of Ecology for the grant they provided to South County Fire. We hope to hear more from South County Fire in December 2022 with a timeline of the EIS study results and their next steps with the Department of Ecology and when the sale could move forward.

Commissioners Meeting
November 22, 2022

**Commissioner
Decision: FSI
Contract**

Mr. Jim Forenza of JSH Properties walked Commissioners through the need for updated mechanical drawings of the Kruger Clinic in order to repost the HVAC bid. With these updated drawings, bidders will have what they need to submit accurate numbers. If we proceed as is, the HVAC project will include multiple change orders and time delays as vendors find information they did not have based off outdated drawings. He received two bids for updating the mechanical drawings, one from fsi (E:134:22) and one from Mac Miller. Fsi estimates an hourly fee with a maximum of \$45,600 to update these drawings.

Commissioner Knutsen made a motion to accept the fsi proposal to provide updated mechanical drawings for Kruger Clinic, Commissioner Wilson seconded. Motion passed.

**Commissioner
Decision: Siding**

Mr. Forenza provided his input to Commissioners on the exterior work needed to update the Kruger Clinic (E:135:22). He wants to make sure the exterior of the building matches the updated interior after this project is complete.

Commissioner Knutsen asked if the Board is being asked to approve the change in design from NBBJ's initial proposal to go from Tier 3 to Tier 4 (E:136:22)?

- Dr. Edwards answered yes, Tier 4 includes exterior upgrades to the siding of the building.

Mr. Brian Tapp of JPC Architects walked Commissioners through each option to update the siding of Kruger Clinic (E:137:22). Options include 1) spot-replacement of wooden siding, 2) Metal siding, 3) Upgraded metal siding with rainscreen, or 4) Fiber cement panel siding. He discussed the pros and cons of each option and the finish and paint lifespans of each.

Commissioner Knowles asked if the 4th option of Fiber Cement panel siding would incur additional costs since it needs repainting every 10-15 years.

- Mr. Tapp answered no, the repainting is included in the cost. The options that require painting are made with cheaper materials so the cost to paint is included in the total cost. He recommends options which do not require repainting.

Commissioner Knutsen asked what needs to happen first with this project.

- Dr. Edwards answered the decision on siding, windows, and door replacement are needed in order to include these design features in the general contractor RFP.

Commissioners Meeting
November 22, 2022

Commissioner Wilson asked what the main difference is between siding options B, C, and D.

- Mr. Tapp answered that if he were to provide a recommendation, he would suggest option C (metal siding with rainscreen) as it allows more design options, doesn't require repainting, and would provide the water-resistant feature of the rainscreen which is not currently in place for the building.

Commissioner Knowles made a motion to select option C, upgraded metal panel siding with rainscreen, for the Kruger Clinic, Commissioner Wilson seconded. Motion passed.

**Commissioner
Decision:
Windows**

Mr. Tapp presented the window replacement options to Commissioners (E:138:22). He commented that reducing the number of windows by 60-70% throughout the whole building will reduce cost and be a better design. Aluminum is more versatile and can work with any of the siding options.

Commissioner Knowles asked if anyone had a guess on what we spent on the initial build of the Kruger Clinic.

- Mr. Forenza and Mr. Tapp estimated \$500/square feet and the building is ~41,000 square feet.

Commissioner Knowles made a motion to select option 3, complete replacement of windows with insulated aluminum, including a reduction in the number of windows, for the Kruger Clinic, Commissioner Wilson seconded. Motion passed.

**Commissioner
Decision: Doors**

Mr. Tapp recommends replacing the five exterior wood doors with aluminum doors (E:139:22).

Commissioner Knutsen made a motion to replace the five wooden doors with aluminum, for the Kruger Clinic, Commissioner Knowles seconded. Motion passed.

**Commissioner
Decision: Canopy**

Mr. Tapp recommends to keep the canopy glass as is, and wrap steel beams in wood-grain metal panels (E:140:22).

Commissioner Knowles made a motion to approve the value engineering suggestion #1, for the Kruger Clinic canopy, Commissioner Knutsen seconded. Motion passed.

**Commissioner
Decision: General
Contractor RFP,
Setting Timeline &
Conditions**

Dr. Edwards walked Commissioners through the change in cost for the total project, as noted in the cost estimator, which is without the siding, windows, and doors options recently discovered (E:141:22).

Commissioners Meeting
 November 22, 2022

Commissioners discussed concern about waiting to proceed with these design decisions until the Value Village sale is complete as the design will become more and more expensive. President Distelhorst commented that we will use this money from the Reserve *now* and then when we sell the Value Village property, we will be able to replenish the Reserve.

Dr. Edwards asked Commissioners if they would like to stay the course and release the general contractor RFP in June 2023.

- Commissioner Knowles agrees to keep course until we get more information which would require that we revise the timelines.
- President Distelhorst agrees to keep course and we should have additional information about Value Village in the next couple months with a better idea of when that cleanup and sale can take place.

Commissioner Knutsen made a motion to accept the timeline of the Kruger Clinic refresh project to let the general contractor RFP in June 2023, with a Board review in Spring 2023 to re-examine timing, Commissioner Knowles seconded. Motion passed.

Adjournment

President Distelhorst adjourned at 6:02pm.

ATTEST BY:

 President

 Secretary

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

BOARD OF COMMISSIONERS

Regular Meeting

Hybrid: In-Person at Verdant Community Wellness Center and via Zoom

December 21, 2022

8:00 a.m.-10:00 a.m.

Commissioners Present

Jim Distelhorst, MD, President
 Deana Knutsen, Commissioner
 Carolyn Brennan, Commissioner
 Karianna Wilson, Commissioner

**Bob Knowles, Commissioner (excused absence)*

Staff

Dr. Lisa Edwards, Superintendent
 Riene Simpson, CPA, Director of Finance
 Sandra Huber, Community Engagement Manager
 Leslie Silverman, Interim Director of Community Impact & Grantmaking
 Kaysi Caballero, Executive Assistant/Office Manager
 Nancy Budd, Community Social Worker
 Kirk Mathis, Digital Communications & Marketing Manager
 Monika Star, Wellness Center Assistant

Guests

Pam Hurst

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 Distelhorst.

Consent Agenda: Approval of Minutes

Commissioner Knutsen made a motion to approve all items included on the consent agenda, Commissioner Brennan seconded. Motion passed.

(E:150:22)

1. Approval of Minutes:
 - a. November 15, 2022 Special Board Meeting
 - b. November 16, 2022 Regular Board Meeting
 - c. December 6, 2022 Special Board Meeting
 - d. December 7, 2022 Special Board Meeting
 - e. December 13, 2022 Special Board Meeting
2. Approval of Superintendent’s Discretionary Requests
 - a. South County Fire for Emergency Cold Weather Warming Kits
 - b. South Snohomish Cold Weather Shelter for shelter support + blankets

Public Comment

None.

Commissioners Meeting
December 21, 2022

**Program
Committee
Report:**

**Conflicts of
Interest** None.

**Spring 2023
Funding Cycle
Update** Ms. Silverman provided a summary of the number of applications and amounts requested for our Spring 2023 grant funding cycle (E:151:22). She explained that Commissioners are now assigned their applications for scoring, and will be working through them between now and January 16th. Verdant will make its grant award decisions at a special meeting on Monday, January 30th.

Dr. Edwards thanked the staff for their heavy lift in this new grantmaking process.

**Executive
Committee Report** President Distelhorst reported the Executive Committee met on December 14, 2022 date to finalize the agenda for today’s meeting. No action was taken at this time.

**Officer
Nominations &
Committee
Assignments for
2023** Commissioners made the following nominations for committee assignments, committee chairs, and Board executive roles for 2023 (E:152:22). These nominations will guide scheduling of 2023 meetings at this time but will not be officially voted on until the January 25, 2023 regular Board meeting.

- President:** Jim Distelhorst
- Secretary:** Karianna Wilson
- Executive Committee:** Jim Distelhorst (Chair), Karianna Wilson
- Finance Committee:** Bob Knowles (Chair), Karianna Wilson
- Program Committee:** Deana Knutsen (Chair), Carolyn Brennan
- Strategic Collaboration Committee:** Jim Distelhorst (Chair), Karianna Wilson

President Distelhorst urged Commissioners to review the proposed 2023 meeting calendar closely and commit to these dates. The Board will work to fill in committee meeting absences throughout the year instead of rescheduling these meetings.

Commissioner Knutsen asked when Commissioner Wilson’s term is up. Both Knutsen and Wilson will be running for re-election in 2023. Commissioner Knutsen commented that if Commissioner Wilson gets re-elected in 2023, typically the Secretary would step up to become Board President after they have served as Secretary.

Commissioners Meeting
December 21, 2022

Annual Board Self Evaluation & Staff Feedback

Dr. Edwards will ask Verdant’s HR Consultant, Kara Turner, to attend our January board meeting to discuss the process of the annual board evaluation by Verdant staff. At this time, the plan would be that Ms. Turner distributes the survey to staff in January-February and would present the findings at the March Board meeting. Dr. Edwards is working with Ms. Turner now to design the survey.

Approval of Monthly Board Meeting Calendar

Commissioners reviewed the proposed monthly Board meeting calendar for 2023 (E:153:22). They opted to revise the annual Board retreat dates to remove any Saturday meetings during summer and would hold the retreat in the evenings on Tuesday, 9/19/23 and Thursday, 9/21/23 from 5:00-9:00pm.

Ms. Caballero corrected the January special meeting date to 1/30 which is what is currently scheduled on our calendars.

Dr. Edwards explained that, quarterly, Verdant Commissioners and staff will have dinner ahead of the evening Board meetings scheduled for 5:00-7:30pm. She also added we have two soft holds on Commissioners’ calendars for additional special meetings in January, should they need more time to discuss grant scoring ahead of making final approval.

Commissioner Knutsen made a motion to approve the 2023 monthly Board meeting calendar, as revised, Commissioner Brennan seconded. Motion passed.

Resolution 2022:14 Approving Amendment to Superintendent’s Compensation

President Distelhorst presented RES 2022:14 to amend Superintendent Dr. Edwards’ compensation and vacation days effective 1/1/2023. ***Commissioner Wilson made a motion to approve RES 2022:14, Commissioner Knowles seconded. Motion passed.***

Superintendent Report

Dr. Edwards reported that Verdant has been very busy this year with additional Board meeting for our strategic planning and working on our Fall networking event.

Marketing Report

Verdant’s Digital Marketing & Communications Manager, Kirk Mathis, shared a quick 2022 video recap to highlight all that Verdant did this past year in the community. He thanked the team for their hard work to pull these events together and hopes to make 2023 even better.

Dr. Edwards will have Mr. Mathis create our strategic plan in a brochure layout for printing, that we can share in the community as needed. He will present further marketing updates at the January 2023 regular Board meeting.

Commissioners Meeting
December 21, 2022

- Finance Report** Ms. Simpson gave special thanks to Ms. Boehm and Ms. Silverman for the new resources they have provided the team to assist with scoring all the Spring 2023 grant applications.

She presented Commissioners with the November 2022 financials (E:154:22), explaining any instances of significant gain or loss. November 2022 actual net income had a positive variance against the budget. There was additional revenue from the CAM offset by Kruger Clinic tenants. Any overspend or underspend of the actual versus budget is noted in the footnotes.
- Authorization of Payments of Vouchers and Payroll** Authorization for payment of vouchers and payroll: Warrant numbers 15844 through 15884 and references B-C for November 2022 for payment in the amount of \$293,511.50 were presented for approval (E:155:22). ***Motion was made by Commissioner Wilson, seconded by Commissioner Brennan and passed unanimously to approve the warrants.***
- Property Updates** Ms. Simpson presented a change order for JPC Architects for the revised renovation costs for Kruger Clinic for the new doors, windows, siding, and canopy (E:156:22). This change order results in an additional \$113,000 expense for the Kruger Clinic refresh project, which will not affect the Profit and Loss statement or the budget. ***Motion was made by Commissioner Wilson, seconded by Commissioner Brennan and passed unanimously to approve the JPC Architects change order.***
- Approval of 2023 Compensation System and COLA** Dr. Edwards presented the revised 2023 salary ranges to Commissioners, including the 4% COLA adjustments effective 1/1/2023 (E:156:22). ***Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve the 2023 compensation system.***
- Public Comments** Pam Hurst: Lynnwood resident. She requested at the start of each Board meeting Verdant should introduce each staff member and Commissioner, like the Lynnwood City Council does at their meetings. She asked why nobody has their videos on and encouraged everyone to turn them on for meetings.
- Commissioner Comments** Commissioner Distelhorst thanked Verdant staff for their work and wished everyone happy holidays.

Commissioner Brennan has enjoyed working with Commissioner Wilson on the Finance Committee and appreciates everything she has taught her. She looks forward to working with Commissioner Knutsen on the Program Committee in 2023. She thanked Verdant staff for their work.

Commissioners Meeting
December 21, 2022

Commissioner Wilson thanked Verdant staff and the other Commissioners for their hard work this year and encourages everyone to take time off and enjoy the holidays.

Commissioner Knutsen said Verdant had a fantastic year and it was a lot of work. She appreciates how the staff stepped up and the Commissioners banded together to make these strategic decisions.

Adjournment

The meeting was adjourned at 9:08 a.m. by President Distelhorst.

ATTEST BY:

President

Secretary



2023 Officers & Committee Assignments

- President – Jim Distelhorst
- Secretary – Karianna Wilson
- Executive Committee – Jim Distelhorst (Chair), Karianna Wilson
- Finance Committee – Bob Knowles (Chair), Karianna Wilson
- Program Committee – Deana Knutsen (Chair), Carolyn Brennan
- Strategic Collaboration Committee – Jim Distelhorst (Chair), Karianna Wilson

2023 Verdant Visibility Strategies

Objective:

Increase community awareness and understanding of Verdant Health Commission and how it supports the residents of South Snohomish County.

Goals:

1. Increase Verdant Engagement within the community.
2. Increase male participation in Verdant events.
3. Strengthen relationships with BIPOC communities and non-English speaking residents.
4. Launch and utilize TIK-TOK, LinkedIn and Twitter to reach community members.
5. Acquire new digital Display for VCWC
6. Acquire Digital Displays for 1st and 2nd floors of VCWC
7. Increase followers on Facebook and Instagram

Anticipated 2023 Verdant Events Calendar

<u>Event Month(s)</u>	<u>Event Name & Partner</u>	<u>Participation Type</u>
January	MLK Day Parade (partnering with Lift Every Voice Legacy (LEVL))	Verdant Help
May	C3/LETI BIPOC Health Fair @ Homage	Verdant booth
May	Verdant Open House	Verdant event
May	Edmonds School District Health & Fitness Expo	Verdant booth
May	Pow Wow at Edmonds College	Verdant booth
May 7th	MindFest	Verdant event partner
June	Juneteenth (partnering with Lift Every Voice Legacy (LEVL))	Verdant Sponsorship
July (Tuesdays)	Meet Me at the Park	Verdant event
July-September (weekly)	South County Walks	Verdant event
August 1st	National Night Out (with MT. LAKE)	Verdant booth
August	Woodway Town Fair	Verdant booth
August 24th	Verdant Block Party)	Verdant event
August	ESD Back to School Fair	Verdant Sponsorship
August	Afro Latino Festival	Verdant Sponsorship
September 9th	City of Lynnwood Fair on 44 th	Verdant booth
October	Verdant Community Health Networking Luncheon	Verdant event
November	Verdant Open House	Verdant event

Verdant Cares Campaign

Goal: Launch Public Relations Campaign for Verdant Cares

Strategies:

1. Verdant Cares Social Media ads
2. Verdant Open House (2x a Year)
3. Verdant Wellness Day w/ Healthcare providers, Offer BMI, Glucose, A1C, Blood Pressure, Cholesterol test, Etc. (April & October)
4. Merchandise; 500 t-shirts, 500 Pop Sockets, 500 Pens, 500 Health and Safety Activity Books with Crayons, and 500 Spanish health and safety Activity Books
5. Verdant Wellness Planner

Timeline: Start Verdant Cares Campaign in March

Success Metrics: We will measure success by the number of people attending events.



Request to approve the digital board be replaced by UltraVision

We contacted three different LED Sign companies for quotes. UltraVision had the best pricing and was the most responsive. Our board is grandfathered in so we have a permit. We can change the display as we see fit, as long as we are not changing structure. We had an electrician come out and check the electrical. We sent the specifications back to UltraVision and our electrical is approved.

Ultravision LED Solutions

4542 McEwen Rd
 Dallas, TX 75244 US
 accounting@uvledsol.com



ULTRAVISION
 LED SOLUTIONS

INVOICE

BILL TO
 Verdant Health
 4710 196th Street Southwest
 Lynnwood, WA 98036

SHIP TO
 Verdant Health
 4710 196th Street Southwest
 Lynnwood, WA 98036

INVOICE 1075
DATE 01/15/2023
TERMS 50% non-refundable down payment due with a signed purchase order, 50% due upon shipment of goods.
DUE DATE 01/16/2023

DATE	ACTIVITY	DESCRIPTION	QTY	RATE	AMOUNT
	Outdoor Ultra Series LED Panel	8.2' x 3.3' Outdoor Ultra 4.8mm Includes: (10) 4.8mm Outdoor Ultra Series Panels - 5-Year Warranty - 3840Hz Refresh Rate - IP65 Rating - 6000 Nits Panel Power Cables Panel Data Cables	2	8,499.00	16,998.00T
	Frame & Engineering	Outdoor Fixed - 8.2' W x 3.3' H	2	2,659.00	5,318.00T
	NovaStar™ VX1000 Video Wall	Controller Supports 6.5M Pixels	1	1,600.00	1,600.00T
	BrightSign XT1144 Expanded I/O Player	BrightSign XT1144	1	800.00	800.00T
	Installation	**See Installation Assumptions 4 day installation estimate	1	11,600.00	11,600.00T
	Spare Parts for free	3% spare parts included Power supply Receiving card LED modules	1	0.00	0.00T
	Shipping	Domestic shipping included	1	0.00	0.00T

- 1) All applicable duties, sales and use taxes will be the responsibility of the customer.
- 2) Unless otherwise noted, this quote does not include freight, media server, frame, installation, IT package, power foundation, conduit, cabling/electric hookup to the display, or site specific engineering drawings.
- 3) Shipping Terms: Prepaid freight allowed. Due to the volatile nature of shipping, any increase in logistics costs will be passed on to the customer and they will be responsible for this cost.
- 4) Ultravision LED Solutions reserves the right to use photos and videos of your installation for marketing purposes.
- 5) These products quoted come with a 3yr warranty, found on our website: <https://ultravisionledsolutions.com/pages/warranties>

SUBTOTAL	36,316.00
TAX	0.00
TOTAL	36,316.00
<hr/>	
BALANCE DUE	\$36,316.00

Verdant Health Lynnwood

Readerboard Replacement Options

TRITON + SIGN & DESIGN

Mailing Address

4701 SW Admiral Way Suite 400

Seattle, Wa 98116

Studio 206-331-3777

INFO@TRITON.DESIGN

Studio Address

550 South Southern St

Seattle, WA 98108



LIC: TRITOGD83IMP

Veteran Owned Small Business (VOSB)

8/29/2022

Item	Product Description	Qty	Unit Price	Extended
Option-1	8mm LED RGB Display, Double Sided, Graphic Software Included. 41in H x 8ft 3in L x 5in D	1	\$ 59,454.00	\$ 59,454.00
Permit	Permit - Permitting Aquisition (Labor). Permit Fees will be added at Cost (TBD)	1	\$ 408.00	\$ 408.00
Total:				\$ 59,862.00

Option-2	10mm LED RGB Display, Double Sided, Graphic Software Included. 41in H x 8ft 3in L x 5in D	1	\$ 51,303.00	\$ 51,303.00
Permit	Permit - Permitting Aquisition (Labor). Permit Fees will be added at Cost (TBD)	1	\$ 408.00	\$ 408.00
Total:				\$ 51,711.00

Option-3	16mm LED RGB Display, Double Sided, Graphic Software Included. 41in H x 8ft 3in L x 5in D	1	\$ 44,232.00	\$ 44,232.00
Permit	Permit - Permitting Aquisition (Labor). Permit Fees will be added at Cost (TBD)	1	\$ 408.00	\$ 408.00
Total:				\$ 44,640.00

Includes Removal & Replacement of Existing. WSST to be added.

Price is valid for 30 days from date of contract proposal. Thank you for supporting a Veteran Owned Small Business!

Terms: 50% DOWN - 50% UPON COMPLETION

Lead Time: ~per Schedule

Thank You,

Kelly Garrett

Approved by: _____ Date: _____

To initiate this order, please sign & e-mail to KELLY@TRITON.DESIGN

Triton + has put forth this pricing based upon good faith and retains the right to void this proposal based upon scope or any other reason deemed necessary by Triton +

WSST not included in pricing to be added if necessary

Triton standard warranty consists of 1 year from date of installation or delivery on all products deemed a manufacturing or installation defect.

Program Committee Board Report – January 2023

I. Modifications to Contracts for Review & Approval:

1. Edmonds School District – Move60! Program

Rationale:

Edmonds School District is requesting to re-purpose \$1,500 from the Move60! supplies budget line item for the 2022-2023 school year to support participation (booth and marketing materials, and event staff support) at the annual Health & Fitness Expo in May 2023. The event aims to bring together community partners, provide a free and fun event for families, and introduce exercise activities to families in South Snohomish County. Move60! has historically provided a booth and helped volunteer at this event and would like to continue their involvement with the event this spring.

Budget for the Expo from Move 60:

- Printing costs (\$500). This includes promotional flyers to go out to the community and BINGO cards for students to attend various activities.
- Stadium Staff (\$1,000). This includes a custodian for the event along with an event manager for the Edmonds Stadium and event gate staff person for supervision.

2. Swim Voucher program

The swim voucher program has been in existence since 2017 with explicit terms that describe PHD2’s obligations regarding payment amount for each swim voucher. The contract, however, did not include a cap or maximum amount the program could invoice over a period of time. In 2018, the original contract was extended through December 31, 2021. A one-year contract was then offered for 2022 and there was a continuation contract amendment to continue the program through March, 31, 2023. Due to the open terms of the contract, the program anticipates an increase in demand for swim lessons and invoice amounts up to \$15,000 between now and March 31, 2023 (based on data provided by the program partners for number of participants before the program comes to a close). This estimate was not known nor budgeted for at the time of 2023 budget preparations. Therefore, the program team is requesting to increase the program budget by \$15,000 to support the remaining vouchers anticipated before the program closes March 31, 2023.

II. Information:

- Spring 2023 Grant Cycle Submissions At-a-Glance

Timeline

	Start	End
GM: Assign Commissioners	12/20/22	12/20/22
Commissioner Scoring	12/20/22	01/16/23
Program Committee Meeting (4-5 pm)	01/17/23	01/17/23
Finance Committee (4-5 pm)	01/18/23	01/18/23
Executive Committee (12-1pm)	01/19/23	01/19/23
Funding Decisions: Board Meeting (5-8 pm)	01/31/23	01/31/23
Communication to all applicants	01/31/23	01/31/23

**Move 60 2022-2023
Request to Amend Budget
Edmonds School District**

This is a formal request to Verdant Health to amend the 2022-2023 Move 60 Year 3 budget to include the following:

Event	Description	Costs
Health & Fitness Expo Saturday, May 13, 2023 Edmonds Stadium 9:00 am - 12 noon	This annual event is a community partnership with the City of Edmonds Parks & Rec Department. Students and families in South Snohomish County are invited to attend this free event at Edmonds Stadium. There will be vendors and events all promoting healthy living for families. Community partners will be invited to attend and it is free for anyone to attend. Past attendance = 1,200+ Kid's Fun Run = 200+ Vendors = 50+	\$1,500 from the Move 60 current budget

Budget for the Expo from Move 60:

Printing costs = \$500

- This includes promotional flyers to go out to the community and BINGO cards for students to attend various activities

Stadium Staff = \$1,000

- This includes a custodian for the event along with an event manager for the Edmonds Stadium and a event gate staff person for supervision

Rationale:

Currently the Move 60 budget for the 2022-2023 school year does not include event funding. The annual Health & Fitness Expo is a very well-attended event that bridges community partners, provides a free and fun event for children and their families, and introduces exercise activities to families in South Snohomish County. Verdant Health has always provided a booth and helped volunteer at this event. We would like to continue with this annual event, Health & Fitness Expo, this spring if this is approved by Verdant.

Balance Sheet
As of December 31, 2021 and December 31, 2022-Preliminary*

	<u>Dec 31, 2021</u>	<u>December 31, 2022</u>	<u>\$ Change</u>	<u>Comments:</u>
ASSETS				
Current Assets				
1	3,206,323	4,470,365	1,264,042	
2	(58,972)	3,431	62,403	
3	-	-	-	
4	-	(161)	(161)	
5	55,369,936	54,137,810	(1,232,126)	Payden and Rygel/US Bank Custodial-YTD int income \$486K, realized loss (\$112K); YTD unrealized loss (\$1.606MM).
6	66,516	61,733	(4,783)	
7	35,795	15,653	(20,142)	Prepaid Insurances, Other Prepaid Expenses
8	55,472,247	54,215,034	(1,257,213)	12 months x \$207k less payments received through 12/31/2022: 2022 Base Levy \$2,484,000
9	58,619,598	58,688,830	69,232	
10	22,612,579	21,758,626	(853,953)	Hosp, Kruger, VCWC, VV, Pavilion FA; Additions 2022: Roofing \$310k and Ductwork Replacement \$80k for Kruger in FA at 9/30/22. JPC Progress Billing 1 in CIP
11	19,234,604	19,111,174	(123,430)	Deferred Rent-Pavillion, Hospital, Clinic & TI Allowances, pending adjustments to new lease standard. Deferred Rent will be eliminated with final year end journal entry to record impact of new lease standard
Total Assets	100,466,781	99,558,630	(908,150)	
LIABILITIES & NET POSITION				
Liabilities				
Current Liabilities				
12	234,537	34,538	(199,999)	12/31/22 Accounts Payable \$13k; Unclaimed Property \$21k.
13	(674)	894	1,568	
14	904,910	956,915	52,005	Swedish Hospital and Clinics Jan 2023 rents paid at December Month End
15	164,359	254,161	89,802	Business Taxes, Accrued Operating Expenses, Tenant Security Deposits, 2022 Grant Payments due \$67,885 for LETI, CHC Sno County, YMCA, VOA Emer Shelter Covid
16	30,221	39,548	9,327	5 business days accrued at 12/31/22
17	126,084	125,269	(815)	Contingency reserve for self funded L&I set at \$125k. Only 2 active medical claims remain open. Pension Actuarial Adjustments for 2 additional claimants 2 claims have reached self insured maximum and re insurance is reimbursing for amounts over \$150K
18	1,225,574	1,375,893	150,319	
19	1,459,437	1,411,325	(48,112)	
20	99,007,344	98,147,305	(860,039)	Change = CY22 YTD Net Income (Loss) through 12/31/22 (\$860,039)
Total Liabilities and Equity	100,466,781	99,558,630	(908,152)	

*Final 2022 and 2021 adjustments to remove deferred lease accounts and record lease liabilities, revenue and equity impact of GASB 87 implementation are pending

Statement of Income
Months Ending Nov 30, and Dec 31, 2022-Preliminary

	Month of Nov 2022	Month of Dec 2022	Month Change Inc/(dec)	Comments:
1 Operating Revenue				
2 Lease Revenues (Base, CAM, Taxes)	999,403	999,258	(145)	Hospital 3% rent increased 9/1/22
3 Deferred Rent Adjustments	(3,684)	(3,684)		
Class Registration & Other	-	-		
4 Grant Repayments	12,913	8,171	(4,742)	November-Grant repayment Community Foundation of Snohomish County; December LETI A442
5 Total Operating Revenue	1,008,631	1,003,745	(4,886)	
6 Program Funding and Operating Expenses				
7 Programs				
8 Total Program Funding	824,963	826,977	2,014	Includes All Program Payments, External; Multiyear, BHC, Covid, VOA, CHART, SD, and Internal Program Expenses. Includes accrual of \$62,775 for missed award payouts in Q-4 of 2022.
9 Operating Expenses				
10 Salaries, Benefits & Contracted Staff	95,771	96,682	911	Contracted staff included
11 Professional Development/Planning	-	1,066	1,066	
12 Professional Services	79,480	43,102	(36,378)	Nov higher than normal-Property Mgmt JPC 2 months fees \$16k. HR Fees \$5k; IT support \$6k, Accounting \$22k includes Moss Adams invoice for the Lease Standard implementation support and prior mo missed invoice for Robert Half .
13 Purchased Services	49,332	36,346	(12,987)	November 2 months security. December Snow and Ice removal.
14 Supplies, Postage & Other	4,512	7,879	3,367	
15 Repairs, Maintenance & Insurance	24,171	23,149	(1,022)	November includes a \$13k Fischer Restoration invoice for 2019 water repair damage-- December HVAC Ductwork sealing repairs in dispute.
16 Utilities	18,789	15,173	(3,616)	
17 Business Taxes	11,218	7,118	(4,100)	Expense Increase due to adjustment to leasehold taxes reported and paid--tax must be calculated on CAM charges not just base rents (recovered from tenants)
18 Marketing	25,525	20,134	(5,391)	November \$16k Canopy postage costs; December Canopy printing costs \$16k
19 Depreciation	103,523	103,652	129	
20 Amortization	6,146	6,146	-	
21 Total Operating Expenses	418,467	360,446	(58,020)	
22 Total Program and Operating Expenses	1,243,430	1,187,424	(56,006)	
23 Net Operating Income (Loss)	(234,799)	(183,679)	51,120	Net Operating (Loss) Month of December (\$183,679)
24 Other Income (Expense)	-	-	-	
25 Other Income	-	17,500		AWPHD Member Rebate \$7000 North Sound CHART Funding \$10,500 EV Co
26 Self Funded L&I Reimbursements		45,432		insurance reimbursement--claims at cap
27 Self Funded L&I Expenses	(669)	(40,971)	(40,302)	December Dept of L&I Pension Actuarial Adjustment \$41k, 3 claimants
28 Levy Income	207,003	207,009	6	
29 Net Income (Loss) after Levy Income	(28,465)	45,291	10,824	Net Income after Levy and Self Funded L&I Month of December \$45,291
30 Investment Income-Net of Unrealized Gains (Losses)	325,351	127,153	(198,198)	December; Interest Income \$55k; realized loss (\$1k); unrealized gain \$72k
31 Net Income (Loss)	296,887	172,445	(187,374)	Net Income Month of December \$172,445

Statement of Income-Actual v Budget
Month and YTD Ending December 31, 2022-Preliminary

	Month of Dec 22 Actual	Month of Dec 22 Budget	Month Fav (Unfav) Variance		YTD Dec 22 Actual	YTD Dec 22 Budget	YTD Fav (Unfav) Variance	
1 Income								
2 Operating Revenue-Net of Deferred Rent Adjustments	1,003,745	967,610	36,135	F	12,120,740	11,611,328	509,412	F
3 Expenses								
4 Program Expenses-All Categories	826,977	871,595	44,618	F	9,779,816	10,459,145	679,329	F
5 Operating Expenses	250,648	211,104	(39,544)	U	3,069,520	2,533,406	(536,114)	U
6 Depreciation & Amortization	109,798	120,098	10,300	F	1,364,360	1,441,171	76,811	F
7 Total Expenses	1,187,423	1,202,798	15,374	F	14,213,697	14,433,722	220,025	F
8 Operating Income (Loss)	(183,679)	(235,188)	51,509	F	(2,092,957)	(2,822,394)	729,437	F
9 Levy and Other Non Operating Income (Expense)								
10 Other Income	17,500	417	17,083	F	25,515	5,000	20,515	F
11 Self Funded L&I Reimbursements	45,432		45,432	F	45,432		45,432	F
12 Self Funded L&I Expenses	(40,971)		(40,971)	U	(90,448)		(90,448)	U
13 Levy Income	207,009	210,000	(2,991)	U	2,484,545	2,520,000	(35,455)	U
14 Net Income (Loss) After Levy Income	45,291	(24,771)	70,062	F	372,087	(297,394)	669,481	F
15 Investment Income-Net of Unrealized Gains (Losses)	127,153	25,000	102,153	F	(1,232,126)	300,000	(1,532,126)	U
16 Net Income (Loss)	172,445	229	172,216	F	(860,039)	2,606	(862,645)	U

Revenues:

Rental Income-September Hospital Lease revenue increase 3% or \$25k per month. Revenue ended ahead of budget primarily due to CAM revenue updates and 2021 grant repayments received in 2022 of \$266k. **2021** Kruger Tenant CAM adjustments of \$54k were billed in June 2022~**2022** CAM adjustments of ~\$130k were billed in July 2022, both increase top line revenue and offset the commensurate property operating expenses paid by Verdant. Two suites are still vacant. This reduces the amount of base rent and CAM that can be recovered from tenants. (Est is \$100K rent and \$65K in CAM for 2022). Estimates for minor refresh to better market suites is pending and has been assumed by new property managers. (#110; 2025 SF & 270; 1945 SF). Unbudgeted Value Village ground space lease began at June 1, \$2k per month and has been renewed month to month for 2023.

Grant Repayments received in 2021-2022-\$266K; VOA \$39k; University of WA \$22k, Edmonds School District \$184k, Community Foundation of Snohomish County \$12!!VOA \$9k **Investment**

Income-Month of December-Interest income \$56k; Realized Loss (\$1k); Unrealized Gain (\$72k)

Investment Income-Year to Date -Interest income \$486k; Realized Loss (\$112k); Unrealized Loss* (\$1.6MM) *Market adjustments are not budgeted

Expenses:

Program Funding/Expenses-

External Programs YTD-Community Grants \$8.8MM of \$9MM budgeted, **BHC** \$108k of \$418k budgeted, 27% of full year budget. **Covid** \$387k of \$500k or Covid awards for 2022 **CHART** is on a 10/1-9/30 program year. 2022 Verdant funding reflects the second payment of 2021/2022 Award and the first half of the newly awarded 2022/2023 Award. **VOA 211*** \$77K of \$110k budgeted-budget was overstated. Partner Training/Coaching via Sno County Foundation Grant of \$16k, was reclassified in December to a separate line. **Superintendent Discretionary** \$77K of \$100k budgeted.

Internal programs; \$163k of \$230k budgeted for the year of 71% of full year budget incurred

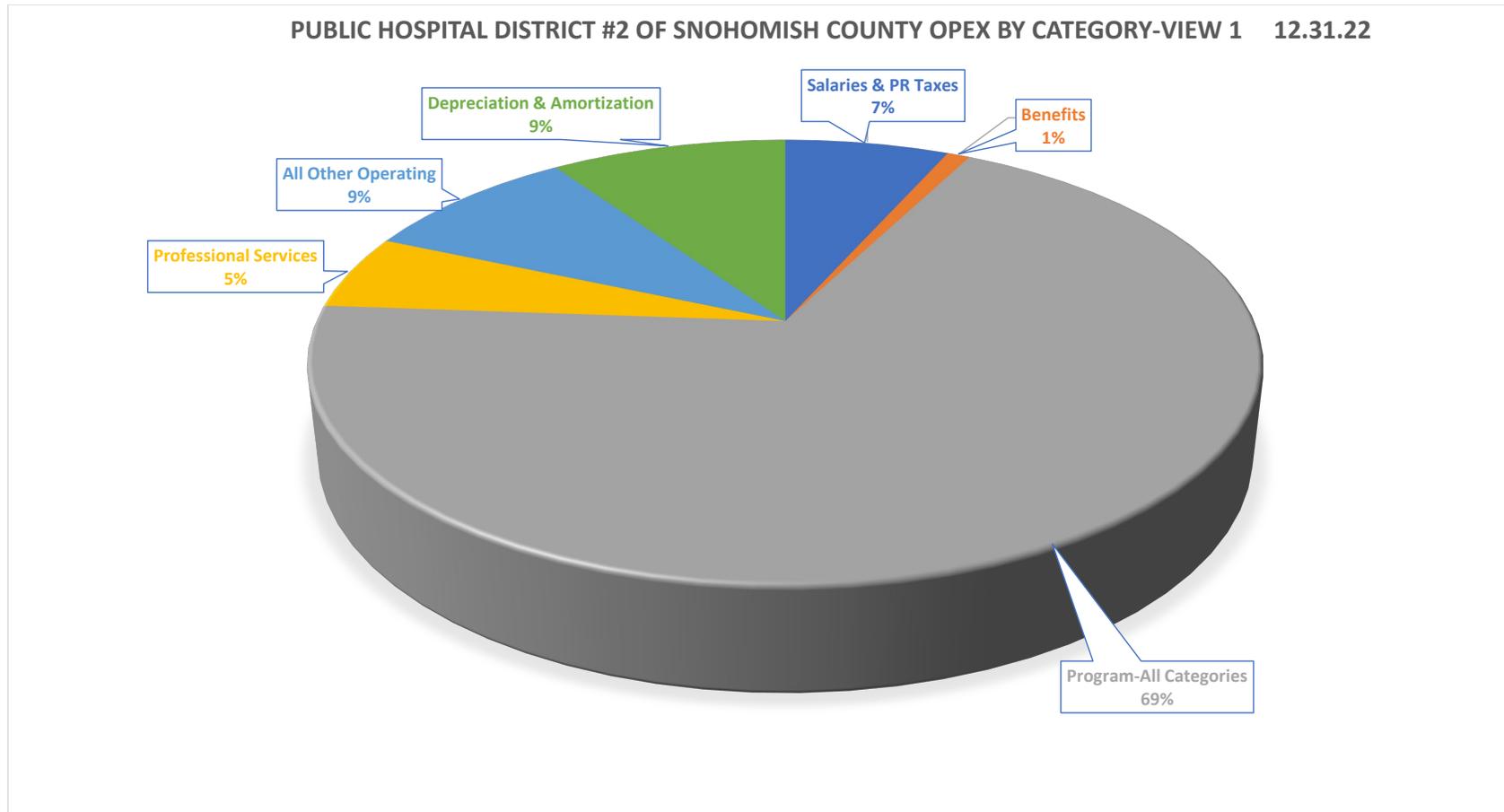
All Programmatic Funding (excluding personnel costs)-\$9.780MM at of \$10.459M budgeted or 93.5% of full year budget.

Operating Expenses-

Expense categories closed the year as anticipated as projected with slight underspending in programmatic categories due to reasons indicated. Operating expenses closed the year over budget due to overages in most all property categories, repairs and maintenance, security services (Kruger Clinic) and professional services including accounting support, legal, property management, project management, and appraisal costs unknown at the time of the 2022 budget preparations. Security was budgeted at only \$10k for 2022, with actual expense at 12/31/22 of \$241k. Although unbudgeted, security costs are a billable CAM expense and offset by CAM revenue as billed to tenants. Property management fees were under budgeted by approximately 50%, the fees are not in excess of the agreed amount, the 2022 budget was underestimated. Additional unanticipated legal and consulting fees related to the Hospital incurred to date: ~\$25k.

Additional details on budget variances by category are available.

Helping to mitigate operating expense variances are: interest income > budget, and 2021 grant award repayments received in 2022 of \$266k



View 1-Categorized by expense types as requested by Commissioners, expressed as a total of all expenses

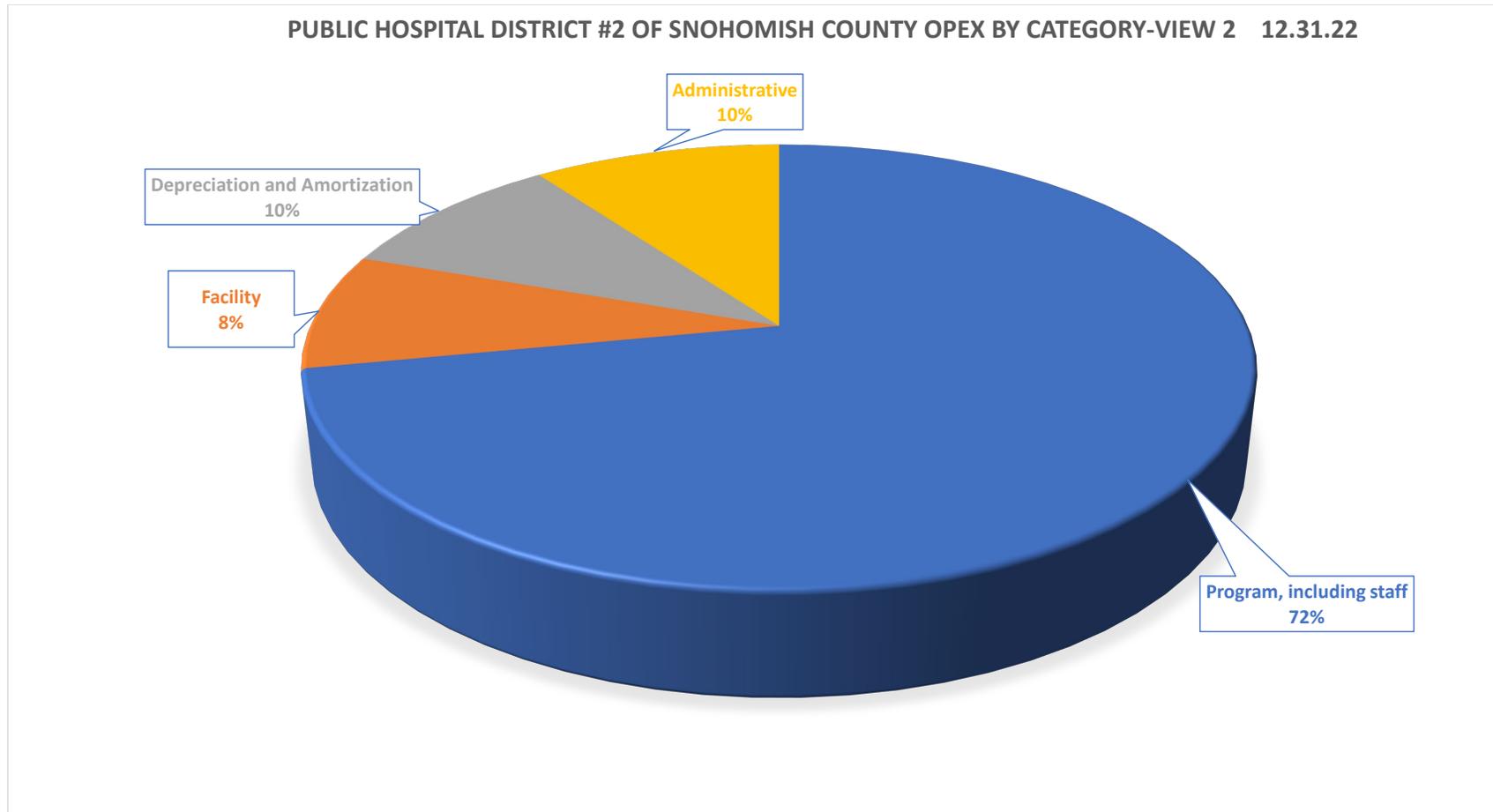
Professional Services include-Legal, Accounting and Audit, Investment Management, HR Services, IT Services, Property Management & Real Estate Appraisals
Special Consulting-Thomas (Hospital), Strategic Planning, DEI)

All other Operating expenses include-Repairs and all property related maintenance expenses, utilities, insurances, business taxes, supplies,
marketing, self insured L&I and other administrative costs.

Salaries and Payroll Taxes, Personnel Benefits-self explanatory

Depreciation and Amortization on all Verdant owned properties

*Prior to March 2022 all other operating expenses were excluded from this analysis; These expenses are now included.
At October 2022 added depreciation and amortization expense to analysis*



View 2-Categorized by Program, Property and Administrative, expressed as total of all expenses

Facility Expenses: Utilities, Repairs, Maintenance, Insurance, Taxes, Property Management and Real Estate related costs, allocation of legal and certain other professional fees related to properties

Depreciation and Amortization: On all Verdant owned properties

Program Costs: All grants and internal program costs plus Salaries and Benefits for direct program staff 4.75 FTE

Administrative Costs: Remaining staff salaries and benefits; supplies, marketing, legal, investment services, accounting and other professional services, self insured L&I costs

Public Hospital District #2, Snohomish County dba

Verdant Health Commission

Warrants Month of December 2022

Type	Date	Num	Name	Amount	Memo
Warrants:					
1002 - Wells Warrant Acct *2717					
ACH	12/05/2022	ACH638	Regence Blueshield	6,479.68	A Health Ins for Dec 2022
Bill Pmt -Check	12/06/2022	15885	Alexander Gow Fire Equipment	497.70	A Semi-annual hood/exhaust cleaning svc
Bill Pmt -Check	12/06/2022	15886	Canon Financial Services, Inc.	575.70	A Konica maintenance Nov 22
Bill Pmt -Check	12/06/2022	15887	Christine Goff	399.32	A Cooking Demo: Holiday food sides 11/23
Bill Pmt -Check	12/06/2022	15888	Dynamic Computing, Inc.	6,969.91	A IT monthly service and Software subscription renewal
Bill Pmt -Check	12/06/2022	15889	Fischer Restoration	13,169.89	A 2019 Flood repairs at Kruger - final payment
Bill Pmt -Check	12/06/2022	15890	Lynnwood Chamber of Commerce		A VOID: Verdant care event
Bill Pmt -Check	12/06/2022	15891	Quadient Finance USA Inc.	139.47	A postage machine rent
Bill Pmt -Check	12/06/2022	15892	Robert Half	5,804.50	A wk ending 11/18 and 11/25
Bill Pmt -Check	12/06/2022	15893	Sound Dietitians LLC	1,747.35	A Cooking demo: 11/03, 11/09, 11/15, 11/28 and consultations
Bill Pmt -Check	12/06/2022	15894	Turner HR Services, Inc.	500.00	A Board meeting, exit interview
Bill Pmt -Check	12/06/2022	15895	WA State Dept of Labor & Industries		A VOID: Previous balance L&I Payroll tax
Bill Pmt -Check	12/06/2022	15896	Wells Fargo	572.46	A Credit Card payments LE, NB, and KK
Bill Pmt -Check	12/06/2022	15897	Lynnwood Convention Center	3,139.17	A Verdant care event
Bill Pmt -Check	12/07/2022	15898	WA State Dept of Labor & Industries	45.45	A Previous balance L&I Payroll tax
Bill Pmt -Check	12/15/2022	15899	Allstream	73.37	A phone at value village
Bill Pmt -Check	12/15/2022	15900	Daniella Valeska Ochoa	500.00	A Salud Rx - for Nov and Dec
Bill Pmt -Check	12/15/2022	15901	Foster Garvey PC	3,080.00	A Oct 2022 legal services
Bill Pmt -Check	12/15/2022	15902	Laura G. Hurley		A VOID: Interpreter
Bill Pmt -Check	12/15/2022	15903	Pablo Sepulveda	170.00	A Interpreter
Bill Pmt -Check	12/15/2022	15904	Payden & Rygel	8,947.00	A Investment Advisory Service fee
Bill Pmt -Check	12/15/2022	15905	Robert Half	3,008.00	A wk end 12/02/22
Bill Pmt -Check	12/15/2022	15906	Laura G. Hurley	170.00	A Interpreter
Bill Pmt -Check	12/19/2022	15907	G - Edmonds Food Bank	10,000.00	A Fruit/Veg distribution by 12/31/2022 and nutritional education-IP nutrition
Bill Pmt -Check	12/19/2022	15908	G - Lynnwood Food Bank	10,000.00	A Fruit/Veg distribution by 12/31/2022 and nutritional education-IP nutrition
Bill Pmt -Check	12/19/2022	15909	G - South County Fire	5,000.00	A Award S372 Cold Weather Kits-Superintendent
Bill Pmt -Check	12/19/2022	15910	G - Trinity Lutheran Church & Schools	5,000.00	A Award S372 South Snohomish County Emergency Cold Weather Shelter-Superintendent
Bill Pmt -Check	12/19/2022	15911	Movimiento Afrolatino Seattle	1,980.00	A Spanish Positive Discipline and Support Group for parents
Bill Pmt -Check	12/19/2022	15912	Rachel Bergman	157.50	A Copywrite for canopy
Bill Pmt -Check	12/19/2022	15913	Robert Half	3,760.00	A wk end 12/09/2022
Bill Pmt -Check	12/19/2022	15914	Safeway	1,960.00	A Food Vouchers for Nov 2022
Bill Pmt -Check	12/19/2022	15915	Verizon	142.73	A Cell phones
Bill Pmt -Check	12/28/2022	15916	Annika Sahota	882.00	A Lead Community Health Worker-Mental Health
Bill Pmt -Check	12/28/2022	15917	Arlen Rose Frazier	2,240.00	A Support Group Counseling
Bill Pmt -Check	12/28/2022	15918	Dynamic Computing, Inc.	554.57	A misc
Bill Pmt -Check	12/28/2022	15919	Eberle Vivian	2,500.00	A 2023 1st Qtr- Admin fees for Self Insured Worker's Comp
Bill Pmt -Check	12/28/2022	15920	Lesbia G. Orellana	600.00	A Domestic Violence Support Group
Bill Pmt -Check	12/28/2022	15921	Robert Half	3,760.00	A Wk end 12/16/22
Bill Pmt -Check	12/28/2022	15922	Sound Dietitians LLC	1,704.30	A Nutrition programing for Dec 2022
Bill Pmt -Check	12/28/2022	15923	Staples	352.34	A supplies - folder, markers
Bill Pmt -Check	12/30/2022	15924	Sistema Escolar USA	4,000.00	A Special Education
Bill Pmt -Check	12/30/2022	15925	G - ChildStrive	660.00	A Circle of Security - workshop parenting young children

Public Hospital District #2, Snohomish County dba

Verdant Health Commission

Warrants Month of December 2022

Type	Date	Num	Name	Amount	Memo
Bill Pmt -Check	12/30/2022	15926	Monica Rojas-Stewart	400.00	A multicultural
Bill Pmt -Check	12/30/2022	15927	Velia Cervantes Lara	800.00	A Parent Support Group - monthly
Bill Pmt -Check	12/30/2022	15928	Wells Fargo	3,567.61	A Credit card payments for LE, KM, and KK
Bill Pmt -Check	12/30/2022	15929	G - Edmonds Senior Center	3,650.00	A Award CSW-2023-02 - Edmonds Waterfron Ctr - Mental Health First Aid class-IP Mental Health
Bill Pmt -Check	12/30/2022	15930	Victoria Adela Breckwich	600.00	A 3 Sessions Holiday Mindfulness Meditation
Wells Fargo Warrant Acct *2717				120,260.02	A
Wells Fargo Property Management *7265					
Check	12/08/2022	J147	Armstrong Services	9,908.00	B inv 11336 Verdant and 11350 Kruger
Check	12/08/2022	J148	Camden Gardens, Inc.	1,876.80	B Inv 30697 interior and exterior landscape
Check	12/08/2022	J149	Comcast - Acct # 8498310221378586	325.13	B cable and internet
Check	12/08/2022	J150	Commercial Property Maintenance, Inc.	2,642.71	B November prop maintenance invoices
Check	12/08/2022	J151	JPC Architects	18,322.00	B Progress Inv 1 Design-#49305 To Construction in Progress A/C 1490
Check	12/08/2022	J152	McKinstry Co., LLC	511.68	B Inv 10193784- diagnose and repair HVAC
Check	12/08/2022	J153	Pacific Facility Services	8,000.20	B Snow and Ice removal
Check	12/08/2022	J154	Puget Sound Energy	64.96	B Gas at Verdant
Check	12/08/2022	J155	Snohomish County PUD	1,969.44	B Electricity for Verdant and Value Village
Check	12/08/2022	J156	Waste Management	665.02	B Nov refuse
Check	12/08/2022	J157	Western Exterminator Company	463.32	B monthly pest control service Dec 2022
Check	12/20/2022	J158	Aardvark Services Corp.	293.21	B Parking Lot Sweeper - Inv 236953, 237199, 237908
Check	12/20/2022	J159	Comcast	954.81	B Inv #16117147 and 161171480
Check	12/20/2022	J160	Commercial Property Maintenance, Inc.	2,333.82	B 11/29 12/06 and 07 - general maintenance
Check	12/20/2022	J161	McKinstry Co., LLC	3,574.32	B HVAC diagnose/repair
Check	12/20/2022	J162	Pacific Facility Services	6,237.73	B Snow removal at Kruger and Verdant
Check	12/20/2022	J163	Republic Services	6,808.73	B Trash Recycle service
Check	12/20/2022	J164	ELTEC Systems, LLC	320.19	B monthly elevator maintenance
Check	12/20/2022	J165	Allied Univ Security Srv	3,028.09	B Security service Kruger
Check	12/30/2022	J166	Armstrong Services	1,528.00	B Inv #11397 carpet cleaning
Check	12/30/2022	J167	City of Edmonds - Utilities	1,034.92	B Storm Drain and water/sewer
Check	12/30/2022	J168	Commercial Property Maintenance, Inc.	4,774.62	B multiple properties
Check	12/30/2022	J169	JSH Properties Inc	7,312.06	B Prop Mgmt Service for Dec 2022
Check	12/30/2022	J170	McKinstry Co., LLC	2,422.72	B Diagnose and repairs HVAC
Check	12/30/2022	J171	Puget Sound Energy	596.90	B Electricity 11/21/22 - 12/21/22
Bill Pmt -Check	12/30/2022	J172	Snohomish County PUD	7,963.62	B 11/16/22-12/19/22 electricity
Check	12/30/2022	J173	Allied Univ Security Srv	26,588.95	B on site shifts and outstanding Value Village drive by patrol previously unbilled
Check	12/30/2022	J174	Ziply Fiber	342.87	B phone lines
Total Wells Fargo Property Management Acct *7265				120,864.82	B
Wells Fargo Work Comp Acct *2725					
Check	12/20/2022	305545	Void		C ck #305545 through 305548 were voided
Check	12/20/2022	305549	patient	1,000.00	C re-issue claim pmt -
Check	12/20/2022	305550	Dept of Labor & Industries - Pension	4,822.12	C Pension Premium Assessment - Claim # T222192 -Claimant
Check	12/20/2022	305551	Dept of Labor & Industries - Pension	17,702.00	C Pension Premium Assessment - Claim #SB12084 Claimant
Check	12/20/2022	305552	Dept of Labor & Industries - Pension	18,408.05	C Pension Premium Assessment - Claim #W105992 - Claimant

Warrants Month of December 2022

Type	Date	Num	Name	Amount	Memo
Check	12/27/2022	305553	RXBridge	38.87	C prescription for Dolliver J
Wells Fargo Work Comp Acct *2725				41,971.04	C
Total Warrants				283,095.88	A-C

Public Hospital District #2 Snohomish County dba Verdant Health Commission
Electronic Disbursements and Summary December 2022

Type	Date	Num	Name	Amount	Memo	
Electronic Payments						
Wells Fargo Operating Acct *2709						
ACH Program Payments						
ACH	12/19/2022	Grnt 993	G - American Heart Association	4,466.51	D Award A510- Stop the Silent Killer	
ACH	12/19/2022	Grnt 994	G - Boys & Girls Club of Sno County	8,333.33	D Award A484 Behavioral Health Uplift Initiative	
ACH	12/19/2022	Grnt 995	G - Cascade Bicycle Club Ed Foundation	4,166.66	D Award A434 Let's Go Edmonds 2022	
ACH	12/19/2022	Grnt 996	G - Center for Human Services	8,532.75	D Award 352 Behavioral Health Integration Program at VM/EFM 2020-23	
ACH	12/19/2022	Grnt 997	G - Center for Human Services	5,969.25	D Award 356 Behavioral Health Integration Prog. at CHC 2020-23	
ACH	12/19/2022	Grnt 998	G - Center for Human Services	29,167.00	D Award A523 Youth Counseling yr 2	
ACH	12/19/2022	Grnt 999	G - ChildStrive	25,497.00	D Award 348 Nurse Family Partnership 2020-22	
ACH	12/19/2022	Grnt 1000	G - ChildStrive	28,855.00	D Award A490 Early Intervention Yr 2	
ACH	12/19/2022	Grnt 1001	G - Cocoon House	12,500.00	D Award A517 Host Homes Yr 2	
ACH	12/19/2022	Grnt 1002	G - Compass Health	27,176.00	D Award A472 Community Response Initiative	
ACH	12/19/2022	Grnt 1003	G - Compass Health	2,475.00	D Award A495 Emergency Motel Voucher Yr2	
ACH	12/19/2022	Grnt 1004	G - Concern for Neighbors Food Bank	1,250.00	D Award A513 Supplementary Food Purchase	
ACH	12/19/2022	Grnt 1005	G - Domestic Violence Services Sno Co	8,000.00	D Award A477 Community Advocacy Program	
ACH	12/19/2022	Grnt 1006	G - Edmonds College Foundation	4,163.00	D Award A473 Edmonds College Food Security Program	
ACH	12/19/2022	Grnt 1007	G - Edmonds College Foundation	20,049.50	D Award A516 Counseling and Resource Center (CRC) Mental Health Yr 2	
ACH	12/19/2022	Grnt 1008	G - Edmonds Food Bank	3,325.00	D Award A489 It Tastes Like Home (Culturally Relevant Food)	
ACH	12/19/2022	Grnt 1009	G - Edmonds School Dist No. 15	37,500.00	D Award 349 Student Support Advocates 2020-22	
ACH	12/19/2022	Grnt 1010	G - Edmonds School Dist No. 15	32,336.00	D Award A511 Move60! 2022-2023 Yr 3	
ACH	12/19/2022	Grnt 1011	G - Edmonds School Dist No. 15	16,665.66	D Award A522 Family Resource Advocates Yr 2	
ACH	12/19/2022	Grnt 1012	G - Edmonds Senior Center	9,663.00	D Award A475 Enhancing Health and Wellness	
ACH	12/19/2022	Grnt 1013	G - Helping Hands Project Org	4,337.00	D Award A470 Rapid Food Assistance Program	
ACH	12/19/2022	Grnt 1014	G - Homage Senior Services	27,030.00	D Award A474 Center for Healthy Living	
ACH	12/19/2022	Grnt 1015	G - Homage Senior Services	12,326.58	D Award 346 Care Coordination - South Snohomish County 2020-22	
ACH	12/19/2022	Grnt 1016	G - Interfaith Family Shelter	833.00	D Award A483 Homelessness Prevention Yr 2	
ACH	12/19/2022	Grnt 1017	G - Jean Kim Foundation	18,550.00	D Award A535 Hygiene Center Yr2	
ACH	12/19/2022	Grnt 1018	G - Kinderling	14,583.33	D Award A487 Early Intervention Yr 2	
ACH	12/19/2022	Grnt 1019	G - Korean Community Serv. Ctr	8,625.00	D Award 536 Mind Body and Soul for Korean Americans Yr 2	
ACH	12/19/2022	Grnt 1020	G - Korean Women's Assn	12,184.33	D Award A491 Everyday Prevention and Senior Nutrition	
ACH	12/19/2022	Grnt 1021	G - Lahai Health	32,917.00	D Award A520 Dental Program Yr 2	
ACH	12/19/2022	Grnt 1022	G - Lahai Health	15,666.66	D Award 520 Mobile Medical Clinic Prog 2020-22	
ACH	12/19/2022	Grnt 1023	G - Lahai Health	6,633.33	D Award A441 Mental Health Program	
ACH	12/19/2022	Grnt 1024	G - Latino Educ Training Inst	7,400.00	D Award A519 Promotors Program Yr 2	
ACH	12/19/2022	Grnt 1025	G - Latino Educ Training Inst	12,000.00	D Award A526 Health and Wellness Program	
ACH	12/19/2022	Grnt 1026	G - Lynnwood Food Bank	4,337.00	D Award 471 Focus on Nutrition	
ACH	12/19/2022	Grnt 1027	G - Medical Teams Int'l	11,250.00	D Award A534 Care & Connect Yr2	
ACH	12/19/2022	Grnt 1028	G - Millenia Ministries	15,982.08	D Award A485 Mobile Manna/Moving From Surviving to Thriving	
ACH	12/19/2022	Grnt 1029	G - Sound Pathways	13,460.00	D Award A496 Mobile Syringe Service Program Yr2	
ACH	12/19/2022	Grnt 1030	G - Project Access Northwest	14,583.00	D Award A521 Specialty Care for Low-Income Populations	
ACH	12/19/2022	Grnt 1031	G - Project Girl Mentoring Prgm	13,142.00	D Award A480 Immersion Lab	
ACH	12/19/2022	Grnt 1032	G - Refugee & Immigrant Services NW	8,333.33	D Award A486 Refugee and Immigrant Navigation	
ACH	12/19/2022	Grnt 1033	G - Snohomish County Legal Services	4,166.66	D Award A492 Housing Justice Program Yr 2	
ACH	12/19/2022	Grnt 1034	G - South County Fire	7,431.25	D Award 351 Veterans in Prevention	
ACH	12/19/2022	Grnt 1035	G - South County Fire	29,325.00	D Award A466 Community Resource Paramedic	
ACH	12/19/2022	Grnt 1036	G - Therapeutic Health Services	26,930.00	D Award A515 Integrated Cognitive Therapies Program	
contd	ACH	12/19/2022	Grnt 1037	G - University of WA	11,638.00	D Award A512 Mental Health Matters Yr 2

Public Hospital District #2 Snohomish County dba Verdant Health Commission

Electronic Disbursements and Summary December 2022

	<u>Type</u>	<u>Date</u>	<u>Num</u>	<u>Name</u>	<u>Amount</u>	<u>Memo</u>
contd	ACH	12/19/2022	Gmt 1038	G - UTSAV	4,337.00	D Award A469 Community Food and Coordination
	ACH	12/19/2022	Gmt 1039	G - Volunteers of Am Western WA	6,449.09	D Award A468 South County CRA 2022
	ACH	12/19/2022	Gmt 1040	G - WA Kids in Transition	10,417.00	D Award A514 Supporting Housing and Utility needs for Homeless/Low income students
	ACH	12/19/2022	Gmt 1041	G - WA Kids in Transition	10,417.00	D Award A518 Distribution Center Yr2
	ACH	12/19/2022	Gmt 1042	G - WA West African Center	9,550.00	D Award A538 Drop-in Center
	ACH	12/19/2022	Gmt 1043	G - Wonderland Child & Family Svc	12,500.00	D Award 347 Early Intervention Program 2020-22
	ACH	12/19/2022	Gmt 1044	G - Wonderland Child & Family Svc	16,250.00	D Award A463 Hope Rising Clinic
	ACH	12/19/2022	Gmt 1045	G - YWCA of Seattle, King and Sno Co	2,500.00	D Award A488 Emergency Shelter Yr2
	ACH	12/19/2022	Gmt 1046	G - YWCA of Seattle, King and Sno Co	5,220.00	D Award A494 Healthcare Access yr2
Subtotal ACH Program Payments					701,395.30	D

Electronic Disbursements and Summary December 2022

Type	Date	Num	Name	Amount	Memo
All Other Electronic Payments					
ACH	12/01/2022	ACH 987	Paychex	164.05	E Processing fees
ACH	12/05/2022	ACH 988	Valic	1,292.08	E PPE 12/01/22 - 401K/ROTH employer contrib
ACH	12/05/2022	ACH 989	Valic	2,802.62	E PPE 12/1/2022 - 401K/ROTH employee contributions
ACH	12/06/2022	ACH 990	WA State Department of Revenue	865.96	E Oct 22 state B&O tax
ACH	12/07/2022	ACH 991	Paychex	40.00	E Paychex HR module
ACH	12/05/2022	ACH 992	Principal Life Insurance Co.	1,567.27	E Life AD&D Dec 2022
ACH	12/12/2022	ACH 1047	Wells Fargo	145.60	E Bankcard fees
ACH	12/12/2022	ACH 1048	AmeriFlex Business Solutions	12.49	E Benefit
ACH	12/14/2022	ACH 1049	Paychex	138.46	E PPE 12/10
ACH	12/14/2022	ACH 1050	Paychex	28,370.91	E PPE 12/10 direct deposits
ACH	12/15/2022	ACH 1051	Superior Press, Inc.	601.13	E Check order for Acct 1004
ACH	12/15/2022	ACH 1052	Superior Press, Inc.	603.86	E Check order for Acct 1004
ACH	12/15/2022	ACH 1053	AmeriFlex Business Solutions	17.25	E Benefit
ACH	12/15/2022	ACH 1054	Paychex	160.41	E PPE 12/10 processing fee
ACH	12/15/2022	ACH 1055	Paychex	5,718.62	E PPE 12/10 Payroll taxes
ACH	12/16/2022	ACH 1056	Paychex	40.00	E Paychex HR module
ACH	12/20/2022	ACH 1057	Paychex	119.45	E Time and Attendance module
ACH	12/23/2022	ACH 1058	Valic	1,292.08	E PPE 12/10- Employer Contrib
ACH	12/23/2022	ACH 1059	Valic	2,802.62	E PPE 12/10 Employee Contrib
ACH	12/28/2022	ACH 1060	WA State Department of Revenue	865.87	E Nov 22 B&O Tax
ACH	12/28/2022	ACH 1061	Paychex	138.46	E PPE 12/24 Ck date 12/29 -
ACH	12/28/2022	ACH 1062	Paychex	29,269.77	E PPE 12/24 Ck date 12/29 direct deposits
ACH	12/29/2022	ACH 1063	Paychex	164.05	E Paychex processing fee ck date 12/29/2022
ACH	12/29/2022	ACH 1064	Valic	1,292.08	E PPE 12/24/2022 - 401K/ROTH Employer
ACH	12/29/2022	ACH 1065	Valic	1,497.92	E PPE 12/24/2022 - 401K/ROTH Employee
ACH	12/29/2022	ACH 1066	Paychex	6,040.10	E PPE 12/24/2022 Ck date 12/29 Payroll Taxes
Subtotal ACH Operating Acct 2709				86,023.11	E
Electronic Disbursements 2709				787,418.41	D-E
Summary-				Amount	Ref
Warrants-All Accounts				283,095.88	A-C
Electronic Disbursements-Acct 2709				787,418.41	D-E
Total Disbursements Dec 2022				1,070,514.29	

PUBLIC HOSPITAL DISTRICT #2 OF SNOHOMISH COUNTY
 DBA VERDANT HEALTH COMMISSION
WARRANT APPROVAL- December 2022

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 in the supporting schedules referenced A-C have been received and the Warrant Numbers detailed have been issued in the payment amounts as follows:

Warrants:

Type	Account	By	Date	#	Total	Reference
Warrants	2717-Warrant	Verdant	12/1/22-12/31/22	15885 - 15930	120,260.02	A
Warrants	7265-Property Management	JSH	12/1/22-12/31/22	J147 - J174	120,864.82	B
Warrants	2725-Workers Comp	Eberle Vivian	12/1/22-12/31/22	305545 - 305553	41,971.04	C
Total Warrants					283,095.88	

These warrants are hereby approved.

Attest:

 Riene Simpson-CPA, Director of Finance
 District Auditor

 Commissioner

 Commissioner

 Commissioner

 Commissioner

 Commissioner

PUBLIC HOSPITAL DISTRICT #2 OF SNOHOMISH COUNTY
DBA VERDANT HEALTH COMMISSION
WARRANT APPROVAL- December 2022, continued

Summary of Disbursements-Warrants and Electronic:

Summary-	Amount	Ref
Warrants-All Accounts	283,095.88	A-C
Electronic Disbursements-Acct 2709	787,418.41	D-E
Total Disbursements	<u>1,070,514.29</u>	

End of document

Verdant Community Social Worker Highlights: December 2022 / January 2023

- Case Management – continuing support for fifteen clients. I have continued to utilize the motel rooms, that we have been able to obtain for medical/mental health related respite care. Was able to move one client out of the motel and into stable housing.
- Continue to provide inreach/outreach with Swedish Edmonds Hospital. I have been receiving more referrals from the actual hospital nursing case management group. These clients tend to be more severely medically compromised, including congestive heart failure and late-stage kidney diseases.
- CHART Leadership and Facilitation – Ongoing support for the CHART program and clients.
- Contracts for CHART and The Hand Up Project Behavioral Health program for the two motel rooms were created and approved by all parties.
- This past month included, weekly team check ins, monthly County Outreach Coalition, monthly Snohomish County Community Behavioral Health Committee, monthly Snohomish County Connector’s meeting, monthly County and Human Services Providers Call, monthly Vulnerable Adult Taskforce, and monthly Homeless Policy Task Force. Attended a meeting with Virginia Mason Franciscan Health & Verdant team, as well as United Healthcare. Both of these were to establish partnerships for south county resources.
- 2023 Programming –
 - Have scheduled three provider trainings for mental health providers for 2023. March will be a law and ethics class titled “Law and Ethics of Relationships in the Clinical Setting”. Quarter two will be about domestic violence, titled “How To Screen For DV In Individuals, Couples and Families”. Third quarter will be nutrition and recovery.
 - Planning for several community programming classes on suicide and suicide prevention.
 - Planning on at least two NARCAN trainings.

Multicultural Report-December 2022

Verdant Sponsored Programs

Monthly Women's Support Group- 11 participants

Monthly Parent Support Group- 61 participants

Salud Rx Fruit and Veggie Vouchers- 9 participants

Domestic Violence Support Group- 9 participants

Community Collaborations

Con confianza y en Comunidad- Talking about COVID related Info-12 participants

Latinx Health Board Meeting-6 participants

UofWA Peer Mental Health Planning Meetings- 5 participants

Movimiento Afro-Latino Seattle Board Meeting- 7 participants

Leadership of Snoco Monthly Meeting- 12 participants

CHW/Promotores Learning Workgroup-22 participants

CHBC 2022 General Meeting - First Thursdays of the Month (in person)- 10 participants

Youth Development Regional Meeting- 17 participants

Presentation at the American Public Health Association in Boston for Mental Health Matters

Landscape of Mental Health in Snohomish Schools Presentation- 12 participants

Gala Planning for Leadership of Snohomish County Meeting- 8 participants

Oral History Interview- 2 people

Marketing Report

28-Day Period: December 8th – January 7th, 2022

Instagram

- Reached to 17,820 people (71.4%)
- 101 profile visits (106.1%)
- 6 new followers (20% increase)

Facebook

- Reached to 10,841 people (83.4% increase)
- 213 page visits (28.3% increase)
- 5 new page likes (64.3% decrease)

No promotional advertisements were done in this 28-day period. We reached out to 17,820 people on Instagram, and 10,841 people on Facebook. The numbers are higher by 71.4% on Instagram and 83.4% increase on Facebook, which seems to be a result of an influx of posts. Our Facebook page visits are at 213, which is 28.3% increase from the last period. Our Instagram profile visits increased by 106.15%. Facebook gained 5 new page likes and Instagram gained 6 new followers. In the recent period, more of a variety of posts have been implemented apart from class promotions like “Motivational Monday”, wellness tips, and recipe ideas. Having different kinds of posts has shown to increase our reach and will be continued.

Link to all of our online platforms:

<https://linktr.ee/verdanthealthcommission>

E-Newsletter:

https://mailchi.mp/verdanthealth/verdant-news-august-9185493?fbclid=IwAR3BEcNTYxYpHFhBIOsrhu8TAWR4t0an_hobiVfefrqQHqNwwqPNjRYhMtM

News Article:

[12/19/2022: My Edmonds News: Verdant supports cold weather services aimed at helping those without permanent housing](#)

Highlights Since Last Board Meeting

VIRTUAL

PREVENTING TYPE 2 DIABETES

12-week series

TAKE CONTROL WITH A LIFESTYLE RESET

MONDAY'S: FEB 6, 2023 - APRIL 24, 2023

6-7PM

IN PERSON

Jan 12, 2023 | 6-7pm

DRUMMING CIRCLES

for a better life

verdant HEALTH COMMISSION

VIRTUAL

Reading Food Labels 101

Jan 11th, 2023 | 2-3pm

Nutrition Facts	
Serving Size 1/2 cup (89g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Omega	

HYBRID

WARM WINTER SALADS

6-7PM
JAN 10, 2023

verdant HEALTH COMMISSION

HAPPY NEW YEARS

RESOLUTION IDEAS

- LEARN ONE NEW RECIPE EACH MONTH
- DO ONE ACTIVE ACTIVITY EVERY DAY
- BEGIN YOGA OR MEDITATING
- READ A NEW BOOK EVERY MONTH
- LOWER PROCESSED FOOD INTAKE
- ELIMINATE SCREEN TIME BEFORE BED

verdant HEALTH COMMISSION



STAY POWERED UP

“especially for those that rely on medical devices



CREATE A PLAN IN CASE OF EMERGENCY

1. Find Alternative Power Sources
2. Teach Others How To Use Your Equipment
3. Contact Your Utility Company
4. Keep List of Emergency Power Providers
5. Install a Backup Generator

"a calm mind brings
STRENGTH
+
SELF-CONFIDENCE"
- Dalai Lama

5 TIPS FOR A CALMER MIND

1. Self-compassion
2. Spend time in nature
3. Try breath work meditation
4. Lower caffeine intake
5. Write or talk it out

Healthy Winter Soup *Chunky Potato Leek*

Ingredients

- 2 medium leeks
- 1 medium chopped onion
- 3 tbs all-purpose flour
- 1/2 tsp garlic powder
- 2 tbs olive oil
- 4 cups your choice of broth
- 2 bay leaves
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/8 tsp hot pepper sauce
- 1/8 tsp Worcestershire sauce
- Dash ground nutmeg
- 5 cups diced potatoes
- 1-1/2 cups fat-free milk
- 1 can fat-free evaporated milk

PREP: 20MIN
COOK: 25MIN

HEALTHY NO-BAKE Chocolate Peanut Butter Cookies

INGREDIENTS

- 1/2 cup peanut butter
- 1/4 cup honey
- 1/4 cup coconut oil
- 2 tbs unsweetened cocoa powder
- 1/4 tsp sea salt
- 1 tsp vanilla
- 1 cup quick cooking oats
- 1/4 cup shredded unsweetened coconut

HOW TO COOK

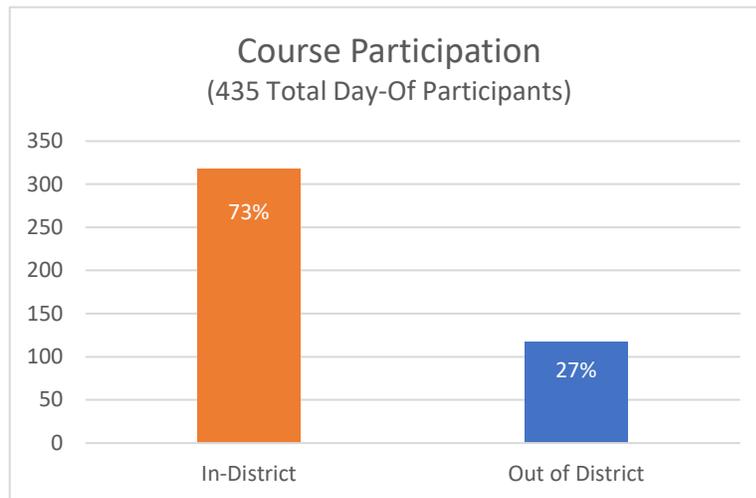
1. Line cookie sheet with waxed paper
2. Combine peanut butter, honey, salt, and coconut oil over heat until melted
3. Add vanilla and cocoa powder
4. Add oats and mix well
5. Add coconut and stir until complete
6. Add 1 tbs portions to baking sheet
7. Cool in refrigerator or freezer until hardened -- serve cold or frozen!

VERDANT COURSE DATA - Q4 2022

For the period October-December 2022, Verdant offered 26 courses to the community. These courses included cooking demonstrations, provider trainings, and nutrition education.

REGISTRATION	
# of Verdant-Funded Courses	Total Registered Participants
26	591
In District	410
Out of District	181
Unknown	0

Participation in these Verdant-funded courses was mostly in-district.



There is a slight attrition rate of people who registered for a course versus actually participated on the day the course was offered.

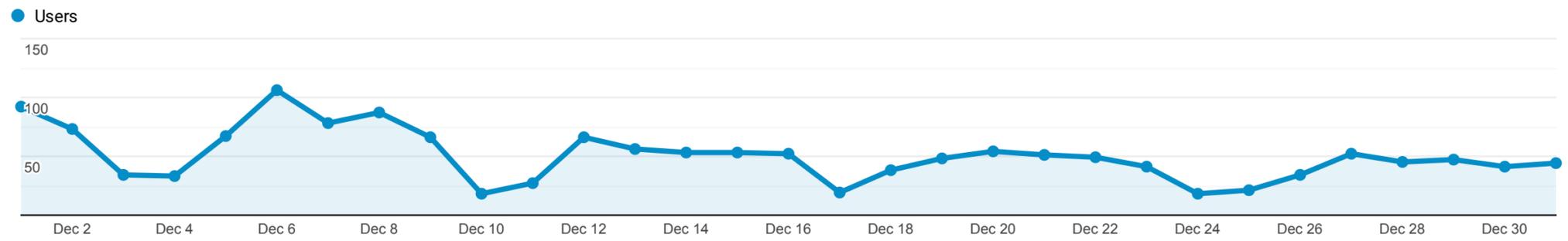
PARTICIPATION	
# of Registered Participants	591
# of Actual Participants	435
Dropoff	156
Attrition Rate	30%

Audience Overview

Dec 1, 2022 - Dec 31, 2022


All Users
 100.00% Users

Overview



Users 1,380	New Users 1,269	Sessions 1,725	Number of Sessions per User 1.25
Pageviews 3,029	Pages / Session 1.76	Avg. Session Duration 00:01:14	Bounce Rate 71.25%



City	Users	% Users
1. Seattle	220	15.34%
2. (not set)	175	12.20%
3. Everett	60	4.18%
4. Ashburn	57	3.97%
5. Lynnwood	51	3.56%
6. Edmonds	40	2.79%
7. New York	22	1.53%
8. North Creek	22	1.53%
9. Des Moines	19	1.32%
10. Picnic Point-North Lynnwood	19	1.32%