

VERDANT HEALTH COMMISSION
 PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
 Regular Meeting
 AGENDA
 September 27th, 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	---	8:00am	3
C. Consent Agenda:	Action	8:03am	4-23
1. Approval of Minutes:			
a. August 23, 2023 Regular Board Meeting			
b. September 11, 2023 Special Board Meeting			
c. September 12, 2023 Special Board Meeting			
2. Resolution 2023:07 Disposal of Surplus Assets			
D. Public Comments (limit 3 minutes per speaker)	Information	8:05am	---
E. Emergency Dental Community Discussion, with panelists:	Information	8:15am	---
• Arcora Foundation			
• Community Health Center of Snohomish County			
• Medical Teams International			
• Sea Mar Community Health Center			
F. Executive Committee Report	Information	8:45am	---
G. Superintendent Report	Information	8:46am	---
1. Verdant Operations			
2. Community Outreach Update			
H. Program Committee Report	Information	8:56am	---
1. Conflicts of Interest			
2. Proposed Spring and Fall 2024 Funding cycle timelines	Information		24-25
3. Fall 2023 Cycle Applicant Survey Results	Information		26

I. Finance Committee Report			
1. Review Financial Statements & Cash Activity	Information	9:06am	27-36
2. Authorization of Payments of Vouchers and Payroll	Action	9:16am	37
J. Public Comments (limit 3 minutes per speaker)	Information	9:18am	---
K. Executive Session: To review and consider proposed sale of real estate.	Information	9:25am	---
L. Open Session	---	9:55am	---
M. Commissioner Comments	Information	9:55am	---
N. 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

Regular Meeting

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

August 23, 2023

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

Commissioners Present

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

Staff

Dr. Lisa Edwards, Superintendent
 Riene Simpson, CPA, Director of Finance
 Kaysi Caballero, Executive Assistant/Office Manager
 Nancy Budd, Community Social Worker
 Kirk Mathis, Digital Marketing & Communications Manager
 Humaira Barlas, Fiscal Specialist
 Sandra Huber, Community Engagement Manager
 Leslie Silverman, Interim Director of Community Impact & Grantmaking
 Erin Boehm, Interim Grants Manager

Guests

Michael	Cynthia Gahan
Gary Renville	Levi Van Dyke
Jenni McCloughan	Rich Robinson
Rich Robinson	Jenny
Patty Schultz	

Call to Order

The regular meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Distelhorst.

Land and Enslaved People’s Acknowledgement

President Distelhorst read the acknowledgement.

Consent Agenda

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

Consent Agenda (E:51:23)

1. Approval of Minutes:
 - a. July 26, 2023 Regular Board Meeting
 - b. August 3, 2023 Special Board Meeting
 - c. August 21, 2023 Special Board Meeting

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 August 23, 2023

Public Comments None.

Executive Session President Distelhorst moved the meeting into executive session at 8:04 a.m. to review and consider proposed sale of real estate. Executive session will end at 8:34 p.m. and no action will be taken during this time.

Executive Session was extended five minutes to 8:40 a.m.

Open Session President Distelhorst returned the meeting back to open session at 8:40 a.m. No action was taken.

Mental Health & Suicide Prevention Community Discussion Ms. Silverman introduced Levi Van Dyke from Volunteers of America Western Washington. He is a part of the behavioral health unit of VOAWW and heavily involved in the implementation of the 9-8-8 Crisis Line. He spoke about the legislature involved in creating this hotline. Washington state has implemented a fee to support the 9-8-8 hotline which has really helped run the hotline. Washington is the only state that has a 'press 4' specifically serving native American and tribal members.

Gary Renville, Executive Director of Project Access Northwest, spoke about their program to provide access to appropriate healthcare services. The reason they got involved in behavioral health is similar to why Verdant decided to make Mental Health one of their priorities. People are feeling isolated, they don't trust the healthcare system, they are struggling to provide basic needs. They found too that there are a lot of students waiting to become an approved licensed mental health counselor due to the number of supervised hours they have to have in order to be licensed. They are partnering with the Inside Institute who is serving Snohomish County. Their goal is to grow their program statewide.

Cynthia Gahan from Heart art Healing offers artistic healing programs for free and open to the public. Their programs promote self-healing by encouraging self-expression. She was inspired to create this program due to lived experience with her own mental health as well as a parent to a daughter with lived mental health experience. The population they work with ranges from youth to aging adults. The trends she sees for aging adults are feelings of loneliness and fear of death. For youth the feelings are related to depression and anxiety related to school expectations and social expectations. They host an art journaling workshop at Verdant a couple times a month, which is a collage-based art class. Participants are given a chance at

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the end of each art journaling class to share their artwork with the group. Self-expression is a powerful tool for these individuals to get their worries out of their system.

Ms. Nancy Budd, Verdant Community Social Worker, told attendees about a suicide prevention workshop on September 16th at the Lynnwood Event Center. The workshop will include three panels related to youth, adults and veterans, and resources. Kevin Hines, Golden Gate bridge jump survivor, will be our keynote speaker for the event.

Commissioner Brennan is inspired to hear about the collaboration of these behavioral health organizations to serve the needs of our community. She asked Mr. Renville, Project Access NW to expand on the 30-40% no-show rate of individuals living below 300% of the standard living wage.

- He answered, in the past few months, their no-show rate has been as low as 1% at times as Project Access Northwest is working diligently to address the underlying issues that are causing these people to miss their appointments (transportation, childcare, etc.).

Commissioner Knutsen is excited to tour the VOAWW 9-8-8 Crisis Hotline on August 30th with the rest of the Verdant Commissioners. She asked Mr. Renville if they can provide other wrap-around services with their programming.

- He answered yes, they have strong partnerships to be able to refer their clients to all sorts of resources to address their needs.

Commissioner Knutsen asked if Ms. Gahan has ever thought about expanding her classes within the school districts.

- She answered, yes, and she would be very excited to be able to do that.

Executive Committee Report

President Distelhorst reported that Executive Committee met on August 16th to approve the agenda for today’s meeting. No action was taken at the Executive Committee meeting.

Superintendent’s Report

Dr. Edwards spoke about the busy month Verdant staff has had with community outreach, including the Edmonds School District Back to School Fair and the Woodway Town Fair. She reminded Commissioners about Verdant’s first annual block party event tomorrow, August 24th, at 5:00-8:00pm. On August 30th, she and the Verdant Commissioners will be touring the 9-8-8 crisis hotline with VOAWW in Everett. She thanked

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Verdant’s Kirk Mathis, the UW Bothell Digital Scholars interns, and our Social Media Intern for all their marketing and outreach for our events. She thanked Ms. Leslie Silverman and Ms. Erin Boehm for their hard work in preparing the grant funding review for the Fall 2023 cycle.

**Program
 Committee Report**

Conflicts of Interest None.

Fall 2023 Funding Cycle Allocations Commissioner Knutsen reported that the Fall 2023 funding awards were determined at the August 21 Special meeting. The majority of the funding allocations were approved today in the consent agenda which included the minutes of the August 21 special meeting.

Edmonds School District, Move60: Commissioner Knutsen reported at the August 21 special meeting there was a split vote 2:2 whether to fund this program or not. There must be a majority of three to approve the funding, so their application rolled forward to today’s regular meeting for discussion with the full board.

- Commissioner Knutsen added that she was one of the two in support of funding the program as physical activity, body image, and feeding children within the program are important to development.
- Dr. Edwards provided a summary of past funding for this program. Verdant has funded this program for over 10 years. The Edmonds School District submitted a grant application related to our Mental Health priority for \$485,000.
- Commissioner Brennan had concerns about this application around its alignment with the Mental Health priority. It was the highest request within this priority area. She has concerns about the health equity component of this program, the high expense of the program, and the impact reporting of this program (attendance numbers only). She would be comfortable partially funding this program so that other funders would provide their match funding, which is contingent upon Verdant’s support.
- Commissioner Knowles doesn’t think this program aligns strongly to our Mental Health priority area and would prefer to support programs providing more direct services for behavioral health services. He also feels there are

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other avenues to distribute food to students. He is not interested in funding this application for the full amount requested.

- Commissioner Wilson shares the opinions of Commissioners Brennan and Knowles. Verdant has funded millions of dollars for this program over the past ten years. She feels Verdant can strengthen the partnership with Nourishing Network to distribute food versus providing food security within this Move60 program. She wants to provide funding for direct services. She would be more supportive to fund a program working to reduce or eliminate the waitlist of students seeking behavioral health support.
- President Distelhorst disagrees with the comments from other Commissioners that this program does not directly support mental health. There is a direct link between physical activity and mental health. He also feels the application directly supports another of Verdant’s priority areas of Food Security in that it provides meals to the children participating.

President Distelhorst motioned to partially fund the Move60 program for \$387,850, Commissioner Knutsen seconded. Motion Failed.

Commissioner Knutsen motioned to partially fund the Move60 program for \$100,000, Commissioner Brennan seconded. Motion passed.

Superintendent’s Discretionary Fund

Commissioners requested to discuss the budget and purpose of the Superintendent’s Discretionary fund. Dr. Edwards mentioned it was discussed to potentially utilize this fund to support projects that may not directly align with one of Verdant’s priority areas but have been identified as an essential service.

Commissioner Wilson would like to discuss amending the budget for this line item to increase the spending amount for the Superintendent’s Discretionary fund. She is interested in increasing the budget by \$50,000 for the rest of 2023.

- Dr. Edwards added that to support the emergency dental programs we have been discussing, we would need to increase the fund by an additional \$100,000.
- Commissioner Knowles asked if there is a maximum funding amount for each organization receiving

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Superintendent’s Discretionary funding, such as each request is under \$25,000.

- o Ms. Simpson clarified that there is not a maximum award amount for organizations receiving Superintendent’s Discretionary funding, but that there is typically an average amount awarded between each recipient.

Commissioner Knutsen made a motion to increase the 2023 budget for the Superintendent’s Discretionary Fund by \$100,000, for a revised budget line of \$200,000 for the 2023, Commissioner Brennan seconded. Motion Passed.

Finance Report

Review Financial Statements & Cash Activity

Ms. Simpson presented the financial reports for July 2023 (E:52:23), noting any transactions out of the ordinary, compared to prior month periods.

Authorization of Payments of Vouchers and Payroll

Authorization for payment of vouchers and payroll: Warrant numbers 16148 through 16174 and J2205 through J2236 for July 2023 for total warrant payments in the amount of \$262,704.46 were presented for approval (E:53:23). **Motion was made by Commissioner Knowles, seconded by Commissioner Wilson and passed unanimously to approve the warrants.**

Langer Clinic RFP

Ms. Simpson walked Commissioners through an itemized list of all the changes that have happened for the Langer refresh project, which have impacted the estimated total cost of the project (E:54:23). In Fall of 2022 the approved estimated cost for this project was \$5,939,865. Due to a handful of additional projects and contractor price adjustments, the project must be re-approved for the updated estimated cost for the total project. Ms. Simpson noted that the amount required for approval today is minus \$130,000 from what is provided at the bottom of page 28 of the Board meeting packet. **Commissioner Wilson made a motion to approve the estimated cost of the Langer Clinic refresh project for \$8,376,676, Commissioner Brennan seconded. Motion passed.**

Commissioner Knutsen asked if we should expect any future surprises related to this project.

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- Dr. Edwards answered we have built in a 10% contingency to cover any extra costs as well as building in multiple cost alternates that are optional and can be removed from the total project if needed.

The goal is to begin construction on the clinic in Spring 2024. Most of the disruptive work will be after-hours, and we will provide regular communication with tenants to notify them of the work and maintain operations.

Public Comments None.

Commissioner Comments Commissioner Knutsen thanked everyone for the work in getting through the Fall 2023 funding cycle and the constant work related to the Langer Clinic RFP.

President Distelhorst thanks the staff for continuing to provide ample data for them to make informed decisions.

Commissioner Brennan is inspired to see all the applications come through and their amazing programs for our community. She thanked Ms. Leslie Silverman and Ms. Erin Boehm for their heavy lift with the grantmaking.

Commissioner Wilson thanked Ms. Leslie Silverman and Ms. Erin Boehm for their service as our grantmaking team.

Adjournment The meeting was adjourned at 10:16 a.m. by President Distelhorst.

ATTEST BY:

President

Secretary

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
 September 11, 2023
 5:00 p.m.-8:00 p.m.**

- | | |
|---|--|
| Commissioners Present | Jim Distelhorst, MD, President
Karianna Wilson, Secretary
Deana Knutsen, Commissioner
Carolyn Brennan, Commissioner
Bob Knowles, Commissioner |
| Staff | Dr. Lisa Edwards, Superintendent
Riene Simpson, CPA, Director of Finance
Leslie Silverman, Interim Director of Community Impact & Grantmaking
Ceil Erickson, Director of Community Impact
Kaysi Caballero, Executive Assistant/Office Manager
Kirk Mathis, Digital Marketing & Communications Manager |
| Guests | Brad Berg |
| 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 Distelhorst read the acknowledgement. |
| Confirm Retreat Goals | Ms. Helphand walked Commissioners through the agenda of the evening and the goals of today and tomorrow’s annual retreat days. |
| Affirm Mission, Vision, Values, & Organizational Means | Ms. Helphand asked Commissioners about a time they felt they were able to withhold Verdant’s mission and values and a time they felt inspired.

Commissioners reviewed Verdant’s Mission, Vision, Values and Organizational Means (E:55:23). There are no changes to the Mission, Vision, or Values at this time. Commissioners discussed potential clarifications needed for Organizational Means, such as around the meaning of Capacity Building. Commissioners would like to revise the first bullet “Managing and maintaining medical services for the residents of SSC” to better reflect our arrangement with Providence-Swedish, in that Verdant does not “manage” these medical services. |

Affirm Committee Structures

Ms. Helphand asked Commissioners for feedback as they think about all the changes over the past year, on how the committee structure is working or not working. These charters were last reviewed by the full Board in October 2022 as part of the annual process.

- Executive Committee (E:56:23):
 - Commissioner discussed the need for reviewing new Commissioner orientation more frequently.
 - Commissioner Wilson would like to revise item #5 to "Provide input into the content and structuring of all Board meeting agendas." This revision will encompass *all* agendas, not just those of our regular monthly meetings.
 - Commissioner Knowles suggested to combine #7 and #9 with a focus on the education and development of skills needed to be on this Board.

Verdant staff will take these suggestions and revise the committee descriptions as suggested and bring them back to the Board for approval at the October 25th regular board meeting.

Executive Session

President Distelhorst moved the meeting into executive session at 5:45 p.m. to review and consider proposed sale of real estate. Executive session will end at 6:15 p.m. and no action will be taken during this time.

Executive session was extended to 6:25 p.m.

Open Session

President Distelhorst returned the meeting back to open session at 6:26 p.m. No action was taken.

Committee Structures continued...

- Finance Committee (E:57:23):
 - Commissioner Knutsen suggested revising item #8 to include "and public bidding processes."
 - Commissioners suggested revising item #9 to include "Deviations from the budget or compensation range will be discussed with Finance Committee."

- Program Committee (E:58:23):
 - With regard to grant application scoring, Commissioner Wilson requested for those applications that she was not involved in reviewing, she needs to have some sort of summary or document showing why other Commissioners scored the way they did. She recommends if the timeline is too tight for staff and Commissioners to review additional applications then we should shorten the application timeline to allow more time for internal review.

- Commissioner Knowles recommends adding a new bullet that the Program Committee is responsible for retrieving information, consolidating it, and regurgitating it back to the rest of the Board.
- Commissioner Knutsen recommended putting a bullet on each committee charter about their review of grantmaking budget and guidelines as each committee is now involved in scoring various applications and it is no longer all on Program Committee.
- Commissioners discussed the option of having an external panel review grant applications. Dr. Edwards suggested there may be other ways Verdant staff can bring in diverse voices to inform Commissioners in their decision-making, without opening up our grant review process to external parties.
- Strategic Collaboration:
 - Commissioners talked about a way to share information from the Strategic Collaboration committee with each other.

Refine External Communication

Ms. Helphand brought up this feedback from the Board self-evaluation that Commissioners wanted to discuss external communications and how they can promote a positive image of Verdant in the community.

- President Distelhorst listed a handful of recent community events that Verdant Commissioners participated in and his speaking engagement at the upcoming Suicide Prevention Workshop on September 16th.
- Commissioner Knutsen misses hearing more stories from the organizations we support and their clients who are directly impacted by their services.
- Commissioner Knutsen talked about a training some of our Commissioners did a few years ago where a media organization came in and worked with us on how to talk to the media, and recorded each of them, so they could see how they look on TV. There could be opportunities to train and educate Commissioners, either working with a consultant, or working with our internal staff member Kirk Mathis, about media.

Dr. Edwards works to strategically invite Commissioners to community events to have a Verdant Commissioner present. Commissioners agreed the Executive Committee should follow up with the rest of the Board to see who can participate if Dr. Edwards is not getting responses on event participation.

- Commissioner Knutsen commented it would be helpful to find a Commissioner to participate if you know which

one to invite to which type of event, which event certain Commissioners are passionate about.

- Commissioner Brennan asked how they can strategically participate in events. Dr. Edwards answered that we are in the process of putting together the 2024 event and sponsorship schedule so Commissioners can see what we have planned in 2024. There are creative ways that Commissioners can get their message out, and their narrative of what Verdant is.

Commissioner Brennan would like Verdant to be known statewide as a local hospital district that is supporting the healthcare needs of their community.

Commissioner Knutsen would like Verdant to be as well-known as Empire Health Foundation in Spokane.

Identify next steps

On Day 2 of the retreat tomorrow, Commissioners will review their 2023-2024 strategic plan in whole. They will also discuss Superintendent’s Discretionary fund, and health equity.

Adjournment

The meeting was adjourned at 7:57 p.m. by President Distelhorst.

ATTEST BY:

President

Secretary

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
 September 12, 2023
 5:00 p.m.-8:00 p.m.**

Commissioners Present

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

Staff

Dr. Lisa Edwards, Superintendent
 Riene Simpson, CPA, Director of Finance
 Leslie Silverman, Interim Director of Community Impact & Grantmaking
 Ceil Erickson, Director of Community Impact
 Kaysi Caballero, Executive Assistant/Office Manager

Guests

None.

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 Distelhorst read the acknowledgement.

Status of Where We Are and How we do Things

Commissioner Brennan requested to talk more about the organizational means with which Verdant propels its mission

- Managing and maintaining medical services for the residents of SSC
- Grant Making
- Capacity Building
- Direct Services
- Capital Projects
- Convening

President Distelhorst pointed out that when it comes to Verdant’s grantmaking, Commissioners seem to prefer to support direct services. The need to support direct services is so important because there are so many crisis points in our community.

Commissioner Knutsen commented that Capital Projects really has become internal with all of the property projects underway

for District assets, and not so much for external partner’s capital projects. It may be worth creating a think tank inviting different people in our community to come together and find solutions to these problems that we are consistently funding. From this think tank we can find the holes and work to fill that gap directly for our residents.

Commissioners discussed what they think Verdant aspires to be in the future? Do we want to be a grantmaker and fund other organizations? Do we want to fund capital projects directly for organizations? Whatever it is, it must be sustainable for Verdant in the long run.

Commissioner Knowles asked, if Verdant completely went away and the community didn’t receive our funding and support, what hole would that leave in the community? Where do we have the biggest impact? What is our legacy?

- President Distelhorst provided one example, if Verdant went away, residents would be delivering their babies at Providence Everett. Commissioners fought to keep those OBGYN services here at Swedish Edmonds.

Dr. Edwards clarified with Commissioners that 2024 will be an information gathering year and we will use this information at our 2024 annual retreat to plan for the next strategic plan cycle starting in 2025. For example, Verdant will invite more people to our roundtables, host panel discussions for Commissioners to learn, figuring out where Verdant can help solve the issue of lack of providers for our hospitals and healthcare services. Commissioners are also interested in offsite visits to our partner organizations to see their operations and learn about their hardships and successes.

Discussion on Strategic Priorities – Affirm, Review, Revise Objectives, Metrics for Success

Dr. Edwards presented a slideshow of the 2023-2024 strategic priorities, summarizing the goals, objectives, strategic outcomes, and possible metrics to measure success for each strategic priority (E:60:23).

There have only been two funding cycles for these new strategic priorities. The first 6-month reports will not be provided until October 2023. The first full year report for these strategic priorities will not be available until May 2024.

1. Mental Health

GOAL: No changes.

DEFINITION: No changes.

OBJECTIVES: Commissioners agreed there are gaps in capacity/workforce issues for having providers available for the community. Commissioners feel they can support staffing and capacity building in their 2024 funding cycle decisions.

STRATEGY: No changes.

2. Healthcare Access

GOAL: No changes.

DEFINITION: No changes.

OBJECTIVES: Commissioners would like to move bullet #3 in Objectives “patient advocacy...” to a strategy. Commissioners would bring the last bullet in Objectives “a full array of lines...” up to bullet #1 in Objectives.

STRATEGY: Commissioner Wilson feels strongly that this priority has to include *direct services*. Commissioner Brennan wouldn’t put the expansion of school-based health centers as a metric of success. Commissioner Wilson suggested to remove the “school-based health centers” and have the strategy item read “expansion of clinic-sites...” This change will also revise the metric related to school-based health centers.

3. Food Security

GOAL: No changes.

DEFINITION: No changes.

OBJECTIVES:

STRATEGY: Dr. Edwards suggested we could let an RFP to find a partner who can provide these services to our community and that Verdant wants to fund it, since we aren’t getting this level of service with our current grantmaking cycle. Commissioners discussed potential opportunities for supporting school meals in the School district.

Commissioner Brennan is unsure how increasing the use of the Verdant teaching kitchen fits in with “food security” for our community.

- One way Verdant could do this is expanding teaching kitchen classes to educate individuals in the BIPOC community.
- Commissioner Knutsen suggested we could invite some of the immigrant grocery store owners to come teach a cooking demo at the Verdant teaching kitchen.

4. Organizational Capacity

GOAL: No changes.

DEFINITION: No changes.

OBJECTIVES: No changes.

STRATEGY: Commissioner Knowles suggested to edit bullet #6 to remove the word “policy” and change it to “guideline” or a similar word since there is not an actual policy. Commissioner Knowles recommends adding a bullet “ensure operational readiness to meet the ever-changing needs of our community” which would include the work Commissioners will make to transition their priorities as needs arise.

Identify next steps

Evolutions & Transition Questions for 2025 and onward:

- Where are the bottlenecks in having an adequate workforce? Can we host a study session with community

partners to see what issues they are facing to increase and retain workforce?

Superintendent’s Discretionary Fund:

Commissioner Wilson recommends expanding the fund starting in 2024. The recommendation was \$250,000 for 2024 with a cap on each organization of \$50,000.

- Commissioner Knowles asked:
 - (1) does the request have to align with our priorities at all? Commissioners agreed no, as long as the request aligns with our *mission and values* then it can go through the discretionary fund.
 - (2) is there a maximum award per organization who received discretionary funding? Commissioners agreed to max each organization’s funding at \$50,000.
 - (3) that requests still need to be presented to Program Committee and the Board as they are considered for funding.

Health Equity:

Commissioners agreed that health equity is addressed in our “Healthcare Access” Goal being “All residents can access affordable healthcare.”

Adjournment

The meeting was adjourned at 7:50 p.m. by President Distelhorst.

ATTEST BY:

President

Secretary

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2023-07

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington (the “District”), determining certain personal property to be surplus and no longer required for public hospital district purposes of the District and authorizing the superintendent and such District personnel as the superintendent may designate to sell all or any part of such property on a negotiated basis.

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

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

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

Section 2. The superintendent and such District personnel as the superintendent may designate are hereby authorized and directed to sell the Surplus Property on a negotiated basis on the most favorable terms they deem obtainable.

ADOPTED AND APPROVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, at a regular open public meeting thereof this 27th day of September 2023, the following Commissioners being present and voting.

President and Commissioner

Commissioner

Commissioner

Commissioner

Secretary and Commissioner

I, Karianna Wilson, Secretary of the Commission of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution 2023-07 of the District is a true and correct copy of the original resolution adopted on September 27th 2023, as that resolution appears on the Minute Book of the District.

DATED this 27th day of September, 2023.

Secretary of the Commission

**Swedish Edmonds
Disposition of District Assets**

Date: September 11, 2023

To: Public Hospital District #2 of Snohomish County
Verdant Health Commission
Attn: Finance

RE: Request disposition of asset

Asset Description:

NUM	DEPT	DESCRIP	SERIALNUM	PO	QTY	ACQDT	COST
9100101	7071	ADVIA WORK LABARRINGTON			01	2/1/2009	70,631.79

Submitted by: Lori Wise, Director of Finance

Section 4.9 Major Decisions. Except for the Major Decisions in section 4.9, Swedish may make all decisions regarding operation of the hospital and other leased Assets (a) Disposition of any of the District assets, including without limitation and all equipment, fixtures, trade fixtures and other assets in or on the leased real property



Funding Opportunity: Spring 2024 Timeline (Internal Draft)

Grant Cycle Spring 2024		November to May	
	FLUXX revisions to applications and workflow for 11/1 launch		October
	Verdant-hosted webinar on Funding Guidelines Q&A for Prospective Applicants (60 minutes each session)	October	
	Verdant-hosted webinar on Funding Guidelines Q&A for Prospective Applicants (60 minutes each session)	November	
	Host on-site or virtual tech assistance to uploading attachments	November/December	
	Accept Applications	11/1	12/14
	Compliance and Staff Review	12/18	1/5
	Send link to applications to commissioners for reading	1/8	
	Commissioner Assignments and list of ineligible applicants	1/8	
	Commissioner Review Period (25 business days)	1/8	2/9
	Committee Meetings: Review and Consensus (1.5-2 hours/committee)	Week of 2/12 (Program) (Finance) (Executive)	
	Special Board Mtg: Discuss / Finalize Decisions (2 hours)	2/21	
	Monthly Board Mtg (20 min agenda item)	2/28 W	
	Applicants Notified: Emails sent out, Modifications and Contracts	2/29	3/29
	Grant Term Begins	4/1/24	

Funding Opportunity: Fall 2024 Timeline (Internal Draft)

	Grant Cycle 2 Fall 2024	April to September	
	FLUXX revisions to applications and workflow for 5/1 launch		April
	Verdant-hosted webinar on Funding Guidelines Q&A for Prospective Applicants (60 minutes each session)	April	
	Verdant-hosted webinar on Funding Guidelines Q&A for Prospective Applicants (60 minutes each session)	May	
	Host on-site or virtual tech assistance to uploading attachments	May/June	
	Accept Applications	5/1	6/14
	Compliance Review and Staff Scoring (3 days)	6/17	7/5
	Send link to applications to commissioners for reading	7/8	
	Commissioner Assignments and list of ineligible applicants	7/8	
	Commissioner Review Period (25 business days)	7/8	8/9
	Committee Meetings: Review and Consensus (1.5-2 hours/committee)	Week of 8/12 (Program) (Finance) (Executive)	
	Special Board Mtg: Discuss / Finalize Decisions (2 hours)	8/21 (2 hours)	
	Monthly Board Mtg (20 min agenda item)	8/28	
	Applicants Notified: Emails sent out, Modifications and Contracts	8/29	9/30
	Grant Term Begins	10/1/24	

Survey Methodology

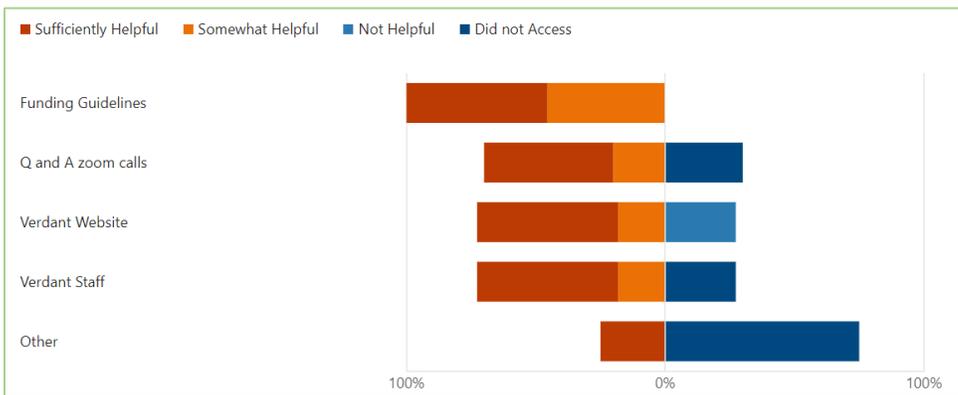
- Survey (5 questions) sent by email to all 32 Applicants and 5 Commissioners: September 7 (Thursday) – 8 business days after notification (Aug 24)
- Survey Deadline: Sept 12th, extended to Sept. 15th
- Response Rate
 - Applicants: 34% (n=11)
 - Commissioners: 20% (n=1)

Applicant Survey Themes

What worked well: 45% of respondents described process as CLEAR and Verdant staff helpful: “application process clear,” “questions were clear,” “great communication and staff support,” “staff available to answer questions.”

What to improve: That the process “have grace” with organizations with few staff and resources to develop proposals (“Perhaps we are younger organizations that need an opportunity/chance to become bigger. You could be part of that, as opposed to having hardline rules like if you don’t look like xyz, we won’t even look at your application”), be more transparent about the application process, “be clearer about what you want to fund (e.g. salary and basic support or only specific projects),” and how Verdant defines mental health support.

What resources were helpful during your application process?



Applications took 10 hours on average to complete with outliers reporting a full week and another reporting months.

Number of staff to complete the application: the mean was 4 but ranged from 1 to 35 people

General comments:

- *“create a process that avails BIPOC organizations a fair chance at competing for funds.”*
- *“More grace or openness w/regards to proving that organization is functioning/growing. Perhaps offering to help with capacity building for under-funded orgs.”*
- *Make the process easier and reconsider the application questions.*
- *There is definitely a disconnect with organizations that are seeking grant funding and the Verdant Commissioners. Verdant has made a lot of changes the last couple of years and there is a continuous change in staffing which has made it incredibly difficult to work with Verdant. There is always someone new to connect with and it feels like the organization has really changed from a "community" feeling. There is not a good connection with the grantees and it has been sad to see this change.*

Balance Sheet				
As of December 31, 2022 and August 31, 2023				
	12/31/2022 Final	August 31, 2023	Change from 12/31/22	Comments:
ASSETS				
1 Current Assets				
2 Cash Balance	4,470,365	3,442,116	(1,028,249)	2022 Reserve funding in 2023 \$1.2MM; 2023 Reserve Funding Jan through August 2023 \$1.333MM
3 Accounts Receivable	5,991	5,876	(115)	
4 Other Current Assets				
5 Paychex Tax Clearing		-	-	
6 Investments	54,137,810	57,875,797	3,737,987	Reflects 2022 reserve funding of \$1.2MM plus \$1.333 MM 2023 (8 months). Entire investment portfolio balance is reported under current section, maturities are >1 year to 5 years
7 Prepaid Expenses & Others	61,733	140,742	79,009	Prepaid Insurances, Other Prepaid Expenses
8 M&O Tax Levy Receivable	35,134	347,662	312,529	8 month x \$215k less payments received through 8/31/2023; 2023 Levy est \$2,574,000
9 Short Term Lease Receivable	3,609,874	3,609,874	-	denotes accounts impacted by GASB 87 implementation retroactive to 1/1/2021
10 Subtotal Other Current Assets	57,844,550	61,974,075	4,129,525	
11 Total Current Assets	62,320,906	65,422,067	3,101,161	
12 Long Term Assets				
13 Fixed Assets-Net of Depreciation	21,758,626	21,518,585	(240,041)	Hosp. Kruger, VCWC, VV 2023: Tracking Kruger Refresh Costs in CIP: Total at 8/31/23 \$464k JPC Architects & all related consulting progress billing, FSI as built drawings, Permits, JSH construction management. Reclass to FA category as each project is completed
14 TI and Deferred Rents	181,009	140,721	(40,288)	Previously included Deferred Rent-Pavilion, Hospital, Clinic & TI Allowances. Adjusted 12/31/22 and forward reflects elimination of Deferred Rent balances. Balance of \$181k reported this line is for TI improvements asset
15 Lease Receivables-LT Lease and Interest Receivable	259,319,798	259,319,798	-	New GASB 87- LT Portion Lease Receivable \$258MM Interest \$710k
16 TOTAL ASSETS	343,580,339	346,401,171	2,820,832	1. No interim adjustments are being made to the financial statements for the GASB 87 impacts on lease and interest revenue. All adjustments will be made at year end December 31.
LIABILITIES & NET POSITION				
17 Liabilities				
18 Current Liabilities				
19 Accounts Payable & Unclaimed Property	30,538	29,670	(868)	8/31/2023 Accounts Payable \$9; Unclaimed Property \$21k.
20 Credit Cards	894	3,061	2,167	
21 Tenant Prepaid Rents	956,915	1,025,534	68,619	Swedish Hospital and Clinics Sept 2023 rents paid at August month end
22 Other Payables & Accruals	259,061	149,190	(109,871)	Business Taxes, Accrued Operating Expenses, Tenant Security Deposits-- 12/31/22 balance high, included Grants Payable of \$67k
23 Accrued Salary & Benefits	39,868	63,383	23,515	
24 Estimated Self-Insured Reserve	125,000	125,000	-	Contingency reserve for self funded L&I claims and pension adjustments. Set at \$125k. By consultant Eberle Vivian.
25 Total Current Liabilities	1,412,276	1,395,838	(16,438)	
26 Long Term Liabilities				
27 Deferred Inflow of Resources	255,392,457	253,980,181	(1,412,276)	GASB 87 LT Lease Liability
28 Total Long Term Liabilities	255,392,457	253,980,181	(1,412,276)	
29 TOTAL LIABILITIES	255,392,457	255,376,019	(16,438)	
30 EQUITY	88,187,882	91,025,152	2,837,270	YTD Change = YTD 2023 Income \$2,837,270
31 TOTAL LIABILITIES & NET POSITION	343,580,339	346,401,171	2,820,832	

Denotes accounts impacted by GASB 87 Lease Standard-Retroactive to 2021 Calendar Year

Statement of Income
Months Ending July 31, 2023 and August 31, 2023

	Month of July 2023	Month of August 2023	Month Change Inc/(dec)	Comments:
1 Operating Revenue				
2 Cash Lease Revenues (Base, CAM, Taxes)	1,008,361	1,007,548	813	
3 Deferred Rent Adjustments	-	-	-	
4 Grant Repayments	-	-	-	
5 Total Operating Revenue	1,008,361	1,007,548	813	
6 Program Funding and Operating Expenses				
7 Programs				
8 Total Program Funding	545,172	520,990	24,182	Includes All Program Payments, External Awards & Internal program costs. Spring community grant payments began April 1, 2023. Certain legacy awards ended June 30th along with 2nd continuation payments.
9 Operating Expenses				
10 Salaries, Benefits & Contracted Staff	101,285	121,166	(19,881)	Staff additions; Fiscal Specialist; Dual Community Impact
11 Professional Development/Planning	(294)	698	(992)	
12 Professional Services	44,720	63,828	(19,109)	Recurring services for: HR/IT/Legal/Property Management/Accounting-\$22k August for RFP and RFQ services
13 Purchased Services	40,717	45,482	(4,765)	Regular recurring services for properties; August added VV security patrols due to vacancy
14 Supplies, Postage, Dues, Other	6,509	15,783	(9,274)	August 3 Laptop replacements end of life
15 Repairs, Maintenance & Insurance	18,951	24,592	(5,642)	August McKinstry maint contracts and services
16 Utilities	23,151	16,169	6,982	July Accrued \$7k electric JSH paid in Aug - City of Edmonds Storm drain \$7k
17 Business Taxes	5,021	5,060	(39)	
18 Marketing	6,119	1,399	4,720	
19 Depreciation	95,594	98,778	(3,185)	
20 Amortization	5,036	5,036	-	
21 Total Operating Expenses	346,808	397,990	(51,183)	6 month tenant CAM variance-Expenses>Budget and Billing by \$13k
22 Total Program and Operating Expenses	891,980	918,980	(27,000)	
23 Net Operating Income (Loss)	116,382	88,568	27,814	Net Operating Income for the Month of August \$88k
24 Other Income (Expense)				
25 Other Income	-	-	-	
26 Self Funded L&I Reimbursements	-	-	-	
27 Self Funded L&I Expenses	(833)	(833)	(0)	
28 Levy Income	215,005	215,000	5	
29 Net Income (Loss) after Levy Income	330,553	302,735	27,818	Net Income after Levy and Self Funded L&I Month of August 302,735
30 Investment Income-Net of Unrealized Gains (Losses)	254,688	219,214	35,473	August Interest \$157k, realized loss \$1k, Unrealized gain \$63k
31 Net Income (Loss)	585,241	521,949	63,291	Net Income Month of August \$521,949

**Statement of Income-Actual v Budget
Month and YTD Ending August 31, 2023**

	August 2023 Actual-Month	August 2023 Budget-Month	Month Fav (Unfav) Variance		August 2023 YTD Actual	August 2023 YTD Budget	YTD Fav (Unfav) Variance	Notes
1 Income								
2 Operating Revenue-	1,007,548	976,759	30,789	F	8,119,397	7,810,743	308,654	F 1/2
3 Expenses								
4 Program Expenses-All Categories	520,990	718,524	197,535	F	5,305,558	5,896,028	590,471	F 3
5 Operating Expenses	294,176	263,747	(30,430)	U	2,097,624	2,109,973	12,349	F 4
6 Depreciation & Amortization	103,814	112,138	8,324	F	812,713	897,108	84,395	F
7 Total Expenses	918,980	1,094,409	175,429	F	8,215,895	8,903,110	687,215	F
8 Operating Income (Loss)	88,568	(117,650)	206,218	F	(96,498)	(1,092,366)	995,868	F
9 Levy and Other Non Operating Income (Expense)								
10 Other Income	-	-	-		15,400	-	15,400	F
11 Levy Income	215,000	215,000	-		1,721,829	1,720,000	1,829	F
12 Investment Income-Net of Unrealized Gains (Losses)	219,214	100,000	119,214	F	1,204,658	800,000	404,658	F
13 Self Funded L&I Reimbursements	-	-	-		-	-	-	
14 Self Funded L&I Expenses	(833)	(2,182)	1,349	F	(8,407)	(17,455)	9,048	F
15 Fees, Penalty and Interest	-	-	-		287	-	287	F
16 Net Income (Loss) After Levy Income	521,949	195,168	326,781	F	2,837,270	1,410,179	1,427,091	F
17 Net Income (Loss)	521,949	195,168	326,781	F	2,837,270	1,410,179	1,427,091	F

Notes:

1. Revenues-
Rental Income-Two suites are still vacant at Kruger Clinic. (#110; 2025 SF & 270; 1945 SF). Repair and refresh has been completed and suites are being actively marketed. Estimated revenue loss from vacancy is ~\$100K rent and ~\$65K in CAM. Value Village lot lease terminated 7.31.23. Actively marketing. Deferred rent adjustments have been eliminated with the application of GASB 87 accounting for leases. Estimates were inadvertently budgeted for 2023. There will be a month and year to date variance on revenue line through 2023 as a result. Cash rental revenue is on pace with budget. GASB 87 adjustments for lease and interest income are not being recorded on an interim basis. These adjustments will be made at year end only. See note 2 below

Grant Repayments-\$43k YTD January 2023-\$43K Project Access. February-August 2023-0
 Operating revenue is trending favorably due to grant repayment and the deferred rent adjustments in budgeted figure.

Levy Income-2023 Rate of \$215k per month

2. GASB 87 Lease and Interest Income-
 All entries to apply the impact of the standard for 2021 and 2022 were recorded retroactively at 12/31/22. Impact was reviewed at the November 2022 finance and board meetings and with the 2022 audit report. 2023 revenue (lease and interest) entries related to the GASB 87 implementation **are not being recorded on an interim basis** to the internal management use financials so as not to distort the interim financials and budget reviews. These entries will be recorded annually at each calendar year end.

3. Expenses-Program:
 Overall program spending below budget \$590k at 8.31.23-timing of community grant payments (amortize \$8.2M straightline in budget) and lower spring 2023 awards than projected. Fall awards begin 10/1/23. VOA delay \$22k, Internal programs behind pace by \$85k.

External Programs-Community Awards/Grants: Community-YTD \$5.031MM of \$5.467 MM budgeted. Prior legacy grants ended June 30th along with second continuation payments. **CHART** - 2nd 2022-2023 contract installment paid in June. **VOA 211-** budgeted at \$110k for 2023 will be 9/12 of this. Contract start deferred to 4/1/23 start due to staffing vacancy.

Superintendent Discretionary-Paid To date: \$41k, open to pay* \$12k Total committed \$53k-

Internal Programs - \$152k YTD of \$237k budgeted.

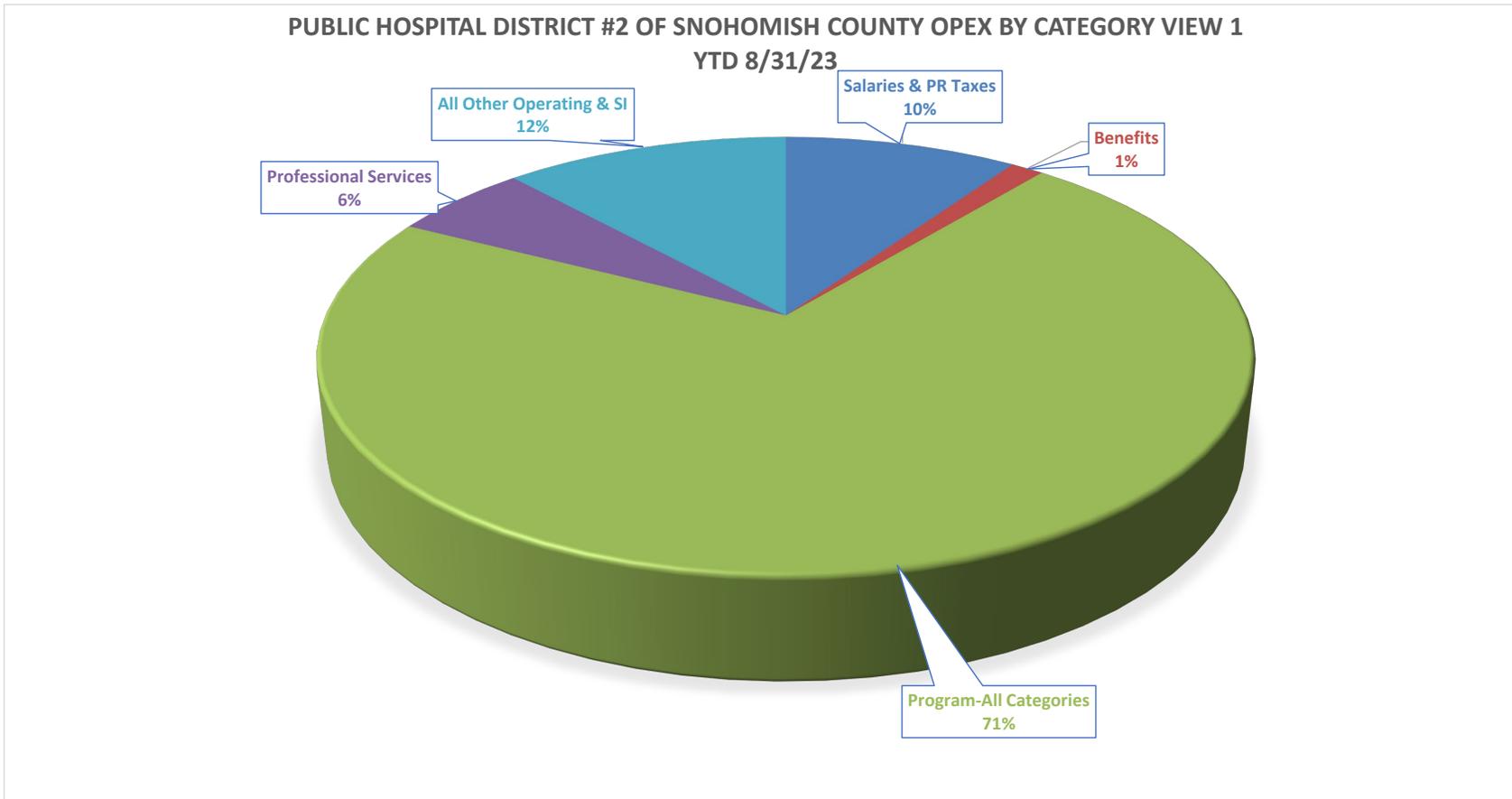
4. Expenses-Operating:
 YTD operating expenses are below budget by \$12k.
 Unbudgeted expenses incurred to date (but covered by contingency line): Increase in insurance premiums due to property valuation adjustment; Accounting contractor fees due to delayed recruitment (offset by staff vacancy). Grants Admin contractors-partially offset by staff vacancy. Wellness Center Security services were added in 2023. 2 additional 2022 security invoices billed to Kruger from Allied paid in 2023. Landscaping \$22k, janitorial \$19k higher than budget. Deicing and sanding services to parking lots were underbudgeted significantly (\$20k). Marketing costs \$12k over budget addition of event and higher than budgeted Canopy costs. Kruger RFP and Hospital RFQ Compilation costs \$22k. value Village fencing and Security Costs effective 8/23.

To the extent opex variances apply to Kruger Clinic CAM's the expense variance will be billed back to tenants and offset in revenue line.

PROGRAM SPENDING ACTUAL V. FULL YEAR BUDGET
August 2023

		Jan - August 2023 Actual	% of Budget Incurred	Full Year 2023 Budget	Remaining Budget Available
8/12th of year			66.67%		
Programmatic Work					
1	6000 · External Programs				
2	6011 · Community	5,030,904.81	62.11%	8,100,000.00 1	3,069,095.19
3	6014 · CHART	52,575.00	50.00%	105,150.00	52,575.00
4	6015 · VOA 211	29,040.00	26.40%	110,000.00	80,960.00
5	6017 · Superintendent Discretionary	41,000.00	20.50%	200,000.00 1	159,000.00
6	Total 6000 · External Programs	5,153,519.81	60.52%	8,515,150.00	3,361,630.19
7	6050 · Internal Programs				
8	6053 · Nutrition & Physical Activity	39,432.04	40.93%	96,350.00	56,917.96
9	6055 · Multicultural Health Programs	19,903.95	45.29%	43,950.00	24,046.05
10	6056 · Behavioral Health & Social Work	90,973.63	61.78%	147,250.00 2	56,276.37
11	6058 · Partner Development & Education	1,374.63	6.87%	20,000.00	18,625.37
12	Total 6050 · Internal Programs	151,684.25	49.32%	307,550.00	155,865.75
13	Total Programmatic Work	5,305,204.06	60.13%	8,822,700.00	3,517,495.94

- 1 Commissioners agreed to reallocate \$100,000 from Community Grant line to Superintendent Discretionary at 8/23/23 Board Meeting. Total SD now \$200k
2 \$5000 paid to VOA for emergency shelter program in May was reclassified out of SD and into Behavioral Health & Social Work in August



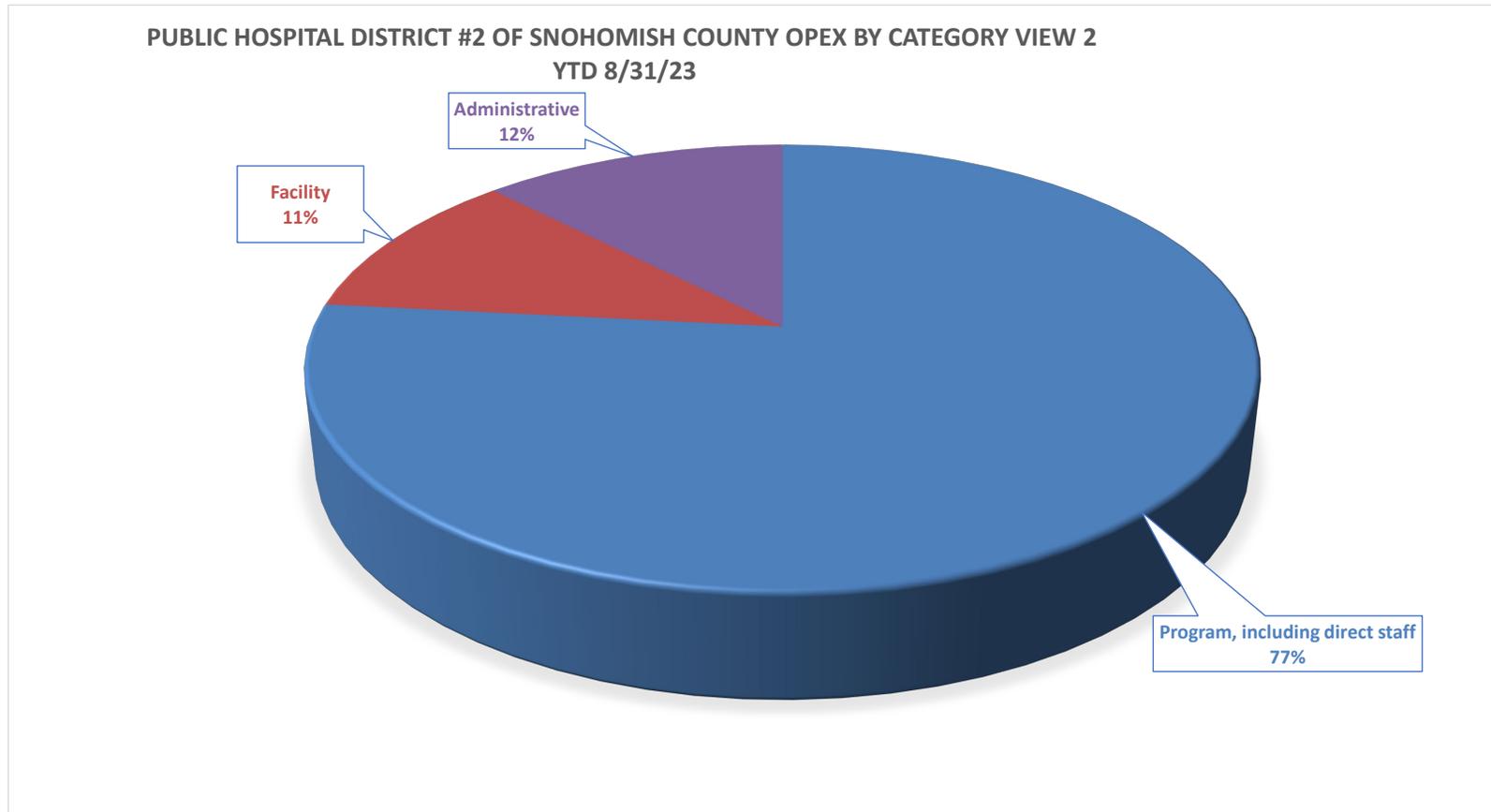
View 1-Prof Services, Salaries and Benefits, All Other Operating, expressed as total of all expenses

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 hacw been removed from this presentation



View 2-Program with FTE, Property and Administrative Expenses, 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

Program Costs: All grants and internal program costs plus Salaries and Benefits only for direct program staff 4.75 FTE
 This illustration includes allocation of direct staff only; does not include an allocation for indirect staff S&B, facilities, supplies or other costs that could be reasonably allocated to program expense.

Depreciation and Amortization have been removed from this presentation

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 August 2023

Type	Date	Num	Name	Amount	Memo	
Warrants:						
1002 · Wells Warrant Acct *2717				A		
1002 · Wells Warrant Acct *2717						
Bill Pmt -Check	08/02/2023	16175	Alexander Gow Fire Equipment	586.18	Kitchen Hood semi-annual cleaning 7.25.23	
Bill Pmt -Check	08/02/2023	16176	Christine Goff	848.82	7/12th and 7/26th Cooking Demo (Healthy Picnic and Untraditional Berries)	
Bill Pmt -Check	08/02/2023	16177	Dynamic Computing, Inc.	5,859.49	IT Maintenance and service	
Bill Pmt -Check	08/02/2023	16178	Robert Half	3,816.40	Accounting Work till 7.21.23	
Bill Pmt -Check	08/02/2023	16179	Seattle Food Nut	483.17	7/19/23 - Cooking Demo (Seafood Made Simple)	
Bill Pmt -Check	08/10/2023	16180	Allstream	98.50	8/3 - 9/2/23 Phone/Internet Service - Value Village	
Bill Pmt -Check	08/10/2023	16181	Anna Tarkowska McCleary	2,945.96	6/30/23 - 7/31/23 Kruger Refresh Project Management	
Bill Pmt -Check	08/10/2023	16182	Annika Sahota	3,780.00	MC-23-1016 Promotoras Work - 2.1.23 - 6.30.23	
Bill Pmt -Check	08/10/2023	16183	Canon Financial Services, Inc.	73.84	Konika - WA 2022 Property Tax	
Bill Pmt -Check	08/10/2023	16184	Daniella Valeska Ochoa	300.00	MC-23-1030 - Kitche Collaborative Pilot - Cultural Nutrition	
Bill Pmt -Check	08/10/2023	16185	Enduris	118,542.00	23-24 insurance Casualty/Liability	
Bill Pmt -Check	08/10/2023	16186	Foster Garvey PC	875.00	6/30/2023 - Employment Issues - General	
Bill Pmt -Check	08/10/2023	16187	Health Care Authority (PEBB)	11,308.76	Health Ins and Life AD&D	
Bill Pmt -Check	08/10/2023	16188	Lease Crunch	387.10	Subscription 8/5/23 - 8/4/24 (7 Units)	
Bill Pmt -Check	08/10/2023	16189	Payden & Rygel	9,531.00	7/23 - Monthly Investment Advisory Fees	
Bill Pmt -Check	08/10/2023	16190	Robert Half	3,673.29	Accounting work for week ending 7/28/23	
Bill Pmt -Check	08/10/2023	16191	Turner HR Services, Inc.	5,425.00	7/23 - Director of Community Impact interview screening, Workplace harrasment Training	
Bill Pmt -Check	08/16/2023	16192	Canon Financial Services, Inc.	580.35	8/23 - Konika Copier Lease/Maintenance	
Bill Pmt -Check	08/16/2023	16193	Dynamic Computing, Inc.	337.50	IT Maintenance and Service	
Bill Pmt -Check	08/16/2023	16194	G -Foundation for Edmonds School District	1,000.00	05312003-FESD - Replacing ck #16097 lost in the mail - 5K Walk/Run Sponsorsh[
Bill Pmt -Check	08/16/2023	16195	G - Volunteers of Am Western WA	7,260.00	4/23 - 1/24 CSW 2023-06 Soth County Community Resource Advocate (4th of 10 Payments)	
Bill Pmt -Check	08/16/2023	16196	Safeway	1,520.00	7/23 - Food Vouchers 152@ \$10 each	
Bill Pmt -Check	08/16/2023	16197	Sound Dietitians LLC	1,265.55	7/1 - 7/31 - WC-361, WC-362 (Nutrition Programs)	
Bill Pmt -Check	08/16/2023	16198	Verizon	146.55	Cell phones	
Bill Pmt -Check	08/16/2023	16199	Wells Fargo	6,971.78	July 2023 CC Statements	
Bill Pmt -Check	08/22/2023	16200	Northwest Church	640.00	8/23 - Verdant Block Party Facility Rental	
Bill Pmt -Check	08/23/2023	16201	Ana Evelin Garcia	3,600.00	Women's & Men's Monthly Support Group	
Bill Pmt -Check	08/23/2023	16202	Lynnwood Event Center	3,900.00	9/16/23 Hope & Resiliency Event Catering - 2nd Deposit	
Bill Pmt -Check	08/23/2023	16203	Mercedes Cuascut-Ramos	230.00	8/24/23 - Block Party Simple Balloon Twisting	
Bill Pmt -Check	08/23/2023	16204	Robert Half	7,108.05	Accounting Services for Weeking Ending 8/11/23 and 8/18/23	
Bill Pmt -Check	08/23/2023	16205	Seattle Food Nut	360.00	8/19/23 Teen Cook-Along Cool Fruit Treats (WC-363) "Brunch-Tastic Recipes"	
Bill Pmt -Check	08/23/2023	16206	Shaun Samuels	1,500.00	8/24/23 - DJ Services for Verdant Block Party	
Bill Pmt -Check	08/23/2023	16207	Thomas & Associates Consulting, LLC	2,850.00	6/23 - Professional Consulting Services	
Bill Pmt -Check	08/23/2023	16208	Town of Woodway	250.00	Town Fair 2023 Donation	
Bill Pmt -Check	08/24/2023	16210	Conrad Brudi	1,200.00	8/23 - Verdant Block Party Aug. 24th Music Services	
Bill Pmt -Check	08/24/2023	16211	Roosevelt Pristell	500.00	8/23 - Health & Wellness Services for Elders at 8/24/23 Block Party Event	
Bill Pmt -Check	08/31/2023	16212	Annika Sahota	427.00	MC-23-1016 Promotoras Work	
Bill Pmt -Check	08/31/2023	16213	Dynamic Computing, Inc.	12,711.37	Inv. #38776, Inv. 38837 and Inv. #38850	
contd	Bill Pmt -Check	08/31/2023	16214	G - THUP Behavioral Health	5,032.63	CSW-2323-03 Extension - The Hand Up Project Respite Program

Public Hospital District #2, Snohomish County dba

Verdant Health Commission

Warrants Month of August 2023

Type	Date	Num	Name	Amount	Memo
Bill Pmt -Check	08/31/2023	16215	Herencias Mexicanas Folkloric Group	500.00	Entertainment-Folkloric Dance for Verdant Block Party
Bill Pmt -Check	08/31/2023	16216	KMD Architects	22,587.50	8/23 - Consulting Fees to Draft Invitation to bid and RFQ hosp study
Bill Pmt -Check	08/31/2023	16217	Quadient Finance USA Inc.	50.00	08/03/23 Postage PPPLN01
Check	08/04/2023	ACH1052	Superior Press, Inc.	163.34	8/4/23 - Check Re-order Charge Electronic transaction on Warrant Account
Wells Fargo Warrant Acct *2717				251,226.13	A

Wells Fargo Property Management *7265

B

Check	08/09/2023	J2237	Armstrong Services	10,971.20	Inv. #12034, Inv. #12061 and Inv. #12046
Check	08/09/2023	J2239	Comcast - Acct # 8498310221378586	335.82	Acct # 8498310221378586 - Verdant Facility
Check	08/09/2023	J2238	Camden Gardens, Inc.	2,641.00	8/2023 - Interior, Exterior and Seasonal Landscaping Contract
Check	08/09/2023	J2240	Guardian Security Systems, Inc.	171.39	Fire Safety/Alarm Monitoring - Inv. #1391504, Inv. #1391505
Check	08/09/2023	J2241	McKinstry Co., LLC	1,435.59	Inv. #10218582 - August, Sept. and October Contract
Check	08/09/2023	J2242	KWB Property Maintenance	1,514.63	Inv. #073123.1, #073123.2 and #083123.1
Check	08/09/2023	J2243	Republic Services	2,851.84	7/1 - 7/31 Refuse/Recycle Service - Inv. #0197-003207748
Check	08/09/2023	J2244	Schindler Elevator Corporation	347.31	8/1 - 8/31 - Elevator Monthly Maintenance Contract
Check	08/09/2023	J2245	Snohomish County PUD	6,989.32	Electricity 6/28 - 7/29/23 - Inv. #161811480 Kruger, Inv. #132456331 Value Village
Check	08/09/2023	J2246	Allied Universal Security Services	7,604.42	7/21 - 8/3/23 Security Services at Kruger
Check	08/09/2023	J2247	Waste Management	617.94	7/1 - 7/31/23 - Refuse/Recycle At Verdant
Check	08/09/2023	J2248	Western Exterminator Company	259.51	8/23 - Inv. # 50214552 - Monthly Pest Control - Kruger
Check	08/21/2023	J2249	Aardvark Services Corp.	97.45	08/16/23 - Sweeping Services
Check	08/21/2023	J2250	Armstrong Services	1,408.86	7.31.23 - clean up services
Check	08/21/2023	J2251	Comcast	1,271.32	8/1 - 8/31 Account #6367 and 7/1 - 7/31 Account #7969 Internet and Phone
Check	08/21/2023	J2252	Commercial Property Maintenance, Inc.	3,412.76	5/30 - 6/30 BB Inv. #110472, 5/2 - 5/4 Inv. #110234, 8/2 Inv. #110989, 7/31 - 8/3 Inv. #110972, ...
Check	08/21/2023	J2253	National Construction Rentals, Inc	1,494.53	Ticket #1636290 - 6 Ft Temporary Panels Fencing for Value Village
Check	08/21/2023	J2254	KWB Property Maintenance	1,105.00	8/23 Security Services for Value Village
Check	08/21/2023	J2255	Ziply Fiber	337.95	8/7 - 9/6/23 Acct. #0203-5, Acct. #1914-5, Acct. #0396-5
Check	08/31/2023	J2256	Armstrong Services	659.77	8/23 - Carpet Cleaning and Cleaning Supplies - Kruger Clinic
Check	08/31/2023	J2257	Camden Gardens, Inc.	721.60	8/23 - Irrigation Repairs at Kruger Clinic
Check	08/31/2023	J2258	City of Edmonds - Utilities	1,076.34	6.21.23 - 8.19.23 Water/Sewer & Storm Drain
Check	08/31/2023	J2259	Commercial Property Maintenance, Inc.	2,584.11	8/23 - Services
Check	08/31/2023	J2261	JSH Properties Inc	7,943.51	8/23 - Management Fee/Kruger Refreshment management Fee
Check	08/31/2023	J2260	JPC Architects	13,154.39	7/14/23 - Kruger Refresh - Exterior Field
Check	08/31/2023	J2262	McKinstry Co., LLC	6,174.16	8/23 - Maintenance
Check	08/31/2023	J2263	PMOW, LLC	8,776.80	8/23 - Re-Striping Kruger Clinic Parking Lot
Check	08/31/2023	J2264	KWB Property Maintenance	481.49	8/23 - Debris removal, padlock installation, Mailbox key change
Check	08/31/2023	J2265	Puget Sound Energy	105.39	7/21 - 8/22/23 Gas Utility at Value Village - 7.24 - 8/23 Gas at Verdant
Check	08/31/2023	J2266	Snohomish County PUD	1,168.04	7/21/23 - 8/21/23 Electricity at Verdant Facility
Check	08/31/2023	J2267	Allied Universal Security Services	7,420.98	8/4 - 8/17/23 Security Services
Total Wells Fargo Property Management Acct *7265				95,134.42	B

1003 · Wells Work Comp Acct *2725

1003 · Wells Work Comp Acct *2725

Total 1003 · Wells Work Comp Acct *2725

0.00 C

0.00 C

Total Warrants

346,360.55 A-C

Public Hospital District #2 Snohomish County dba Verdant Health Commission
Electronic Disbursements and Summary August 2023

Type	Date	Num	Name	Amount	Memo
Electronic Payments					
Wells Fargo Operating Acct *2709					
ACH Program Payments					
				D	
Check	08/15/2023	Gmt 1607	G - Boys & Girls Club of Sno County	8,333.00	Award A540 - BCCSC Behavioral Health Uplift Initiative (BHUI)
Check	08/15/2023	Gmt 1608	G - Center for Human Services	43,834.00	Award A523 - Youth Counseling Year 2, Award A541 - Behavioral Health Integration
Check	08/15/2023	Gmt 1609	G - ChildStrive	21,667.00	Award A556 - Nurse Family Partnership (NFP)
Check	08/15/2023	Gmt 1610	G - Community Health Center of Sno Co	16,667.00	Award A557 - Dental Program and School-based services at Meadowdale High
Check	08/15/2023	Gmt 1611	G - Compass Health	18,750.00	Award A558 - Community Transitions
Check	08/15/2023	Gmt 1612	G - Domestic Violence Services Sno Co	16,500.00	Award A542 - DV Supportive Services Project
Check	08/15/2023	Gmt 1613	G - Edmonds Center for the Arts	833.00	Award A559 - Creative Arts Therapy for Connection and Healing - CATCH
Check	08/15/2023	Gmt 1614	G - Edmonds College Foundation	17,203.00	Award A544 - Counseling and Resource Center (CRC) Mental Health and Wellness Expansion Project
Check	08/15/2023	Gmt 1615	G - Edmonds Food Bank	10,083.00	Award A545 - Increased Focus on Nutrition and Culturally Appropriate Food
Check	08/15/2023	Gmt 1616	G - Edmonds School Dist No. 15	92,452.00	Award A511 - Move60! 2022-23, A522 - Family Resource Advocates, A547 ESD Schoo...
Check	08/15/2023	Gmt 1617	G - Edmonds Senior Center	8,000.00	Award A548 - Improving Health Access to Underserved Communities Through Outreach
Check	08/15/2023	Gmt 1618	G - Foundation for Edmonds School District	11,667.00	Award A560 - Nourishing Network - Working to End Food Insecurity
Check	08/15/2023	Gmt 1619	G - Helping Hands Project Org	5,000.00	Award A562 - Culturally Appropriate Food for Low Income
Check	08/15/2023	Gmt 1620	G - Homage Senior Services	21,667.00	Award A563 - Homage Seniors Meals and Mental Health Access
Check	08/15/2023	Gmt 1621	G - Kindering	3,333.00	Award A564 - Pediatric Therapies and Special Education
Check	08/15/2023	Gmt 1622	G - Korean Community Service Center	13,667.00	Award A549 - Mind, Body and Soul for Korean Americans
Check	08/15/2023	Gmt 1623	G - Lahai Health	23,750.00	Award A550 - Medical and Mental Health Access
Check	08/15/2023	Gmt 1624	G - Latino Educational Training Institute	14,144.00	Award A565 - LETI Health and Wellness Program, A551 - Promotor/Volunteer Program
Check	08/15/2023	Gmt 1625	G - Lynnwood Food Bank	4,333.00	Award A471 - Focus on Nutrition
Check	08/15/2023	Gmt 1626	G - Medical Teams Int'l	12,500.00	Award A552 - Care and Connect
Check	08/15/2023	Gmt 1627	G - Millenia Ministries	15,982.00	Award A485 - Mobile Manna/Moving from Surviving to Thriving
Check	08/15/2023	Gmt 1628	G - Parent Trust for WA Children	2,537.00	Award A553 - The First Five Years: Mental Health and Parenting Support for Families in South Sno...
Check	08/15/2023	Gmt 1629	G - Prescription Drug Assistance Found	5,000.00	Award A554 - Prescription Drug Assistance Network
Check	08/15/2023	Gmt 1630	G - Project Access Northwest	8,333.00	Award A566 - Specialty Care Coordination
Check	08/15/2023	Gmt 1631	G - Project Girl Mentoring Prgm	10,833.00	Award A555 - Immersion Lab - Connections
Check	08/15/2023	Gmt 1632	G - South County Fire	21,994.00	Award A466 - Community Resouce Paramedic
Check	08/15/2023	Gmt 1633	G - Sound Pathways	13,460.00	Award A543 - Syringe Services Expansion
Check	08/15/2023	Gmt 1634	G - UTSAV	6,250.00	Award A567 - Reduce the inequalities in health access among the South Asian population living in...
Check	08/15/2023	Gmt 1635	G - Washington West African Center (WAWAC)	9,583.00	Award A561 - Extended Drop-in Center for Mental Health and Food Security
Check	08/15/2023	Gmt 1636	G - Wonderland Child & Family Svc	12,500.00	Award A568 - Prenatal Substance Exposure Services for Families
Check	08/15/2023	Gmt 1637	G - YMCA of Greater Seattle.	6,083.00	Award A569 - Community Health Navigation to Support the East African Community
Check	08/15/2023	Gmt 1638	G - YWCA of Seattle, King and Sno Co	6,083.00	Award A570 - YWCA - Healthcare Access Services
Check	08/15/2023	Gmt 1639	G - City of Mountlake Terrace	7,000.00	Award S548 - Beginner Swimming Lesson-1 of 2 payments
Total 1001 · Wells Fargo Operating Acct*2709				490,021.00	D

contd

Public Hospital District #2 Snohomish County dba Verdant Health Commission
Electronic Disbursements and Summary August 2023

Type	Date	Num	Name	Amount	Memo
All Other Electronic Payments-Operating Account					E
Check	08/01/2023	ACH 1598	WA State Department of Revenue	12,720.38	2023 2nd qtr leasehold tax
Check	08/03/2023	ACH 1597	Valic	1,681.25	PPE 7/22/23 Ck date 7/27/23 ER Pension Match
Check	08/07/2023	ACH 1605	Principal Life Insurance Co.	1,931.56	1019549-10001 - August premium for LTD, STD, Life AD&D
Check	08/07/2023	ACH 1606	AmeriFlex Business Solutions	1,081.74	Claims Clearing
Check	08/09/2023	ACH 1603	Paychex	9,697.38	PPE 8/05/23 Payroll Service Fee - Ck date 8/10/23
Check	08/09/2023	ACH 1604	Paychex	138.46	PPE 8/05/23 Payroll Service Fee - Ck date 8/10/23 EE Deduction
Check	08/10/2023	ACH 1599	Paychex	40.00	8/11/23 - Time & Attendance Fee
Check	08/10/2023	ACH 1600	Paychex	207.50	PPE 8/05/23 Payroll Service Fee - Ck date 8/10/23
Check	08/10/2023	ACH 1601	Wells Fargo Merchant Services	70.00	Monthly Bank Card Fees
Check	08/10/2023	ACH 1602	Paychex	30,783.61	PPE 8/05/23 Payroll - Ck date 8/10/23
Check	08/10/2023	ACH 1640	US Bank	166,666.00	August reserve funding
Check	08/14/2023	ACH 1642	AmeriFlex Business Solutions	28.75	Claims
Check	08/15/2023	ACH 1641	AmeriFlex Business Solutions	30.00	Claims
Check	08/21/2023	ACH 1649	AmeriFlex Business Solutions	109.52	Claims
Check	08/22/2023	ACH 1647	Valic	1,681.54	PPE 8.05.23 Ck date 8.10.23 ER Match
Check	08/22/2023	ACH 1648	Paychex	139.36	8/1/23 - Inv. #3888449 Time & Attendance Fee
Check	08/23/2023	ACH 1644	Paychex	30,307.60	PPE ending 8.19.23 Ck ending 8/24/23
Check	08/23/2023	ACH 1645	Paychex	9,458.23	PPE ending 8.19.23 Ck ending 8/24/23
Check	08/23/2023	ACH 1646	Paychex	138.46	PPE ending 8.19.23 Ck ending 8/24/23 - EE Deduction
Check	08/24/2023	ACH 1643	Paychex	207.50	PPE ending 8/19/23 Ck date 8/24/23 Service Fee
Check	08/28/2023	ACH 1652	AmeriFlex Business Solutions	101.98	Claims
Check	08/29/2023	ACH 1650	WA State Department of Revenue	788.65	July 2023 B&O Monthly Taxes
Check	08/31/2023	ACH 1651	Valic	2,182.98	PPE 8.05.23 Ck date 8.10.23 EE Contribution
Subtotal ACH Operating Acct 2709				<u>270,192.45</u>	E
Electronic Disbursements 2709				<u>760,213.45</u>	D-E
Summary-				Amount	Ref
Warrants-All Accounts				346,360.55	A-C
Electronic Disbursements-Acct 2709				760,213.45	D-E
Total Disbursements August 2023				<u><u>1,106,574.00</u></u>	

PUBLIC HOSPITAL DISTRICT #2 OF SNOHOMISH COUNTY

DBA VERDANT HEALTH COMMISSION

WARRANT AND ELECTRONIC DISBURSEMENT APPROVAL- August 2023

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 and D-E have been received and the Warrant Numbers and Electronic Transactions detailed herein have been issued in the payment amounts as follows:

Type	Account	By	Date	Check #	Total	Reference
Warrants	2717-Warrant	Verdant	8/1/23 - 8/31/23	16175 - 16217 & ACH1052	251,226.13	A
Warrants	7265-Property Management	JSH	8/1/23 - 8/31/23	J2237 - J2267	95,134.42	B
Warrants	2725-Workers Comp	Eberle Vivian	8/1/23 - 8/31/23	0	-	C
				Total Warrants	346,360.55	
Electronic	2709-Operating	Verdant	8/1/23 - 8/31/23	ACH Transactions	760,213.45	D-E
				Total Disbursements	1,106,574.00	

These warrants and electronic disbursements are hereby approved.

Attest:

 Riene Simpson-CPA, Director of Finance
 District Auditor

 Commissioner

 Commissioner

 Commissioner

 Commissioner

 Commissioner

Verdant Community Social Worker Highlights: August / September 2023

- Case Management – continuing support for fifteen clients.
- Continue to provide inreach/outreach with Swedish Edmonds Hospital.
- CHART Leadership and Facilitation – Ongoing support for the CHART program and clients.
- VOA 211 Community Resource Advocate – Continuing support and community introductions for Etmon Carranza. This month we met with and presented to Lynnwood Sea Mar and the Family Resource Advocates at the Edmonds School District.
- This past month included, weekly team check ins, monthly County Outreach Coalition, Snohomish County Vulnerable Adult Task Force, monthly Snohomish County Connector’s meeting, and the monthly County and Human Services Providers Call. This month’s Snohomish County Community Behavioral Health Committee was held in person at Verdant on 9/21/23. Provided support at Verdant’s annual block party event.
- 2023 Programming –
 - Provider training titled Neurocriminology has been scheduled for December 7.
 - Our suicide prevention event titled Creating Hope and Resiliency: A Community Conversation on Suicide Prevention was held on September 16, during Suicide Prevention Awareness Month. We had over 100 people in attendance, as well as another 50 vendors and speakers. We received comments such as life changing, exceptional event and very useful and timely information.
 - Two community behavioral health therapeutic support groups have been scheduled and will be held in-person at Verdant. One will be on grief and loss, the other on building health relationships.

Multicultural Report-August 2023

Verdant Sponsored Programs

Monthly Women's Support Group- 11participants
Monthly Men's Support Group- 5 participants
Monthly Parent Support Group- 32 participants
Domestic Violence Support Group- 5 participants
Planning Meeting Suicide Prevention Event-5 participants
Nutrition Interventions in Behavioral Health 43 participants
Verdant Block Party- 250 participants

Community Collaborations

Faith and Wellbeing Quarterly -11participants
Planning meeting with WAWAC- Community Dialogue
Back to School Fair- Meadowdale high school
Meeting with Jamila Taylor- Leadership Launch
Congreso para Padres- Parent Summit Planning Meeting
Orcas Island PHD intro
Suicide Prevention Event planning
Youth Wellness Summit Presentation- Tulalip Tribes
Meeting with Stephanie De Sarantos- Wellness And Love Center
Con confianza y en Comunidad- Talking about COVID related Info-21 participants
BIPOC Compassionate Burnout Planning Meeting
Latinx Health Board Meeting-13 participants
UofWA Peer Mental Health Planning Meetings- 5 participants
Movimiento Afro-Latino Seattle Board Meeting- 6 participants
CHBC 2022 General Meeting - First Thursdays of the Month (in person)- 33 participants
LxHB officers meeting- 4 participants
August 2023 CHW/Promotor/a Peer Learning Workgroup-19 participants
Quarterly OCOE Community Action Coalition Meeting
Women of Color Coalition- 5 participants

Marketing Report

28-Day Period: August 23rd – September 19th, 2023

Facebook

- Reached 61,392 people
- 727 page visits
- 11 new page likes

Instagram

- Reached 17,344 people
- 115 profile visits
- 9 new followers

We reached out to 17,344 people on Instagram which is a 64.3% decrease from the previous period, and 61,392 people on Facebook which is a 29.7% increase. This may be a result of posting consistently because there were more community events this month, and also new content ideas were added to the Marketing Strategy. Posts were made for Motivational Monday, Social Media Holidays, Cooking Demos, and Quotes.

There are 11 new Facebook likes and 9 new Instagram followers. The profile visits were 115 on Instagram and 727 page visits on Facebook. We hope to increase the number of likes, reach and followers by continuing to post high quality content, more engaging content, and posting consistently.

Link to all of our online platforms:

<https://linktr.ee/verdanthealthcommission>

E-Newsletter:

<https://mailchi.mp/verdanthealth/verdant-news-august-9401238>

Content:

HYBRID

verdant
HEALTH COMMISSION
SUPPORTING YOUR WELL-BEING

Cancer Fighting Foods

Cooking Demo

September 13th, 2023
1pm-2pm

verdant
HEALTH COMMISSION
SUPPORTING YOUR WELL-BEING

PUMPKINS

COOKING DEMO

September 6th, 2023 | 2pm-3pm

Register here: verdanthealth.org/events

verdant
HEALTH COMMISSION
SUPPORTING YOUR WELL-BEING

Cooking Demo

How to Build a Delicious Salad

August 23, 2023

1pm-2pm

Register free
www.verdanthealth.org/events

Free Health & Wellness Programs

SEPTEMBER 2023

Offered by the Verdant Health Commission

Classes	Date & Time
Virtual - Cooking Demo: Pumpkin	Wed, September 6th, 2-3 p.m.
Hybrid - Cooking Demo: Mocktails	Tue, September 12th, 6-7 p.m.
Hybrid - Cooking Demo: Cancer Fighting Foods	Wed, September 13th, 1-2 p.m.
Hybrid - Cooking Demo: Fall Soup & Salad	Wed, September 20th, 6-7 p.m.
Hybrid - Cooking Demo: On The Go Breakfast Ideas	Wed, September 27th, 1-2 p.m.
Hybrid - Cooking Demo: Saving Seasonal Produce	Thur, September 28th, 6-7 p.m.

Registration required for classes. Visit verdanthealth.org/events or call (425) 582-8600 with questions.

Connect with Verdant:

- Visit us at verdanthealth.org
- Like us on Facebook at [facebook.com/verdantbc](https://www.facebook.com/verdantbc)
- Follow us on Twitter @VerdantHealth
- Sign up for newsletters at verdanthealth.org

verdant
HEALTH COMMISSION
SUPPORTING YOUR WELL-BEING

Whole Food Low Carb Diets

Cooking Demo

September 23, 2023
6pm-7pm

verdanthealth.org/events

“The Best Way To Find Yourself Is To Lose Yourself In The Service Of Others.”
- Mahatma Gandhi-

verdant
HEALTH COMMISSION
SUPPORTING YOUR WELL-BEING

Verdant Community Block Party on August 24, 2023





Creating Hope & Resilience

(September 16, 2023)

Our suicide prevention was held on September 16th at the Lynnwood event center, during Suicide Prevention Awareness Month. We had over 100 people in attendance, as well as another 50 vendors and speakers. We received very positive feedback about the event. Participants described it as life-changing, an exceptional event with very useful and timely information.

Three panel discussions, attendees learned more about how diverse groups may be more disproportionately impacted by suicide, including youth, Native Americans, older adults, veterans, and LGBTQ individuals. Participants also gained insight into alternatives to suicide, supportive resources, and how our actions, no matter how big or small, may provide hope to those who are struggling.

Keynote speaker Kevin Hines spoke about the events that preceded his failed suicide attempt at the Golden Gate Bridge, the regret he felt and his subsequent help of a sea lion that kept him afloat. Despite the serious subject, Kevin kept the conversation light with his sense of humor. In his talk emphasizing the importance of interpersonal ties, he also talked about kindness toward strangers.

To wrap things up, special guest speaker, Ashley McGirt-Adair, said that participants should “replace hope with commitment.” Instead of simply building one’s personal resilience, Ashley asked how society could be changed to make the world a kinder and gentler place.

