

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
AGENDA
March 23, 2022
8:00 a.m. to 10:00 a.m.

Due to the Governor’s Proclamation 20-28 et seq that temporarily waives and suspends sections of the Open Public Meetings Act, the March 23, 2022 Board of Commissioners meeting is NOT being held in person and will be held by remote participation only. The public can join via Zoom by visiting <https://us02web.zoom.us/j/81877444580> Meeting ID: 818 7744 4580 or the call-in number is 253-215-8782.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of Minutes	Action	8:01	3
1. February 23, 2022 Board Meeting			
2. March 10, 2022 Special Board Meeting			
C. Superintendent Report	Information	8:03	---
1. Verdant Operations			
2. Community Outreach Update			
D. Executive Committee Report	Information	8:08	---
E. Community Presentations	Information	8:10	---
1. City of Lynnwood: Mayor Christine Frizzell			
2. Edmonds College & Volunteers of America 2-1-1 CRA Program: Dr. Amit Singh, President, Edmonds College Charles Thompson, Associate Dean for Workforce Funding, Edmonds College Christina Castorena, Vice President for Student Services, Edmonds College Lenor (Leo) Bejarano, Community Resource Advocate of South Snohomish County, VOAWW	Information	8:35	---
F. Finance Committee Report			
1. Review financial statements & cash activity	Information	8:55	10
2. Authorization of payments of vouchers and payroll	Action		
3. Resolution 2022:05: Disposition of surplus assets from Swedish hospital	Action		

G. Program Committee Report			
1. Conflicts of Interest	Information	9:10	30
2. Grant Modification Requests / COVID-19 Grant Requests	Action		
3. Q1 Grant Recommendations	Action		
4. Review of 2022 and 2023 Budget Forecasting	Information		
H. Public Comments (limit 3 minutes per speaker)	---	9:35	---
I. Commissioner Comments	---	9:41	---
J. Adjournment		10:00	

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

BOARD OF COMMISSIONERS

**Regular Meeting
via Zoom**

**February 23, 2022
8:00 a.m.-10:00 a.m.**

**Commissioners
Present**

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

Staff

Lisa Edwards, EdD, Superintendent
Nancy Budd, MSW, Community Social Worker
Sandra Huber, Community Engagement Manager
Tammy Keuser, Interim Director of Finance
Kaysi Kelly, Executive Assistant/Office Manager
Thea Walker, Digital Communications Specialist
Debbie Beaman, Interim Executive Assistant/Office Manager
Monika Star, Wellness Center Assistant

Guests

Kara Turner, Turner HR Services, Inc.
Mayor Kyoko Matsumoto-Wright, City of Mountlake Terrace
Jeff Betz, Recreation and Parks Director, City of Mountlake Terrace
Scott Hugill, City Manager, City of Mountlake Terrace
Riene Simpson
Carl Zapora
Linda Grant, CEO, Evergreen Recovery Centers
Mishelle Rutherford, Director of Health Services, Evergreen Recovery Centers

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.

**Approval of
Minutes**

Motion was made by Commissioner Knowles, seconded by Commissioner Wilson and passed unanimously to approve the minutes of the regular Board Meeting on, January 26, 2022. (E:15:22)

Motion was made by Commissioner Knutsen, seconded by Commissioner Knowles and passed unanimously to approve the minutes of the special Board Meeting on, February 12, 2022. (E:16:22)

Superintendent Report:	Dr. Edwards, provided an update on Verdant operations and outreach.
Verdant Operations Update	She thanked Debbie Beaman for her service as Verdant’s interim Executive Assistant/Office Manager. Dr Edwards also thanked Sandra Huber, Nancy Budd, and Monika Star for their continued work in programming and community connections and highlighted the numerous classes included in the board meeting packet (E:17:22)
Community Outreach Update	Dr. Edwards reported that we have increased program offerings and content online to grow awareness of Verdant and its mission. She thanked Alex Franco, Thea Walker, and Tina Sypaphay for their work in the Marketing department. (E:18:22). Dr. Edwards encouraged all attendees to ‘like’ and follow Verdant’s social media pages. Verdant will host an Opioid Crisis Roundtable on March 10, 2022 at 6-7pm. President Distelhorst will act as the moderator for this event.
Executive Committee Report	President Distelhorst reported that the Executive Committee met on Tuesday, February 15, 2022 to review the agenda for the February 23, 2022 board meeting. No action was taken at this meeting.
Community Presentation: Mayor Matsumoto Wright, City of Mountlake Terrace Update	Mayor Kyoko Matsumoto-Wright provided a brief history of the City of Mountlake Terrace. Jeff Betz, Recreation and Parks Director, City of Mountlake Terrace presented an update on the Recreation, Parks and Open Space Master Plan (RPOS) for City of Mountlake Terrace. Mr. Betz discussed the process to gauge improvement areas for the RPOS and actionable steps to satisfy the need of the community. (E:19:22)
Executive Session	President Distelhorst announced that the meeting would recess into Executive Session until 9:11am – <ol style="list-style-type: none"> 1. To evaluate the qualifications of an applicant for public employment 2. To review and consider proposed sale of real estate
Open Session	President Distelhorst reconvened open session at 9:21am. No action was taken during Executive Session.
Finance Committee Report:	The Finance Committee met on February 16, 2022.
Review of Financial Statements	Ms. Keuser reviewed the financial statement and cash activity for January 2022 and noted any transactions over \$5,000 in payment from the warrants. (E:20:22)

Dr. Edwards clarified there will be a correction to the Committed Funding bar graph on page 22 of the Board packet for the March 23, 2022 regular Board meeting.

Authorization for payment of vouchers and payroll

Authorization for payment of vouchers and payroll: Warrant numbers 15281 through 15341 for January 2022 for payment in the amount of \$150,799.85 were presented for approval by Commissioner Wilson (E:21:22)

Motion was made by Commissioner Wilson, seconded by Commissioner Knowles and passed unanimously to approve the January warrants.

RFP/RFQ for Kruger Clinic Design Work approval

Commissioner Wilson volunteered during the 1/16/22 Finance Committee meeting to be the Board member included in the RFP/RFQ process. (E:22:22)

Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve the timeline, RFQ and RFPs for Kruger Clinic repairs.

Resolution 2022:03 - Disposition of surplus assets from Swedish hospital

(R:2022:03) ***Motion was made by Commissioner Knowles, seconded by Commissioner Knutsen and passed unanimously to approve Resolution 2022:03.***

Resolution 2022:04 - Appointment of Riene Simpson as Auditor

(R:2022:04) ***Motion was made by Commissioner Wilson, seconded by Commissioner Knowles and passed unanimously to approve Resolution 2022:04.***

Approval of compensation policy with salary ranges

Motion was made by Commissioner Knutsen, seconded by Commissioner Brennan and passed unanimously to approve the revised compensation policy and salary ranges for Verdant staff, effective March 1, 2022.

(E:23:22)

Program Committee Report

Dr. Edwards provided an overview of program activity and grants for January 2022. (E:24:22)

Conflict of Interest

No conflicts of interest reported.

Grant Modification Requests

I. Modifications to Contracts-for Review

Agency	Program	Total Budget	Contract Expiration Date	Status /recommendation
Jean Kim Foundation	Hygiene Center	\$246,633	9/30/2022	Approve request to move staff budget amount of \$85,000 from subcontracting to personnel section.
Cocoon House	Host Home and Youth Reunification Pilot	\$105,000	3/31/2022	Approve request for no-cost extension to move contract end date to 6/30/2022 due to delay in getting fully staffed.
	Total	\$351,633		

Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve all modification to contracts.

COVID-19 Grant Requests

III. COVID Grant Requests

Agency	Program	Contract Duration	Amount Requested	Description	Recommendation
Refugee Immigrant Services NW	Afghan Navigator	1/1-3/31	\$15,000	Would continue the work started 11/2020 while they complete a Q1 multiyear application for their navigator program.	Fund as requested. Previously funded \$15,000 in 2021.
Washington Kids in Transition	Emergency Housing	1/1-12/31	\$100,000	Funds would support emergency motel vouchers, rental deposits, rental assistance, and utility assistance to ESD McKinney-Vento families and those at risk of homelessness. See an ongoing need for this COVID-related resource.	Fund at \$50,000 for 6 months. Previously funded at \$50,000 in 2021.
		Total	\$115,000		\$65,000

Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve all COVID grant requests.

Superintendent's Discretionary

IV. Superintendent's Discretionary Newly Funded:

Agency	Program	Contract Duration	Amount	Status
Parent Trust	SMART	1/1-3/31	\$10,000	In process
		Total	\$10,000	

Motion was made by Commissioner Knutsen, seconded by Commissioner Wilson and passed unanimously to approve all Superintendent's discretionary funding.

Public Comments

Carl Zapora, Edmonds resident, wanted to discuss the feasibility of Verdant funding a pickle ball facility as it is one of the largest growing sport activities in recent years. He recalled there was a time Verdant considered opening a sports facility, but the

expenses were too high. A pickle ball facility would be much smaller than tennis courts or indoor pools and much less expensive in maintenance.

**Commissioner
Comments**

Commissioner Knutsen welcomed Riene Simpson, the new Director of Finance and thanked Verdant staff for their hard work.

Commissioner Brennan recognized Lisa Edwards for her hard work to juggle all the moving parts of Verdant.

Adjournment

The meeting was adjourned at 9:50 a.m. by Commissioner Distelhorst.

ATTEST BY:

President

Secretary

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

BOARD OF COMMISSIONERS

**Special Meeting
via Zoom**

**March 10, 2022
6:00 p.m.-7:00 p.m.**

**Commissioners
Present**

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

Staff

Lisa Edwards, EdD, Superintendent
Nancy Budd, MSW, Community Social Worker
Riene Simpson, Director of Finance
Kaysi Kelly, Executive Assistant/Office Manager
Zoe Reese, MPA, Director of Community Impact and Grantmaking
Thea Walker, Community Impact and Grantmaking Intern
Monika Star, Wellness Center Assistant

Guests

Abby Jernberg	Joe D (last name not provided)
Amanda DeFisher	Juliet D'Alessandro
Andrew Dzikowski	Katie Ferree
Angela Frank	Laurell Sprague
April Provost	Lauren (last name not provided)
Ashley Dawson	Linda Grant
Bernetta Stewart	Lucia Ersfeld
Bob Perna	Marina Espinoza
Brenna Smith	Marta (last name not provided)
Cathy Assata	Meaghen Grant
Collette (last name not provided)	Meriel Muffly
Darcy Brennan	Mishele Rutherford
Deana Knutsen	Myra Rintamaki
Debbie Graham	Samar Heydon
Derek (last name not provided)	Sara Lindstrom
Gale Springer	Shannon Smith
Jacob Grillo	Sherry (last name not provided)
James Gats	Surya D Pathak
Jasmine Jones	The Everett Herald
Jason Williams	
Jessica Wong	

Call to Order

The Special Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 6:01 p.m. by President Distelhorst.

**Introduction &
Review of
Agenda**

Mrs. Reese, MPA, provided an introduction for tonight's agenda and gave definitions for various terms that would be used throughout the roundtable discussion. (E:25:22)

Funded Partners: Evergreen Recovery Center (ERC) and Sound Pathways

Mrs. Reese, MPA, gave brief descriptions of the services provided by two of our community partners who receive Verdant funding.

Video: Community Response to Opioid Crisis

A 17-minute video was played, showing local statistics and interviews with local advocates who are in the community providing direct services to individuals with substance use disorder.

[Watch the Video on YouTube](#)

Verdant Narcan Trainings

President Distelhorst shared a recent success story as Verdant hosted three Narcan trainings in January to teach participants how to recognize the signs of an overdose and administer Narcan. There were 75 participants total which means there are now 150 more Narcan nasal sprays circulating the community.

Frequently Asked Questions

President Distelhorst reviewed a list of FAQs regarding opioid use before the Q&A roundtable discussion takes place.

Commissioner Comments

President Distelhorst thanked Verdant staff and all the community attendees for their participation in tonight's roundtable discussion.

Adjournment

The meeting was adjourned at 7:07 p.m. by Commissioner Distelhorst.

ATTEST BY:

President

Secretary

Balance Sheet
As of February 28, 2022

	A	B	C	D
	Dec 31, 2021	Feb 28, 2022	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	3,200,376	2,271,591	(928,786)	
4 Other Current Assets	54,470,891	55,247,663	776,771	Includes Investments & Prepaid Expenses
5 Total Current Assets	57,671,268	57,519,253	(152,014)	
6 Total Long-term & Fixed Assets	41,493,313	41,240,219	(253,094)	Net of Accumulated Depreciation
7 TOTAL ASSETS	<u>99,164,580</u>	<u>98,759,472</u>	<u>(405,108)</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	574,262	491,032	(83,230)	
11 Long-term Liabilities	-	-	-	
12 Total Liabilities	574,262	491,032	(83,230)	
13 Total Equity	98,590,318	98,268,440	(321,878)	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	<u>99,164,580</u>	<u>98,759,472</u>	<u>(405,108)</u>	

Profit & Loss
February 28, 2022

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	958,698	963,089	(4,391)	1,917,396	1,926,179	(8,783)
3 EXPENSES						
4 Operating Expenses	226,274	219,333	(6,941)	453,231	444,896	(8,335)
5 Depreciation Expense	118,944	117,075	(1,869)	237,888	233,533	(4,355)
6 Program Expenses	779,489	838,366	58,877	1,454,403	1,987,233	532,830
7 Total Expenses	1,124,707	1,174,775	50,068	2,145,522	2,665,661	520,140
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	16,552	235,000	(218,448)	(96,518)	470,000	(566,518)
10 NET INCOME/(LOSS)	<u>(149,457)</u>	<u>23,315</u>	<u>(172,772)</u>	<u>(324,643)</u>	<u>(269,482)</u>	<u>(55,161)</u>

Monthly Highlights
February 28, 2022

Verdant received dividend payments of \$32.8K, a realized loss of \$12.6K and an unrealized loss of \$188.9K on our investment portfolio which closed with an ending market value of \$54,890,167.

Program grant commitments total \$6,013,206 for 2022 excluding BHCF. Additional 2022 funding for COVID-19 programs totaled \$65K.

Revenue of \$123.1K and expenses of \$91.6K from the Kruger Clinic were incurred, netting to an additional operating income of \$31.5K.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
15342	02/02/2022	Seattle Visiting Nurse Association	36,840.00	Program Payment
15343	02/02/2022	RRiesExpert LLC	760.00	Mental Health 101:Mental and Addiction seminar 11.9.21
15344	02/02/2022	Community Foundation of Snohomish Cnty	10,000.00	Support of community organizations in applying for Verdant funding
15345	02/02/2022	Davis Doors Service	245.86	Repair front entry door 12/10/21
15346	02/02/2022	Dynamic Computing, Inc.	4,033.86	IT Consulting Services
15347	02/02/2022	Puget Sound Energy	12.56	Natural Gas - Account number 220025094198
15348	02/02/2022	Seattle Food Nut	402.57	WC 356 - Nutrition Programming - Virtual cooking demo: 1.19.21
15349	02/02/2022	Terra Services, Inc.	3,853.60	Temporary Exec Asst
15350	02/02/2022	Turner HR Services, Inc.	7,614.11	HR Consulting - January 2022
15351	02/02/2022	Waste Management	351.94	January 2022 - Acct number 14-46467-83003
15352	02/02/2022	Regence Blueshield	6,893.21	January 2022 Medical & Dental Insurance
15353	02/02/2022	Waste Management	156.03	January 2022 - Acct number 14-46330-13003
15354	02/02/2022	Snohomish County PUD	1,638.54	Electricity - Acct number 205299316
15355	02/02/2022	Quadient Finance USA Inc.	184.99	Postage
15356	02/02/2022	Armstrong Services	1,280.00	Monthly Janitorial and Daily Disinfection Service - February 2022
15357	02/02/2022	Consolidated Landscape Maintenance, Inc.	440.90	Landscaping February 2022
15358	02/02/2022	ELTEC Systems, LLC	319.90	February 2022 Elevator Maintenance
15359	02/02/2022	Principal Life Insurance Co.	1,054.64	1019549-10001
15360	02/02/2022	Sound Dietitians LLC	810.00	WC 355 - Nutrition Consulting
15361	02/02/2022	Terra Services, Inc.	1,168.13	Temporary Exec Asst/Office Manager - Week ending 1/23/22
15362	02/02/2022	Sound Dietitians LLC	1,125.00	WC 354 - Nutrition Consulting
15363	02/10/2022	All City Fence Co.	337.82	February 2022 Fence Rental
15364	02/10/2022	Allstream	59.09	Account #1299089 2/3/22 - 3/2/22
15365	02/10/2022	Comcast - Acct # 8498310221378586	324.41	8498 31 022 1378586
15366	02/10/2022	Davis Doors Service	99.54	Repair front entry door 12/20/2021
15367	02/10/2022	Dynamic Computing, Inc.	2,323.26	IT Consulting Services
15368	02/10/2022	Nicole Lyon	405.93	WC 357 - Nutrition Programs: Cooking Demo 2/8/22
15369	02/10/2022	Puget Sound Energy	64.99	Natural Gas - Account number 220001924632
15370	02/10/2022	Safeway	800.00	Food Insecurity Nutrition Incentive - January 2022
15371	02/10/2022	Service Source	990.90	Snow Plowing and De-icing 12/26/21 and 12/30/21
15372	02/10/2022	Terra Services, Inc.	1,926.80	Temporary Exec Asst/Office Manager - Week ending 1/30/22
15373	02/10/2022	Thomas & Associates Consulting, LLC	6,361.60	Consulting Oct 2021 - Dec 2021
15374	02/10/2022	TK Consulting	10,050.00	January 2022
15375	02/16/2022	Aukema & Associates	5,000.00	Website Design & Development project - 3rd payment
15376	02/16/2022	McKinstry Co., LLC	1,144.23	HVAC Preventative Maintenance

Transaction Date	Payee	Amount	Purpose	
Warrant Activity (continued):				
15377	02/16/2022	PEAK Grantmaking	3,000.00	Membership 4/1/22 - 3/31/23
15378	02/16/2022	State Auditor's Office	5,455.90	Accountability Audit 2020 (Audit No. 54856)
15379	02/16/2022	Terra Services, Inc.	1,926.80	Temporary Exec Asst/Office Manager - Week ending 2/6/22
15380	02/16/2022	Coast Property Management	1,750.00	Property Management
		Total Warrants	121,207.11	

Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:			
02/07/2022	AmeriFlex Business Solutions	70.00	Flexible Spending - Claim Reimbursement
02/09/2022	Valic	2,768.06	Payroll 401(a)/457 Deposit
02/11/2022	Wells Fargo	747.26	Service Charge
02/10/2022	Wells Fargo Merchant Services	70.70	Service Charge
02/10/2022	Paychex	142.66	Payroll Processing Fees
02/22/2022	Paychex	96.36	Payroll Processing Fees
02/10/2022	Paychex	20,957.54	Payroll
02/24/2022	Paychex	142.66	Payroll Processing Fees
02/23/2022	Valic	2,901.38	Payroll 401(a)/457 Deposit
02/09/2022	Regence Blueshield	3,788.10	Insurance Premium
02/05/2022	Paychex	9,136.84	Payroll Taxes
02/24/2022	Paychex	9,281.39	Payroll Taxes
02/08/2022	AmeriFlex Business Solutions	100.00	Flexible Spending - Claim Reimbursement
02/14/2022	AmeriFlex Business Solutions	152.62	Flexible Spending - Claim Reimbursement
02/24/2022	Paychex	20,924.05	Payroll
02/17/2022	AmeriFlex Business Solutions	23.00	Flexible Spending - Claim Reimbursement
02/02/2022	WA State Department of Revenue	860.60	B&O/Retailing Sales Tax for November 2021
02/02/2022	WA State Department of Revenue	860.21	B&O/Retailing Sales Tax for December 2021
02/28/2022	WA State Department of Revenue	788.53	B&O/Retailing Sales Tax for January 2022
02/02/2022	WA State Department of Revenue	14,134.92	Q4 2021 Leasehold Excise tax return
02/14/2022	Wells Fargo	25.00	Wells Fargo
02/14/2022	Wells Fargo	40.00	Wells Fargo
02/22/2022	AmeriFlex Business Solutions	40.81	Flexible Spending - Claim Reimbursement
02/28/2022	AmeriFlex Business Solutions	17.83	Flexible Spending - Claim Reimbursement
	Total Wire/ACH Activity	88,070.52	

Transaction Date	Payee	Amount	Purpose
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02/01/2022	Project Girl Mentoring Program	13,138.00	Program Payment
02/15/2022	Cancer Lifeline	1,166.66	Program Payment
02/15/2022	Cascade Bicycle Club Education Foundation	4,166.66	Program Payment
02/15/2022	Center for Human Services	43,384.40	Program Payment
02/15/2022	ChildStrive	52,870.66	Program Payment
02/15/2022	Cocoon House.	8,750.00	Program Payment
02/15/2022	Community Health Center of Snohomish Co	5,528.16	Program Payment
02/15/2022	Compass Health	39,811.58	Program Payment
02/15/2022	Domestic Violence Services Snohomish Co	14,666.66	Program Payment
02/15/2022	Edmonds College Foundation	18,379.50	Program Payment
02/15/2022	Edmonds School District No. 15	122,383.75	Program Payment
02/15/2022	Edmonds Senior Center	9,667.00	Program Payment
02/15/2022	Evergreen Recovery Centers	29,533.33	Program Payment
02/15/2022	Gambian Talents Promotion	9,550.00	Program Payment
02/15/2022	Girls on the Run	3,515.00	Program Payment
02/15/2022	Helping Hands Project Organization	4,333.00	Program Payment
02/15/2022	Homage Senior Services	39,353.58	Program Payment
02/15/2022	Interfaith Family Shelter	833.00	Program Payment
02/15/2022	Jean Kim Foundation	20,552.75	Program Payment
02/15/2022	Kindering	12,500.00	Program Payment
02/15/2022	Korean Community Serv. Center	9,583.33	Program Payment
02/15/2022	Korean Women's Association	5,000.00	Program Payment
02/15/2022	Latino Educational Training Institute	11,567.00	Program Payment
02/15/2022	Lynnwood Food Bank	4,333.00	Program Payment
02/15/2022	Medical Teams International	12,500.00	Program Payment
02/15/2022	Millenia Ministries	12,452.08	Program Payment
02/15/2022	Pacific Treatment Alternatives	11,800.58	Program Payment
02/15/2022	Parent Trust for WA Children	5,658.33	Program Payment
02/15/2022	Project Access Northwest	14,583.33	Program Payment
02/15/2022	Project Girl Mentoring Program	13,138.00	Program Payment
02/15/2022	Puget Sound Christian Clinic	53,966.66	Program Payment
02/15/2022	Refugee & Immigrant Services NW	15,000.00	Program Payment
02/15/2022	Snohomish County Legal Services	4,166.66	Program Payment
02/15/2022	South County Fire	7,431.25	Program Payment
02/15/2022	Therapeutic Health Services	15,512.42	Program Payment
02/15/2022	University of WA	7,544.67	Program Payment
02/15/2022	UTSAV	4,333.00	Program Payment
02/15/2022	Volunteers of America Western WA	6,449.09	Program Payment
02/15/2022	WA Kids in Transition	60,416.66	Program Payment
02/15/2022	Wonderland Child & Family Services	28,750.00	Program Payment
02/15/2022	YMCA of Greater Seattle.	7,775.00	Program Payment
02/15/2022	YWCA of Seattle, King and Snohomish Co	7,720.42	Program Payment

Kruger Clinic Activity: **Total Wires/ACH Transactions** 773,765.17

	<u>Transaction Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Purpose</u>
Work Comp Activity:				
1100 - 1114	misc	Various Vendors	<u>39,115.97</u>	Administered by Coast Property Management
305525-305527	misc	Various Claimants/Vendors	<u>17,357.36</u>	Administered by Eberle Vivian
		Total Disbursements	<u>1,039,516.13</u>	

Deposits:

	<u>Transaction Date</u>	<u>Payer</u>	<u>Amount</u>	<u>Purpose</u>
	02/02/2022	Edmonds Medical Clinic	6,830.84	Monthly Rent
	02/08/2022	Raymond Liu, DDS	2,593.87	Monthly Rent
	02/08/2022	Healthcare Reality Services, Inc.	4,663.72	Monthly Rent
	02/01/2022	Puget Sound Gastro	35,891.89	Monthly Rent
	02/01/2022	Swedish Edmonds Children's Clinic	22,203.32	Monthly Rent
	02/08/2022	Allied Dermatology Partners	7,595.38	Monthly Rent
	02/01/2022	Swedish/Edmonds	830,540.32	Monthly Rent
	02/10/2022	Snohomish County	4,757.24	Tax Levy Payment
	02/01/2022	swedish Edmonds Kruger Clinic	52,166.96	Monthly Rent
		Total Deposits	<u>967,243.54</u>	

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

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 15342 through 15380 have been issued for payment in the amount of \$150,799.85. These warrants are hereby approved.

Attest:

Riene Simpson

Commissioner

Commissioner

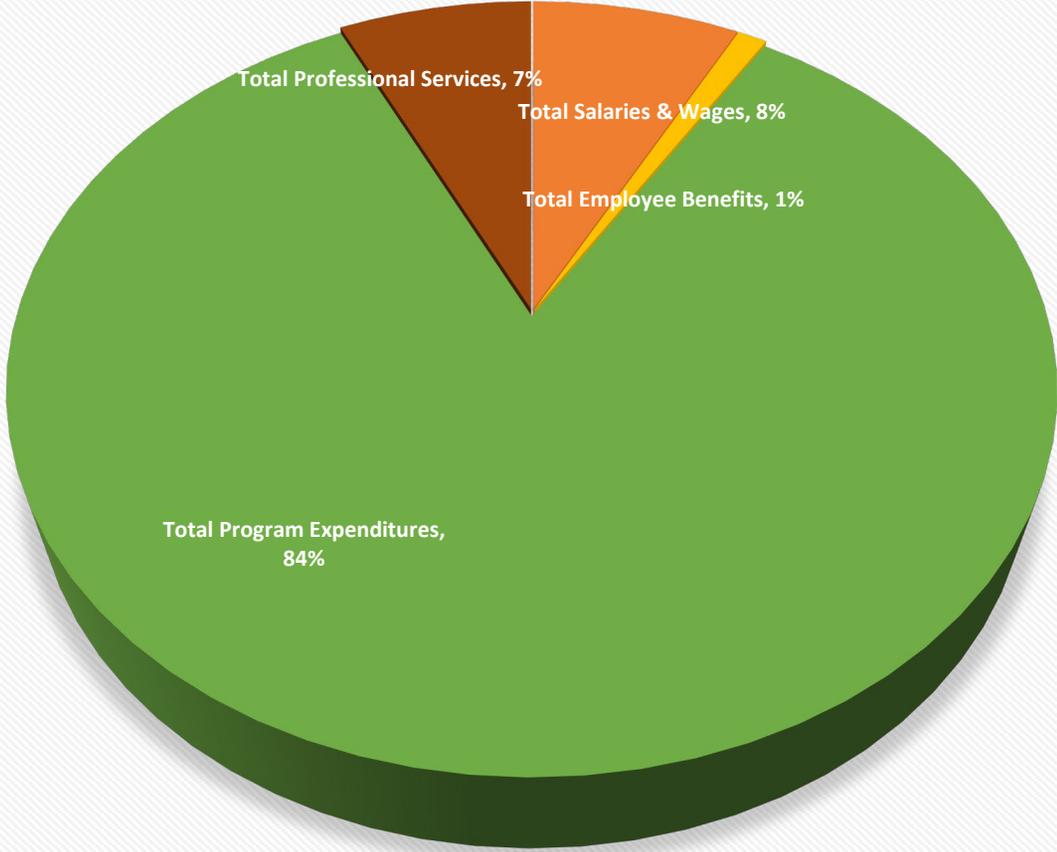
Commissioner

Commissioner

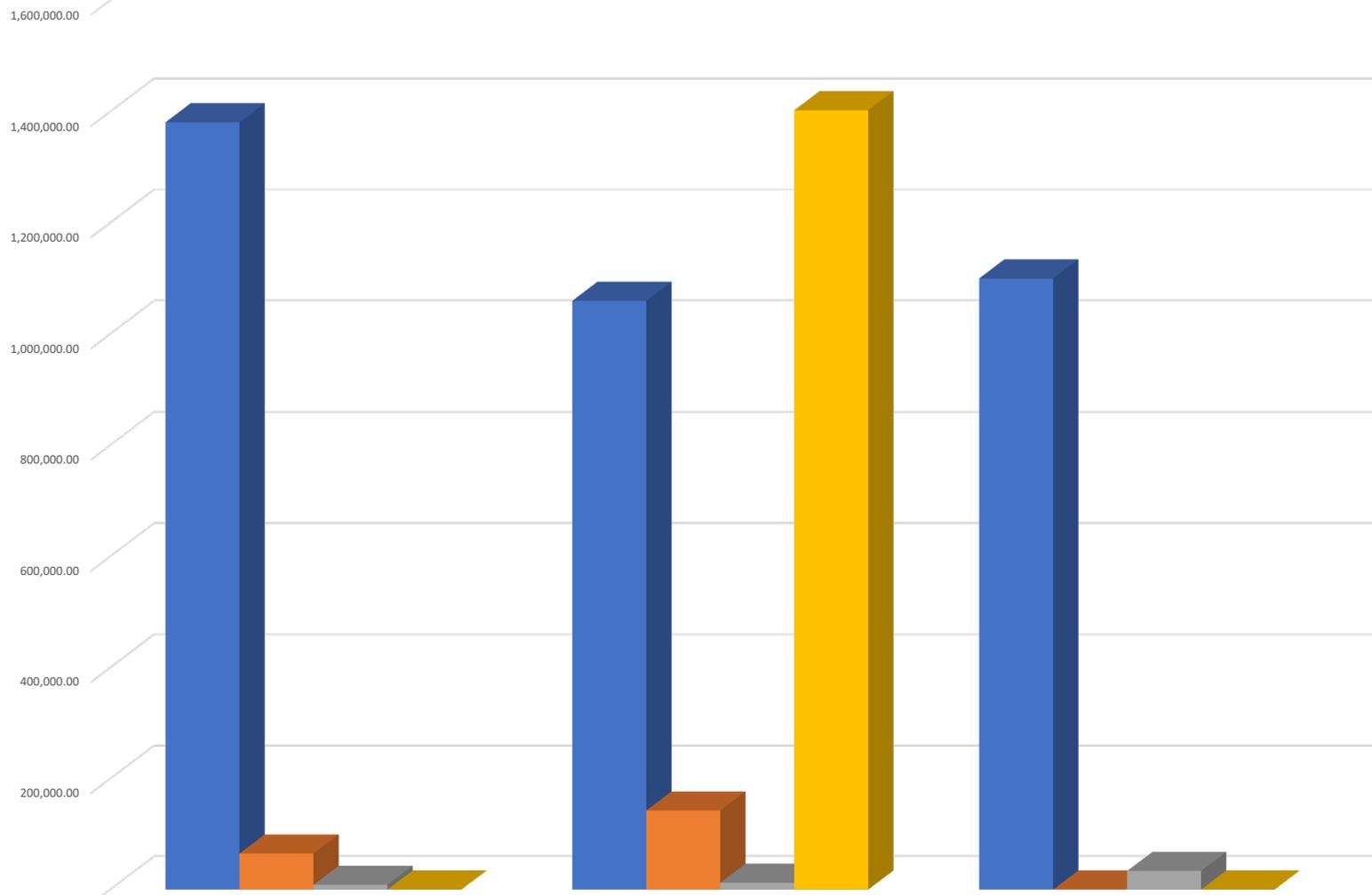
Commissioner

Warrants Processed:	02-01-2022 – 02-28-2022		\$ 121,207.11
Work Comp Claims Pd:	02-01-2022 – 02-28-2022		17,357.36
Kruger Clinic Processed:	02-01-2022 – 02-28-2022		39,115.97
Payroll:	01-23-2022 – 02-05-2022	20,957.54	
	02-06-2022 – 02-19-2022	<u>20,924.05</u>	
			41,881.59
Electronic Payments/ Adjustments:	Payroll Taxes	18,418.23	
	Payroll Processing	381.68	
	Valic Retirement	5,669.44	
	FSA Payments	404.26	
	Bank Fees	882.96	
	B&O/Leasehold Tax	16,644.26	
	Other Payables	3,788.10	
	Program Expenditures	<u>773,765.17</u>	
			<u>819,954.10</u>
	Grand Total		<u>\$1,039,516.13</u>

Verdant YTD expenses February 2022



■ Total Salaries & Wages ■ Total Employee Benefits ■ Total Program Expenditures ■ Total Professional Services



	Jan - Feb 22	Jan - Feb 21	Jan - Feb 20
7100 - Community Programs - Grants	1,380,906.10	1,059,946.04	1,100,140.53
7200 - Superintendent Discretionary	65,000.00	142,822.00	0.00
Total 7300 - Community Programs - Internal	8,496.62	12,406.89	33,459.74
7500 - Building Healthy Communities Fu	0.00	1,402,500.00	0.00

**Committed Program Funding
as of February 2022**

		Committed 2021	Committed 2022	Program End
7100 . Grants				
	Committed			
	Alzheimer's Association	\$ -	\$ -	
	Boys & Girls Club Healthy Habits	\$ 221,250	\$ -	Sep-21
	Cancer Lifeline	\$ 3,500	\$ 10,500	Sep-22
	Cascade Bicycling Club Advanced Basics	\$ 32,000	\$ 50,000	Dec-22
	Center for Human Services Youth Counseling	\$ 319,167	\$ 233,333	Sep-22
	Center For Human Services/CHS Integration	\$ 68,820	\$ 70,227	May-23
	Center For Human Services/EFM Integration	\$ 100,057	\$ 102,058	Feb-23
	ChildStrive Early Intervention/PAT	\$ 326,813	\$ 82,121	Mar-22
	ChildStrive Nurse Family Partnership	\$ 297,052	\$ 305,964	Dec-22
	City of Lynnwood Move 60: Teens!	\$ -	\$ -	
	Cocoon House Prevention Program	\$ 78,750	\$ 26,250	Mar-22
	Community Health Center County Dental Program	\$ 100,195	\$ -	9/31/21
	Compass Health CP Program	\$ 151,627	\$ 414,561	Dec-22
	Compass Health - Emergency Motel Vouchers	\$ 20,250	\$ 10,000	Mar-22
	Compass Health - Snohomish County Triage Center	\$ -	\$ -	
	Concern for Neighbors Food Bank (MLT)	\$ 8,230	\$ -	
	Domestic Violence Services Teen Prevention	\$ 16,700	\$ 80,000	Sep-22
	Domestic Violence Services South County Advocate	\$ 96,000	\$ 96,000	Dec-22
	Edmonds College Foundation-Food	\$ -	\$ 50,000	Dec-22
	Edmonds College Foundation-Behavioral Health	\$ 85,275	\$ 85,275	Jun-22
	Edmonds Food Bank	\$ 20,000	\$ -	
	Edmonds School District Move 60!	\$ 746,207	\$ 559,070	Aug-22
	Edmonds Schools Family Resource Advocate	\$ 180,000	\$ 120,000	Aug-22
	Edmonds Schools Student Support Advocate	\$ 450,000	\$ 450,000	Dec-22
	Edmonds Schools/AMS Equipping Students to Thrive	\$ -	\$ -	
	Edmonds Senior Center Enhanced Wellness	\$ 115,992	\$ 116,000	Dec-22
	Edmonds Senior Center Nutrition Programs	\$ -	\$ -	
	Evergreen Recovery Centers	\$ 177,200	\$ 177,200	Jun-22
	Foundation for Edmonds School Summer Meals	\$ 20,000		
	Girls on the Run	\$ 22,500	\$ 24,605	Sep-22
	Helping Hands Project Organization	\$ -	\$ 52,000	Dec-22
	Homage Senior Services Care Coordination	\$ 143,620	\$ 147,919	Dec-22
	Homage Senior Services Center for Healthy Living	\$ 628,095	\$ 324,324	Dec-22
	Interfaith Family Shelter	\$ 7,500	\$ 2,499	Mar-22
	Jean Kim Foundation-Hygiene Center	\$ 61,658	\$ 184,975	Sep-22
	Kindering Early Intervention	\$ 149,155	\$ 37,500	Mar-22
	Korean Community Service Center	\$ 28,750	\$ 86,250	Sep-22
	Korean Women's Association Everyday Prevention	\$ 60,000	\$ 15,000	Mar-22
	Lahai Health Dental Clinic	\$ 402,970	\$ 190,000	Jun-22
	Lahai Health Mental Health Counseling Program	\$ 58,900	\$ 59,700	Aug-22
	Lahai Health Mobile Medical Clinic	\$ 183,000	\$ 188,000	Dec-22

**Committed Program Funding
as of February 2022**

	Latino Educational Training Institute	\$ 54,000	\$ 32,500	Sep-23
	Latino Educational Training Institute-Family Success/Promotora	\$ 44,400	\$ 44,400	Jul-22
	Latino Educational Training Institute- Café Leti		\$ 50,000	Dec-22
	LLS Transportation Assistance	\$ -	\$ -	
	Lynnwood Food Bank	\$ 15,625	\$ 52,000	Dec-22
	Millennia Ministries	\$ 112,500	\$ 27,356	Mar-22
	MTI Care and Connect (Mobile Dental Program)	\$ 110,400	\$ 112,500	Sep-22
	Northwest Parkinson's Foundation	\$ -	\$ -	
	Pacific Treatment Alternatives	\$ 106,205	\$ 35,402	Mar-22
	Parent Trust- Conscious Fathering	\$ 16,975	\$ 5,925	Sep-22
	Parent Trust Family Wellness	\$ 15,000	\$ -	
	PEPS	\$ -	\$ -	
	Prescription Drug Assistance Program	\$ 55,000	\$ -	
	Project Access Northwest	\$ 150,000	\$ 87,500	Jul-22
	Project Girl	\$ 157,656	\$ 157,656	Dec-22
	Puget Sound Kidney Center	\$ -	\$ -	
	Seattle Visiting Nurses Flu Vaccines	\$ 36,840	\$ -	
	Snohomish County Legal Services	\$ 37,500	\$ 12,500	Mar-22
	SSC Fire & Rescue - A.C.T. Program	\$ -	\$ -	
	SSC Fire & Rescue Community Paramedic	\$ 145,000	263,925	Decemeber 2022
	SSC Fire & Rescue/OMF Veteran's Project	\$ 92,260	\$ 89,175	Dec-22
	Swim Lessons (Edmonds, Lynnwood, MLT, YMCA)	\$ 70,000	\$ -	
	Therapeutic Health Services Youth Behavioral	\$ 218,072	\$ 93,072	Jun-22
	University of Washington Bothell	\$ 45,328	\$ 45,328	Jun-22
	UTSAV	\$ -	\$ 52,000	Dec-22
	VOAWW 211	\$ 76,400	\$ -	
	WA Serves Veteran Support Program	\$ -	\$ -	
	Washington Kids in Transition	\$ 62,500	\$ 62,500	Jun-22
	Washington Poison Center	\$ -	\$ -	
	Wonderland Development Center Early Intervention	\$ 150,000	\$ 150,000	Dec-22
	Wonderland Development Center Clinic for Prenatal Exposure	\$ 176,872	\$ 195,000	Dec-22
	YMCA- East African Navigation Program	\$ 23,325	\$ 69,975	Sep-22
	YWCA Children's Domestic Violence	\$ 2,083	\$ -	Jan-18
	YWCA - Emergency Shelter	\$ 22,500	\$ 7,500	Mar-22
	YWCA - Healthcare Access	\$ 46,984	\$ 15,661	Mar-22
	Total Committed	\$ 7,424,657	\$ 6,013,206	
	Not Committed (Available to Spend)	\$ 575,343	\$ 3,486,794	
	Total Grants	\$ 8,000,000	\$ 9,500,000	
	7300 . Internal Programs			
	Committed			
	7301 Conferences & Forums	\$ 29,000		
	7302 Needs Assessment and Evaluation	\$ -		
	7303 Nutrition & Physical Activity	\$ 98,650	\$ 3,556	
	7304 Behavioral Health	\$ 42,340		
	7305 VOAWW 211 Community Resource Advocate	\$ 44,567		
	7306 Multicultural Health Programs	\$ 50,679	\$ 1,100	

**Committed Program Funding
as of February 2022**

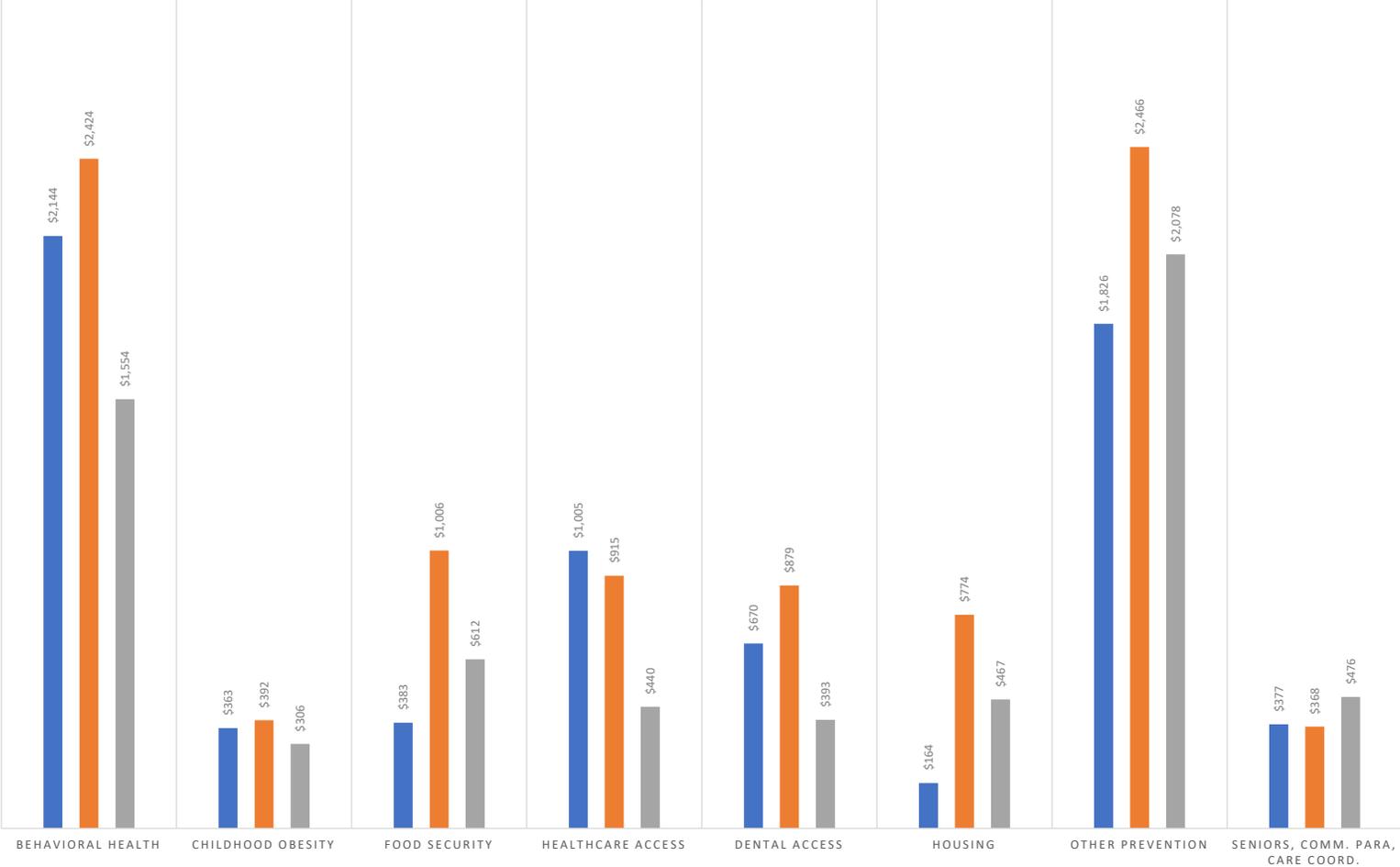
	7308 Social Worker Case Management	\$ 6,000	\$ 1,068	
	7309 Health Screening & Education	\$ 2,000		
	7310 Provider Training & CME	\$ 10,000		
	Total Committed	\$ 283,236	\$ 5,724	
	Not Committed (Available to Spend)	\$ 54,659	\$ 334,371	
	Total Internal Programs	\$ 337,895	\$ 340,095	
	7200 . Supt. Discretionary/2022 COVID			
	Committed			
	Leadership Snohomish County Step-up Event	\$ -	\$ -	
	Center for Human Services	\$ 1,920	\$ -	
	Compass Health	\$ 106,904	\$ -	
	Domestic Violence Services Snohomish Co	\$ 26,737	\$ -	
	Edmonds Community College Foundation	\$ 287	\$ -	
	Edmonds Community College Foundation	\$ 12,060	\$ -	
	Edmonds Community College Foundation	\$ 40,000	\$ -	
	Edmonds Food Bank	\$ (5)	\$ -	
	Jean Kim Foundation	\$ (14,505)	\$ -	
	Jean Kim Foundation	\$ 52,182	\$ -	
	Jean Kim Foundation	\$ 60,000	\$ -	
	Korean Women's Association	\$ 69,128	\$ -	
	WA Kids in Transition-Homelessness Prevention	\$ 50,000	\$ 50,000	
	WA Kids in Transition	\$ 28,571		
	LETI	\$ 45,993	\$ -	
	Foundation for Edmonds School District	\$ 54,715	\$ -	
	Lynnwood Sister Cities Association	\$ 17,564	\$ -	
	Medical Teams International	\$ 34,520	\$ -	
	Medical Teams International	\$ 19,830		
	South County Fire	\$ 14,668	\$ -	
	Trinity Lutheran Church/Cold Weather Shelter	\$ 4,300	\$ -	
	Helping Hands Project Organization	\$ 76,650	\$ -	
	Helping Hands Project Organization	\$ 14,000	\$ -	
	Helping Hands Project Organization	\$ 62,499	\$ -	
	City of Edmonds-LEAP	\$ 66,000	\$ -	
	Gambian Talents Promotion	\$ 8,000	\$ -	
	Communities of Color Coalition	\$ 50,000		
	Volunteers of America Western WA	\$ 10,000	\$ -	
	Brain Energy Support Team	\$ 25,200	\$ -	
	Wonderland	\$ 2,563	\$ -	
	Vision Hope Center	\$ 21,000		
	Hand in Hand Kids	\$ 10,000		
	Refugee Immigrant Services NW- Afghan Navigator Program	\$ 15,000	\$ 15,000	
	Total Committed	\$ 985,782	\$ 65,000	
	Not Committed (Available to Spend)	\$ 14,218	\$ 35,000	
	Total Discretionary Programs	\$ 1,000,000	\$ 100,000	

**Committed Program Funding
as of February 2022**

7500 . Building Healthy Communities Fund				
	Committed			
	Sea Mar CHC - Lynnwood Clinic	\$ 1,000,000	\$ -	
	City of MLT - Evergreen Playfield	\$ 1,000,000	\$ -	
	City of Edmonds Civic Park		\$ 107,750	
	Community Health Center (CHC)	\$ 1,875,000	\$ -	
	Total Committed	\$ 3,875,000	\$ 107,750	
	Not Committed (Available to Spend)	\$ (2,090,000)	\$ 310,000	
	Total BHCF Programs	\$ 1,785,000	\$ 417,750	
7600 . Co-funding Opportunities				
	Committed			
	Total Committed	\$ -		
	Not Committed (Available to Spend)	\$ 100,000		
	Total Co-funding Opportunities	\$ 100,000		
7700 . CHART				
	Committed			
		\$ 55,033		
		\$ -		
	Total Committed	\$ 55,033	\$ -	
	Not Committed (Available to Spend)	\$ (51,433)	\$ 101,300	
	Total CHART	\$ 3,600	\$ 101,300	
	TOTAL	\$ 11,226,495	\$ 10,459,145	

VERDANT COMMITTED GRANT FUNDS (\$K)

■ 2020 ■ 2021 ■ 2022



PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2022-05

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 23rd day of March 2022, 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 2022-05 of the District is a true and correct copy of the original resolution adopted on March 23, 2022, as that resolution appears on the Minute Book of the District.

DATED this 23rd day of March, 2022.

Secretary of the Commission

**Swedish Edmonds
Disposition of District Assets**

Date: January 10, 2022

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
8907502	7154	DIGITAL MAMMOGRAPHY UNIT	S5194 SN-28408083762		01	11/1/2008	450,138.15

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



**Swedish Edmonds
Disposition of District Assets**

Date: February 7, 2022

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
9104701	7079	ORTHO CLINICAL DIAGNOSTIC	JOHNSON & JOHNSON		01	6/1/2009	126,472.50
7805902	5000	REFRIGERATOR-MED STAFF LOU	OFFICEMAX		01	1/1/2008	223.47

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



Program Committee Board Report

March 2022

I. Modifications to Contracts-for Review

None

II. Expiring Contracts

Year 2 and 3 budget renewals requested via Fluxx during 1/21-2/11 Funding cycle.

Agency	Program	Current Award	Amount Requested	Amount Recommended
Childstrive	Early Intervention	\$ 328,484.00	\$ 346,255.00	\$ 346,225
Compass Health	Emergency Motel Voucher Program	\$ 27,000.00	\$ 29,700.00	\$29,700
Edmonds School District	Move60!	\$ 838,605.00	\$ 755,413.00	Request budget resubmission for next month meeting review
Interfaith Family Shelter	Homelessness Prevention	\$ 10,000.00	\$ 10,000.00	\$ 10,000
Kinderling	Early Intervention	\$ 150,000.00	\$ 175,000.00	\$ 175,000
Millennia Ministries	Mobile Manna/MFSTT	\$ 149,425.00	\$ 191,785.00	\$191,785
Pacific Treatment Alternatives	Mobile Syringe Service Exchange	\$ 141,606.00	\$ 161,522.00	\$161,522
Snohomish County Legal Services	Housing Justice Project	\$ 50,000.00	\$ 50,000.00	\$50,000
YMCA	Emergency Shelter	\$ 30,000.00	\$ 30,000.00	\$30,000
YMCA	Access to Healthcare	\$ 62,645.00	\$ 62,645.00	\$62,645
			TOTAL	\$1,056,877

III. COVID Grant Requests

Agency	Program	Contract Duration	Amount Requested	Description	Recommendation
Foundation for Edmonds School District	Ongoing Pandemic Response Meals for Low-income Students in the Edmonds School District	3/1/2022-7/30/2022	\$22,500	We are seeking renewed Emergency COVID-19 Funding to sustain our Nourishing Network program which continues to see heightened demand among low-income children and families due to the pandemic. Funding will be used to make supplemental food purchases for our Pop-up Pantries and weekly meals kits, specifically with first generation immigrant families in mind whose cultural foods often differ from what we can easily procure through our normal channels.	Fund as requested
		Total	\$22,500		

COVID grants are now a separate pot of funds from Superintendent’s Discretionary. Applications are submitted via Fluxx and contracts, payments, and reports are managed within the software as well.

2022 COVID Fund Budget is \$500,000 If funded as presented, COVID Funds unallocated balance for 2022: \$400,180

**IV. Superintendent’s Discretionary
Newly Funded:**

Agency	Program	Contract Duration	Amount	Status
Parent Trust	SMART	1/1-3/31	\$10,000	In process
		Total	\$10,000	

Ideas in Progress

None

2022 Superintendent’s Discretionary fund budget is \$100,000. If funded as presented, Superintendent’s Discretionary Funds unallocated balance for 2022: **\$ 90,000**

V. Q1 2022 Applications Received

- Verdant received 18 applications totaling \$2,356,647.84 during our Q1 application cycle.
- 10 of these were Year 2 and 3 Contract Requests totaling \$1,812,320.
 - 9 Year 2 Contracts are recommended totaling \$1,056,877.
 - One Year 3 contract request is recommended to submit an updated budget request.
- 4 were multi-year renewal requests totaling \$311,112
 - 4 multi-year contracts are recommended totaling \$311,112
- 4 were new requests totaling \$233,215.84
 - 2 new multi-year contracts are recommended totaling \$168,215.84
- Total of all recommended funding: \$1,536,204.84

Agency	Program	Amount Requested	Amount Recommended
Boys and Girls Club of Snohomish County	Behavioral Health Uplift Initiative	\$ 100,000.00	\$100,000
Refugee Immigrant Services NW	Refugee and Immigrant Navigators	\$ 100,000.00	\$100,000
American Heart Association	Stop the Silent Killer: Hypertension in the South Snohomish County	\$ 68,215.84	\$68,215.84
Foundation for Edmonds School District	Expanded Summer Meal Program	\$ 25,000.00	\$25,000
Edmonds Food Bank	It Tastes Like Home-Culturally Appropriate Food (Previously funded as Making Healthy Choices)	\$ 39,900.00	\$39,900
Korean Women's Association	Everyday Prevention and Senior Nutrition	146,212.00	\$146,212
		TOTAL	\$479,327.84

Other Items:

- Opioid Crisis Community Conversation
 - There were 46 participants in the Opioid Crisis Community Conversation on 3/10/22.
 - A recording of the meeting is available on our youtube channel: [Special Board Meeting of Verdant Health Commission: Opioid Crisis Roundtable Recording - YouTube](#)
 - The event received good media attention in My Edmonds News. The link to the article is available here: [Opioid roundtable dives deeper into addiction and recovery services in Snohomish County - My Edmonds News](#)
- New Grants Manager!
 - Maggie Konstanski will start April 11, 2022 and will join us from World Concern where she is a Director of Disaster Response and Strategic Initiatives. Maggie has a Masters in Migration and Refugee Studies and Psychosocial Intervention and Emergency Response and a Bachelor's in International Studies and Spanish. We are thrilled to have her join our team.

Verdant Community Social Worker Highlights: February 2022 / March 2022

- Case Management – continuing support for 15 clients.
- CHART Leadership and Facilitation – Lisa and I have met with The Next Step on several occasions to ensure they are meeting their stated goals. We are very pleased with their progress, including adding an additional 5 clients, and several providers.
- This past month included weekly team check ins, monthly staff meeting, monthly County Outreach Coalition, monthly Snohomish County Community Behavioral Health Committee, Snohomish County Connector’s meeting, Monthly County and Human Services Providers Call, monthly Vulnerable Adult Taskforce, monthly Homeless Policy Task Force. Webinars included Understanding Narcissistic Personality Disorder, Understanding Seasonal Affective Disorder, Understanding Body Dysmorphic Disorder, Understanding Avoidant/Restrictive Food Intake Disorder.
- I returned to weekly outreach to the hospital. To date, I have received a total of 43 referrals. Eleven of these referrals have been successful in following through for case management services. Ten referrals did not follow through in engaging in services, 8 went on to other programs, and 3 engaged, and then disappeared. In addition, I have consulted on another 11 patient cases, and referred to more appropriate programs.
- Supporting Affordable Counseling’s intern with an 8-week depression and anxiety support group. This group will be finishing at the end of March. Intern reports 6 regular attendees. Following this group, another 8-week understanding anxiety and depression support group will begin through Sound Choices Counseling.
- Working with a local church to provide a trauma informed training for staff working with individual crises, and will offer to entire congregation.
- Working with the Waterfront Center in Edmonds to provide a Mental Health First Aid class.

Upcoming Verdant Community Wellness Center Facility Users

APRIL 2022

Stilly Valley Caregivers Support Group

The Arc of Snohomish County- Mothers Network Support Group

NAMI Connections Support Group

Sound Steppers Volkspport Club

Lahai Counseling

Child Strive

MAY 2022

Opportunity Council/Child Care Aware Northwest

EQEL (Enhancing Quality Early Learning) Year 1 training Parts 1 and 2

Fox Associates Person Centered Planning training

Social Media Report

28-Day Period: February 17th – March 16th

- Instagram
 - Reached 298 people
 - 91 profile visits
 - Gained 11 new followers
- Facebook
 - Reached 16,721 people
 - 224 page visits
 - 12 net followers

The Facebook page gained new 17 followers and lost 5 followers, resulting in 12 new followers. The Facebook page also reached to 16,721 people, due to the Opioid Crisis Community Round-Table advertisement disbursement. We spent \$203.80 on the advertisement. The post with the most reach this period is the Happy National Employee Appreciation Day post. The post reached 1,189 people, has 250 engagements, 20 reactions, and 4 shares. The post's insight displays how appreciated our staff by our followers.

The Instagram page reached to 298 people, which is 47.5% more than last period. The profile visits went down to 91, which is 20.9% percent lower than last period. The decrease in profile visits may be caused to not linking our Instagram posts to our Facebook page.

Link to all of our online platforms:

<https://linktr.ee/verdanthealthcommission>

Highlights Since Last Board Meeting:

Happy National Employee Appreciation Day!:

<https://www.facebook.com/VerdantHC/posts/2918343618426594>

Community Grants: Cocoon House:

<https://verdanthealth.org/community-grants-cocoon-house/>

Black History Month: Celebrating with Black Literature:

<https://verdanthealth.org/black-history-month-celebrating-with-black-literature/>

E-Newsletter:

<https://us5.campaign-archive.com/?u=4c73d70a9e060257442d266f3&id=8d957246f8>

OPIOID CRISIS COMMUNITY ROUND-TABLE

March 10th
6-7pm
zoom

Host:
Jim Distelhorst
Retired MD
VHC Board President

Break the chain:
Talking about the
opioid crisis saves
lives.

Featured Guests:

Everett Recovery Center
Mishelle Rutherford:
Director of Health Services
Andrew Dizkowski:
Naturopathic Licensed Physician
Linda Grant:
CEO

Sound Pathways:

Deborah Graham, LICSW
Executive Director
Shannon Smith
Program Manager

UW Medicine:

Jason Williams
Research Scientist



Scan the QR code to Access Zoom link or visit: VerdantHealth.org/event/opioid-crisis-community-presentation

Flyers:

Free Health & Wellness Programs March 2022

Offered by the Verdant Health Commission

Class	Date & Time	
VIRTUAL - Teen Cook Along: Applesauce as a Snack & in a Cake	Sat, March 5, 1-2 p.m.	VIRTUAL
VIRTUAL - Preventing Type 2 Diabetes - Take Control with a Lifestyle Reset- Series	Tuesdays, March 8- May 24, 6-7 p.m.	VIRTUAL
VIRTUAL - Cooking Demo: 5-Ingredient Vegan Cooking Class	Tue, March 8, 6-7 p.m.	VIRTUAL
VIRTUAL - Budget Friendly Foods : Onions	Thur, March 10, 2-3 p.m.	VIRTUAL
VIRTUAL - Cooking Demo: Celebrate a World of Flavors for National Nutrition Month	Wed, March 16, 6-7 p.m.	VIRTUAL
VIRTUAL - Cooking Demo: Dairy Free Alternatives	Wed, March 23, 1-2 p.m.	VIRTUAL
VIRTUAL - Cooking Demo: Herbs, Spices and Citrus- Oh My!	Thur, March 24, 6-7 p.m.	VIRTUAL
VIRTUAL - Recipes from the Blue Zones: Cuisine of Nicoya, Costa Rica	Thur, March 31, 6-7 p.m.	VIRTUAL

Registration is required for classes. Visit verdanthealth.org/events, click the links above, or call (425) 582-8600.

Connect with Verdant:

HEALTH COMMISSION
4710 196th St. SW Lynnwood, WA 98006

@VerdantHealth Commission
 @VerdantHealth
 @VerdantHC
 @VerdantHealth Commission

Flyers:

Free Health & Wellness Programs April 2022

Offered by the *Verdant Health Commission*

Class	Date & Time	Format
VIRTUAL - personalized Health Coaching Program call (425) 409-3544 to find out if this the right fit for you	ongoing, scheduled individually	VIRTUAL
<u>VIRTUAL - The Sweet Truth : Understanding Sugar & Sugar Alternatives</u>	Thur, April 7, 6-7 p.m.	VIRTUAL
<u>VIRTUAL - Budget Friendly Foods : Asparagus</u>	Thur, April 14, 2-3 p.m.	VIRTUAL
<u>VIRTUAL - Cooking Demo : Fiber, Fish, and Fun to Ease Menopause Symptoms</u>	Wed, April 20, 6-7 p.m.	VIRTUAL
<u>VIRTUAL - Cooking Demo : Shortcuts to Quick & Healthy Meals</u>	Wed, April 27, 1-2 p.m.	VIRTUAL
<u>VIRTUAL - Cooking Demo -Spring into Farmers' Market Season.</u>	Thur, April 28, 6-7 p.m.	VIRTUAL

Registration is required for classes. Visit verdanthealth.org/events - click the links above, or call (425) 582-8600.

Connect with Verdant:



4710 104th St SW | Lynnwood, WA 98026




Preventing Type 2 Diabetes

Take Control with a Lifestyle Reset



- Have you been diagnosed with prediabetes?
- Are you at-risk to develop diabetes because it runs in your family?
- Are you ready to make changes to improve your health?

'Take Control with a Lifestyle Reset' is a course for individuals diagnosed with prediabetes or are at risk for developing diabetes in the future. This comprehensive 12-week program, led by a Registered Dietitian/Certified Diabetes Care and Education Specialist with Sound Dietitians, and will cover topics such as nutrition, exercise, and lifestyle modifications. The program will meet once a week for 12 consecutive weeks on Tuesdays starting April 12th from noon to 1pm. Program fee is \$35 per person and include a book. Pre-registration is required.

Program Includes:

- Nutrition education and recipes
- Exercise ideas and a resistance band to incorporate physical activity at home
- Virtual instruction with interactive group discussion

What: This program meets once a week for 12 consecutive weeks
When: Tuesday, April 12 - June 28, 2022 from 12-1 pm.
Where: Online using Zoom
Fee: Program fee is \$35 per person and includes a book. Scholarships are available for those who qualify. Space is limited and priority is given to residents of Snohomish County

Pre-registration required: scan, visit, or call verdanthealth.org/events | (425) 582-8600



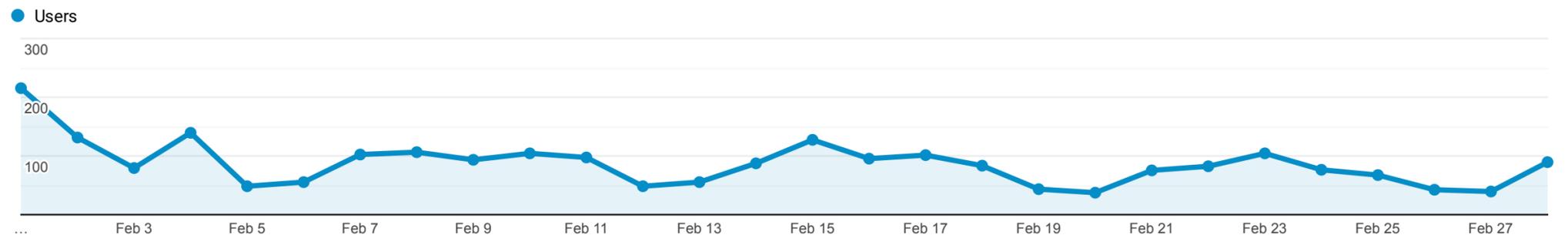


Audience Overview

Feb 1, 2022 - Feb 28, 2022

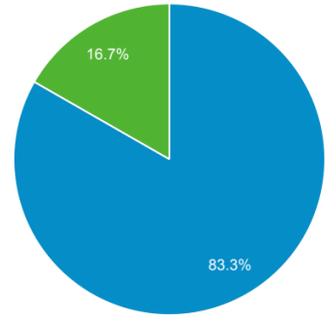
All Users
100.00% Users

Overview



Users 2,017	New Users 1,839	Sessions 2,693	Number of Sessions per User 1.34
Pageviews 5,568	Pages / Session 2.07	Avg. Session Duration 00:01:40	Bounce Rate 65.73%

■ New Visitor ■ Returning Visitor



City

	Users	% Users
1. Seattle	257	12.21%
2. (not set)	148	7.03%
3. Everett	136	6.46%
4. Edmonds	85	4.04%
5. Lynnwood	80	3.80%
6. Cheyenne	55	2.61%
7. San Antonio	54	2.57%
8. Des Moines	50	2.38%
9. North Creek	50	2.38%
10. Quincy	44	2.09%