

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
June 27, 2012
8:00 AM to 9:05 AM

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order Pledge of Allegiance	---	8:00	
B. Approval of the Minutes a) May 23, 2012 regular Board meeting	Action	8:01	2-4
C. Board Finance Committee Report a) Review financial statement and cash activity b) Authorization for payment of vouchers and payroll c) Credit card policy	Action Action Action	8:03 8:08 8:10	5-12 13 14-15
D. Program Oversight Committee Update a) Conflicts of interest b) Program investment update	Information	8:15 8:16	16-19
E. Marketing Report a) Summary Report for "6 Weeks to a Healthier You"	Information	8:22	20-25
F. Commissioner Comments	Information	8:30	---
G. Superintendent's Report a) Beach Cities Health District site visit report b) Needs assessment update c) Vaccination activities update	Information	8:35	26-27
H. Public Comments (please limit to three minutes per speaker)	---	8:40	---
I. Executive Session a) Review ongoing litigation b) Review worker's compensation and liability claims	--- ---	8:45 8:50	--- ---
J. Open Session	---	9:00	---
K. Adjournment	---	9:05	---

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

BOARD OF COMMISSIONERS

Regular Meeting

VHC Board Room

May 23, 2012

Commissioners Present	Fred Langer, President Bob Knowles, Secretary Deana Knutsen, Commissioner J. Bruce Williams, M.D., Commissioner Karianna Wilson, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Program Director Lisa King, Finance Director Jennifer Piplic, Marketing Director Bradley Berg, Foster Pepper (via conference call) Howard Thomas, Consultant (via conference call) Members of the community
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:03 a.m. by President Langer.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on April 25, 2012, and the special board meeting on May 18-19, 2012.
Board Finance Committee	Ms. King reported on the financials for April (E: 25:12). President Langer suggested that the commissioners hear a report about '6 Weeks to a Healthier You' that included the financial and non-financial impacts. Discussion occurred. A final report will be provided by Ms. Piplic next month which includes financial impacts.
Authorization for Payment of Vouchers & Payroll	Warrant Numbers 10529 through 10560 for April 2012 for payment in the amount of \$206,761.24 were presented for approval (E: 26:12). <i>Motion was made, seconded and passed unanimously to approve.</i>

Program
Oversight
Committee
Report &
Recommendations

Commissioner Knutsen reported that the Program Oversight Committee reviewed two new proposals and one that had been previously been discussed (E:27:12). No conflicts of interest regarding the three proposals were reported by any of the commissioners.

The Committee recommended funding one of the three proposals. ***Motion was made, seconded and passed unanimously to approve*** funding of \$48,000 per year for three years for Medical Team International's South Snohomish County Mobile Dental Program.

Funding was not recommended for the Lynndale Running club nor the TeamChild Community Advocacy Project at this time. Dr. Williams suggested that there might be an opportunity for Verdant to engage with a multi-school and local effort for the running club. Commissioner Knutsen suggested some opportunities for reworking the TeamChild proposal with more of a focus on healthcare access, including mental health.

Marketing
Report

Ms. Piplic reported that '6 Weeks to a Healthier You' program had concluded and that staff would be sharing a summary of results. She also reported that the May 20, 2012 – Celebration of Food Festival had occurred with good attendance (1,400 attendees) and that the Get Movin' Kick-Off Event would occur on June 2, 2012 at the Alderwood Mall.

Commissioner
Comments

Commissioner Knutsen commented that she was impressed with '6 Weeks to a Healthier You.' Dr. Williams suggested that Verdant consider a more formal health needs assessment that included community attitudes about the hospital and healthcare. The assessment could include an inventory of resources available and needs in the community. The commissioners discussed this idea and a list of potential groups to engage including: physicians, nurse practitioners, mental health providers, nutritionists, senior centers, and others. Commissioner Knutsen recommended that diverse communities also be considered. Dr. Williams recommended Verdant issue an RFP and try to attract several companies that would be interested in this type of assessment.

**Superintendent's
Report**

Superintendent Zapora thanked the commissioners and staff for their work on '6 Weeks to a Healthier You.' He shared that he and Mr. Kosovich visited Beach Cities Health District and would be reporting on what they learned from that visit. He also indicated he would be attending the Association of Washington Public Hospital District's (AWPHD) conference over the next several days in Leavenworth and shared the agenda with commissioners.

**Public
Comments:**

Mr. Al Rutledge commented on various issues including a food drive in Edmonds and vaccination efforts and how outreach should include people who do not have access to the Internet. Ms. Nicole McGrath from TeamChild thanked the commissioners for their funding consideration, and suggested some outreach efforts for the proposed needs analysis, including Familias Unidas, the Boys & Girls Clubs, school counselors and other school specialists, and direct outreach at places like bus stops.

**Executive
Session**

President Langer recessed the regular meeting at 8:45 a.m. into Executive Session to discuss liability issues with counsel and to review ongoing litigation and liability claims with Consultant Thomas.
President Langer stated that no action would be taken in this Executive Session and the board would reconvene in approximately 30 minutes.

Open Session

President Langer reconvened into open session at 9:18 a.m.
No action was taken.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:20 a.m.

ATTEST BY:

President

Secretary

Balance Sheet

As of May 31, 2012

	<u>Dec 31, 2011</u>	<u>May 31, 2012</u>	<u>\$ Change</u>	<u>Comments:</u>
ASSETS				
Current Assets				
1 Total Cash Balance	1,527,547	1,388,997	(138,550)	
2 Total Accounts Receivable	143	142	(1)	
Other Current Assets				
3 Total Current Assets	4,167	2,083	(2,083)	BofA Unamortized Financing Costs
4 Total Investments	36,416,633	37,359,897	943,263	
5 Total Other Miscellaneous Receivables	580,358	493,089	(87,268)	M&O Tax Levy Recv
6 Total Prepaid Expenses & Others	27,033	30,083	3,050	
7 Total Other Current Assets	<u>37,028,190</u>	<u>37,885,152</u>	<u>856,962</u>	
8 Total Current Assets	38,555,880	39,274,291	718,411	
9 Total Fixed Assets	31,218,748	29,134,201	(2,084,547)	Depreciation Expense
10 Total Financing & Lease Costs	367,814	361,942	(5,872)	
11 Total Other Assets	<u>3,762,072</u>	<u>3,762,072</u>	<u>-</u>	
TOTAL ASSETS	<u>73,904,514</u>	<u>72,532,506</u>	<u>(1,372,009)</u>	

Balance Sheet

As of May 31, 2012

	<u>Dec 31, 2011</u>	<u>May 31, 2012</u>	<u>\$ Change</u>	<u>Comments:</u>
LIABILITIES & EQUITY				
Liabilities				
Current Liabilities				
12 Total Accounts Payable	93,706	80,889	(12,818)	
13 Total Credit Cards	277	2,901	2,624	
Other Current Liabilities				
14 Total Accrued Salary & Benefits	1,240,384	41,115	(1,199,270)	McCary Deferred Compensation
15 Total Estimated 3rd Party Settlements	1,619,754	720,000	(899,754)	SFY2010 Interim CPE Payment
16 Total Other Payables & Accruals	813,792	651,541	(162,251)	Prof Liability & Work Comp Settlements
17 Current Portion of L-T Debt	<u>2,114,247</u>	<u>2,114,247</u>	<u>-</u>	
18 Total Other Current Liabilities	<u>5,788,178</u>	<u>3,526,903</u>	<u>(2,261,275)</u>	
19 Total Current Liabilities	<u>5,882,161</u>	<u>3,610,693</u>	<u>(2,271,468)</u>	
Long-term Liabilities				
20 Total Long-term Debt - Operations	6,890,790	6,337,400	(553,390)	Banc of America Lease Payments
21 Total Other Long-term Liabilities	<u>565,649</u>	<u>565,649</u>	<u>-</u>	
22 Total Long-term Liabilities	7,456,439	6,903,049	(553,390)	
23 Total Liabilities	<u>13,338,600</u>	<u>10,513,742</u>	<u>(2,824,858)</u>	
24 Total Equity	<u>60,565,915</u>	<u>62,018,764</u>	<u>1,452,849</u>	Net Income
TOTAL LIABILITIES & EQUITY	<u>73,904,514</u>	<u>72,532,506</u>	<u>(1,372,009)</u>	

Public Hospital District #2 of Snohomish County

DRAFT

Profit Loss

May 2012

	Apr 2012	May 2012	\$ Change	Comments:
Ordinary Income/Expense				
1 Total Income	835,023	813,545	(21,478)	April included 6WTHY
Expenses				
Operating Expenses				
2 Total Salaries & Benefits	38,996	54,090	15,094	1Q12 True up for self insured estimate
3 Total Workers Comp	3,705	(5,802)	(9,507)	
4 Total Depreciation	416,909	416,909	-	
5 Total Insurance	2,193	2,193	-	
6 Total Interest Expense	15,808	15,864	56	
7 Total Other Amortization	1,317	1,317	-	
8 Total Professional Services	34,472	17,709	(16,763)	
9 Total Purchased Services	812	837	24	
10 Rent Expense	2,900	2,900	-	
11 Total Other Expenses	5,357	6,007	650	
12 Total Supplies	236	445	209	
13 Total Taxes	25	-	(25)	
14 Total Utilities	659	660	1	
15 Total Operating Expenses	523,389	513,129	(10,260)	
Program Expenses				
16 Total Program Expenses	141,176	113,821	(27,356)	Includes some 6WTHY payouts
17 Total Expense	664,565	626,950	(37,615)	
18 Net Ordinary Income	170,458	186,595	16,138	
Other Income/Expense				
Other Income				
19 Total General Obligation Bonds	2,687	4,149	1,461	
20 Total Non Operating Revenue	287,987	227,403	(60,584)	
22 Total Other Income/Expense	290,674	231,552	(59,122)	
Net Income	461,132	418,147	(42,985)	

Public Hospital District #2 of Snohomish County
Profit Loss Budget vs. Actual

January - May 2012

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
	<u>Jan-May 2012</u>	<u>Jan-May Budget</u>	<u>Over/(Under) Budget</u>	<u>% of Budget</u>
Operating Revenues				
1 M&O Tax Levy	851,606	847,890	3,716	100.4%
2 Rental Income	3,206,195	3,202,850	3,345	100.1%
3 Pavilion Ground Lease Income	19,461	19,460	1	100.0%
4 Other Operating Income	17,493	-	17,493	100.0%
5 Total Operating Revenues	<u>4,094,755</u>	<u>4,070,200</u>	<u>24,555</u>	<u>100.6%</u>
Operating Expenses				
6 Salaries	265,286	221,663	43,623	119.7%
7 Benefits	34,844	54,507	(19,663)	63.9%
8 Workers Comp	2,380	22,190	(19,810)	10.7%
9 Insurance	10,964	11,605	(641)	94.5%
10 Interest Expense	81,050	103,108	(22,058)	78.6%
11 Amortization	6,583	6,583	-	100.0%
12 Rent Expense	14,500	14,500	-	100.0%
13 Consulting	93,133	95,000	(1,867)	98.0%
14 Legal	20,915	16,667	4,248	125.5%
15 Accounting/Auditing	28,944	33,000	(4,056)	87.7%
16 Other Professional Services	1,584	2,083	(499)	76.1%
17 Purchased Services	5,965	34,992	(29,027)	17.0%
18 Supplies	3,155	7,500	(4,345)	42.1%
19 Taxes	25	500	(475)	5.0%
20 Utilities	3,345	2,408	936	138.9%
21 Miscellaneous Expenses	16,153	16,958	(805)	95.3%
22 Total Operating Expenses	<u>588,827</u>	<u>643,265</u>	<u>(54,438)</u>	<u>91.5%</u>
23 Community Program Investments	<u>648,318</u>	<u>1,708,333</u>	<u>(1,060,015)</u>	<u>38.0%</u>
24 Net Ordinary Income	2,857,610	1,718,602	1,139,008	166.3%
Other Income/(Expense)				0.0%
25 2003 GO Tax Levy	22,864	-	22,864	100.0%
26 Investment Income	418,829	450,000	(31,171)	93.1%
27 Unrealized G/L on Investment	237,739	-	237,739	100.0%
28 Other Income (Expense)	354	-	354	100.0%
29 Total Other Income/(Expense)	<u>679,787</u>	<u>450,000</u>	<u>229,787</u>	<u>151.1%</u>
30 Net Income (Before Depreciation)	<u>3,537,396</u>	<u>2,168,602</u>	<u>1,368,794</u>	<u>163.1%</u>
31 Depreciation	2,084,547	2,084,545	2	100.0%
32 Net Income (After Depreciation)	<u>1,452,849</u>	<u>84,057</u>	<u>1,368,792</u>	<u>1728.4%</u>

Public Hospital District #2 of Snohomish County
Summary of Cash Receipts and Disbursements
May 2012

	May 2012 Amount	
Receipts:		
Other Rental Income	26,222.92	Value Village
Swedish/Edmonds Rental Income	618,000.00	
Snohomish County Tax Levy	826,712.83	
Ground Lease Payments	4,166.67	
Misc Reimbursements/Refunds	127.99	Reimbursement and Interest Income
Total Receipts	<u>1,475,230.41</u>	
Disbursements:		
Debt Payment	114,171.30	Banc of America
Professional Services:		
Legal Fees	25,253.59	Litigation and Professional Liability Legal Fees
Accounting Fees	2,325.00	Ash Consulting
Consulting Fees	-	
Professional Services	306.00	Workers Comp Administrator, Benefit Solutions Administrator, IT
Purchased Services	157.90	Paychex
Payroll	28,032.12	2 pay periods Plus Benefit Solutions
Payroll Taxes	9,998.34	2 pay periods
Employee Insurance	3,725.57	Regence Medical & Dental, Principal Life
Employee Retirement Contributions	3,468.68	Valic
Program Expenditures	123,022.93	Including 6 Weeks to a Healthier You Program Expenditures
Workers Compensation	33,335.43	Payments Issued by BRAC
Other Miscellaneous Expenses	40,248.27	Supplies, Rent, Canon Lease, Dues, Interest Expense
Total Disbursements	<u>384,045.13</u>	

Public Hospital District #2

Cash Activity

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
10561	5/2/2012	Bank of America - LOC	25,592.40	Quarterly Fee
10562	5/2/2012	Consumer Reports on Health	24.00	Subscription
10563	5/2/2012	Institute for Fitness and Health	78.23	6 Weeks to a Healthier You - Joe Piscetella Costs
10564	5/2/2012	Tulalip Resort Casino	113.93	Board Retreat
10565	5/9/2012	Benefit Solutions Inc	11.50	FSA Administration Monthly Fee
10566	5/9/2012	Void	-	VOID
10567	5/9/2012	Foster Pepper	2,259.00	Legal
10568	5/9/2012	Institute for Fitness and Health	79.48	6 Weeks to a Healthier You - Joe Piscetella Costs
10569	5/9/2012	Carney Badley Spellman	9,726.63	Legal
10570	5/10/2012	Lynnwood Convention Center	1,579.32	6 Weeks to a Healthier You - Conference Rental
10571	5/10/2012	Refugee & Immigrant Services NW	70.00	Translation
10572	5/16/2012	Bank of America Credit Card	3,419.13	Misc
10573	5/16/2012	Ace Internet Services, Inc.	209.00	IT Support
10574	5/16/2012	Ash Consulting	2,325.00	May Consulting - Accounting
10575	5/16/2012	Berkley Risk Administrators Co	85.50	Workers Compensation Administration
10576	5/16/2012	Lynnwood Convention Center	4,588.06	6 Weeks to a Healthier You - Conference Rental
10577	5/16/2012	Institute for Fitness and Health	41.74	6 Weeks to a Healthier You - Joe Piscetella Costs
10578	5/23/2012	Banc of America Leasing	114,171.30	Lease Payment
10579	5/23/2012	Lynnwood PFD	2,900.00	Rent
10580	5/23/2012	Canon Financial Services	301.13	Copy Machine Lease
10581	5/23/2012	Regence Blueshield	3,125.30	Employee Medical & Dental Insurance
10582	5/23/2012	Void	-	Printer Failure
10583	5/23/2012	Staples	90.67	Supplies
10584	5/23/2012	Snohomish Health District	5,000.00	Program Payout - Postcards to Residents of South County - Pertussis
10585	5/23/2012	Belinda Schrader	78.00	Refund for 6 Weeks to a Healthier You
10586	5/23/2012	Principal Financial Group	600.27	Life Insurance - June 2012
10587	5/31/2012	Institute for Fitness and Health	5,203.10	6 Weeks to a Healthier You - Joe Piscetella Costs
10588	5/31/2012	Comcast	317.29	Internet
10589	5/31/2012	Margot Helphand	4,048.40	Facilitator for Board Retreat
10599	5/30/2012	Void	-	Provide to Wells Fargo for check sample
Total Warrants			186,038.38	

Warrant Transaction

Number	Date	Payee	Amount	Purpose
Workers Compensation Claims Activity:				
205617-205	May 2012	Various Claimants/Vendors	33,335.43	Administered by Berkley Risk
Wire/ACH Activity:				
	5/1/2012	Comerica	13,267.96	Octagon Professional Liability (Sedgwick)
	5/1/2012	US Bank	3,371.32	1999 LTGO bond interest (LOC)
	5/4/2012	Payroll	13,823.96	ACH payroll transfer
	5/4/2012	Department of Treasury	5,084.66	Payroll taxes for 4/28/12 pay period ending
	5/4/2012	Paychex	94.30	Fee for payroll processing
	5/4/2012	Valic	1,743.34	4/6 Payroll 401(a)/457 Deposit
	5/18/2012	Payroll	13,287.36	ACH payroll transfer
	5/18/2012	Department of Treasury	4,913.68	Payroll taxes for 5/12/12 pay period ending
	5/18/2012	Paychex	63.60	Fee for payroll processing
	5/18/2012	Valic	1,725.34	Payroll 401(a)/457 Deposit
	5/15/2012	Boys & Girls Club of Snohomish County	8,161.00	Program Payment
	5/15/2012	City of Lynnwood	6,455.67	Program Payment
	5/15/2012	Community Health Center of Snohomish Co	8,333.33	Program Payment
	5/15/2012	Edmonds School District No. 15	25,475.00	Program Payment
	5/15/2012	Edmonds Senior Center	2,000.00	Program Payment
	5/15/2012	Jeremiah Center	5,200.00	Program Payment
	5/15/2012	Little Red Schoolhouse	22,000.00	Program Payment
	5/15/2012	Parent Trust for WA Children	2,083.33	Program Payment
	5/15/2012	Project Access Northwest	6,666.67	Program Payment
	5/15/2012	Puget Sound Christian Clinic	6,250.00	Program Payment
	5/15/2012	Senior Services of Snohomish County	11,666.67	Program Payment
	5/15/2012	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	5/7/2012	Benefit Solutions	190.00	FSA Payments
	5/8/2012	Benefit Solutions	276.00	FSA Payments
	5/17/2012	Benefit Solutions	70.14	FSA Payments
	5/21/2012	Benefit Solutions	321.55	FSA Payments
	5/22/2012	Benefit Solutions	38.46	FSA Payments
	5/24/2012	Benefit Solutions	24.65	FSA Payments
		Total Wires/ACH Transactions	164,671.32	
		Total Disbursements	\$ 384,045.13	

Deposits:	Date	Payer	Amount	Purpose
	5/1/2012	Value Village	26,222.92	Monthly lease
	5/4/2012	Swedish	618,000.00	Monthly lease
	5/10/2012	Snohomish County	826,712.83	Tax levy deposit
	5/18/2012	Superintendent	52.79	Refund
	5/18/2012	Superintendent	74.76	Refund
	5/25/2012	Healthcare Realty Services, Inc.	4,166.67	Lease payment
	5/31/2012	Comerica Bank	0.44	Interest Income
		Total Deposits	\$ 1,475,230.41	

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 10561 through 10589 have been issued for payment in the amount of \$186,038.38. These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Payroll:	4-15-12 – 4-28-12	13,823.96	
	4-29-12 – 5-12-12	<u>13,287.36</u>	
			27,111.32
Warrants Processed:	5-1-12 – 5-31-12		186,038.38
Work Comp Claims Pd:	5-1-12 – 5-31-12		33,335.43
Electronic Payments:	Payroll Taxes	9,998.34	
	Comerica Bank – Prof Liability	13,267.96	
	Paychex	157.90	
	Valic Retirement	3,468.68	
	Benefit Solutions	920.80	
	Interest Payments – US Bank	3,371.32	
	Program Expenditures	<u>106,375.00</u>	
			<u>137,560.00</u>
	Grand Total		<u><u>\$384,045.13</u></u>

Title: Credit Card Use Policy

SCOPE: Public Hospital District 2 of Snohomish County, dba Verdant Health Commission (District).

PURPOSE: The Corporate Credit Card Use Policy establishes the guidelines and requirements for use of the corporate credit card per the following policy and procedures.


POLICY/PROCEDURES:

- The corporate credit card is intended to be used for small, one-time expenditures where the vendor does not accept checks.
- The District has two corporate business credit cards in the name of the Superintendent and the Executive Assistant. The credit limit of each card shall be no higher than \$5,000.
- Employees, other than the Superintendent, that need to make a purchase by credit card must complete a Credit Card Payment Request Form and include any supporting documentation.
- The Credit Card Payment Request Form is then approved by the Superintendent and then the order is placed by the staff member.
- Credit card purchases on the corporate credit card are paid when the statement is received and after they are approved and all supporting receipts and documentation are provided to the Director of Finance.
- The credit card invoices are approved by the Superintendent and Director of Finance prior to payment within the limits established by the Purchasing and Expenditure Policy.
- Cash advances are not allowed.
- Personal charges are not allowed. Any charge appearing on the corporate credit card statement that is disallowed shall be repaid by the employee before the credit card billing is due and payable. Inappropriate use of government funds may be grounds for disciplinary action or release of the employee. Any charges that are not repaid may be deducted from the employee's paycheck including any interest or penalties that are incurred.

ASSOCIATED POLICIES: Purchasing and Expenditure Policy

ASSOCIATED FORMS: Credit Card Request Form

APPENDIX A



CREDIT CARD PAYMENT REQUEST FORM

TODAY'S DATE: _____

AMOUNT: \$ _____ DATE NEEDED: _____

PAYEE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

REASON FOR REQUEST: _____

ACCOUNT: _____ REQUESTED BY: _____

PROGRAM NAME (IF APPLICABLE): _____

SUPERINTENDENT APPROVAL: _____

Note: All new vendors must submit a W-9 before their payment can be processed. Therefore, please be aware that if a completed W-9 is not submitted with this form, it will need to be requested from the vendor which may delay payment.

June 2012 Program Summary

Summary of June Applications

- Three new applications received
- One brief 'concept paper' submitted for review and discussion

New Program Applications in June

- **Lynnwood Fire Department – Emergency Cardiac Care:** The purpose of the program is to improve time to treatment for heart attack patients by: 1.) implementing ECG with transmission capabilities at Lynnwood Fire Dept., Fire District 1, and Mukilteo Fire department; and 2.) educate the public to recognize the signs of a heart attack so they seek medical attention when experiencing heart attack symptoms.

The committee is recommending a follow-up Q&A session on this program to learn more about how this fits with the various fire department and district's budgets. The committee was interested in the education program, but would like to discuss other potential opportunities for engaging first responders more broadly in community education efforts.

- **MS Helping Hands – Financial Assistance:** Funds would be used to provide financial assistance for people with Multiple Sclerosis (MS). Grants, which are paid directly to debtors, include rent/mortgage, utility bills, food, repairs, and to medical providers. **The committee is not recommending the program for funding at this time.** Direct cash assistance for non-medical uses is not something that fits with our funding guidelines. However, there could be future opportunities to support education, family caregiver support, or other services to patients and families.
- **Cocoon House - Street Youth Outreach & Support Program:** Cocoon House is seeking funding to support youth aged 13-20 with case management, outreach, and teen parent support. Several of the outcomes identified in the proposal were focused on family reunification and housing, rather than health. The program services would be delivered through street outreach and from Cocoon House's Everett office; the organization does not have a site in our district. **The committee is not recommending the program for funding at this time,** but does suggest additional discussion with Cocoon House to determine how a program might be structured around health outcomes and more focused on expanding services our district.

Other Programs Discussed

- **Senior Services of Snohomish County – Center for Healthy Aging:**
Senior Services submitted a concept paper outlining how it could develop a South County Center for Healthy Aging. The center would include an enhanced fitness program, family caregiver support, mental health services, chronic disease self-management, support groups, health

screenings, and potentially geriatric dental services. The proposal also suggests relocating the multicultural senior center from Everett to South Snohomish County.

The committee is recommending further discussion with Senior Services on this project. The committee would like to see more detail on the project, with the guidance that the project should include disabled adults and provide equal services throughout the district. The committee was also interested in seeing more information on the site plan, service numbers, and budget.

Other: Superintendent's Discretionary Fund

Verdant Health was asked to contribute to a Tdap vaccination clinic at Swedish/Edmonds held on June 14, 2012. The Superintendent agreed to provide 50% of the funding for the clinic (\$1,062), which provided approximately 130 vaccinations.

Verdant Health Commission Priority Areas

- 1. Education & Empowerment:** We support programs that educate and empower residents to live healthy lives. These include programs that give people the tools to take ownership of their health, increase their knowledge of health issues and availability of resources, and provide motivation to improve their well-being.
- 2. Prevention:** We support prevention programs, including those that promote health and wellness and that provide early detection and treatment. Of particular interest are programs that increase healthy behaviors, support necessary health screenings, and prevent injuries.
- 3. Access to Healthcare Services:** Too many residents in our area go without needed healthcare services. We support programs that increase access to medical, dental, and behavioral healthcare services. Of particular interest are programs that serve pregnant or parenting mothers and fathers and the uninsured or underinsured community members.
- 4. Policy and Advocacy:** We support programs that employ advocacy and public policy improvements to health systems, communities, and organizations to better meet the health and wellness needs of our residents.

A	B	C	D	E	F	G	H	I	J
	Program Expenses	2012	2013						
	Budget	\$4,100,000	TBD						
	Committed to date	\$1,598,853	\$1,609,985						
	Program Budget Remaining	\$2,501,147	TBD						

	Programs for June Review		Request for funding			Priority Area				
#	Name	Description	Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy	Primary Population Served
1	Lynnwood Fire Department - Emergency Cardiac Care	The purpose of the program is to improve time to treatment for heart attack patients by: 1.) implementing 12 lead ECG with transmission capabilities at Lynnwood Fire Dept, Fire District 1, and Mukilteo Fire department to speed diagnostics and reduce false positives/negatives; and 2.) educate the public to recognize the signs of a heart attack so they seek medical attention when experiencing heart attack symptoms.	\$82,433			X	X	X		People at risk of heart attack
2	MS Helping Hands - Financial Assistance Funds	Funds would be used to provide financial assistance for people with Multiple Sclerosis (MS). Grants, which are paid directly to debtors, include rent/mortgage, utility bills, food, repairs, and to medical providers. MS Helping hands has been operating its financial assistance program since 1999.	\$10,000	\$10,000	\$10,000			X		People with MS
3	Cocoon House - Street Youth Outreach & Support Program	Cocoon House is seeking funding to support youth aged 13-20 with case management, outreach, and teen parent support. Funds would be used to support approximately 65 teens, including outreach on health topics, and the development of a Teen Parent Advocacy group.	\$20,000	\$20,000	\$20,000	X	X	X		Youth
Totals			\$92,433	\$0	\$0					

Programs for June Review			Request for funding			Priority Area				
#	Name	Description	Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy	Primary Population Served
4	Senior Services of Snohomish County - Older Adult Wellness Project	<p>Concept paper submitted by Senior Services that would develop a South County Center for Healthy Aging. The center would include an enhanced fitness program, family caregiver support, mental health services, chronic disease self management, support groups, health screenings, and potentially geriatric dental services. The proposal also suggests relocating the multicultural senior center from Everett to South County.</p> <p>Senior Services of Snohomish County submitted the concept to begin the discussion about collaborating on this type of project.</p>	~\$275,000 per year for total program budget of \$500,000			X	X	X		Seniors



6 Weeks to a Healthier You Summary



Session 5 – Healthy Cooking at Home – Sample Distribution



Attendance

- Registrants: 480
- Attended Session 1: 443
- Attended Session 6: 334
- Attended 4 or more sessions: 392

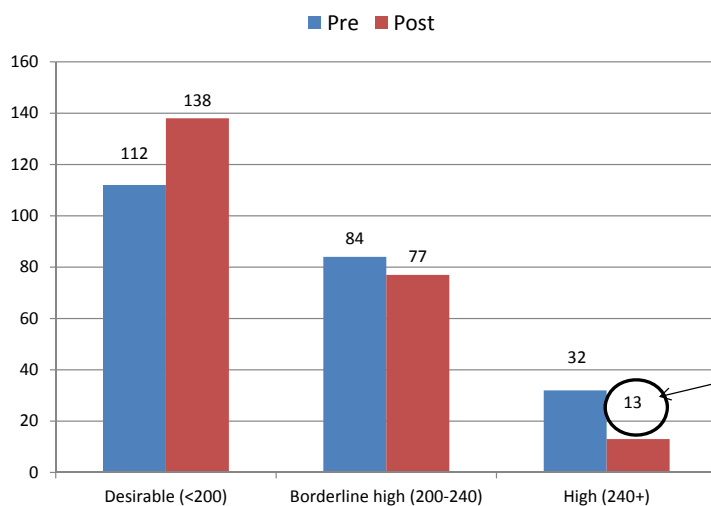


Biometrics - Participation

- Pre-Program Participants: 392
- Post-Program Participants: 235
- **Pre- and Post-Program Participants: 228**



Pre- and Post-Program Total Cholesterol Change

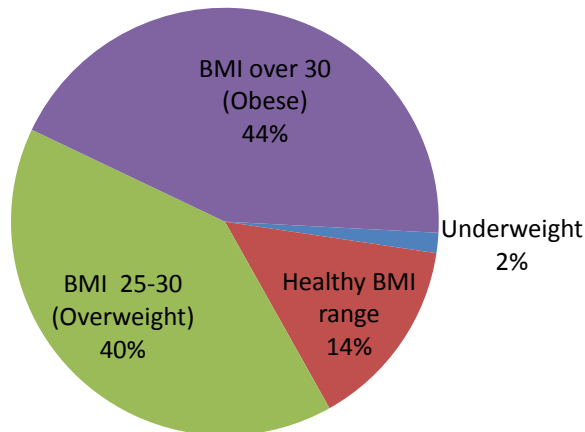


Average pre	202
Average post	189
Average change	-13
% change	-6.2%

60% decrease in participants with high cholesterol



Pre-Program Body Mass Index (BMI)



Post-Program Weight Results

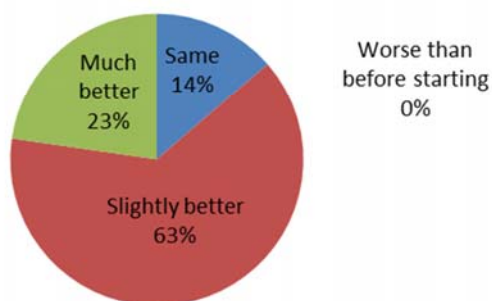
Weight	Change
Average lbs lost	2.6
People Who Lost > 5 lbs	46
People Who Lost > 10 lbs	11
Total weight loss	600.5



Survey Feedback

n=136

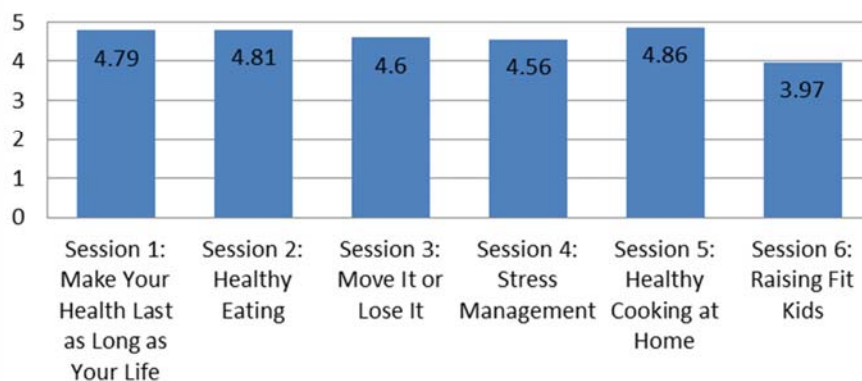
How would you rate your health after participating in the program?



Survey Feedback

n=136

Average Rating of Each Session
(Scale of 1-5)





Survey Feedback

“ My husband and I both lowered our BMI by 2 points, both lowered our overall cholesterol, his is under 200 for the first time ever without medication...” ”



Program Expenses

Total Expense	\$78,683.96
Total Income (registration)	\$17,570.91
Net Expense	\$61,113.05



Lessons Learned

- Partner involvement was critical, leading to higher employer engagement, registrations



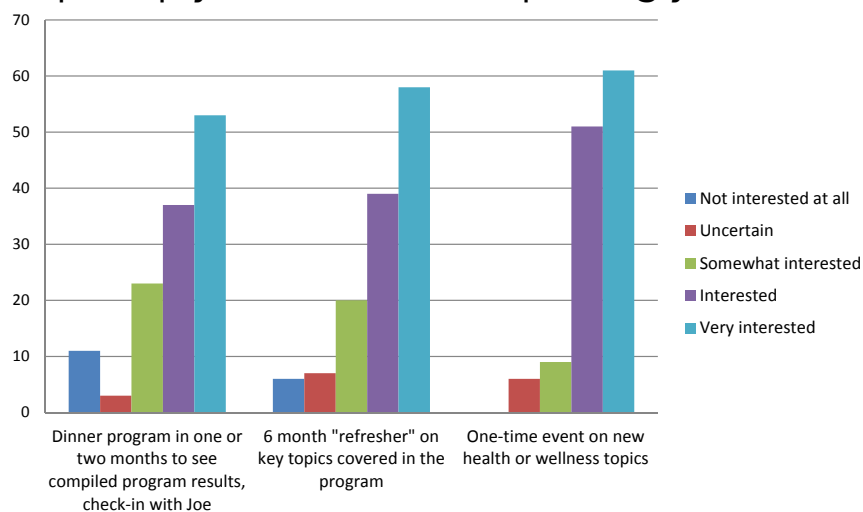
- Measureable achievements based on biometrics show movement in the right direction, more work to be done



Survey Feedback

n=136

How interested would you be in these program ideas to help keep you on track to improving your health?



Summary of Beach Cities Health District Site Visit

Background/History of Beach Cities Health District (BCHD)

- Operated a hospital until 1984. Entered into a lease arrangement with Tenet healthcare. In 1998, Tenet wanted to get out of the arrangement and had to pay a lump sum of \$60 million, which essentially seeded BCHD.
- BCHD initially contracted for services but found they needed to bring some programs in-house. Found themselves funding 'feel good' programs not really connected to health (D.A.R.E., field turfing, etc.)
- Work now organized around five age groups (Infants→Seniors) with 5 health priorities for each. Cradle to grave prevention focus. Every program has to be evidence based.
- \$10 million budget, roughly evenly from property taxes, rental income, program fees, investment income. Have several partnerships on site at facility, including a surgery center, senior housing facility
- District has about 215,000 residents.

Notable Programs

- Wellness center: basically breaks even if you exclude indirect costs. About 2700 members, focus on older clientele with more support than competing gyms. Children's adventure zone focuses on ages 2-7 and making activity fun for kids.
- Senior services designed to keep people in homes as long as they want to, provide caregiver support. 7 FTE social workers.
- Partnership with urgent care facility to provide same day services and screen for public insurance.
- School anti-obesity programs has shown promise in decreasing obesity rates.
- Blue Zone partnership with Healthways. Entered in as part of competitive bidding. BCHD commits \$600k per year, Healthways provides staffing, support, funding.
 - Engagement on planning issues like sidewalks, bike lanes
 - Walking groups
 - Seminars for community
 - Restaurants offering Blue Zone choices
 - Developed a livability plan

Lessons Learned From Their CEO's Perspective

- Visibility of their facilities is important. In the early stages, the public didn't know what BCHD did. They sometimes get pressure to move to a lower cost area, but don't want to lose the visibility in the community.
- Be clear with messaging. Rather than 'we used to run a hospital,' lead with wellness message.
- Stick with evidence based programs.
- They've found the public is more interested in activities (yoga classes, walking groups) and less interested in classes/trainings
- Consider adding a strong volunteer program.

For follow up:

- Healthways/Blue Zone contact that CEO will provide.
- Investigate Sequoia Health District (interesting partnerships with Parks and Recreation depts) and Camarillo Health District (senior programs).
- Alliance for a Healthier Generation (Clinton Foundation rating of school health promotion).

NOW	3 rd Quarter 2012	4 th Quarter 2012	1 st Quarter 2013	2 nd Quarter 2013
Performance evaluations	2013 budget	VHC Office building	Broader health & wellness vision council	RFP Auditors
Revised 2012 budget	State audit	Wellness Center	Investment policy	
Public & Media strategy	Community engagement	Print publications	Outreach with health interns	
Pertussis	S/E project		VHC Contact Resource Management	
UW Bothell Project Team	Needs assessment		Legislative calls	
Building Purchase	Blue Zone		PFD Office lease expiration	
New Bank	Center for Healthy Aging			
	Online presence			
	6 Weeks follow-up			