

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
February 27, 2019
8:00 a.m. to 9:20 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) December 19, 2018 Board Meeting	Action	8:01	1-4
b) February 1 to 2, 2019 Special Meeting	Action	8:02	5-7
c) February 21, 2019 Special Meeting	Action	8:03	8
C. Superintendent Report	Information	8:03	9
D. Resolution 2019:01 - Approve 2019 Board Meeting and Retreat Schedule	Action	8:05	10-12
F. Executive Committee Report	Information	8:06	---
G. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:07	13-19
b) Authorization for payment of vouchers and payroll	Action	8:10	20
c) Resolution 2019:02 – Approve Surplus of Fixed Assets	Action	8:11	21-24
H. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:13	---
b) Program investment recommendations	Action	8:14	25-27
c) Grant sustainability criteria	Action	8:20	28
d) Verdant Community Wellness Center activities update	Information	---	29-30
e) Verdant multicultural program update	Information	---	31
f) Community Social Worker update	Information	8:25	32
I. Marketing Report	Information	8:40	33-34
J. Public Comments (please limit to three minutes per speaker)	---	8:45	---
K. Commissioner Comments	---	8:50	35
a) Commissioner Program Idea			
L. Executive Session	---	8:55	---
a) Consider the legal risks of a proposed action of the district			
M. Open Session	---	9:15	---
N. Adjournment	---	9:20	---

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
February 27, 2019**

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary (via telephone) Bob Knowles, Commissioner Fred Langer, Commissioner (via telephone) Jim Distelhorst, M.D., Commissioner
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
Guests	Brad Berg, Foster Pepper Howard Thomas, Thomas & Associates Consulting
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 Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on December 18, 2018. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on February 1 to 2, 2019. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on February 21, 2019.
Superintendent Report	Dr. Fenn reported on the following items: <ol style="list-style-type: none">1. You can find the list of the 2019 Board Officer & Committee Assignments in today's packet included in the meeting minutes of the February 1 to 2, 2019 board retreat (E:01:19).2. Thank you to Commissioner Knowles for the first submission using the Commissioner Idea Form.

3. Dr. Fenn thanked Commissioners Distelhorst, Knowles, and Langer for their attendance at the Verdant Healthier Community Conference on February 21, 2019. She provided several examples of how the Verdant Community Wellness Center is considered to be a safe space for community groups. Dr. Fenn also thanked Ms. Piplic and the staff for their work behind-the-scenes at the conference.
4. The Provider Open House will be on Thursday, March 21, 2019 at Verdant. If any board members want an electronic copy of the flyer to send to their networks, please ask Ms. Piplic.
5. Strategic planning will be done at the board mini retreat on Tuesday, June 11, 2019 at Verdant. If commissioners have any community groups that they want to present information prior to the retreat, please let Superintendent Fenn know. The Snohomish Health District is interested in presenting at a board meeting about their burden of disease report on opiates.
6. A report on homelessness was presented at the February 26, 2019 City of Edmonds city council meeting and will be sent to the board, when available.
7. Commissioners Langer and Distelhorst commented at the February 25, 2019 City of Lynnwood city council meeting on the Rodeo Inn proposal and Dr. Fenn commented on the proposed law and justice center.

**Resolution 2019:01 –
2019 Board Meeting
and Retreat
Schedule
Executive
Committee Report**

Motion was made, seconded and passed unanimously to approve Resolution 2019:01

The committee met on February 20, 2019 via telephone to review the agenda for the February 27, 2019 board meeting and the executive session topics. No action was taken.

**Finance Committee
Report**

The committee met on February 25, 2019. Ms. King reviewed the financial statements and cash activity for December 2018 & January 2019 (E:02:19). Commissioner Knowles inquired if the Kruger Clinic still has space to rent. Ms. King noted there is approx. 4,000

sq feet of vacant space and a potential tenant has inquired about a partial-space lease. As negotiations progress, the board will be informed.

**Authorization for
Payment of
Vouchers & Payroll**

Warrant Numbers 13289 through 13428 for December 2018 and January 2019 for payment in the amount of \$231,552.33 were presented for approval (E:03:19) by Commissioner Distelhorst. ***Motion was made, seconded and passed unanimously to approve.***

**Resolution 2019:02 –
Surplus of Fixed
Assets**

Motion was made, seconded and passed unanimously to approve Resolution 2019:02

**Program Committee
Update**

The Program Committee met on February 20, 2019 to review four renewal or expansion funding requests (E:04:19).

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

Mr. Kosovich presented a summary of each of the four renewal requests and Commissioner Knowles presented the committee recommendations to the board. Commissioner Wilson inquired about which sites the Summer Meals program will utilize. Mr. Kosovich explained that a total of three sites were utilized in 2018: two at church locations and one in South Lynnwood Park. They are working to add a fourth site in 2019. The Boys & Girls Club will add a soccer component this year and other partners will also provide complementary services and activities.

Commissioner Knutsen inquired on the number of participants the Puget Sound Kidney program has reached. Mr. Kosovich replied that the core program reached 160 participants per year.

Motion was made, seconded and passed unanimously to approve renewal of the Foundation for Edmonds School District Summer Meals Program for three years at \$15,000 in year 1, \$17,500 in year 2, and \$20,000 in year 3.

Motion was made, seconded and passed unanimously to approve renewal of the Puget Sound Kidney Center's Survive and Thrive with Chronic Kidney Disease for two more years at \$25,000 per year with the expectation that this would be the last grant period for the program.

There was no motion to fund the requests from the Brain Injury Alliance Brain Health & Wellness Program and the Cocoon House South County Advocate Expansion. Commissioner Wilson inquired about the performance issues with Cocoon House. Mr. Kosovich said that they did not reach their previous goal of 50 families and staff turnover had been an issue for them. President Knutsen commented that she would prefer if Verdant funded prevention programs and asked if there are any such programs. Mr. Kosovich replied that the Student Support Advocates are one such prevention program. A big challenge is young adults ages 18 to 20, who are no longer living with their parents. President Knutsen agreed that homeless youth are an underserved population in this district.

**Grant Sustainability
Criteria**

Mr. Kosovich presented the summary (E:05:19) from the February 1 to 2 board retreat. Commissioner Knowles thanked Mr. Kosovich for this summary. Superintendent Fenn clarified that this criteria form is for information not action at today's meeting and will be explored further at the March 27, 2019 regular board meeting.

**Verdant Community
Wellness Center
Activities Update**

See Exhibit 06:19

**Verdant Multicultural
Program Update**

See Exhibit 07:19

**Community Social
Worker Update**

Ms. Budd provided some examples of Verdant's partnerships and collaborations with the community on CHART and case management (E:08:19). She has received several complex clients from these partnerships and has also experienced some success in providing services.

Dr. Fenn commented that the data for CHART clients comes from local law enforcement and EMS and that

Verdant will be able to demonstrate impact and measure return on investment with these clients.

Marketing Report

Ms. Piplic presented the Marketing report (E:09:19) for February 2019 which included information on the February 21, 2019 Verdant conference and sponsorship. The City of Lynnwood was identified for their large participation numbers. The Provider Open House on March 21, 2019 was also mentioned.

Public Comments

Ms. Alethea Nellum of Volunteers of America was welcomed by President Knutsen.

Commissioner Comments

Dr. Fenn introduced the Commissioner Program Idea form (E:10:19) and Commissioner Knowles presented the idea of a mobile app called My Strength which is a self-help resource to help people manage symptoms of depression, anxiety, and substance use. All commissioners agreed that this idea is worth pursuing and Commissioner Knowles will work with Mr. Kosovich to provide the board with more information. There was interest from commissioners to learn more about the evidence-base of the program and the demographics served.

President Knutsen acknowledged Ms. Budd for her community social work case management, everyone involved with the Verdant Healthier Community conference, and mentioned that she read in a recent publication that the Value Village was listed as a company at risk for bankruptcy.

Executive Session

President Knutsen recessed the regular meeting at 9:01 a.m. into Executive Session to discuss the legal risks of a proposed action of the district. Mr. Brad Berg and Mr. Howard Thomas participated in the Executive Session. President Knutsen stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session. Commissioner Wilson left the call at 9:01 a.m. At 9:21 a.m., President Knutsen extended the Executive Session for 15 minutes.


Open Session

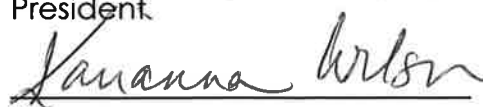
The board reconvened into Open Session at 9:36 a.m.
No action was taken.

Adjournment

The meeting was adjourned at 9:40 a.m.

ATTEST BY:



President


Secretary

E:01:19
2.27.2019



2019 Officers & Committee Assignments

- President – Deana Knutsen
- Secretary – Karianna Wilson
- Executive Committee – Deana Knutsen (Chair)/ Karianna Wilson
- Finance Committee – Fred Langer (Chair)/Jim Distelhorst
- Program Committee – Bob Knowles (Chair ??)/ Karianna Wilson
- Strategic Collaboration Comm – Deana Knutsen (Chair)/Fred Langer
- Medical Advisory Committee – ad hoc/Jim Distelhorst

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Edmonds State of the City Address, City of Edmonds, 8:00am	9
10	11	12	13	14 Dr. America Bracho, Spanish Community Health Worker training, Community Life Center, 8:30am to 4:30pm	15 Dr. America Bracho, Spanish Community Health Worker training, Community Life Center, 8:30am to 4:30pm	16
17	18	19	20	21 Healthcare Provider Open House, Verdant, 11:30am to 1:00pm & 5:30pm to 7:00pm	22	23
24	25	26	27 Board Meeting, 8:00am to 10:00am, Verdant	28	29	30

Provider Open House

- Thursday, 21 March 2019
- 11:30am to 1:00pm AND 5:30pm to 7:00pm
- For: Medical providers, Social Services providers, Allied Health providers, Clinical Support Staff

Balance Sheet
As of January 31, 2019

	A	B	C	D
	Dec 31, 2018	Jan 31, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,861,802	2,190,302	(671,500)	
4 Other Current Assets	47,585,941	47,980,070	394,129	Includes Investments
5 Total Current Assets	50,447,743	50,170,372	(277,371)	
6 Total Long-term & Fixed Assets	44,873,691	44,717,482	(156,209)	Includes Depreciation
7 TOTAL ASSETS	95,321,434	94,887,854	(433,580)	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,145,782	1,325,111	(820,672)	
11 Long-term Liabilities	1,073,890	1,068,721	(5,169)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,219,672	2,393,831	(825,841)	
13 Total Equity	92,101,762	92,494,023	392,261	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	95,321,434	94,887,854	(433,580)	

Profit & Loss
January 2019

	A	B	C	D	E	F
	Jan Actual	Jan Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	922,418	911,208	11,210	922,418	911,208	11,210
3 EXPENSES						
4 Operating Expenses	185,565	198,110	12,545	184,798	198,110	13,312
5 Depreciation Expense	149,424	149,424	-	149,424	149,424	-
6 Program Expenses	563,051	696,490	133,440	562,794	696,490	133,697
7 Total Expenses	898,040	1,044,024	145,985	897,016	1,044,024	147,009
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	367,883	241,828	126,056	367,883	241,828	126,056
10 NET INCOME/(LOSS)	392,261	109,011	283,250	393,285	109,011	284,274

Monthly Highlights
January 2019

Verdant received dividends payments of \$104,453 offset by a unrealized gain of \$67,238 on our investment portfolio in January which closed with an ending market value of \$47,686,119.

Program grant commitments total \$5,944,697 for 2019*. \$1,755,303 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$106,603 and expenses of \$80,548 from the Kruger Clinic were incurred, netting to an additional operating income of \$26,055 in January.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13289	12/05/2018	Ana Evelin Garcia	500.00	WC 216 - Surviving Year End Stress 12/1/18
13290	12/05/2018	Cascade Security Corporation	149.84	Nov 2018 Additional Parking Lot Security
13291	12/05/2018	Azose	3,165.00	December 2018 Management
13292	12/05/2018	Parsi Properties LLC	2,634.00	Dec 2018 - Parking lot lease
13288	12/03/2018	WSSCSW	100.00	Nancy Budd CEU
13293	12/05/2018	Cascade Security Corporation	512.00	Dec 2018 Parking Lot Security
13294	12/05/2018	Dynamic Language	149.81	Interpreter Services
13295	12/05/2018	Puget Sound Energy	50.00	Natural Gas
13296	12/05/2018	Snohomish County PUD	1,219.15	Electricity
13297	12/05/2018	Vortex Industries, Inc.	1,022.77	Kitchen Garage Door Repair
13298	12/05/2018	AA Dispatch, LLC	69.00	Taxi Service 10/31/18 (#78044, #79412)
13299	12/05/2018	Armstrong Maintenance, LLC	1,538.96	Nov 2018 Janitorial
13300	12/05/2018	Comcast	297.42	Telephone/Internet
13301	12/05/2018	Eberle Vivian	4,398.44	1Q19 Self Insurance Work Comp Claims Administration
13302	12/05/2018	ELTEC Systems, LLC	264.96	Dec 2018 Elevator Maintenance
13303	12/05/2018	YMCA of Greater Seattle.	4,800.00	Award 284c - 2017-2020 Drowning Prevention Program
13304	12/05/2018	AmeriFlex Business Solutions	17.25	Dec 2018 FSA Administration
13305	12/05/2018	Jason Becker Creative	360.00	Photography of Jim Distelhorst
13306	12/05/2018	Marie-Lou Andersen	640.00	WC 210 - Instructor for Tai Chi (8 sessions)
13307	12/05/2018	Santa Perez Luca	45.00	Childcare for Surviving the Holidays
13308	12/12/2018	Dataworks	3,448.10	IT Support
13309	12/12/2018	Roto-Rooter	223.56	Repair Toilet Clog
13310	12/12/2018	Sound Publishing, Inc.	39.20	Legal Notice 11/25/18 Board Meeting
13311	12/12/2018	Tulalip Resort Casino	500.00	Deposit for Feb 1-2, 2018 Board Retreat
13312	12/12/2018	Sound Health Physicians, PS	200.00	Refund for Damage Deposit for VCWC
13313	12/12/2018	Greater Seattle Dietetics Assoc.	200.00	Refund for Damage Deposit for VCWC
13314	12/12/2018	Sally Barron	5.00	Refund for Fitness Program
13315	12/12/2018	Comcast	525.91	Telephone/Internet
13316	12/12/2018	Edmonds Community College	1,367.78	Veterans Summit Sponsorship
13317	12/12/2018	Lani Miller	325.40	WC 213 - Instructor reimbursement Healthy Salads 12/10
13318	12/12/2018	Laura Miramontes	90.00	Childcare Self-esteem class 12/7; Surviving the holidays 12/1
13319	12/12/2018	Lighthouse (formerly Discovia)	2,695.50	Nov 2018
13320	12/12/2018	McKinstry Co., LLC	1,015.68	HVAC Maintenance Contract VCWC
13321	12/12/2018	Sound Dietitians	2,679.92	WC 223 Healthy Living Coaching Group / WC 222 Nutrition Consulting
13322	12/12/2018	Susana Flores	45.00	Childcare for 12/7 Self-esteem class
13323	12/12/2018	Verizon	100.80	Dec 2, 2018 - Jan 1, 2019
13324	12/12/2018	Zapora Consulting, LLC	250.00	Working on public records request
13325	12/12/2018	Albertson's Companies Foundation	880.00	Non-SNAP Fruit & Veg Rx Program
13327	12/19/2018	Ana P. Gomez Mayen	450.00	12/7 Self-esteem Class Instruction
13326	12/12/2018	Sara Buzali Soto	450.00	12/7 Self-esteem Class Instruction
13328	12/19/2018	City of Lynnwood	1,357.00	Nov 2018 After Hours Support (89 hrs)
13329	12/19/2018	Parsi Properties LLC	2,634.00	Jan 2019 - Parking lot lease
13330	12/19/2018	Payden & Rygel	15,668.00	Investment Services
13331	12/19/2018	Aukema & Associates	531.25	Nov 2018 Website maintenance
13332	12/19/2018	Blanca T. Santander	980.80	WC 217 - Original painting for 2019 Annual Latina Health Conference Deposit

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13333	12/19/2018	Lynnwood Convention Center	3,785.00	2nd Deposit for VHCC 2/21/19
13334	12/19/2018	Northwest Center Services	901.56	Replace pole lights with LEDs at VCWC
13335	12/19/2018	P3G, Inc.	1,838.55	Marketing Materials - Bouncy balls
13336	12/19/2018	Staples	195.49	Supplies
13337	12/19/2018	Vortex Industries, Inc.	457.06	Kitchen Garage Door Repair
13338	12/19/2018	YMCA of Greater Seattle.	908.75	Award 284c - 2017-2020 Drowning Prevention Program
13339	12/19/2018	Edmonds Center for the Arts	750.00	MLK Event Sponsorship
13340	12/19/2018	EPromos	1,095.75	Verdant apple stress balls
13341	12/19/2018	Principal	1,804.50	EE Life Insurance
13342	12/19/2018	Alexander Printing Co, Inc	272.12	Printing 1000 case management services brochure
13343	12/21/2018	Neopost	60.00	Postage
13344	12/21/2018	NW Restoration & Remodeling LLC	4,890.00	Repair, Paint, Install Protective Paneling
13345	12/21/2018	Arlen Rose Frazier	2,000.00	WC 206 - Mindfulness Skill-building & Practice 8 Sessions Support Group
13346	12/21/2018	City of Lynnwood	9,221.60	Award 313 - CIT Training
13347	12/21/2018	Community Health Center of Snohomish Co	14,429.00	Award 265 - 2017-18 Dental Program
13348	12/21/2018	Courtney Miller PLLC	5,000.00	WC 205 - Mindfulness for Providers
13349	12/21/2018	Snohomish Health District	8,000.00	Data Analysis 7/1-12/31/18
13364	01/04/2019	Meltwater News US Inc	5,520.00	Media Monitoring
13350	12/21/2018	Wells Fargo	4,919.49	Misc. CC
13351	12/27/2018	Consolidated Landscape Maintenance, Inc.	440.50	Jan 2019 Landscaping maintenance
13352	12/27/2018	Dataworks	1,344.09	IT Support
13353	12/27/2018	Electronic Business Machines	44.08	12/22/18-1/21/19 Copy Machine
13354	12/27/2018	Seattle Visiting Nurse Association	720.00	Award 283 - Flu Shots
13355	12/27/2018	Sound Publishing, Inc.	39.20	Legal Notice 12/19/18 Board Meeting
13356	12/27/2018	Teresa Park Academy LLC	1,500.00	50% Deposit for Disena tu Vida
13374	12/31/2018	Wells Fargo	250.95	Misc. CC
13357	12/27/2018	UNITED WAY	120.00	4Q 2018 Employee Charitable Contributions
13358	12/27/2018	Regence BlueShield	5,745.31	Jan 2019 Health Insurance
13359	12/27/2018	Waste Management	316.69	Garbage/Recycle
13360	12/27/2018	Sound Dietitians	564.96	Cooking with Cops
13373	12/31/2018	Susan M Waldin	175.67	Reimbursement for kitchen equipment
13372	12/31/2018	Armstrong Maintenance, LLC	3,163.28	Dec 2018 Janitorial & Carpet Cleaning
13371	12/31/2018	Davidson-Macri Sweeping, Inc.	534.34	Ice Melt application 12/4/18
13370	12/31/2018	Puget Sound Energy	52.54	Natural Gas
13369	12/31/2018	Sara Buzali Soto	30.00	12/7 Self-esteem Class Supplies
13368	12/31/2018	Snohomish County PUD	1,596.74	Electricity
13367	12/31/2018	Sound Dietitians	2,907.78	WC 223 Healthy Living Coaching Group / WC 222 Nutrition Consulting
13366	12/31/2018	Dynamic Language	159.62	ASL Interpreter for EBT Cooking Demo Class
13365	12/31/2018	Encore Business Solutions	698.75	CRM troubleshooting
13362	01/04/2019	My Neighborhood News Network	1,120.00	12/27/18-4/26/19 Advertising in My Edmonds News/Lynnwood Today/MLT News
13361	01/04/2019	Usha Chopra	15.00	Refund for VCWC Class Registration
13375	01/04/2019	Cascade Security Corporation	512.00	Jan 2019 Parking Lot Security
13376	01/09/2019	Alexander Printing Co, Inc	845.71	Printing Verdant-branded file folders
13377	01/09/2019	AmeriFlex Business Solutions	23.00	Jan 2019 FSA Administration
13378	01/09/2019	City of Lynnwood - Utilities	618.14	Water/Sewer
13379	01/09/2019	Comcast	297.42	Telephone/Internet
13380	01/09/2019	Dataworks	196.25	IT Support

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13381	01/09/2019	ELTEC Systems, LLC	277.68	Jan 2019 Elevator Maintenance
13382	01/09/2019	Elvira T. Alanis	800.00	Meal for 1/12 - 1/13 Workshop
13383	01/16/2019	Comcast	528.61	Telephone/Internet
13384	01/16/2019	Teresa Park Academy LLC	1,957.92	WC 220 - Hotel & rental car expense reimbursement
13385	01/16/2019	Verizon	100.80	Dec 2, 2018 - Jan 1, 2019
13386	01/16/2019	WA Department of Revenue	19,344.72	Q4 2018 Leasehold Excise tax return
13387	01/16/2019	WA State Dept of Labor & Industries	141.60	Renewal Annual Operating Certificate
13388	01/16/2019	Usha Chopra	20.00	Refund \$20 registration fee for 1-16-19 Strength Training Series
13389	01/16/2019	Archbright	1,788.00	2019 Annual Dues
13390	01/16/2019	Payden & Rygel	7,862.00	12/1-12/31/18 Investment Advisory Services
13391	01/16/2019	Tulalip Resort Casino	4,554.79	13 king rooms 2/1; Lunch/Break/AV 2/1; Breakfast/Break/AV 2/2
13392	01/16/2019	Lani Miller	341.69	WC 213 - Instructor reimbursement Meatless Mondays 1/14
13393	01/22/2019	Aukema & Associates	156.25	Dec 2018 Website maintenance
13394	01/22/2019	City of Lynnwood	1,012.50	Dec 2018 After Hours Support (62.5 hrs)
13395	01/22/2019	Lowie Graham Jones PLLC	150.00	Dec 2018 Trademark monitoring
13396	01/22/2019	Staples	163.91	Supplies
13397	01/22/2019	Thomas & Associates	4,409.95	Consulting Oct-Dec 2018
13398	01/22/2019	WA State Dept of Labor & Industries	399.87	4Q18 Self Insurance Fund
13399	01/22/2019	Lynnwood Convention Center	493.00	Final deposit for VHCC 2019
13400	01/22/2019	Electronic Business Machines	44.08	1/22-2/21/19 Copy Machine
13401	01/22/2019	Neopost	120.00	Postage
13402	01/22/2019	Principal	1,804.50	EE Life Insurance
13403	01/22/2019	Regence BlueShield	5,745.31	Feb 2019 Health Insurance
13404	01/22/2019	Lighthouse (formerly Discovia)	2,398.00	Dec 2018
13405	01/30/2019	Azose	3,165.00	January 2019 Management
13406	01/30/2019	AmeriFlex Business Solutions	100.00	2019 Annual renewal cost
13407	01/30/2019	Executive Speakers Bureau	6,000.00	VHCC 2019 Balance for Eric Klinenberg
13408	01/30/2019	Puget Sound Energy	52.60	Natural Gas
13409	01/30/2019	Waste Management	328.81	Garbage/Recycle
13410	01/30/2019	Wells Fargo	176.03	Misc. CC
13411	01/30/2019	Consolidated Landscape Maintenance, Inc.	440.50	Feb 2019 Landscaping maintenance
13412	01/30/2019	Wells Fargo	419.62	Misc. CC
13413	01/30/2019	Wells Fargo	1,606.92	Misc. CC
13414	01/30/2019	Dataworks	2,385.33	IT Support
13415	01/30/2019	Laura Miramontes	300.00	Childcare for Design Your Life for Health 1/13 & 1/14
13416	01/30/2019	Susana Flores	300.00	Childcare for Design Your Life for Health 1/13 & 1/14
13417	01/30/2019	Yasaura Carvajal	300.00	Childcare for Design Your Life for Health 1/13 & 1/14
13418	01/31/2019	Lani Miller	414.73	WC 225 - Instructor reimbursement Nutrition Program 1-26-19
13419	01/31/2019	Parsi Properties LLC	2,634.00	Feb 2019 - Parking lot lease
13420	01/31/2019	Snohomish County PUD	1,418.07	Electricity
13421	01/31/2019	Vellia Lara	1,325.00	Instructor for Positive Discipline for Parents & Youth 1/28-3/25/19
13422	01/31/2019	AmeriFlex Business Solutions	23.00	Feb 2017 FSA Administration
13423	01/31/2019	Armstrong Maintenance, LLC	1,267.34	Jan 2019 Janitorial Cleaning
13424	01/31/2019	Comcast	297.49	Telephone/Internet
13425	01/31/2019	Dynamic Language	148.12	ASL Interpreter for EBT Cooking Demo Class
13426	01/31/2019	ELTEC Systems, LLC	277.68	Feb 2019 Elevator Maintenance
13427	01/31/2019	Sound Dietitians	4,840.32	WC 223 Healthy Living Coaching Group / WC 222 Nutrition Consulting

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13428	01/31/2019	Sound Publishing, Inc.	39.20	Legal Notice 2/1-2/19 Board Meeting
		Total Warrants	231,552.33	
Wire/ACH Activity:				
	12/7/2018	Payroll	21,388.04	ACH payroll transfer
	12/7/2018	Department of Treasury	7,039.23	Payroll taxes for 12/1/18 pay period ending
	12/7/2018	Valic	3,626.98	Payroll 401(a)/457 Deposit
	12/7/2018	Paychex	125.55	Fee for payroll processing
	12/21/2018	Payroll	22,651.65	ACH payroll transfer
	12/21/2018	Department of Treasury	6,999.26	Payroll taxes for 12/15/18 pay period ending
	12/21/2018	Valic	3,532.01	Payroll 401(a)/457 Deposit
	12/21/2018	Paychex	119.85	Fee for payroll processing
	1/4/2019	Payroll	21,815.64	ACH payroll transfer
	1/4/2019	Department of Treasury	7,896.45	Payroll taxes for 12/29/18 pay period ending
	1/4/2019	Valic	3,559.18	Payroll 401(a)/457 Deposit
	1/4/2019	Paychex	125.55	Fee for payroll processing
	1/18/2019	Payroll	20,699.52	ACH payroll transfer
	1/18/2019	Department of Treasury	8,153.36	Payroll taxes for 1/12/19 pay period ending
	1/18/2019	Valic	3,673.78	Payroll 401(a)/457 Deposit
	1/18/2019	Paychex	319.78	Fee for payroll processing
	12/13/2018	Wells Fargo Merchant Services	157.55	Merchant Services
	1/11/2019	Wells Fargo Merchant Services	103.60	Merchant Services
	12/15/2018	Wells Fargo	25.00	Bank Fees
	12/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	12/15/2018	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	12/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	12/15/2018	Center for Human Services	32,279.16	Program Payment
	12/15/2018	ChildStrive	50,150.16	Program Payment
	12/15/2018	City of Lynnwood	13,798.33	Program Payment
	12/15/2018	Cocoon House.	5,000.00	Program Payment
	12/15/2018	Compass Health	14,857.80	Program Payment
	12/15/2018	Edmonds School District No. 15	131,215.25	Program Payment
	12/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	12/15/2018	Girls on the Run	15,000.00	Program Payment
	12/15/2018	Homage Senior Services	60,586.67	Program Payment
	12/15/2018	Korean Women's Association	5,000.00	Program Payment
	12/15/2018	Medical Teams International	8,100.00	Program Payment
	12/15/2018	Parent Trust for WA Children	5,000.00	Program Payment
	12/15/2018	PEPS	3,250.00	Program Payment
	12/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	12/15/2018	Project Access Northwest	10,416.67	Program Payment
	12/15/2018	Puget Sound Christian Clinic	47,162.17	Program Payment
	12/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	12/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	12/15/2018	Therapeutic Health Services	20,833.33	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	12/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	12/15/2018	Wonderland Development Center	12,458.33	Program Payment
	1/15/2019	Alzheimer's Association Western & Central	7,209.16	Program Payment
	1/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	1/15/2019	Center for Human Services	32,279.16	Program Payment
	1/15/2019	ChildStrive	50,150.16	Program Payment
	1/15/2019	City of Lynnwood	8,718.33	Program Payment
	1/15/2019	Compass Health	14,857.80	Program Payment
	1/15/2019	Domestic Violence Services Snohomish Co	13,566.50	Program Payment
	1/15/2019	Edmonds School District No. 15	131,215.25	Program Payment
	1/15/2019	Edmonds Senior Center	9,666.67	Program Payment
	1/15/2019	Homage Senior Services	60,586.67	Program Payment
	1/15/2019	Korean Women's Association	5,000.00	Program Payment
	1/15/2019	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
	1/15/2019	Medical Teams International	8,100.00	Program Payment
	1/15/2019	PEPS	3,250.00	Program Payment
	1/15/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	1/15/2019	Project Access Northwest	10,416.67	Program Payment
	1/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	1/15/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	1/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	1/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	1/15/2019	Wonderland Development Center	28,839.58	Program Payment
	1/15/2019	Cocoon House.	5,000.00	Program Payment
	1/15/2019	Kinderling	11,862.67	Program Payment
	1/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	1/22/2018	Department of Labor and Industries	504.04	4Q18 L&I - State Fund
	12/26/2018	WA Department of Revenue	807.16	B&O/Retailing Sales Tax for Nov 2018
	1/25/2019	WA Department of Revenue	835.74	B&O/Retailing Sales Tax for Dec 2018
	Misc	Ameriflex	760.31	EE FSA Payments
		Total Wires/ACH Transactions	1,211,241.24	
Workers Compensation Claims Activity:				
305411-413	Dec-18	Various Claimants/Vendors	2,402.62	Administered by Eberle Vivian
305414-416	Jan-19	Various Claimants/Vendors	1,042.77	Administered by Eberle Vivian
Kruger Clinic Activity:				
1074-1091	Dec-18	Various Claimants/Vendors	23,475.74	Administered by Azose
1092-1110	Jan-19	Various Claimants/Vendors	32,342.18	Administered by Azose
		Total Disbursements	\$ 1,502,056.88	

Transaction Date	Payer	Amount	Purpose
Deposits:			
12/1/2018	Swedish/Edmonds	825,840.91	Monthly leases
12/1/2018	Value Village	27,614.77	Monthly lease
12/1/2018	Puget Sound Gastro	27,680.30	Kruger Clinic monthly lease
12/1/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
12/6/2018	Raymond Liu, D.D.S.	3,732.79	Kruger Clinic monthly lease
12/6/2018	Seattle Skin & Laser	7,056.54	Kruger Clinic monthly lease
12/10/2018	Snohomish County	125,409.38	Levy
12/17/2018	WA State Health Care Authority	3,295.00	NSACH
12/24/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
12/28/2018	WA State Health Care Authority	24,800.00	NSACH
12/28/2018	Value Village	27,614.77	Levy
12/31/2018	Swedish/Edmonds	826,827.77	Monthly leases
1/2/2019	Snohomish County	558.37	Reimbursement for Multicultural Programming
1/1/2019	Raymond Liu, D.D.S.	3,769.47	Kruger Clinic monthly lease
1/1/2019	Seattle Skin & Laser	7,301.29	Kruger Clinic monthly lease
1/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
1/4/2019	Puget Sound Gastro	28,293.35	Kruger Clinic monthly lease
1/4/2019	Swedish/Edmonds	180.00	Work Order for KC
1/8/2019	Swedish/Edmonds	236.51	Work Order for KC
1/10/2019	Snohomish County	9,405.92	Levy
1/23/2019	Terje Loklingholm	90.00	Donation
1/24/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
12/17/2018	Molina Healthcare.	1,500.00	Sponsorship of VHCC
12/27/2018	Amerigroup	1,500.00	Sponsorship of VHCC
1/23/2019	Community Transit	1,500.00	Sponsorship of VHCC
1/23/2019	University of Washington Bothell	1,000.00	Sponsorship of VHCC
1/30/2019	Edmonds Community College.	2,500.00	Sponsorship of VHCC
1/30/2019	Kaiser Permanente	5,000.00	Sponsorship of VHCC
Misc	VCWC Class Registrations	2,152.50	Misc. Class Registration
Misc	VHCC Registration	2,205.00	2019 Conference Registration
Total Deposits		\$ 1,976,561.34	

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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 13289 through 13428 have been issued for payment in the amount of \$231,552.33. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	12-1-18 – 1-31-19	\$231,552.33
Work Comp Claims Pd:	12-1-18 – 1-31-19	3,445.39
Kruger Clinic Processed:	12-1-18 – 1-31-19	55,817.92
Payroll:	11-18-18 – 12-1-18	21,388.04
	12-2-18 – 12-15-18	22,651.65
	12-16-18 – 12-29-18	21,815.64
	12-30-18 – 1-12-19	<u>20,699.52</u>
		86,554.85
Electronic Payments:	Payroll Taxes	30,088.30
	Paychex	690.73
	Valic Retirement	14,391.95
	FSA Payments	760.31
	Bank Fees	286.15
	WA State Dept Revenue	1,642.90
	Dept of L&I	504.04
	Program Expenditures	<u>1,076,322.01</u>
		1,124,686.39
	Grand Total	<u>\$1,502,056.88</u>

Program Oversight Committee Summary Report February 2019

- Four programs for discussion: all renewal or expansion requests
- Board discussion about sustainability as follow-up from retreat

Renewal Requests

1.) Foundation for Edmonds School District – Summer Meals Program		Request Year 1	Request Year 2	Request Year 3
		\$15,000	\$17,500	\$20,000
Program Description: a summer meals program for children in the Edmonds School District. The goals of the program are to increase food security (reduce hunger) during the summer months and to increase physical activity and health knowledge of participants.				
Expected Results	The program seeks to expand from 3 sites to 4 and serve 400 students per year. Results are outputs like meal counts, program participation in physical activity and education opportunities. This is the only open summer meal site offered in South Snohomish County.			
Use of Funds & Costs	Verdant funds would be used to pay for staff oversight and support activities on site. The budget includes \$52,000 of in-kind donations and \$28,000 of private funding. Verdant provided funding for the initial program in 2016 and another one-time grant in 2018 (\$9,750).			

2.) Brain Injury Alliance – Brain Health & Wellness Program		Request Year 1	Request Year 2	Request Year 3
		\$20,000	\$20,000	\$20,000
Program Description: a renewal request for wellness programs designed to support individuals with brain injuries. The program offers classes on topics like memory, organization, yoga, coping with mental health changes, and other focused trainings and life-skill classes.				
Expected Results	The program tracks participation, self-reported satisfaction, increased reported social engagement and ability to use the skills at home. The program has seen declining participation over time (156/250 goal in year 3) and most attendees lived outside of Verdant boundaries (57% outside of Snohomish County). BIAWA has decreased the participation expectation in its current request to 150 individuals.			
Use of Funds & Costs	Verdant funds would be used to hire instructors, buy supplies, and pay for a portion of the program coordinator position salary. Verdant funded the program for an initial 3 years with stepped down funding: \$50,000 in year 1, \$35,000 in year 2, \$25,000 in year 3. Funding ended in June of 2018. The current request budget includes \$10,000 of private funding.			

3.) Cocoon House – South County Advocate Expansion		Request Year 1	Request Year 2	Request Year 3
		\$120,000	\$120,000	
<p>Program Description: Cocoon House is seeking funding to expand its work with homeless and at-risk youth and families. They are seeking funding for two staff: a prevention advocate currently funded by Verdant and to add an advocate focused on Commercially Sexually Exploited Children (CSEC). Cocoon House funds a third South County outreach position using existing funding. The two proposed Verdant positions include:</p> <ul style="list-style-type: none"> • The Prevention Advocate works with youth and families at-risk for homelessness, with the goal of stabilizing the family unit. Individualized, bilingual services include mobile case management to connect youth and families to health care services, guidance, transportation and support. • The CSEC Advocate will be a new position to support young people who are or have been victims of sexual exploitation. The position would also provide trainings, outreach, and prevention classes. 				
Expected Results	<p>The prevention advocate would serve 30 families with a focus on increasing parenting skills and improving family relationships, and the CSEC advocate would serve 20 youth with a focus on improving medical care, mental health services, and improving their life skills. For the existing program in the first two years, the biggest challenge was staff turnover; the program is working with a 3rd staff person in two years. They have also struggled with turnover at schools. In 2018, the program served 43 individuals (20 adults and 23 children). The program tracks improved parenting skills, family relationships, and connection to community resources: 71% of parents increased parenting skills, and 100% of youth engaged in substance use or mental health treatment.</p>			
Use of Funds & Costs	<p>Funding would support the South County Prevention Advocate salary and benefits (35%); South County CSEC Advocate salary and benefits (35%); supervision, training, transportation, and client assistance (30%). No funding leverage was included in the budget.</p>			

4.) Puget Sound Kidney Centers – Survive & Thrive with CKD		Request Year 1	Request Year 2	Request Year 3
		\$25,000	\$25,000	
<p>Program Description: a renewal request for a Chronic Kidney Disease Education & Prevention Program. The program focuses on educating, supporting, and empowering chronic kidney disease patients at stage 3 or 4 and other pre-dialysis patients interested in learning about their disease. The program includes a core 6-week class and individual support from a social worker and dietitian to help patients with early stage kidney disease. New for this cycle, the program would add website tools, including educational videos.</p>				
Expected Results	<p>The existing program met or exceeded its goals from the last two years. PSKC tracks program participation, pre/post knowledge, self-reported behavior changes, and lab values when possible. In its proposal, the program would rework nutrition questions to focus more on changes to eating pattern.</p>			
Use of Funds & Costs	<p>Funds are primarily used to support partial costs of a dietitian, social worker, and other support staff. Verdant had funded program at \$48,000/\$40,000 in last two years. The program budget includes \$20k of private donations and \$6,500 of new Medicare billing.</p>			

Program Committee Recommendations (Commissioners Knowles & Distelhorst)

Recommended for Funding:

- **Foundation for Edmonds School District – Summer Meals Program:** the committee is recommending fully funding the program for three years at \$15,000 in year 1, \$17,500 in year 2, and \$20,000 in year 3. The committee members were supportive of increased funding because of the expanded number of sites and youth served.
- **Puget Sound Kidney Centers – Survive & Thrive with CKD:** the committee had some discussion about the impact of the program and are ultimately recommending funding for two more years at \$25,000 per year, with the expectation that this would be the last grant period for the program.

Not Recommended for Funding

- **Brain Injury Alliance – Brain Health & Wellness Program:** the committee is not recommending the program for funding at this time. There were some concerns about the participation for the previously funded program and the fact that the majority of participants came from outside of Verdant's service area.
- **Cocoon House – South County Advocate Expansion:** the committee is not recommending the program for funding at this time. The initial results from the two-year prevention program highlighted some performance challenges, and committee members did not think the new position that was focused on commercial sexual exploitation was a good fit to Verdant's health and wellness priorities.

Follow-up on Grantsmanship and Sustainability

Summary of Discussion at Board Retreat:

1. Open to funding programs in the long-term, but the circumstances need to be defined.
 - a. Several board members agreed this should be reserved for programs that serve particularly high need individuals and where there are no other funding options.
 - b. Programs must also have a high level of accountability and be monitored to assure a continuing need.
2. Board members agreed we should develop more detailed sustainability criteria. We also discussed the concept of breaks in funding for "non-core" programs and they'd like to know more about what "non-core" looked like before deciding (take this up in March);
3. Board members open to exploring different approaches focused on different types of sustainability (ex. coalition building, capacity building, systems changes, etc.) The board's interest is "moving the needle" to impact the community's health and would like to explore these ideas in more depth.

Sustainability Criteria Discussion from Program Committee

- The committee discussed some draft sustainability to be used with renewal requests (table below)
- Program Committee members felt the draft criteria were useful
- At initial funding, we currently score up to 10 pts (10%) for sustainability and the committee is not recommending increasing that weighting
- The committee members did like the idea of clarifying at initial funding what the plan is:
 - A. One-time only?
 - B. Stepped down funding?
 - C. Open to renewal depending on results?
 - D. Interest in expanding, depending on results?

Topic	Evaluation	Score
Organizational Capacity	Does the organization have the capacity to sustain a new program with internal resources or fundraising after Verdant's grant is complete? Is there a path towards increased program sustainability?	2 - Yes (substantial fundraising capacity, access to resources, or funding opportunities) 1 - Partially (track record of fundraising and/or commitment of internal resources) 0 - No
Other Funding Sources	Ability to demonstrate funding match, leverage of other resources, including fee for service, program revenue, insurance billing, etc.	2 - High (>75% of program budget from outside sources) 1 - Med (50%-75% of program budget from outside sources) 0 - Low (<50% of program budget from outside sources)
Reduced reliance on Verdant funding	At renewal, entity able to step-down Verdant funding or operating support	2 - High (able to reduce reliance on Verdant funds >25% and deliver same or similar program) 1 - Med (able to show some reduction in Verdant funds, but not >25% or services reduced) 0 - No reduction

Verdant Community Wellness Center Summary February 2019

Completed Programs (January/February)

Program cancellations due to snow & school delays/closures (February 4, 5, 6, 8, 9, 10, 11, 12, 13, 14)

1. General Community and Provider Events	Attendance
1. PEPS – Baby Peppers Support for New Moms & Babies (1/10-3/21)*	6-8/session
2. Monthly Hero's Café for Veterans (1/22; 2/26)	100/session
3. DDA Region 2 Meeting (1/22)	8
4. Girls on the Run Coach Training (1/23; 2/19; 2/21)*	25
5. Sebastian Place Case Managers Meeting (1/24)	6-8
6. ESD Health Services Meeting (1/28)	40
7. Swedish Edmonds Leadership Retreat (1/31)	22
8. League of Women Voter's Children's Committee (2/1)	10
9. ARC Mothers of Children with Disabilities Monthly Support Network (2/2)	13
10. Welcome to Medicare Monthly Workshops (2/15)	12
11. Sea Mar Outreach & Enrollment Staff Training (2/19)	24
12. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
13. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Gentle Yoga for Beginners (1/10 – 2/14)*	8-12/session
2. Strength Training and Fitness Challenge Series (1/16 – 2/6)*	6-8/session
3. Mediterranean for Life Program (1/17 – 2/28)*	16/session
4. Meal Planning Series (1/26-2/19)*	8-10/session
5. Weekly Healthy Living Coaching Group (1/22; 1/29; 2/19,)*	12-15/session
6. Getting Active in the New Year (1/30)	6
7. Cooking Demo for Adults on SNAP – Make-up FINI Training (2/7)*	10
8. Teen Cooking Class – After School Snacks (2/16)*	14
9. Puget Sound Kidney Center Cooking Class (2/20)*	12
10. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)*	varies

3. Behavioral Health & Substance Use	Attendance
1. Support Group for Newly Diagnosed Parkinson's (1/16 - 3/6)	16 /session
2. Parkinson's Disease AM Support Group (2/4)	6-8/session
3. NAMI Connections Mental Health Support Group (1/24; 2/21)	4-6/session
4. Brain Health and Wellness Classes (2/20)	Varies
5. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
6. 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 February 2019

Upcoming Programs (February/March)

A. General Community and Provider Events

1. Support Group for Newly Diagnosed Parkinson's (January 16-March 6)
2. Opportunity Council Childcare Provider Training (February 23)
3. NAMI Snohomish County Board Retreat (February 23)
4. Monthly Hero's Café for Veterans (February 26, March 26)
5. League of Women Voter's Children's Committee (March 1)
6. ARC Mothers of Children with Disabilities Monthly Support Network (March 2)
7. Parkinson's Disease AM & PM Support Groups (March 4)
8. SHIBA Updates Training (March 5)
9. Girls on the Run Coach CPR Training (March 7)*
10. Korean Women's Association Everyday Prevention Workshops (March 7)*
11. Family & Kinship Caregiver Support Groups (March 7)
12. DDA Region 2 Training (March 8, 9)
13. Snohomish County Early Intervention Providers Meeting (March 14)
14. Welcome to Medicare Monthly Workshops (March 15)
15. Verdant Resource Connector Meeting (March 19)
16. Verdant Provider Open House (March 21)
17. Kinderling National Sib-Shop Facilitator Training (March 22, 23)

B. Nutrition and Healthy Behaviors

1. Survive & Thrive with Chronic Kidney Disease (Feb 27 – April 3)*
2. Weekly Healthy Living Coaching Group (March 5, 12, 19, 26)*
3. Learn & Taste: Fueling the Young Athlete (March 11)*
4. Diabetes Support Group (March 13)
5. Cooking Demo: Healthy Asian Meals (March 14)*
6. Cooking Demo: Soups & Stews (March 18)*
7. Cooking Demo: Not all Fats are Created Equal (March 19)*
8. Learn & Taste: Using Herbs & Spices to Flavor Food (March 28)*
9. Cooking Demo for Adults on SNAP – Monthly FINI Training (March 28)*

C. Behavioral Health & Substance Use Focus

1. Support Group for Newly Diagnosed Parkinson's (January 16-March 6)
2. NAMI Connections Mental Health Support Group (February 28; March 14, 28)
3. Brain Health and Wellness Classes (March 5, 12)
4. Gender Diversity Family Support Group (March 10)
5. Understanding Anxiety & Depression (March 12 – April 30)*
6. Art Therapy – Self Discovery & Reflections (March 14 – April 18)*
7. Adult Children of Alcoholics Weekly Support Group (weekly)
8. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

January/February 2019 Multicultural Program & Outreach Report

- **Designing your Life for Health-How to Build a Well-Lived, Joyful Life in 2019:** This is a free 2-day course that teaches adults how to use proven principles to learn to find a balance in your life no matter age, income, or stage in life.
- **Intro to Mindfulness for Stress Reduction:** Struggling with life's difficulties and physical and/or mental illness? The method shared in this class uses mindfulness to reduce stress, initially created to aid hospital patients, but that has been used by a broad range of people from all walks of life.
- **Census 2020 Community meeting:** The U.S. Census Bureau is researching and testing the integration of operations and systems for the population to exercise its civic obligation to be counted in the 2020 Census. This community meeting offered information as well as training about how to encourage people to participate.
- **De Corazon a Corazon:** This 6-month series will offer Spanish speaking community members education and information to be more aware of what they are eating and how to choose healthy foods; to be more aware of the amount of activity they do in a day; to stop self-destructive thoughts and replace them with positives and to manage stress, social events and other people that make it difficult for them to change.
- **7-week Spanish Language Positive Discipline Program for Parents and Youth 10-14 years.** The Positive Discipline Program is geared towards parents and youth 10-14 teaching family skills designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds. The first class started this month and we have 20 families enrolled.
- **Meeting among parents with children with disabilities:** An opportunity for families to gather to talk about issues facing them and how to work through them as a group.
- **King County Promotoras Network:** Meeting of the group in King County that supports the efforts of the work of CHW (Promotoras) in Snohomish County. The Promotora model is a culturally sensitive, lay health educator for the Latina community.
- **Art class for All:** Trained professionals engage with families with children with disabilities through art expression.

Verdant Community Social Worker Partnerships and Collaborations

- History
- Examples

Swedish Edmonds/ Community Health Center/Other Med Providers	South Snohomish County Fire and Rescue	Lynnwood Police
<u>Contacts:</u> <ul style="list-style-type: none"> • Social Workers/Case Mgrs. • Mental Health Professionals • Medical Primary Care and Specialists • Community Health Outreach Workers 	<u>Contacts:</u> <ul style="list-style-type: none"> • Community Resource Paramedic • Compass Health Clinician • Compass Health Peer Counselor • Deputy Chief of EMS 	<u>Contacts:</u> <ul style="list-style-type: none"> • Community Health and Safety Team: Embedded Social Worker, Police Officers, Police Sergeant • Police & Jail Chief • Victim Services Coord. • Police Detectives • Chaplain • Crime Prevention Spec.
<u>Type of Collaborations:</u> <ul style="list-style-type: none"> • Referrals • Care Coordination • Medical Records • Same Day/Next Day Appointments • Consultations/Information • Health Insurance Enrollments • CHART Participation • Open Communication 	<u>Type of Collaborations:</u> <ul style="list-style-type: none"> • Referrals • Care Coordination • Transport • Consultation/Information • CHART Participation and Case Management • Verdant Office Visits to Meet High Need Clients 	<u>Type of Collaborations:</u> <ul style="list-style-type: none"> • Referrals • Care Coordination • Transport • Diversion Center • Jail Visits/Arrest Records • DV Coordination • Homeless Verifications • CHART Participation

- Data Sharing and Use of Data (Robin)

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February 2019 Marketing Report

Verdant Healthier Community Conference

Attendees: 200

Survey Responses: 45

Survey Feedback Summary

Topic/Presentation	Average Rating (Scale of 1-5, 1=poor, 5=excellent)
Morning Keynote by Dr. Eric Klinenberg	4.8
Breakout Sessions	4.32
Registration, check-in process, location, food	4.77

Organizations Represented

Alzheimer's Association	North Sound 211/Volunteers of America
Catholic Community Services	North Sound Church
ChildStrive	PHD #3, dba Stilly Valley Health Connections
City of Edmonds	Premiera
City of Lynnwood	Prescription Drug Assistance Foundation
City of Mountlake Terrace	Program for Early Parent Support (PEPS)
City of Mukilteo	Project Access Northwest
Communities of Color Coalition	Providence Institute for a Healthier Community
Community Health Center of Snohomish County	Puget Sound Kidney Centers
Community Transit	Ruckelshaus Center WSU/UW
Compass Health	School Garden Advocates
Edmonds Bicycle Advocacy Group	Sea Mar Community Health Centers
Edmonds Center for the Arts	Snohomish County Human Services
Edmonds Community College	Snohomish County Sports Commission
Edmonds Library	Snohomish Health District
Edmonds School District	Sno-Isle Libraries
Edmonds Senior Center	South County Fire
Experience Momentum	Sunrise Services
Foundation for Edmonds School District	Swedish Edmonds
Friends of the Edmonds Library	Take the Next Step
Girls on the Run of Snohomish County	tgbarchitects
Halepoint Consulting	The Everett Clinic
Homage Senior Services	Trinity Lutheran Church
Housing Hope	Trust for Public Land
Imagine Children's Museum	Tulalip Tribes Community Health
Integrated Rehabilitation Group	University of Washington Bothell
Korean Women's Association	Verdant Health Commission
Landmark Health	Vivacity
Latino Educational Training Institute	Washington State University
Leadership Snohomish County	WGU Nursing

Lynnwood City Council
Lynnwood Police
Lynnwood Today
Medical Teams
Mountlake Terrace Community Senior Center
National Alliance on Mental Illness
New Leaf Hyperbarics of Edmonds

Wonderland Child and Family Services
Work Opportunities
YMCA of Greater Seattle
YMCA of Snohomish County
YWCA
Zapora Consulting, LLC

Provider Open House

- Goal is to invite medical and social service providers and clinical support staff to learn about Verdant's free and low-cost health and wellness programs, where they can:
 - See mini cooking demonstrations taught by RDNs
 - Learn more about Verdant
 - Meet instructors from our lifestyle modification, weight management, and living with diabetes programs
 - Pick up referral materials to use in your practice
- Open house takes place Thursday, March 21 at 11:30 a.m. – 1:00 p.m. AND 5:30-7:00 p.m. at Verdant. Two times are available to make it more convenient for providers to attend.

Coming Events

- **Health & Fitness Expo:** Saturday, May 18, 9 a.m. – 12 p.m. at Edmonds School District Stadium

E: 10:19
2.27.2019

Board of Commissioners Program Ideas

Today's date: 2/21/19 Commissioner: Bob Knowles

What is the program/organization which you would like the Board to consider?

My Strength

Which Verdant priority area does this meet:

Access to health care (dental or primary)

Behavioral health X

Childhood obesity

Other:

To what degree does it meet a Verdant priority area?

High X

Moderate

Low

What specifically about the program/organization excites you?

This is an internet based/mobile app that is a an evidence-based, self-help resource that uses clinically proven models and engaging media to help people to manage symptoms of depression and anxiety and substance use

What funding amount do you think should be considered for this program/organization?

70,000 one-time access fee

Date Presented to Full Board: _____

Before staff expends resources gathering more information about this program/organization, is there Board consensus that this should be pursued?

Yes

No

Next steps as determined by Full Board