

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
December 19, 2018
8:00 to 9:00 a.m.

| | <u>ACTION</u> | <u>TIME</u> | <u>PAGE</u> |
|---|---------------|-------------|-------------|
| A. Call to Order | --- | 8:00 | --- |
| B. Approval of the Minutes | | | |
| a) November 28, 2018 Board Meeting | Action | 8:01 | 1-4 |
| C. Executive Committee Report | Information | 8:02 | --- |
| D. Superintendent Report | Information | 8:05 | --- |
| E. Finance Committee Report | | | |
| a) Review financial statements and cash activity | Information | 8:10 | 5-8 |
| b) Authorization for payment of vouchers and payroll | Action | 8:15 | 9 |
| F. Program Committee Report & Recommendations | | | |
| a) Conflicts of Interest | --- | 8:16 | --- |
| b) Program investment recommendations | Action | 8:17 | 10-12 |
| c) Verdant Community Wellness Center activities update | Information | 8:30 | 13-14 |
| d) Verdant multicultural program presentation on Parent Support Education | Information | 8:35 | 15-16 |
| G. Marketing Report | Information | 8:45 | 17 |
| H. Public Comments (please limit to three minutes per speaker) | --- | 8:50 | --- |
| I. Commissioner Comments | --- | 8:55 | --- |
| J. Adjournment | --- | 9:00 | --- |

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

BOARD OF COMMISSIONERS

Regular Meeting
Verdant Community Wellness Center
November 28, 2018

| | |
|-----------------------------------|--|
| Commissioners Present | Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Jim Distelhorst, M.D. Commissioner |
| Commissioners Excused | Karianna Wilson, Secretary |
| Staff | Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant |
| Call to Order | The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:58 a.m. by President Knutsen. |
| Approval of Minutes | <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on October 24, 2018. |
| Executive Committee Report | The committee met via telephone on November 21, 2018 to review the agenda for the November 28, 2018 board meeting and other upcoming events. No action was taken. |
| Superintendent Report | Dr. Fenn reported on the following items: <ol style="list-style-type: none">Ms. Huber, Ms. Waldin, and Ms. Budd will provide a quarterly in-depth report on their activities starting today. The monthly VCWC summary (E:99:18) and multi-cultural report (E:100:18) will continue to be included in the board packets.Acknowledgment of staff members: Ms. Huber for her presentation at the recent APHA Conference, |

Ms. Waldin for her presentation on Food Insecurity Nutrition Incentive at the Department of Health, Ms. Waldin & Ms. Piplic for coordinating the Survivors of Suicide Loss Day held on November 17, 2018, Ms. Waldin & Ms. Goto for their assistance with the food bank focus groups which will be presented later in today's meeting.

3. December board retreat will be re-scheduled to February 1 to 2, 2019 pending board members' confirmation of availability. Dr. Fenn will send an email to the board to get their confirmation.
4. 2019 regular board meetings: commissioners were split on their preference for morning or evening regular board meetings in 2019. Commissioners decided to have one evening meeting in April 2019 and another evening meeting in October 2019 for the 2020 budget.
5. December 19, 2018 regular board meeting: quorum will be met with Commissioners Knutsen, Distelhorst, and Knowles in attendance.
6. Current committee members will remain in effect until the February 2019 board retreat when officers and committee members will be decided.
7. See the December 2018 Calendar for upcoming events (E:94:18).

Finance Committee Report

Ms. King reviewed the financial statements and cash activity for October 2018 (E:95:18).

Authorization for Payment of Vouchers & Payroll

Commissioner Langer noted for the record that the warrant approval sheet has been updated to read *Warrant Numbers 13150 through 13230 for October 2018 for payment in the amount of \$131,659.90 were presented for approval (E:96:18). Motion was made, seconded and passed unanimously to approve.*

Resolution 2018:08 – Fixed Asset Disposition

Commissioner Langer presented Resolution 2018:08 approving the fixed asset disposition. *Motion was made, seconded and passed unanimously to approve.*

Program Committee Update

The Program Committee met on November 14, 2018 to review one new funding request and one renewal funding request (E:97:18).

Commissioner Knowles asked if there were any conflicts of interest and none were reported by the commissioners present.

Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations to the board.

Motion was made, seconded and passed unanimously to approve Cascade Bicycle Club's Let's Go bicycle

education program in the amount of \$32,000 per year for three years for the elementary education program.

Commissioners discussed the American Heart Association CPR Kiosk and no motion was made.

Commissioner Distelhorst would consider the request if the amount was decreased. Commissioners Knutsen & Langer were not interested in this project.

Commissioner Knowles expressed the need for expanded CPR exposure in the district. He stated that data shows only offering CPR classes is not reaching enough of the population.

Hunger & Health Opportunities Presentation

Ms. Waldin presented an in-depth look at the Food Insecurity Nutrition Incentive (FINI) program which includes a fruit and vegetable prescription program led by Verdant (E:98:18). Ms. Waldin also shared data about which groups of people use our local food banks.

Dr. Fenn shared with the commissioners some of the results of the recent focus groups held at two food banks and one school pantry to study the nexus between the food bank and healthcare. There was a total of 27 participants in three groups. The most common health condition among the participants was diabetes. Nutrition education was the top item that participants would like to learn more about.

A full report will be provided to the board upon completion.

Mr. Kosovich presented some future opportunities to address some of these issues including a partnership between Food Lifeline and SeaMar with a focus on diabetes and the potential for a registered dietitian and a community resource advocate to be on-site at the food bank and school district food pantry.

Commissioners commented on the issue of food insecurity in Verdant's service area.

| | |
|------------------------------|--|
| Marketing Report | Ms. Piplic presented the Marketing report (E:101:18) for November 2018 which included a summary of the 2018 South County Walks data (E:102:18) and the 2019 conference schedule. Ms. Piplic also mentioned that a professional photographer is at Verdant today to take head shots of any board or staff members who would like a new photo. |
| Public Comments | None |
| Commissioner Comments | President Knutsen welcomed Commissioner Distelhorst, who was sworn in at the last regular meeting to this month's board meeting. |
| Adjournment | The meeting was adjourned at 9:14 a.m. |

ATTEST BY:

President

Secretary

Balance Sheet

As of November 30, 2018

| | A | B | C | D |
|---|-------------------|-------------------|------------------|-----------------------------|
| | Dec 31, 2017 | Nov 30, 2018 | \$ Change | Comments: |
| 1 ASSETS | | | | |
| 2 Current Assets | | | | |
| 3 Cash Balance | 1,853,495 | 1,714,944 | (138,551) | |
| 4 Other Current Assets | 44,606,558 | 47,192,543 | 2,585,985 | Includes Investments |
| 5 Total Current Assets | 46,460,053 | 48,907,487 | 2,447,434 | |
| 6 Total Long-term & Fixed Assets | 45,773,750 | 43,895,799 | (1,877,950) | Includes Depreciation |
| 7 TOTAL ASSETS | 92,233,802 | 92,803,286 | 569,484 | |
| 8 LIABILITIES & EQUITY | | | | |
| 9 Liabilities | | | | |
| 10 Current Liabilities | 2,066,262 | 390,420 | (1,675,842) | Tenant Prepaid Lease Income |
| 11 Long-term Liabilities | 2,050,919 | 1,994,059 | (56,860) | 2012 LTGO Bonds |
| 12 Total Liabilities | 4,117,182 | 2,384,479 | (1,732,702) | |
| 13 Total Equity | 88,116,621 | 90,418,807 | 2,302,186 | Annual Net Income/(Loss) |
| 14 TOTAL LIABILITIES & EQUITY | 92,233,802 | 92,803,286 | 569,484 | |

Profit & Loss

November 2018

| | A | B | C | D | E | F |
|---------------------------------------|----------------|----------------|---------------|------------------|------------------|----------------|
| | Nov Actual | Nov Budget | Fav/(Unfav) | YTD Actual | YTD Budget | Fav/(Unfav) |
| 1 INCOME | | | | | | |
| 2 Ordinary Income | 898,268 | 898,879 | (611) | 9,699,903 | 9,736,986 | (37,083) |
| 3 EXPENSES | | | | | | |
| 4 Operating Expenses | 174,896 | 187,626 | 12,730 | 2,071,158 | 2,115,222 | 44,064 |
| 5 Depreciation Expense | 152,376 | 152,344 | (32) | 1,808,311 | 1,807,959 | (351) |
| 6 Program Expenses | 709,022 | 606,525 | (102,496) | 5,815,574 | 6,748,780 | 933,206 |
| 7 Total Expenses | 1,036,293 | 946,495 | (89,798) | 9,695,043 | 10,671,961 | 976,919 |
| 8 OTHER INCOME/(EXPENSE) | | | | | | |
| 9 Total Other Income/(Expense) | 357,090 | 234,813 | 122,277 | 2,297,326 | 2,582,941 | (285,615) |
| 10 NET INCOME/(LOSS) | 219,064 | 187,196 | 31,868 | 2,302,186 | 1,647,966 | 654,221 |

Monthly Highlights

November 2018

Verdant received dividends payments of \$100,122 and an unrealized gain of \$38,428 on our investment portfolio in November which closed with an ending market value of \$47,173,971.

Program grant commitments total \$6,256,640* and \$8,410,015* for 2018 and 2019 respectively. *Includes BHCF.

Revenue of \$105,881 and expenses of \$73,236 from the Kruger Clinic were incurred, netting to an additional operating income of \$32,645 in November.

Public Hospital District #2

| Warrant Number | Transaction Date | Payee | Amount | Purpose |
|----------------|------------------|--|-----------|---|
| 13231 | 11/07/2018 | AmeriFlex Business Solutions | 17.25 | Nov 2018 FSA Administration |
| 13232 | 11/07/2018 | Ana Evelin Garcia | 200.00 | WC 211 - Basic Writing as a healing tool workshop |
| 13233 | 11/07/2018 | Ana L Bursch | 112.50 | Childcare for Strengthening Families 11/2 & CPR 10/20 |
| 13234 | 11/07/2018 | Armstrong Maintenance, LLC | 1,816.00 | Oct 2018 Janitorial |
| 13235 | 11/07/2018 | Ash Consulting | 105.50 | Accounting Consulting |
| 13236 | 11/07/2018 | Aukema & Associates | 156.25 | Sept 2018 Website maintenance |
| 13237 | 11/07/2018 | Azose | 3,165.00 | November 2018 Management |
| 13238 | 11/07/2018 | Comcast | 297.42 | Telephone/Internet |
| 13239 | 11/07/2018 | Corporate Security LLC | 299.17 | Nov 2018 Parking Lot Security |
| 13240 | 11/07/2018 | ELTEC Systems, LLC | 264.96 | Nov 2018 Elevator Maintenance |
| 13241 | 11/07/2018 | Lani Miller | 343.37 | WC 213 - Instructor reimbursement Holiday Side Dish Makeover |
| 13242 | 11/07/2018 | Monica Avendano | 300.00 | WC 214 - Spanish Language Emergency Preparedness Training 11/3/18 |
| 13243 | 11/07/2018 | Pacific Medical Centers(PacMed) | 677.55 | WC 175 - Living Well Alliance |
| 13244 | 11/07/2018 | Sound Dietitians | 3,423.09 | WC 170 - Healthy Living Coaching Group / WC 169 - Nutrition Consulting |
| 13245 | 11/08/2018 | City of Lynnwood | 1,776.25 | Oct 2018 After Hours Support (121.5 hrs) |
| 13246 | 11/08/2018 | Dynamic Language | 153.08 | ASL Translation services for EBT Cooking Demo |
| 13247 | 11/08/2018 | Susana Flores | 285.00 | Childcare for Spanish Programing |
| 13248 | 11/08/2018 | Yasaura Carvajal | 165.00 | Childcare for Spanish Programing |
| 13249 | 11/14/2018 | Comcast | 525.91 | Telephone/Internet |
| 13250 | 11/14/2018 | Consolidated Press Printing Company, Inc | 11,073.31 | Printing and mail prep for Fall 2018 Canopy Newsletter |
| 13251 | 11/14/2018 | Dataworks | 338.08 | IT Support |
| 13252 | 11/14/2018 | Foster Pepper PLLC | 26,631.50 | Lane Powell PRR 8/1-10/31/18 |
| 13253 | 11/14/2018 | Payden & Rygel | 7,799.00 | 9/1-9/30/18 Investment Advisory Services |
| 13254 | 11/14/2018 | Seattle Food Nut | 605.00 | WC 179 - Nutrition Programming |
| 13255 | 11/14/2018 | Verizon | 100.80 | Nov 2 -Dec 1, 2018 |
| 13256 | 11/14/2018 | Town of Woodway | 47,500.00 | Award 303 - Walking Program |
| 13257 | 11/14/2018 | YMCA of Greater Seattle. | 0.00 | VOID |
| 13258 | 11/14/2018 | AA Dispatch, LLC | 208.25 | Taxi Service 10/31/18 (#77955, #71784, #77017, #79890, #77166) |
| 13259 | 11/21/2018 | Girl Scouts of Western WA | 200.00 | Deposit Refund for use of the VCWC |
| 13260 | 11/21/2018 | Sally Barron | 15.00 | Refund for Plant-powered Whole Foods Challenge |
| 13261 | 11/21/2018 | Lani Miller | 321.85 | WC 213 - Instructor reimbursement Holiday Side Dish Makeover in Spanish |
| 13262 | 11/21/2018 | Lowe Graham Jones PLLC | 150.00 | Oct 2018 Trademark monitoring |
| 13263 | 11/21/2018 | Maria G Casey | 800.00 | WC 215 - Alebritijos Art for Healing |
| 13264 | 11/21/2018 | Neopost | 142.63 | Postage meter rental 9/18-10/18 + \$60 postage |
| 13265 | 11/21/2018 | Principal | 1,804.50 | EE Life Insurance |
| 13266 | 11/21/2018 | Staples | 504.51 | Supplies |
| 13267 | 11/21/2018 | State Auditor's Office | 1,644.07 | Audit |
| 13268 | 11/21/2018 | UNITED WAY | 140.00 | 3Q 2018 Employee Charitable Contributions |
| 13269 | 11/21/2018 | EPromos | 935.07 | Branded Verdant coats |
| 13270 | 11/21/2018 | Regence Blueshield | 5,745.31 | Dec 2018 Health Insurance |
| 13271 | 11/28/2018 | Consolidated Landscape Maintenance, Inc. | 440.50 | Dec 2018 Landscaping maintenance |
| 13272 | 11/28/2018 | Dataworks | 202.29 | IT Support |
| 13273 | 11/28/2018 | DS Forensics, Inc | 1,571.01 | PRR - Collection of records from Server and work with Dataworks |
| 13274 | 11/28/2018 | Electronic Business Machines | 856.32 | 11/22-12/21/18 Copy Machine; 8/22-11/21/18 overage |
| 13275 | 11/28/2018 | Guardian Security Systems, Inc. | 240.00 | Elevator Monitoring |

| Warrant Number | Transaction Date | Payee | Amount | Purpose |
|----------------|------------------|---------------------------------|------------|---|
| 13276 | 11/28/2018 | Lighthouse (formerly Discovia) | 4,758.25 | PRR |
| 13277 | 11/28/2018 | Waste Management | 298.98 | Garbage/Recycling |
| 13278 | 11/28/2018 | Wells Fargo | 2,140.41 | Misc. |
| 13279 | 11/28/2018 | Ana L Bursch | 37.50 | Childcare for Art of Healing |
| 13280 | 11/28/2018 | Laura Miramontes | 82.50 | Childcare 11/15 EBT Class & 11/17 Cooking class |
| 13281 | 11/28/2018 | Wells Fargo | 3,053.50 | Misc. |
| 13282 | 11/28/2018 | Wells Fargo | 96.38 | Misc. |
| 13283 | 11/28/2018 | Arlen Rose Frazier | 2,000.00 | WC 206 - Managing Difficult Emotions |
| 13284 | 11/28/2018 | Pacific Medical Centers(PacMed) | 278.71 | WC 175 - Living Well Alliance |
| 13285 | 11/28/2018 | Susana Flores | 202.50 | Childcare for Spanish Language Programming |
| 13286 | 11/28/2018 | Total Health | 300.00 | WC 177 - Health Coaching |
| 13287 | 11/28/2018 | Yasaura Carvajal | 112.50 | Childcare for Art of Healing Series |
| | 11/06/2018 | Harland Clarke Check | 205.47 | Check Stock |
| | | Total Warrants | 137,619.00 | |

Wire/ACH Activity:

| | | | |
|------------|---|------------|--|
| 11/9/2018 | Payroll | 21,273.75 | ACH payroll transfer |
| 11/9/2018 | Department of Treasury | 6,944.32 | Payroll taxes for 11/3/18 pay period ending |
| 11/9/2018 | Valic | 3,528.41 | Payroll 401(a)/457 Deposit |
| 11/9/2018 | Paychex | 122.70 | Fee for payroll processing |
| 11/23/2018 | Payroll | 22,024.36 | ACH payroll transfer |
| 11/23/2018 | Department of Treasury | 7,178.09 | Payroll taxes for 11/17/18 pay period ending |
| 11/23/2018 | Valic | 3,570.18 | Payroll 401(a)/457 Deposit |
| 11/23/2018 | Paychex | 119.85 | Fee for payroll processing |
| 11/13/2018 | Wells Fargo Merchant Services | 78.67 | Merchant Services |
| 11/15/2018 | Alzheimer's Association Western & Central | 7,209.16 | Program Payment |
| 11/15/2018 | Boys & Girls Club of Snohomish County | 24,583.33 | Program Payment |
| 11/15/2018 | Cascade Bicycle Club Education Foundation | 2,666.67 | Program Payment |
| 11/15/2018 | Center for Human Services | 32,279.16 | Program Payment |
| 11/15/2018 | ChildStrive | 50,150.16 | Program Payment |
| 11/15/2018 | City of Lynnwood | 20,298.33 | Program Payment |
| 11/15/2018 | Cocoon House. | 5,000.00 | Program Payment |
| 11/15/2018 | Compass Health | 14,857.80 | Program Payment |
| 11/15/2018 | Edmonds School District No. 15 | 112,465.25 | Program Payment |
| 11/15/2018 | Edmonds Senior Center | 9,666.67 | Program Payment |
| 11/15/2018 | Homage Senior Services | 60,586.67 | Program Payment |
| 11/15/2018 | Korean Women's Association | 5,000.00 | Program Payment |
| 11/15/2018 | Medical Teams International | 8,100.00 | Program Payment |
| 11/15/2018 | PEPS | 3,250.00 | Program Payment |
| 11/15/2018 | Prescription Drug Assistance Foundation | 4,166.67 | Program Payment |
| 11/15/2018 | Project Access Northwest | 10,416.67 | Program Payment |
| 11/15/2018 | Puget Sound Christian Clinic | 47,162.17 | Program Payment |
| 11/15/2018 | Puget Sound Kidney Centers Foundation | 3,333.33 | Program Payment |
| 11/15/2018 | South Snohomish County Fire & Rescue | 36,103.34 | Program Payment |
| 11/15/2018 | Therapeutic Health Services | 20,833.33 | Program Payment |

| Warrant Number | Transaction Date | Payee | Amount | Purpose |
|--|---------------------|---|-------------------------------|--|
| Wire/ACH Activity: | | | | |
| | 11/15/2018 | Volunteers of America Western WA | 6,750.42 | Program Payment |
| | 11/15/2018 | Wonderland Development Center | 12,458.33 | Program Payment |
| | 11/15/2018 | Community Health Center of Snohomish Co | 148,734.20 | Program Payment |
| | 11/25/2018 | WA Department of Revenue | 806.72 | B&O/Retailing Sales Tax for Oct 2018 |
| | 11/30/2018 | US Bank | 916,175.00 | Principal and Interest 2012 LTGO Bonds |
| | 11/3/2018 | AmeriFlex Business Solutions | 341.54 | FSA Payment |
| | 11/16/2018 | AmeriFlex Business Solutions | 364.80 | FSA Payment |
| | 11/30/2018 | AmeriFlex Business Solutions | 341.54 | FSA Payment |
| | | Total Wires/ACH Transactions | <u>1,628,941.59</u> | |
| Kruger Clinic Activity: | | | | |
| 1057-1073 | Nov-18 | Various Claimants/Vendors | <u>25,104.92</u> | Administered by Azose (Formerly PMNW) |
| Workers Compensation Claims Activity: | | | | |
| 305406-410 | Nov-18 | Various Claimants/Vendors | <u>36,433.59</u> | Administered by Eberle Vivian |
| | | Total Disbursements | <u><u>\$ 1,828,099.10</u></u> | |
| | Transaction Date | Payer | Amount | Purpose |
| Deposits: | | | | |
| | 11/1/2018 | Swedish/Edmonds | 825,840.91 | Monthly leases |
| | 11/1/2018 | Value Village | 27,614.77 | Monthly lease |
| | 11/1/2018 | Brian Takagi, MD | 84.63 | Kruger Clinic monthly lease |
| | 11/1/2018 | Puget Sound Gastro | 27,677.30 | Kruger Clinic monthly lease |
| | 11/1/2018 | Raymond Liu, D.D.S. | 3,804.06 | Kruger Clinic monthly lease |
| | 11/9/2018 | Snohomish County | 898,636.12 | Levy |
| | 11/14/2018 | Seattle Skin & Laser | 7,301.29 | Kruger Clinic monthly lease |
| | 11/15/2018 | WA State Health Care Authority | 25,900.00 | NSACH |
| | 11/21/2018 | Healthcare Realty Services, Inc. | 4,663.72 | Ground Lease |
| | 11/27/2018 | Puget Sound Gastro | 552.60 | WO at Kruger Clinic |
| | 11/14/2018 | Greater Seattle Dietetic Assc | 200.00 | Deposit for use of VCWC |
| | | VCWC Class Registration | 240.00 | Class Registrations |
| | | Total Deposits | <u><u>\$ 1,822,515.40</u></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 13231 through 13287 have been issued for payment in the amount of \$137,619.00 These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

| | | | |
|----------------------|--------------------------------|-------------------|-----------------------|
| ----- | | | |
| Warrants Processed: | 11-1-18 – 11-30-18 | | \$137,619.00 |
| Kruger Claims Pd: | 11-1-18 – 11-30-18 | | 25,104.92 |
| Work Comp Claims Pd: | 11-1-18 – 11-30-18 | | 36,433.59 |
| Payroll: | 10-21-18 – 11-3-18 | 21,273.75 | |
| | 11-4-18 – 11-17-18 | <u>22,024.36</u> | |
| | | | 43,298.11 |
| Electronic Payments: | Payroll Taxes | 14,122.41 | |
| | Valic Retirement | 7,098.59 | |
| | Paychex | 242.55 | |
| | Ameriflex | 1,047.88 | |
| | Bank Fees | 78.67 | |
| | WA State Dept Revenue | 806.72 | |
| | Program Expenditures | 646,071.66 | |
| | LTGO Bond Interest & Principal | <u>916,175.00</u> | |
| | | | <u>1,585,643.48</u> |
| | Grand Total | | <u>\$1,828,099.10</u> |

Program Oversight Committee Summary Report December 2018

- Four programs for discussion: three renewal applications and one new program up for board discussion
- Board discussion about interest in technology for behavioral health and possible presentation

Renewal Requests

| 1.) ChildStrive – Early Intervention/PAT | | Request Year 1 | Request Year 2 | Request Year 3 |
|---|---|----------------|----------------|----------------|
| | | \$321,802 | \$321,802 | |
| Program Description: ChildStrive is seeking funding to continue its direct services to South Snohomish County with a particular focus on Early Intervention and a program called Parents as Teachers (PAT). Early Intervention includes speech, occupational, or physical therapists and counselors that provide services to young children in their home or other settings. | | | | |
| Expected Results | In the first year, the goal of the program was to expand services to 425 children and their parents. Verdant provided one year of funding and made additional funding contingent on reaching program expansion goals. Through 11 months, the program has served 454 families from South County (425 goal). Early Intervention exceeded enrollment goals and PAT recruitment was slightly behind the goal at 15 (25 goal). | | | |
| Use of Funds & Costs | Verdant previously funded a one-year grant at \$321,802 with the option to renew based on initial results. Funds are used for direct service staff like SLPs, OTs, counselors, supervisor and other administrative costs. | | | |

| 2.) Kinderling Snohomish County – Expansion and Deepened Services | | Request Year 1 | Request Year 2 | Request Year 3 |
|---|--|----------------|----------------|----------------|
| | | \$214,872 | \$214,872 | |
| Program Description: A renewal request to support a program that includes physical, speech, occupational, feeding, mental health and other therapies for children with delays and disabilities, including Autism Spectrum Disorder. Verdant has funded this program through Kinderling since 2014. | | | | |
| Expected Results | The program has exceeded enrollment goals and seeks to expand from 124 to 170 served per year. The program tracks outcomes in developmental areas using objective measurements with goals to close developmental gaps. | | | |
| Use of Funds & Costs | Similar to other programs, the Kinderling program includes funding from government sources, program revenue, and foundation grants. The annualized applicant request up from \$138,206 per year (55% increase). | | | |

| 3.) ChildStrive Nurse Family Partnership: | Request Year 1 | Request Year 2 | Request Year 3 |
|---|---|----------------|----------------|
| | \$288,400 | \$297,050 | |
| Program Description: a nurse home visiting program for first-time young mothers and their babies. Verdant has funded the program since 2012 and the program focuses on reducing preterm births, low birth weight, and ensuring child indicators like child immunizations, breastfeeding, and other developmental milestones are met. | | | |
| Expected Results | The program served 63 PHD2 families in the last year. Example outcome measures include: <ul style="list-style-type: none"> • 99% breastfeeding initiation • 94% up to date immunizations at 24 months • 8% Preterm birth (<37 weeks) • 7% low birthweight delivery | | |
| Use of Funds & Costs | ChildStrive is seeking a 3% funding increase per year. Over the last renewal cycle, Verdant kept funding flat. Other funders include the Department of Early Learning, Snohomish County, Nurse-Family-Partnership Corp, and other grants. | | |

Budget Snapshot: Early Intervention & Nurse Home Visiting

| Verdant Committed Funds | 2017 | 2018 | 2019 |
|--------------------------------------|-----------|-----------|-----------|
| ChildStrive Nurse Family Partnership | \$280,000 | \$280,000 | - |
| ChildStrive Early Intervention/PAT | - | \$321,802 | - |
| Kinderling Early Intervention | \$138,206 | \$103,654 | - |
| WDC Early Intervention* | \$149,500 | \$149,500 | \$149,500 |
| WDC Clinic for Prenatal Exposure* | - | - | \$196,757 |

*Not currently up for renewal

New Funding Requests

| 4.) Children's Home Society – Wendy's Wonderful Kids (WWK) | Request Year 1 | Request Year 2 | Request Year 3 |
|--|--|----------------|----------------|
| | \$55,000 | \$60,000 | \$65,000 |
| Program Description: a program that works with children in the foster care system to help find them adoption or other stable placements. The program specifically targets older children (9+) and those with special needs for whom it is harder to find placements. The goal of the program is to reduce childhood trauma and reduce ACES by finding permanent and stable placements for children. | | | |
| Expected Results | The program would seek to successfully work with 40 children in PHD2 and place them with permanent families. The program tracks the number of successful placements and matches, as well as improved relationships with caring adults. | | |
| Use of Funds & Costs | The budget would support 2 FTE adoption recruiters who would be staffed out of a N. Seattle office or CHS is also interesting in using space at Verdant. The project is part of a national effort to expand WWK. Private Funders and WA State are investing \$2.6m into the program. | | |

Program Committee Recommendations (Commissioners Knowles & Knutsen)

Recommended for Funding:

- **ChildStrive – Early Intervention/PAT:** the committee is recommending funding the program at the current level (\$321,802) for two more years. Verdant made additional funding contingent on reaching program expansion goals, and ChildStrive is on track to exceed these goals.
- **Kinderling – Early Intervention:** the committee is recommending funding the program for two more years at a 3% increase (\$142,352 in year 1 and \$146,623 in year 2). The committee members see a clear need for the program, but were not ready to support a 55% increase.

For Board Discussion:

- **ChildStrive – Nurse Family Partnership:** the committee members did not reach consensus and wanted the full board to discuss the project. Both committee members saw the value of serving young first-time parents and their children, but there was some discussion about sustainability and the cost/benefit.
- **Children’s Home Society – Wendy’s Wonderful Kids (WWK):** the committee members wanted the full board to discuss the project. Committee members saw some connection between Verdant’s priorities and serving foster-children, but wanted the full board to discuss whether the connection to Verdant’s health priorities was strong enough.

Verdant Community Wellness Center Summary

December 2018

Completed Programs (November/December)

| 1. General Community and Provider Events | Attendance |
|---|-------------|
| 1. Monthly Hero's Café for Veterans (11/27; 12/18) | 100/session |
| 2. Swedish Edmonds Leadership Retreat (11/29) | 30 |
| 3. ARC Mothers of Children with Disabilities Monthly Support Network (12/1) | 27 |
| 4. Parkinson's Disease AM Support Group (12/3) | 6-8 |
| 5. Snohomish Health District Data Walk (12/4) | 25 |
| 6. City of Lynnwood Healthy Communities Meeting (12/ 4) | 8 |
| 7. ESD Health Services Team Meeting (December 5) | 25 |
| 8. Medicare Open Enrollment Event (December 5) | 20 |
| 9. Korean Women's Association Everyday Prevention Workshops (12/6)* | 40 |
| 10. Family & Kinship Caregiver Support Groups (12/6, 20) | 12-16 |
| 11. Sebastien's Place Team Meeting (12/6) | 4-6 |
| 12. League of Women Voter's Children's Committee (12/7) | 8-12 |
| 13. U of WA Memory & Brain Wellness FTD Education Day (12/11) | 36 |
| 14. Snohomish County Early Intervention Providers Meeting (12/13) | 24 |
| 15. Opportunity Council Childcare Provider Advocacy Training (12/17) | Varies |
| 16. Welcome to Medicare Monthly Workshops (12/21) | 18 |
| 17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly) | Varies |
| 18. Ongoing – Community Support for Prescription Assistance (weekly)* | Varies |

Varies

| 2. Nutrition and Healthy Behaviors | Attendance |
|--|---------------|
| 1. Surviving & Thriving with Chronic Kidney Disease (11/7– 12/19)* | 16/session |
| 2. Plant-powered Whole Foods Challenge (11/19 – 12/17)* | 10/session |
| 3. Road Back to Recovery Kidney Support Group (11/27) | 6-8 |
| 4. Weekly Healthy Living Coaching Group (11/27; 12/4, 11, 18)* | 12-20/session |
| 5. Core Strength & Improving Balance (11/28 – 12/19)* | 12/session |
| 6. Greater Seattle Dietetic Association Culinary Training (12/1) | 15 |
| 7. DPP Cooking Demo (12/5) | 10 |
| 8. Learn & Taste: Healthy Holiday Bites (12/6)* | 26 |
| 9. Family Cooking Class – Healthy Holiday Treats (12/8)* | 15 |
| 10. Cooking Demo Wholesome & Hearty Dinner Salads (12/10)* | 24 |
| 11. What Can I Eat? - ADA Program for Type 2 Diabetes (12/11) | 6 |
| 12. Diabetes Support Group (12/12) | 4-6 |

| 3. Behavioral Health & Substance Use | Attendance |
|--|----------------|
| 1. Mindfulness Self Compassion for Providers (10/4 – 12/6) | 12-14 /session |
| 2. Mindfulness Skill-building & Practice Group (10/17 – 12/19) | 4-6/session |
| 3. NAMI Connections Mental Health Support Group (11/27; 12/13) | varies |
| 4. Using Yoga to Manage Holiday Stress (11/7, 14,; 12/5, 12) | 4-8/session |
| 5. Brain Health and Wellness Classes (11/27, 29; 12/4, 11) | Varies |
| 6. Adult Children of Alcoholics Weekly Support Group (weekly) | 10-16/session |
| 7. Veterans Drop-In Support (weekly - Lynnwood & monthly - County) | Varies |

| 4. Other Programs | Attendance |
|--|------------|
| 1. Play and Learn Group, Wonderland Development Center (weekly)* | 20+/week |

Verdant Community Wellness Center Summary

December 2018

Upcoming Programs (December/January)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (December 18; January 22)
2. Korean Women's Association Everyday Prevention Workshops (January 3)*
3. Family & Kinship Caregiver Support Groups (January 3, 17)
4. SHIBA Updates Training (January 8)
5. League of Women Voter's Children's Committee (January 4)
6. ARC Mothers of Children with Disabilities Monthly Support Network (January 5)
7. Parkinson's Disease AM & PM Support Groups (January 7)
8. Opportunity Council Childcare Provider Training (January 8)
9. WA State Society for Clinical Social Workers Annual Training (January 10)
10. Snohomish County Early Intervention Providers Meeting (January 10)
11. Verdant Resource Connector Meeting (January 15)
12. Support Group for Newly Diagnosed Parkinson's (January 16-March 6)
13. Girls on the Run Coach Training (January 19, 23)
14. Welcome to Medicare Monthly Workshops (January 21)
15. Swedish Edmonds Leadership Retreat (January 24)

B. Nutrition and Healthy Behaviors

1. Weekly Healthy Living Coaching Group (January 8, 15, 22, 29)*
2. Getting to Goal Weight Reduction Program (January 9)*
3. Gentle Yoga for Beginners (January 10 – February 14)*
4. Diabetes Support Group (January 13)
5. Cooking Demo: Meatless Mondays (January 14)*
6. Strength Training and Fitness Challenge Series (January 16 - Feb 6)*
7. Mediterranean for Life Program (January 17 – February 21)*
8. CHC Diabetes Cooking Class (January 18)
9. Cooking Demo for Adults on SNAP – Monthly FINI Training (January 24)*
10. Getting Active in the New Year (January 30)

C. Behavioral Health & Substance Use Focus

1. Brain Health and Wellness Classes (January 8, 17)
2. NAMI Connections Mental Health Support Group (January 10, 24)
3. Gender Diversity Family Support Group (January 13)
4. THS Parent Coaching Program (January 15 - February 12)
5. Adult Children of Alcoholics Weekly Support Group (weekly)
6. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

Multicultural Program & Outreach Report

Alebríjes: The Art of Healing Workshop: An opportunity to support emotional healing through art & creative expression for those living in pain, grief, fear or stress. Art gives pain and trauma a voice and meaning by providing expressive abstract art to support emotional healing.

Spanish Language Holiday Meal Cooking Demo

Culture, food, and many chronic diseases converge at different points to promote and affect an individual's health and well-being. The American Dietetic Association, American Diabetes Association, and American Association of Diabetes Educators support and encourage health care professionals to develop their cultural competence to provide culturally sensitive medical nutrition therapy as well as care and education to people with diabetes. Cultural competence is now part of the Commission on Accreditation for Dietetics Education standards. Students will learn and discuss diverse cultures as part of their studies.

The end of the year event was an opportunity to be with family and friends, to laugh and share our family traditions. This demo was led by a dietitian nutritionist taught how to enjoy in moderation the delights of traditional meals this season. In this adult demonstration class, participants learned how to prepare healthy side dishes for holiday celebrations and modify some of their favorite dishes for the holidays.

Spanish Language Hands-On only CPR

In 2010, a randomized study called the Dispatcher-Assisted Resuscitation Trial (DART) compared the two practices at EMS sites in Washington state and London. What the researchers found was that, in cases where a bystander performed CPR, victims given chest compressions alone had a 39 percent greater chance of survival compared to those given both compression and mouth-to-mouth.

The Strengthening Families Program (SFP)

Strengthening Families for Parents and Youth was adapted to help families with diverse risk factors, including high levels of family conflict as well as family isolation, economic stress, and living in vulnerable communities. The program has also been carried out in neighborhoods identified by high economic need or violence. The program can accommodate families with single or multiple parents and caregivers and those with single or multiple children in the 10 to 14-year age range. The primary caregiver(s) can include foster parents and their partners, step-parents, adoptive parents, grandparents, or other forms of kinship.

Strengthening Families Program 10-14 Evaluation

The Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14) is an evidence-based skills training program for middle-school age youth and their caregivers. Research evidence shows that SFP 10-14 has positive impacts on youth behavior problems, delinquency and substance use.

SFP 10-14 in WA State

Washington State University Extension and partners have collaborated to offer SFP 10-14 across the State for more than 10 years. From 2003 to 2015, a total of 569 programs were conducted/evaluated reaching 8,502 caregivers and 8,339 youth.

Cost Savings in WA State

According to the Washington State Institute for Public Policy (2017), SFP 10-14 has produced ~ **\$27,527,039** in cost savings to society.

Program Evaluation – Snohomish WA

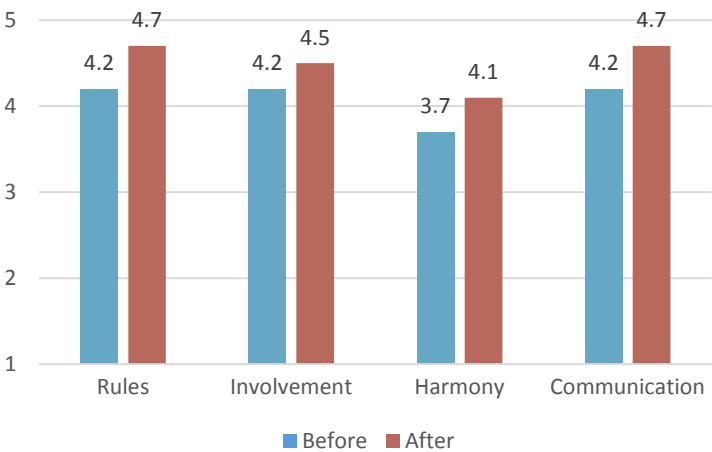
- 15 caregivers and 15 youth participated in SFP 10-14 at Verdant Community Wellness Center from 1/19/2018 - 3/02/2018.
- Program evaluations measure improvement on family and individual characteristics (protective factors) that promote healthy development of children and youth.

What Snohomish Caregivers are Saying...

Caregivers found these tools/skills most useful:

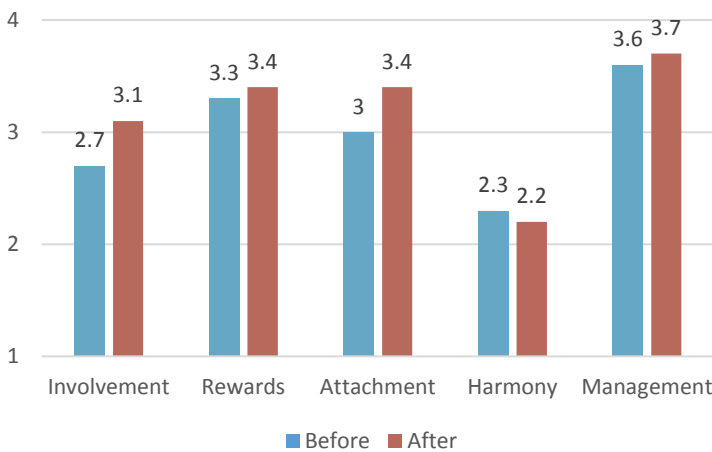
- Language, respect, limits
- To know how to listen
- Family values
- Talking about the rules
- Communication and respect

Family Protective Factors



Positive change indicates that caregivers report improvement in their parenting practices during the program.

Youth Protective Factors



Positive change indicates that youth think caregivers have changed their parenting practices during the program.

Caregivers participating in this program reported an average reduction in family tension of 41% from before to after the program.

December 2018 Marketing Report

Planning for 2019 Conferences & Forums

- Verdant Healthier Community Conference
 - Thursday, Feb. 21, 2019 from 8-11:30 a.m. at the Lynnwood Convention Center
 - Keynote Eric Klinenberg of NYU will discuss how social infrastructure influences our social determinants of health. Breakout sessions will localize this information, with sessions about Building Community Identity, Creating Connection, and Increasing Safety & Resilience.
- Sponsors on board include: Premera (Gold level), Coordinated Care and Edmonds Community College (Silver level), and Amerigroup, Molina, Puget Sound Kidney Centers, and UW Bothell (Bronze level).
- Community Health Forum (in English) in Fall 2019 is shaping up to focus on mental health and suicide prevention. This will be open to the public with a keynote speaker and training. We are working on a venue and date, hopefully a Saturday.