

VERDANT HEALTH COMMISSION  
 PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
**BOARD OF COMMISSIONERS**  
 Regular Meeting  
 AGENDA  
 April 27, 2022  
 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/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	---
1. Welcome Kirk Mathis, Digital Marketing & Communications Manager			
2. Welcome Maggie Konstanski, Grants Manager			
B. Approval of Minutes	Action	8:03	3
1. March 23, 2022 Board Meeting			
C. Public Comments (limit 3 minutes per speaker)	Information	8:04	---
D. Superintendent Report	Information	8:10	---
1. Verdant Operations			
2. Community Outreach Update	Information	8:15	
a. Presentation: Sandra Huber, Community Engagement Manager: Update on Current Verdant Initiatives			
b. Q1 2022 Verdant Course Enrollment			29
E. Executive Committee Report	Information	8:28	---
F. Finance Committee Report			
1. Presentation: Eric Lowell, Finance Consultant: MRSC Analysis of Financial Operations	Information	8:30	
2. Review financial statements & cash activity	Information		9
3. Authorization of payments of vouchers and payroll	Action		13
4. Resolution 2022:06: Disposition of surplus assets from Swedish hospital	Action		15
G. Program Committee Report			
1. Conflicts of Interest	Information	9:00	20
2. Approval of Budget Renewal Guidelines	Action		24
3. Grant Modification Requests / COVID-19 Grant Requests	Action		20
a. Edmonds School District – Move 60!			
b. Brain Energy Support Team (BEST) – Cognitive-Friendly Professional Trainings			
c. Helping Hands Project – ESD Crisis Support			

H. Executive Session	---	9:35	---
1. To consider the legal risks of a proposed action of the district.			
2. Consider the legal risks of potential litigation.			
I. Open Session			
1. Authorization to award contract for Kruger Clinic roof replacement	Action	9:55	---
J. Commissioner Comments	---	9:56	---
K. Adjournment		10:00	

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

**BOARD OF COMMISSIONERS**

**Regular Meeting**

**via Zoom**

**March 23, 2022**

**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 - Excused Absence

**Staff**

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

**Guests**

Mayor Christine Frizzell, City of Lynnwood  
Charles Thompson, Associate Dean for Workforce  
Funding, Edmonds College  
Christina Castorena, Vice President for Student  
Services, Edmonds College  
Dr. Amit Singh, President, Edmonds College  
Leonor Bejarano, Community Resource Advocate, 2-1-1  
Carl Zapora, Zapora Consulting  
Carrie Johnson, Snohomish County Legal Services  
Sue Waldin  
Shannon Smith, SSP

**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 Brennan, seconded by Commissioner Knutsen and passed unanimously to approve*** the minutes of the regular Board Meeting on, February 23, 2022. (E:26:22)

***Motion was made by Commissioner Knutsen, seconded by Commissioner Brennan and passed unanimously to approve*** the minutes of the special Board Meeting on, March 10, 2022. (E:27:22)

**Superintendent Report:**

Dr. Edwards provided an update on Verdant operations and outreach. (E:28:22)

**Community Outreach Update**

- Verdant continues to raise awareness about the opioid crisis happening in South Snohomish County.

**Verdant Operations Update**

- The Verdant team is excited to have Riene Simpson join us as our new Director of Finance.
- The Verdant Community Wellness Center will re-open to the public on April 1st. It is looking like May is going to be a busy month for facility usage.

**Executive Committee Report**

President Distelhorst reported that the Executive Committee met on Wednesday, March 16, 2022 to review the agenda for the March 23, 2022 board meeting. No action was taken at this time.

**Community Presentation(s):**

**Mayor Christine Frizzell, City of Lynnwood**

Mayor Christine Frizzell spoke about her background as an accountant and councilmember. President Distelhorst asked Mayor Frizzell how Verdant can help the City of Lynnwood with its future priorities. She appreciates what Verdant does to promote healthy communities. Commissioner Knutsen mentioned the Community Recovery Center facility which was recently announced to be built for the City of Lynnwood and felt this would be a good place for Verdant to work closely with the City of Lynnwood. Mayor Frizzell discussed the need to find a new location for the Lynnwood Hygiene Center as the developer who owns that land is looking to use the space for something else, sometime soon.

**Edmonds College & Volunteers of America 2-1-1 CRA Program**

Dr. Amit Singh thanked Verdant for its support to Edmonds College and introduced his colleague Christina Castorena who provided information about services of the Triton Student Resource Hub at Edmonds College. The Resource Hub provides food assistance, homelessness prevention, connecting them to resources, and help with schooling, to name a few. Counseling & Wellness services are coming soon to the Resource Hub. Funding that Edmonds College received from Verdant has allowed the college to pay for two mental health counselors who provide mental health-related workshops and introducing students to behavioral counseling. (E:29:22)

Leo Bejarano, Community Resource Advocate for 2-1-1 spoke about the needs she is seeing from students. She said there is a high need for housing as some student's parents are moving and they need to find a place to live. She has been helping them with utility assistance and pointing them to community

food banks. Some students and community members have asked her with help on their medical bills and sometimes she is able to call on their behalf to reduce the bill or setup a payment plan. She can help fill out the applications for people to get a free cell phone. Commissioner Knutsen asked Ms. Bejarano if she had any data on how many of her clients are students versus people from the community. Commissioner Knutsen inquired with Edmonds College and Leo Bejarano about the outreach they do for veteran's services.

**Finance  
Committee  
Report:**

The Finance Committee met on March 14, 2022 to review warrants and resolutions for the March 23<sup>rd</sup> board meeting.

**Review of  
Financial  
Statements**

Ms. Simpson reviewed the financial statement and cash activity for February 2022 and noted any transactions over \$5,000 in payment from the warrants. (E:30.22)

**Authorization for  
payment of  
vouchers and  
payroll**

Authorization for payment of vouchers and payroll: Warrant numbers 15342 through 15380 for February 2022 for payment in the amount of \$121,207.11 were presented for approval by Commissioner Wilson. (E:31.22)

A revised warrant sheet showing the correct warrant total will be provided to Commissioners for signature.

***Motion was made by Commissioner Wilson, seconded by Commissioner Knutsen and passed unanimously to approve the February warrants as amended.***

**Resolution  
2022:05 -  
Disposition of  
surplus assets  
from Swedish  
hospital**

(R:2022:05) ***Motion was made by Commissioner Wilson, seconded by Commissioner Knutsen and passed unanimously to approve Resolution 2022:05.***

**Program  
Committee Report**

Ms. Reese, MPA, provided an overview of program activity and grantmaking for February 2022. (E:32.22)

**Conflict of  
Interest**

Commissioner Brennan volunteers at the Edmonds Food Bank and has abstained from voting on the grant recommendation.

**Superintendent's  
Discretionary**

The District is waiting for an update from the Edmonds School District about the SMART program for Parent Trust.

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

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

**COVID-19 Grant Requests**

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

**Expiring Contracts**

The Board reviewed expiring contracts and motioned to approve all, except for Edmonds School District. The Board has requested they provide a revised budget for their Move60! Program so there is no action to be taken on this grant request until the April meeting. Commissioner Wilson opposed to support the increase in funding for Kinderling.

Agency	Program	Current Award	Amount Requested	Recommendation
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 to review at April Board meeting
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
YWCA *	Emergency Shelter	\$30,000.00	\$30,000.00	\$30,000
YWCA *	Access to Healthcare	\$62,645.00	\$62,645.00	\$62,645
			<b>TOTAL</b>	<b>\$1,056,877</b>

\* Let the minutes reflect the corrected agency of YWCA, which was misreported as YMCA at the board meeting.

**Q1 Grant Recommendations**

The Board reviewed grant recommendations for Q1 2022. The Board motioned to approve all Q1 grant requests, as recommended. Commissioner Wilson opposed to support the American Heart Association "Stop the Silent Killer" program.

Agency	Program	Amount Requested	Recommendation
Boys and Girls Club of Snohomish County	Behavioral Health Uplift Initiative	\$100,000.00	\$100,000.00
Refugee Immigrant Services NW	Refugee and Immigrant Navigators	\$100,000.00	\$100,000.00
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	\$25,000.00
Edmonds Food Bank	It Tastes Like Home-Culturally Appropriate Food (Previously funded as Making Healthy Choices)	\$39,900.00	\$39,900.00
Korean Women's Association	Everyday Prevention and Senior Nutrition	\$146,212.00	\$146,212.00
		<b>TOTAL</b>	<b>\$479,327.84</b>

**Public Comments**

Carl Zapora, Edmonds resident, had a suggestion to put public comments at the beginning of the meeting agenda. Mr. Zapora thanked Edmonds College and 2-1-1 for their informative presentation.

Sue Waldin, Mill Creek resident, wanted to thank Verdant's support of the cold weather shelter. The funding has helped pay for professional COVID cleaning of the church where the cold weather shelter is housed so everyone could feel safe in the shelter during the pandemic. There were 30 days the cold

shelter was open during the cold season, 312 beds were made available, and the length of stay ranged from 1 day to 13 days.

**Commissioner  
Comments**

Commissioner Knutsen thanked the Verdant staff for preparing the Q1 grant recommendations.

Commissioner Wilson suggested Verdant reaches out to Sue Waldin for a synopsis of her public comment in showing the connection of Verdant funding and the impact we make for these vulnerable community members.

Commissioner Brennan thanked Verdant staff for all of their work with reviewing the grant applications and is excited to see another staff member is beginning in April.

**Adjournment**

The meeting was adjourned at 10:21 a.m. by Commissioner Distelhorst.

**ATTEST BY:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

**Balance Sheet**  
**As of December 31, 2021 and March 31, 2022**

	<u>Dec 31, 2021</u>	<u>March 31,2022</u>	<u>\$ Change</u>	<u>Comments:</u>	
<b>ASSETS</b>					
<b>Current Assets</b>					
1	Cash Balance	3,205,376	3,203,692	(1,684)	
2	Accounts Receivable	(963,883)	(89,916)	873,967	March 22=Customer Overpayments Dec 21 =Overpayments & Customer Prepayments-Separated as of 3/31/22
<b>Other Current Assets</b>					
3	Investments	55,369,936	54,393,041	(976,896)	
4	Prepaid Expenses & Others	66,516	46,373	(20,143)	Prepaid Expenses plus \$40k in Payroll Tax Errors due to be refunded: (2022 State Unemployment Premiums paid in error \$13k+ Paychex Error \$26k), both pending refunds
	Tax Refund Receivable		39,998		
5	M&O Tax Levy Receivable	(1,678)	548,627	550,305	3 months x \$207k less payments received to date
6	<b>Total Other Current Assets</b>	<u>55,434,774</u>	<u>55,028,038</u>	<u>(406,736)</u>	
7	<b>Total Current Assets</b>	<u>57,676,268</u>	<u>58,141,814</u>	<u>465,547</u>	
8	<b>Total Fixed Assets</b>	<u>22,560,196</u>	<u>22,204,965</u>	<u>(355,231)</u>	Net of Accumulated Depreciation-Hospital and Verdant Assets
9	<b>Total Other Assets</b>	<u>18,933,117</u>	<u>18,910,308</u>	<u>(22,809)</u>	Deferred Rent - Pavilion, Hospital & TI Assets
	<b>Total Assets</b>	<u><b>99,169,580</b></u>	<u><b>99,257,087</b></u>	<u><b>87,506</b></u>	
<b>LIABILITIES &amp; NET POSITION</b>					
<b>Liabilities</b>					
<b>Current Liabilities</b>					
10	Accounts Payable	234,537	98,247	(136,290)	
11	Credit Cards	(674)	4,262	4,936	
<b>Other Current Liabilities</b>					
	Tenant Prepaid Rents		904,911	904,911	Swedish Hospital and Clinics April rents
12	Other Payables & Accruals	186,359	189,455	3,096	
13	Accrued Salary & Benefits	30,221	49,367	19,146	~5k in <> balances to be reclassified to expense reductions; large accrual at month end 9 work days
14	Estimated Self-Insured Liability	126,084	126,284	200	Reserve and accrued expenses for self funded L&I
15	<b>Total Other Current Liabilities</b>	<u>342,664</u>	<u>1,270,016</u>	<u>927,352</u>	
16	<b>Total Liabilities</b>	<u>576,527</u>	<u>1,372,526</u>	<u>795,999</u>	
17	<b>Total Net Position</b>	<u>98,593,053</u>	<u>97,884,561</u>	<u>(708,492)</u>	Change = CY22 YTD Net Income/(Loss) 3/31/22
	<b>Total Liabilities and Net Position</b>	<u><b>99,169,580</b></u>	<u><b>99,257,087</b></u>	<u><b>87,506</b></u>	

**Warrants Processed Month of March 2022**

Date	Num	Name	Amount	Ref	Purpose
<b>1002 - Wells Fargo Verdant Warrant Account #2717</b>					
03/03/2022	15381	Ana Evelin Garcia	500.00		MC 1017 -Support Group for Women, 1/20/22 & 2/16/22 groups
03/03/2022	15382	Armstrong Services	1,280.00		Monthly Janitorial Service - March 2022
03/03/2022	15383	Canon Financial Services, Inc.	544.23		Contract #: 852451-1 Copier Lease February 2022
03/03/2022	15384	City of Edmonds	1,064.92		Water, Sewer, Storm Drain 12/20/21-2/18/22
03/03/2022	15385	Comcast - Acct # 933676367	763.61		2/1/22 - 2/28/22
03/03/2022	15386	Dynamic Computing, Inc.	4,237.45		IT Consulting Services-New onboarding fees - consultant set up
03/03/2022	15387	ELTEC Systems, LLC	319.90		March 2022 Elevator Maintenance
03/03/2022	15388	KAYA strategik LLC	10,000.00		DEI Consultation as per contract payment 2 of 3
03/03/2022	15389	Lesbia G. Orellana	600.00		Award #WC343 - Spanish workshop facilitation - DV Support Group
03/03/2022	15390	Margot Helphand	2,750.00		Consulting Services - January - February 2022
03/03/2022	15391	Quadient Finance USA Inc.	215.11		Postage, closing date 2/9/22
03/03/2022	15392	Robert Half	3,198.00		Balance of Payroll W-2 project
03/03/2022	15393	Seattle Food Nut	426.53		WC 356 - Nutrition Programming - Virtual cooking demo: 2.16.21
03/03/2022	15394	Staples	154.21		1/10/22 - 2/7/22
03/03/2022	15395	State Auditor's Office	715.83		Accountability Audit 2020 (Audit No. 54856)
03/03/2022	15396	Terra Services, Inc.	1,926.80		Temporary Exec Asst/Office Manager - Week ending 2/20/22
03/03/2022	15397	The Daily Herald.	250.29		Annual renewal of The Daily Herald newspaper
03/03/2022	15398	VanHouten Photography	2,500.00		Photos for Verdant Website refresh project (Nov 2021)
03/03/2022	15399	Verizon	139.55		January 2 - February 1, 2022 phone charges LE
03/03/2022	15400	Waste Management	157.59		February 2022 - Acct number 14-46330-13003
03/03/2022	15402	City of Edmonds Parks & Recreation	2,000.00		2022 Health & Fitness Expo
03/03/2022	15403	Comcast - Acct # 905447969	572.96		905447969
03/03/2022	15404	Puget Sound Energy	61.16		Natural Gas - Account number 220001924632
03/03/2022	15405	Snohomish County Treasurer	202.80		South County Fire Benefit Charge
03/03/2022	15406	Waste Management	361.37		February 2022 - Acct number 14-46467-83003
03/04/2022	15407	Payden & Rygel	9,228.00		1/1/2022 - 1/31/2022 Investment Advisory Services
03/04/2022	15408	Puget Sound Energy	35.87		Natural Gas - Account number 220025094198
03/09/2022	15409	Alexander Printing Co, Inc	46.83		R. Simpson Business cards (Quantity 250)
03/09/2022	15410	All City Fence Co.	337.82		March 2022 Fence Rental
03/09/2022	15411	Consolidated Landscape Maintenance,	440.90		Landscaping March 2022
03/09/2022	15412	Nicole Lyon	398.86		WC 357 - Nutrition Programs: Cooking Demo 3/8/22
03/09/2022	15413	Safeway	1,820.00		Food Insecurity Nutrition Incentive - February 2022
03/09/2022	15414	Seattle Food Nut	360.00		WC 356 - Nutrition Programming - Virtual cooking demo: 3.5.22
03/09/2022	15415	Terra Services, Inc.	1,926.80		Temporary Exec Asst/Office Manager - Week ending 2/27/22
03/09/2022	15416	Wells Fargo	1,849.21		CC ending # 7998 closing 2/17/22
03/09/2022	15417	Wells Fargo	1,029.23		CC ending #9991 closing 2/17/22
03/09/2022	15418	Wells Fargo	4,496.07		cc ending #2356 2/17/22
03/17/2022	15419	Allstream	59.09		Account #1299089 3/3/22 - 4/2/22
continued	03/17/2022	15420	City of Lynnwood - Utilities	150.64	Irrigation base and usage 1/12/22-3/9/22

Public Hospital District # 2 of Snohomish County  
DBA Verdant Health Commission

<u>Date</u>	<u>Num</u>	<u>Name</u>	<u>Amount</u>	<u>Ref</u>	<u>Purpose</u>
03/17/2022	15421	Comcast - Acct # 8498310221378586	314.41		8498 31 022 1378586
03/17/2022	15422	Comcast - Acct # 905447969			VOID: Re-issued for correct bill amount \$572.85
03/17/2022	15423	Comcast - Acct # 933676367	763.61		3/1/22 - 3/31/22
03/17/2022	15424	Dynamic Computing, Inc.	1,132.63		IT Consulting Services February Services
03/17/2022	15425	Foster Garvey PC	12,989.00		Legal billing Dec 2021-Jan 2022
03/17/2022	15426	Jeffrey Stevenson	35.00		Payment of returned check fee
03/17/2022	15427	Snohomish County PUD	1,566.58		Electricity - Acct number 205299316
03/17/2022	15428	Sound Dietitians LLC	2,329.55		
03/17/2022	15429	Terra Services, Inc.	1,902.72		Temporary Exec Asst/Office Manager - Week ending 3/6/22
03/17/2022	15430	City of Lynnwood - Utilities	375.56		Water/Sewer 1/10/22-3/8/22
03/17/2022	15431	City of Lynnwood - Utilities	479.29		Storm Drain 1/12/22-3/9/22
03/17/2022	15432	Verizon	145.42		2/2/22-3/1/22 phone charges LE, NB, Mktng
03/17/2022	15433	Comcast - Acct # 905447969	572.85		905447969
03/21/2022	15434	Lisa Edwards-Vendor	1,716.59		Repayment of Overwithheld Social Security Taxes-2021
03/23/2022	15435	Alexander Gow Fire Equipment	468.52		Kitchen Hood Fire Suppression Semi-Annual Inspection
03/23/2022	15436	Alexander Printing Co, Inc	72.21		C. Brennan Business cards (Quantity 1,000)
03/23/2022	15437	Canon Financial Services, Inc.	593.48		Contract #: 852451-1 Copier Lease March 2022
03/23/2022	15438	City of Lynnwood - Utilities	23.75		Water + Water Utility Tax 1/15/22-3/16/22
03/23/2022	15439	Foster Garvey PC	3,570.00		Legal billing Jan 2022
03/23/2022	15440	Guardian Security Systems, Inc.	3,384.35		security for:
03/23/2022	15441	Payden & Rygel	9,176.00		2/1/2022 - 2/28/2022 Investment Advisory Services
03/23/2022	15442	Quadient Finance USA Inc.	163.64		Postage, closing date 3/10/22
03/23/2022	15443	Seattle Food Nut	410.24		WC 356 - Nutrition Programming - Virtual cooking demo: 3.16.22
03/23/2022	15444	Staples	429.15		2/12/22-3/10/22
03/23/2022	15445	Terra Services, Inc.	1,926.80		Temporary Exec Asst/Office Manager - Week ending 2/13/22
03/23/2022	15446	TK Consulting	8,062.50		Accounting Services ebruary
<b>Total Verdant Warrants #15381-15446 Acct #2717 3/1/22-3/31/22</b>			<b>109,725.48</b>	<b>A</b>	

continued

<u>Date</u>	<u>Num</u>	<u>Name</u>	<u>Amount</u>	<u>Ref</u>	<u>Purpose</u>
<b>Wells Fargo Kruger Clinic Account #7265</b>					
03/03/2022	C1115	Snohomish County PUD	7,012.33	1/19/22 - 2/17/22	Electricity
03/03/2022	C1116	Armstrong Services	8,628.00		March Supplies & Janitorial services
03/03/2022	C1117	Camden Gardens, Inc.	1,876.80		Landscaping Contract 03/22
03/03/2022	C1118	Commercial Property Maintenance, Inc	3,694.88		Repairs & maintenance
03/03/2022	C1119	Guardian Security Systems, Inc.	241.78		Fire Telephone Monitoring
03/03/2022	C1120	Coast Property Management	3,000.00		March Management Fee
03/10/2022	C1123	Commercial Property Maintenance, Inc.			VOID: Repairs & maintenance
03/10/2022	C1121	Republic Services	1,895.40	2/01 - 2/28	
03/10/2022	C1122	Armstrong Services	647.71		February Janitorial Supplies
03/10/2022	C1124	ThyssenKrupp Elevator Company	860.34		Elevator Contract 3/01 - 5/31
03/17/2022	C1125	Zipty Fiber	53.16		March 2022 System Access and Monitoring
03/17/2022	C1126	Zipty Fiber	130.08		March 2022 System Access and Monitoring
03/17/2022	C1127	Zipty Fiber	134.45		March 2022 System Access and Monitoring
03/17/2022	C1128	Aalbu Brothers LLC	6,727.13		Galvanized plate over existing screens
03/17/2022	C1129	Aardvark Services Corp.	88.32		March Sweeping
03/17/2022	C1130	Commercial Property Maintenance, Inc	1,781.83		Repairs & maintenance
03/17/2022	C1131	Western Exterminator Company	208.49		Feb 2022 Pest Control
03/24/2022	C1132	City of Edmonds	2,902.45		1/15 - 3/16 Combined Utility Water/W&S/Storm Drain
03/24/2022	C1133	Cochran, Inc.	1,092.63		Door Repairs
03/24/2022	C1134	Commercial Property Maintenance, Inc	588.43		Repairs & maintenance
03/24/2022	C1135	Commercial Property Maintenance, Inc	4,579.14		Repairs & maintenance
03/31/2022	C1136	Snohomish County PUD	7,409.64	2/18/22 - 3/21/22	Electricity
03/31/2022	C1137	Commercial Property Maintenance, Inc	633.70		Repairs & maintenance
03/31/2022	C1138	Davidson-Macri Sweeping, Inc.	2,119.68		Ice Melt
03/31/2022	C1139	Western Exterminator Company	208.49		March 2022 Pest Control
<b>Total Kruger Warrants #1115-1139 Account #7265 3/1/22-3/31/22</b>			<b>56,514.86</b>		<b>B</b>
<b>1004 - Wells Fargo Eberle Vivian Acct #2725</b>					
03/31/2022		Claimant	541.39		Claims self funded
03/31/2022		Claimant	23.71		Claims self funded
<b>Total Eberle Vivian Warrants Account #2725 3/1/22-3/31/22</b>			<b>565.10</b>		<b>C</b>
<b>Total All Accounts</b>			<b>166,805.44</b>		

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

WE, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish, County, Washington do hereby certify that the merchandise or services hereinafter specified in the supporting schedules referenced A-C have been received and the Warrant Numbers detailed have been issued in the payment amounts as follows:

**Warrants:**

Type	Account	Account	Date	#	Total	Reference
Warrants	Verdant Warrant	#2717	3/1/22-3/31/22	15381-15446	109,725.48	A
Warrants	Kruger Clinic-Coast	#7265	3/1/22-3/31/22	1115-1139	56,514.86	B
Warrants	L&I Account Eberle Vivian	#2725	3/1/22-3/31/22		565.10	C
				<b>Total</b>	<b>166,805.44</b>	

These warrants are hereby approved.

Attest:

\_\_\_\_\_  
 Riene Simpson-CPA, Director of Finance

\_\_\_\_\_  
 Commissioner

\_\_\_\_\_  
 Commissioner

\_\_\_\_\_  
 Commissioner

\_\_\_\_\_  
 Commissioner

\_\_\_\_\_  
 Commissioner

*Continued to page 2*

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

**Electronic Disbursements March 2022:**

<b>Category</b>	<b>Total</b>
Payroll PPE 3/5/22 and 3/19/22	47,169.07
Payroll Taxes-Note 1	47,410.52
Benefit Payments	10,315.25
B&O and Leasehold Taxes	23,507.00
Other Payables	3,421.85
Program Expenditures	719,036.06
<b>Total</b>	<b>850,859.75</b>
Note 1-Includes erroneous ACH of \$26,320.23 refund processing in April	

**Total Disbursements March 2022:**

Warrants	166,805.44
Electronic ACH	850,859.75
<b>Total</b>	<b>1,017,665.19</b>

End of document

PUBLIC HOSPITAL DISTRICT NO. 2  
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2022-06

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 27<sup>th</sup> day of April 2022, the following Commissioners being present and voting.

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President and Commissioner

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Commissioner

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Commissioner

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Commissioner

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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 2022-06 of the District is a true and correct copy of the original resolution adopted on April 27, 2022, as that resolution appears on the Minute Book of the District.

DATED this 27<sup>th</sup> day of April, 2022.

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Secretary of the Commission

**Swedish Edmonds  
Disposition of District Assets**

Date: April 8, 2022

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

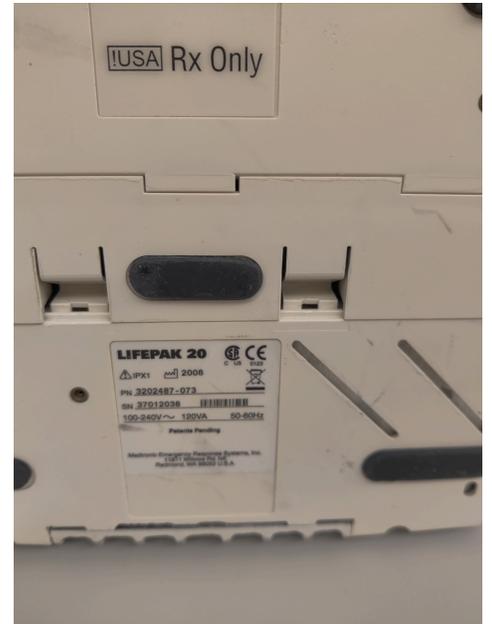
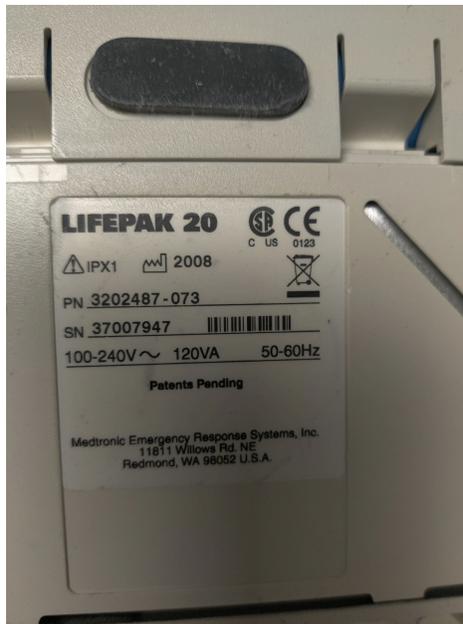
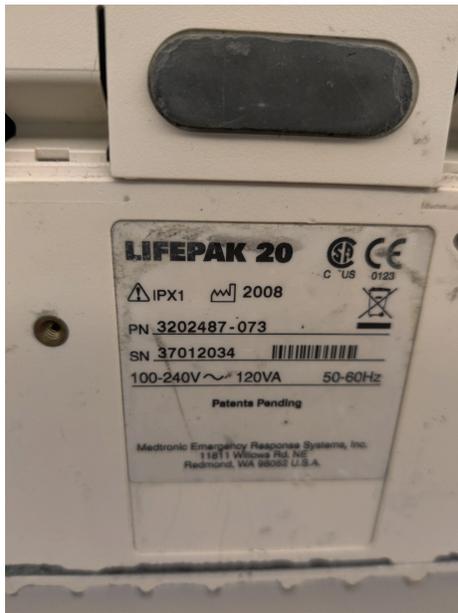
RE: Request disposition of asset

**Asset Description:**

NUM	DEPT	DESCRIP	SERIALNUM	PO	QTY	ACQDT	COST
5609101	7230	DEFIBRILLATOR W/MONITOR	33894589		01	38687	10,764.13
7802502	7230	DEFIBRILLATOR	S5111 SN-37012034		01	39630	7,094.83
7802503	6012	DEFIBRILLATOR	S5110 SN-37007945		01	39630	7,094.83
7802504	7142	DEFIBRILLATOR	S5109 SN-37012032		01	39630	7,094.83
7802505	7142	DEFIBRILLATOR	S5108 SN-37007947		01	39630	7,094.83
7802506	7230	DEFIBRILLATOR	S5107 SN-37012038		01	39630	7,094.83
7802507	7230	DEFIBRILLATOR	S5106 SN-37007943		01	39630	7,094.83
7802508	7230	DEFIBRILLATOR	S5105 SN-37007946		01	39630	7,094.83

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



**I. Modifications to Contracts-for Review**

<b>Agency</b>	<b>Program</b>	<b>Current Grant terms</b>	<b>Modification Request</b>	<b>Staff Recommendation</b>
Cities of Edmonds, Lynnwood, MLT and YMCA and Cascade Swim Club.	3 <sup>rd</sup> Grade Drowning Prevention Program	12/2017-12/2022, invoice-based.	Transferring operation of Yost Pool from YMCA to Cascade Swim Club and including Dale Turner as an eligible site for voucher use.	Approve modification and new contracted partner as requested.
LETI	LETI Café	\$50,000 10/1/21-9/30/22	Move \$16,000 of awarded funds from personnel to subcontracting to support the contracted business development training outcome.	Approve modification as requested

**II. Expiring Contracts**

All partners have been notified to reapply or request their year 2/3 contract terms via Fluxx during 4/11-4/22 Funding cycle for contracts starting 7/1-9/30.

<b>Agency</b>	<b>Program</b>	<b>Current Annual Award</b>	<b>Contract Expiration Date</b>	<b>Year of expiring contract</b>
Center for Human Services	Youth Counseling Program Host Home Youth Reunification Pilot	\$ 350,000.00	8/31/2022	1
Cocoon House		\$ 105,000.00	6/30/2022	1
Community Health Center of Snohomish County	Uninsured Dental Program Bidirectional Substance Use Treatment Program	\$ 100,195.00	8/31/2022	4
Evergreen Recovery Center Foundation for Edmonds College	Mental Health Expansion College	\$ 170,550.00	6/30/2022	1
Lahai Health	Dental Program	\$ 380,000.00	6/30/2022	1
LETI	Family Success/Promotora	\$ 88,800.00	6/30/2022	1
Project Access NW	Specialty Care for Uninsured	\$ 175,000.00	6/30/2022	1
Therapeutic Health Services	Integrated BH in ESD	\$ 186,149.00	6/30/2022	1
University of Washington	Peer Advocate Training Program	\$ 90,656.00	6/30/2022	1
Washington Kids in Transition	Distribution Center	\$ 125,000.00	6/30/2022	1
	<b>Total</b>	<b>\$1,570,555</b>		

III. **COVID Grant Requests**

<b>Agency</b>	<b>Program</b>	<b>Contract Duration</b>	<b>Amount Requested</b>	<b>Description</b>	<b>Committee Recommendation</b>
Brain Energy Support Team (BEST)	Cognitive-Friendly Professional Trainings	4/1/22-12/23/22	\$30,000	BEST seeks \$30,000 from the Verdant Health Commission to continue to build on the work done under previous funding through sharing consistent and cognitive-friendly messages about long COVID, self-care, mask recommendations, and all updates to mandates, vaccinations, and public activities/behaviors on our website, social media platforms, and general outreach activities.	Full Board Review
Helping Hands Project Organization	ESD Crisis Support	4/1/22-6/30/22	\$69,000	This program will serve student at the Edmonds School District who are experiencing housing insecurity, healthcare, and economic relief and are not eligible for other existing programs, usually due to family immigration status. 10 families to be provided rapid rehousing with a turnaround time of 90 days to get them permanently re-housed. This service will be provided in addition to food and medical. This is a pilot project and its success would determine continuity. Received \$45,000 from Snohomish County to start program.	Full Board Review
		<b>Total</b>	<b>\$99,000</b>		

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: \$301,180. Represents approx. 40% of annual budget committed at 33% of budget year.**

**IV. Superintendent’s Discretionary**

**Ideas in Progress:**

Agency	Program	Contract Duration	Amount	Status
Various	Community Feedback Sessions	May-August 2022	Up to \$15,000	In process: As part of our 2022 Review of Community Need, we plan to contract with a subset of community partners to provide funding for them to facilitate culturally appropriate conversations and outreach to support diverse responses to our community survey
		<b>Total</b>	<b>\$15,000</b>	

2022 Superintendent’s Discretionary fund budget is \$100,000. **If funded as presented, Superintendent’s Discretionary Funds unallocated balance for 2022: \$ 85,000. Represents 15% of annual budget committed at 33% of budget year.**

**V. Re-submitted Grant Materials**

As part of the Q1 2022 Application review process, Program Committee requested revised budget materials from the Edmonds School District for their Move60! Application. Program Committee reviewed the resubmitted materials and is requesting full Board review and discussion.

**VI. Draft Year 2 and 3 Budget Guidelines**

Program Committee reviewed draft guidelines that would limit the percentage increase of personnel costs, total overall cost increase, and total maximum award and recommend Board approval. Proposed language is in following document.

**VII. Other Items:**

a. Q2 grantmaking timeline

- i. Applications were received in Fluxx from 4/11-4/22. We received \$2,974,520 in requests from 17 applicants. The Full Board will review and approve funding recommendations at the June 29<sup>th</sup> Board meeting.
  - 1. \$2,225,500 were for Year 2 budgets from 10 applicants. If the new budget caps are approved by the full board, this amount would decrease by at least \$277,933.
  - 2. \$753,000 in requests were for 7 new applications, 5 of whom are new applicants to Verdant.
  - 3. 50% of the approved funding would be allocated to the 2022 budget and 50% to the 2023 budget. In Q3, 25% will be 2022 and 75% will be 2023. In Q4 0% will be 2022 and 100% will be 2023.

ii. 2022 and 2023 Budget Status

Budget Year	Annual Budget	Available Balance (not committed)
2022	\$ 9,000,000.00	\$ 1,600,612.63

	\$	\$
2023	9,000,000.00	7,940,492.00

- b. School-based Health Center planning update and new Healthy Youth Survey data
  - i. 2021 Healthy Youth Survey results were released and show a significant increase in Youth Mental Health symptoms and suicidal ideation.
  - ii. The Edmonds School District School Board meeting on 4/26 will finalize plan to launch school-based services in a temporary location at Meadowdale High School.
- c. Community Foundation of Snohomish County partnership ROI
  - i. Analysis of the impact of the contract with Community Foundation of Snohomish County to provide applicant coaching and support with the application, implementation, and reporting process has resulted in more than \$1 dollar of other funder contribution for each \$1 of Verdant funding provided.

**Current Year 2 and Year 3 Renewal Instructions with proposed new language in red (please note the year number auto populates from the system)**

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Following is the information included in your initial application for funding. For your next annual contract, you need to complete the outcomes and budget requests as well as uploading current financial documents for your organization and completing the acknowledgements section. You can do this by clicking the "edit" button in the upper right-hand corner of this screen.

### Year 3-Budget

You must propose a budget for each year for Verdant Board approval. The budget should include a description of all included costs and information regarding any line item where you are requesting an increase or decrease. The budget must be in alignment with the contracted scope of work and should replicate or build on your previous year's budget. ~~Significant changes to annual award amounts are not typical.~~ **Contracts generally will not increase by more than 5% total and personnel cost increases are typically limited to 2.5% annually. Annual award totals will usually not exceed \$500,000.** Year 3 awards are contingent upon successfully meeting the previous year's outcomes and contract terms.

### Year 3 - Outcomes

You must propose outcomes each year for Verdant Board approval. These outcomes must be in alignment with the contracted scope of work, should replicate or build on your previous year's goals, and must include the number of individuals served as a metric. Year 3 awards are contingent upon successfully meeting the previous year's outcomes and contract terms.

DRAFT

## Verdant Community Social Worker Highlights: March 2022 / April 2022

- Case Management – continuing support for fifteen 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. For the first six months of this pilot program, they have met all goals and have grown the program by 50%, adding an additional six new clients, to equal a total of twelve clients. We are incredibly pleased with their progress.
- 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. Attended the Mass Care Forum (one-day conference for individuals and organizations supporting Mass Care (i.e., sheltering, feeding, distribution of supplies). Online seminar: Stress: Signs, Symptoms, Management, and Prevention (understanding the biology of stress and explore realistic and practical ways to manage distress). Two day in-person Annual Providers Conference. All Staff: CPR/First Aid/AED/Blood Borne Pathogen & HIV Training.
- Weekly outreach to the hospital. To date, I have received a total of forty-seven referrals. Fourteen of these referrals have been successful in following through for case management services. Ten referrals did not follow through in engaging in services, eight went on to other programs, and four engaged, and then disappeared. In addition, I have consulted on another eleven patient cases, and referred to more appropriate programs.
- Have scheduled a three-part continuing education training series for behavioral health providers, focused on health and wellness within behavioral health care settings. The three topics are 1) Hypothalamic-Pituitary-Adrenal (HPA) Axis Dysfunction: Implications for Mood, Behavior, Cognition, and Physical Health, Friday May 27<sup>th</sup>, 12:00-3:00 PM 2) Psychoneuroimmunology through a Behavioral Health Lens, Friday July 1, 12:00-3:00 PM 3) Trauma Informed Integrated Behavioral Health, Friday August 5, 12:00-3:00 PM. The presenter is Dr. Jerrod Brown, PhD. He is a professor, trainer, researcher, and consultant with multiple years of experience teaching collegiate courses. He is also the founder and CEO of the American Institute for the Advancement of Forensic Studies and the Editor-in-Chief of Forensic Scholars Today. Jerrod has conducted over 200 workshops, webinars, and on-demand trainings for various organizations and professional and student audiences. In 2021, Jerrod completed a post-doctoral certificate in Leadership and Organizational Strategy from Walden University and a Professional Certificate in Forensic Psychology from San Diego State University Global Campus. Currently, He is pursuing a graduate certificate in Neuropsychology from Ball State University with an anticipated date of graduation in the fall of 2022. Jerrod has published several articles and book chapters and is also regularly featured on several national and international podcast programs.
- Sound Choices Counseling has started an eight-week anxiety and depression support group, which we are sponsoring. Continue to work with a local church to provide a trauma informed training for staff working with individual crises, and will offer to entire congregation. Verdant will sponsor a mental health first aid class for seniors at the Edmonds Waterfront Center.

## Multicultural Report- March 2022

### Verdant Sponsored Programs

Monthly Women's Support Group	3 <sup>rd</sup> Wednesday of the month 6:30pm	12 participants
Monthly Parent Support Group	4 <sup>th</sup> Thursday of the month 7:00pm	21 participants
Programa Gratis de Frutas y Vegetales- SaludRx	1 <sup>st</sup> Thursday of the month	9 participants
Grupo de Apoyo para Mujeres Sobrevivientes de Violencia Domestica	3 <sup>rd</sup> Wednesday of the month 6:00pm	7 participants

### Community Collaborations

Con Confianza y En Comunidad: Hablando sobre COVID-19 y temas que nos afectan	Tues 5-7:30pm	29 participants
Health Equity for Immigrants Campaign	Every week on Mon, until Dec, 2021	35 participants
Latinx Health Board	Every week on Friday's at 1pm	19 participants
U of WA Peer Mental Health Planning Meetings	Thursdays at 2pm	6 participants
Community Health Board Coalition	Every Thurs 6-8pm	42 participants

## **Verdant Community Wellness Center Facility Users**

The Verdant Community Wellness Center is seeing a steady increase in facility use requests since re-opening on April 1<sup>st</sup>. Here is a list of current and planned users.

### APRIL 2022

Stilly Valley Family Caregivers Support Group

The Arc of Snohomish County- Mothers Network Support Group

NAMI Connections Support Group

Sound Steppers Volkspport Club

Lahai Counseling

Child Strive

Prescription Drug Assistance Network

Best CPR USA: CPR/First Aid/AED/Blood Borne Pathogen & HIV Training for Verdant staff

Pure Barre Lynnwood fitness class

Lynnwood Rotary

### MAY 2022

Stilly Valley Family Caregivers Support Group

The Arc of Snohomish County- Mothers Network Support Group

NAMI Connections Support Group

Sound Steppers Volkspport Club

Lahai Counseling

Child Strive

Prescription Drug Assistance Network

Pure Barre Lynnwood fitness class

Opportunity Council/Child Care Aware Northwest EQEL (Enhancing Quality Early Learning)  
Year 1 training Parts 1 and 2

Fox Associates Person Centered Planning training

Smart Recovery addiction support group

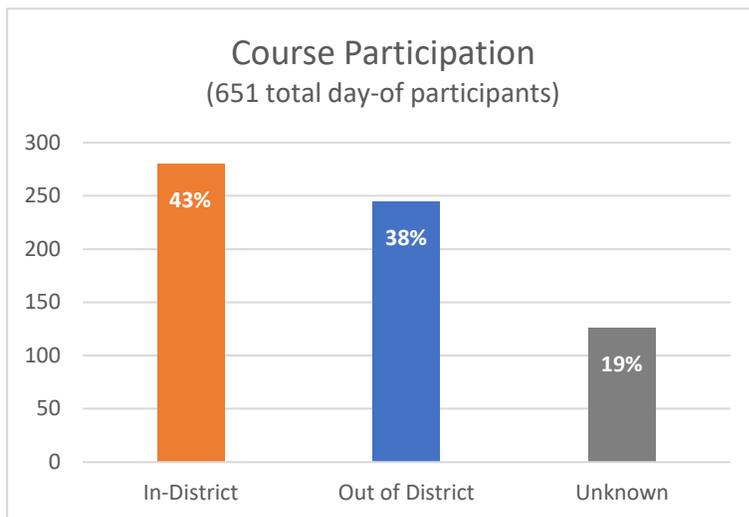
City of Lynnwood "Big Ideas" booth for community survey

## VERDANT COURSE DATA - Q1 2022

For the period January-March 2022, Verdant offered 31 courses to the community. These courses included cooking demonstrations, support groups, Narcan training, and nutrition education.

REGISTRATION	
# of Verdant-Funded Courses	Total Registered Participants
31	793
In District	298
Out of District	369
Unknown	126

Participation in these Verdant-funded courses was mostly in-district. A subset of participants whose exact location was not collected, are shown as "unknown" in the chart below.



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

PARTICIPATION	
# of Registered Participants	793
# of Actual Participants	651
Attrition Rate	20%

# Marketing Report

Kirk Mathis, Digital Marketing & Communication Manager

28-Day Period: March 25<sup>th</sup> – April 21<sup>st</sup>

## Social Media:

### Instagram

- Reached 127 people
- 108 Profile visits
- 91 followers in total

### Facebook

- Reached 2,328 people
- 114 Profile visits
- Gained 4 new likes

The last 28 days the Facebook account gained 4 new followers and no unfollowers. Our reach on Facebook went down to 2,328, which is 78.2 % lower than last period. That decrease is due the aftermath of paid promotion of the Opioid Crisis Round Table. We are going to start paid promotion again for the Verdant Health Commission Grand Re-Opening event. Those numbers will increase for next period.

Instagram has been steady, we gained 2 followers and no unfollowers. We are posting more on the Instagram, and we started using hashtags again in our posts to reach more of our community. Our goal is to get more active on all social media platforms. We will be posting more often, liking our community partners' posts, sharing posts, and engaging with comments will boost activity. Numbers are expected to boost next period. A marketing update will be provided to commissioners at the June 2022 board meeting.

## Link to all of our online platforms:

<https://linktr.ee/verdanthealthcommission>

## Highlights Since Last Board Meeting

Save the Date, Verdant Health Commission Grand Re-Opening:

<https://www.facebook.com/VerdantHC/photos/a.1423262947934676/2947975915463364/>

Verdant Blimp April Fools Joke:

<https://www.facebook.com/VerdantHC/photos/a.1423262947934676/2938007789793510/>

Community Grant Highlight YWCA:

<https://verdanthealth.org/12817-2/>

E-Newsletter:

<https://us5.campaign-archive.com/?u=4c73d70a9e060257442d266f3&id=7c09715d7f>

Press Release:

<https://verdanthealth.org/verdant-awards-over-1-5-million-to-local-nonprofits>

Flyers:

Community Foundation of Snohomish County  
& Verdant Health Commission Present:

# 2022 Diversity, Equity, and Inclusion Summer Workshop Series

Hosted by  
**Tony Nabors**

**Understanding Institutional Racism**  
Tuesday, July 19<sup>th</sup> 10am-12pm Sign-up at: [www.eventbrite.com/e/320773160157](http://www.eventbrite.com/e/320773160157)

**Operationalizing Racial Equity**  
Tuesday, August 2<sup>nd</sup> 10am-12pm Sign-up at: [www.eventbrite.com/e/320778415877](http://www.eventbrite.com/e/320778415877)

**Implicit Bias**  
Tuesday, August 16<sup>th</sup> 10am-12pm Sign-up at: [www.eventbrite.com/e/320783088857](http://www.eventbrite.com/e/320783088857)

**Microaggressions: Death by 1,000 Cuts**  
Tuesday, August 30<sup>th</sup> 10am-12pm Sign-up at: [www.eventbrite.com/e/320789168037](http://www.eventbrite.com/e/320789168037)

4710 196th St. SW  
Lynnwood, WA 98036  
(425) 582-8600  
[www.verdanthhealth.org](http://www.verdanthhealth.org)

For registration questions:  
**Nekya Johnson** [nekya@cf-sc.org](mailto:nekya@cf-sc.org) or  
**Zoe Reese** [zoe.reese@verdanthhealth.org](mailto:zoe.reese@verdanthhealth.org)

# GRAND RE-OPENING

verdant  
COMMUNITY WELLNESS CENTER

**MAY 13<sup>th</sup>, 2022**  
3pm - 6pm

**FOOD | GIVEAWAYS  
FAMILY FUN**

**Well-Being. Grantmaking. Advocating. Serving.**

Verdant is a public resource working to improve the health of South Snohomish County residents.

- Free or Low-cost Classes and Events
- Investing in Our Community

"A day in the community, learning about resources and opportunities, all while having FUN!"

HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St. SW  
Lynnwood, WA 98036

For More Information  
[www.verdanthhealth.org](http://www.verdanthhealth.org)  
**(425) 582-8600**

## TEEN COOK-ALONG AGES 11-17

Take A Free Virtual Cooking Class

**MAKE AHEAD BREAKFAST FOR MOM**  
Learn to make a tasty breakfast for your Mom.  
Date: May, 7, 2022 Time: 1:00pm - 2:00pm

**SUMMER PIZZA PARTY**  
Learn to make pizza from scratch.  
Date: Jul. 23, 2022 Time: 1:00pm - 2:00pm

**A PRESIDENTIAL PIE FOR CONSTITUTION DAY**  
Learn a few baking tips as you make a presidential pie for Constitution Day.  
Date: Sep. 17, 2022 Time: 1:00pm - 2:00pm

**SIGN-UP ONLINE**

(425) 582-8600  
[www.verdanthhealth.org/events](http://www.verdanthhealth.org/events)

verdant  
HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

4710 196TH ST. SW  
LYNNWOOD, WA 98036

## Lifestyle Medicine 101:

*How lifestyle changes can lead to YOUR best health*

**Date: June 8th, 2022**  
**Time: 12pm - 1pm**  
**Cost: Free**  
**Registration required: Yes**

It is true that we are living longer; however our quality of life has decreased due to an uptick in chronic disease. Learn about how lifestyle changes can help you achieve your most optimal health. Lifestyle medicine can prevent, treat and reverse chronic disease. Join Margaret Towolawi, MD, board certified family physician and lifestyle medicine physician as she will be discussing this newer branch of medicine and share with you practical tips to incorporate into your daily routine.

Meet Dr. Towolawi | Nurture Well Center  
Register @: [www.lifestylemed101.eventbrite.com](http://www.lifestylemed101.eventbrite.com)

IN PERSON

4710 196th St. SW Lynnwood, WA 98036  
[www.verdanthhealth.org](http://www.verdanthhealth.org) (425) 582-8600

Follow us: @ f t

## PURE BARRE LYNNWOOD

### POP UP CLASS!

Bring a yoga mat or towel, water bottle, and a friend for a low-impact total body workout!

**May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>  
& 23<sup>rd</sup> at 5:30pm**

**FREE AND OPEN TO ALL**

Verdant Community  
Wellness Center

**SPOTS ARE  
LIMITED!**

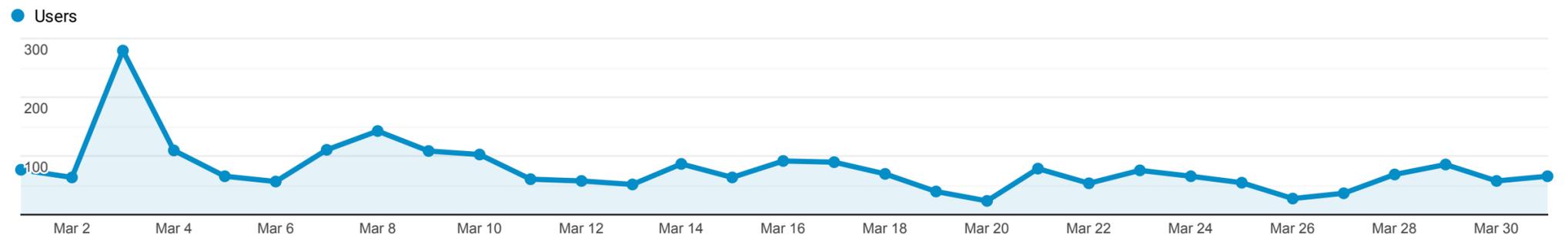
**EMAIL  
LYNNWOOD@PUREBARRE.COM TO BOOK**

**Audience Overview**

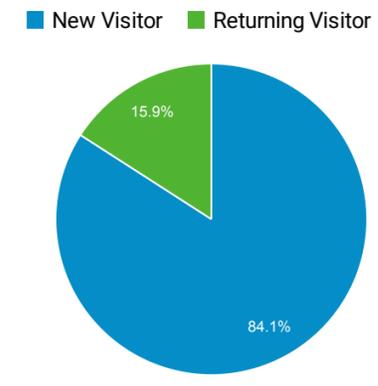
Mar 1, 2022 - Mar 31, 2022

 **All Users**  
100.00% Users

**Overview**



<b>Users</b> 2,024	<b>New Users</b> 1,872	<b>Sessions</b> 2,686	<b>Number of Sessions per User</b> 1.33
<b>Pageviews</b> 5,884	<b>Pages / Session</b> 2.19	<b>Avg. Session Duration</b> 00:01:54	<b>Bounce Rate</b> 63.10%



City	Users	% Users
1. Seattle	272	13.01%
2. Everett	172	8.23%
3. (not set)	112	5.36%
4. Lynnwood	80	3.83%
5. Edmonds	77	3.68%
6. Quincy	51	2.44%
7. North Creek	40	1.91%
8. Ashburn	36	1.72%
9. Kirkland	34	1.63%
10. Picnic Point-North Lynnwood	33	1.58%