

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
March 25, 2020  
8:00 a.m. to 9:40 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	—	8:00	—
B. Approval of the Minutes			
a) February 26, 2020 Board Meeting	Action	8:01	2-5
b) March 18, 2020 Special Board Meeting	Action	8:02	6-8
C. Superintendent/Marketing Report	Information	8:03	—
a) COVID-19 funding update			
D. Executive Committee Report	Information	8:08	—
a) Discuss COVID-19 voucher concept	Information	8:10	—
b) Swedish Health Services' Charity Care Policy	Action	8:30	9-16
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:35	17-21
b) Authorization for payment of vouchers and payroll	Action	8:40	22
c) Approve Purchasing and Expenditure Policy revision to increase Superintendent Discretionary Fund from 5% to 10% for this calendar year (due to COVID-19)	Action	8:45	23-24
F. Program Committee Report and Recommendations			
a) Conflicts of Interest	—	8:50	—
b) Program investment recommendations	Action	8:55	25-27
c) COVID-19 effect on programs	Information	9:05	
d) Verdant Community Wellness Center activities update	Information	—	28
e) Verdant multicultural program update	Information	—	29
G. Public Comments (please limit to three minutes per speaker)	—	9:15	—
H. Commissioner Comments	—	9:20	—
I. Executive Session	—	9:25	—
a) To evaluate the qualifications of an applicant for public employment			
b) Discuss the legal risks of a proposed action of the District			
J. Open Session	—	9:35	—
a) Next steps in Superintendent hiring process			
K. Adjournment	—	9:40	—

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

**BOARD OF COMMISSIONERS**

**Regular Meeting**

**Verdant Community Wellness Center**

**March 25, 2020**

**Commissioners  
Present**

Bob Knowles, President  
Karianna Wilson, Secretary (via telephone)  
Deana Knutsen, Commissioner (via telephone)  
Fred Langer, Commissioner (via telephone)  
Dr. Jim Distelhorst, Commissioner (via telephone)

**Staff**

Jennifer Piplic, Superintendent  
Sue Waldin, Community Wellness Program Manager  
(via telephone)  
Sandra Huber, Community Engagement(via telephone)  
Nancy Budd, Community Social Worker (via telephone)  
Karen Goto, Executive Assistant  
Erica Ash, Ash Consulting (via telephone)  
Linda Hunt, Ash Consulting (via telephone)

**Guests**

Brad Berg, Foster Garvey  
Scott Rabinowitz, Herd Freed Hartz  
Jennie Hershey, Edmonds School District  
Jenni McCloughan, Edmonds School District

**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 Knowles.

**Approval of Minutes**

***Motion was made, seconded and passed unanimously to approve*** the minutes of the regular board meeting on February 26, 2020.

***Motion was made, seconded and passed unanimously to approve*** the minutes of the special board meeting on March 18, 2020.

**Superintendent/  
Marketing Report**

Ms. Piplic reported on the following items:

1. The COVID-19 response to funding for the areas of food and mental health has had one request from the Foundation for Edmonds School District for meals and Ms. Piplic has had conversations with 13 other partners. Three of the 13 are food banks with both the Mountlake Terrace and the

Lynnwood food banks either closed or operating at a lower level due to other health issues so some clients are being referred to the Edmonds Food Bank from the two others. Other partners in conversations include Homage, Edmonds Senior Center, Korean Women's Association, ChildStrive. Some partners have technology needs for a web-based interface including laptops for staff and clients. Ms. Piplic will consult with Mr. Berg on this need.

Commissioners discussed what other services Verdant can provide to help the food banks and the respective cities were mentioned as a source of help as well as Food Lifeline and NW Harvest. Ms. Waldin will connect with the three food banks about these sources.

2. Ms. Sarah Zabel of Swedish Edmonds contacted Ms. Piplic about the potential build-out of the hospital's 2<sup>nd</sup> floor above the Emergency Department as a potential ICU for COVID-19 patients. The hospital currently has 13 ICU beds with 14 in use now and 12 are on ventilators. This build-out concept would add 64 beds in two pods, take 3 to 4 weeks to construct, and cost approximately \$12 million.

Commissioners discussed their appetite for funding some of the cost of the build-out and 4 of the 5 commissioners agree that Verdant should consider helping with funding. Staffing is an issue the hospital is working on and the final decision on the build-out will be made in the coming week. President Knowles asked Ms. Piplic to let Swedish Edmonds know Verdant's interest and to bring a proposal to the board. A special board meeting may need to be called to move the proposal forward.

3. The Canopy is coming in late Spring 2020 but President Knowles commented that that publication is not a priority at this time.
4. Verdant received a public records request from Open The Books for staff salaries in 2019. Mr. Berg provided guidance to staff and Ms. Hunt has fulfilled the request.

5. An HR audit kickoff meeting with All Things HR is scheduled via video conference for Thursday, March 26, 2020.

#### **Executive Committee Report**

The committee met on March 18, 2020 to review the agenda for the March 25, 2020 board meeting. No action was taken.

Commissioners discussed potential shelter needs for people getting out of the hospital and/or vulnerable individuals needing shelter. Ms. Budd informed the board that there is a need for care coordination for respite care and in-patient residential housing.

President Knowles asked Ms. Piplic to inform partners that Verdant is willing to step in if needed.

President Knowles introduced the Swedish Financial Assistance - Charity Care policy revision which includes "Times of Emergency: Financial assistance may be available at SHS's discretion in times of a national or state emergency, independent of assistance for catastrophic expenses." (E:22:20)

**Motion was made, seconded and passed unanimously to approve** the amended charity care policy.

#### **Finance Committee Report**

Commissioner Langer stated that the committee met on March 19, 2020. Ms. Ash reviewed the financial statements and cash activity for February 2020 (E:23:20). Ms. Ash commented that the Finance Committee will track all COVID-19 spending for reporting to the board. She is working with Mr. Berg on the leasehold excise tax audit findings on Healthcare Realty for the past four years.

#### **Authorization for Payment of Vouchers & Payroll**

Warrant Numbers 14125 through 14184 for February 2020 for payment in the amount of \$127,954.41 were presented for approval (E:24:20) by Commissioner Langer. **Motion was made, seconded and passed unanimously to approve.**

#### **Approve Purchasing & Expenditure Policy Revision**

**Motion was made, seconded and passed unanimously to approve** Verdant's Purchasing and Expenditure Policy to designate 10 percent of annual program expenditure for the Superintendent Discretionary Fund during the fiscal year ending December 31, 2020; formerly at 5 percent (Exhibit 25:20).

**Program Committee  
Update**

The Program Committee met on March 19, 2020 and reviewed two renewal requests (E:26:20). Commissioner Distelhorst asked if there were any known or perceived conflicts of interest and none were reported by the commissioners.

**Program Investment  
Recommendations**

Ms. Piplic presented the applications and Commissioner Distelhorst presented the program committee recommendations.

Commissioners discussed the sustainability of the Move 60! program with Verdant as the sole funder and the request to have published data from the past 9 years of the program.

**Motion was made, seconded and passed unanimously to approve** the Edmonds School District Move 60! Program in the amount of \$814,179 for Year 1, \$838,605 for Year 2, and Year 3 is contingent on \$50,000 contributed from another source to total \$813,763 from Verdant. If no cash funding of \$50,000 is received by the Edmonds School District, no funding from Verdant will occur in Year 3.

**Motion was made, seconded and passed unanimously to approve** \$12,000 on a one-basis for the Foundation for Edmonds School District Back to School Health and Resource Fair in August, 2020.

Ms. Piplic commented that the staff is currently reviewing programs affected by COVID-19 over the next several months and will amend contracts as needed on a case-by-case basis.

**Verdant Community  
Wellness Center  
Update**

See E:27:20 for an update on programs in the wellness center for March 2020.

**Verdant Multicultural  
Program Update**

See E:28:20 for an update on multicultural programs in the month of March 2020.

**Public Comments**

None.

**Commissioner  
Comments**

None.

**Executive Session**

President Knowles recessed the regular meeting at 9:25 a.m. into Executive Session to evaluate the qualifications of applicants for public employment and to discuss the legal risks of a proposed action of the district. Mr. Berg and Mr. Rabinowitz participated in the Executive Session.

President Knowles stated that the board would reconvene in 10 minutes and no action would be taken in Executive Session.

At 9:35 a.m., President Knowles extended the Executive Session for 5 minutes.

At 9:40 a.m., President Knowles extended the Executive Session for 5 minutes.

At 9:45 a.m., President Knowles extended the Executive Session for 5 minutes.

At 9:50 a.m., President Knowles extended the Executive Session for 5 minutes.

**Open Session**

The board reconvened into Open Session at 9:55 a.m.

**Adjournment**

The meeting was adjourned at 9:55 a.m.

**ATTEST BY:**

  
\_\_\_\_\_  
President

  
\_\_\_\_\_  
Secretary



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## FINANCIAL ASSISTANCE – CHARITY CARE

Administrative Policy	
<b>Approved:</b> <del>April 2019</del> <u>March 2020</u>	<b>Next Review:</b> <del>May 2020</del> <u>April 2021</u>
<b>Department:</b> All Swedish Hospital Facilities, Departments and Clinics	
<b>Population Covered:</b> All patients who are provided with emergent or medically necessary healthcare services	
<b>Implementation Date:</b> <del>May-April 1, 2020</del> <u>19</u>	

Swedish Health Services and Swedish Edmonds (“SHS” or “Swedish”) is a not-for-profit healthcare organization guided by a commitment to its Mission of improving the health and well-being of each person we serve, by its Core Values of safety, patient-centered care, respect, caring and compassion, teamwork and partnership, continuous learning and improvement and leadership, and by the belief that healthcare is a human right. It is the philosophy and practice of each SHS hospital that emergent and medically necessary healthcare services are readily available to those in the communities we serve, regardless of their ability to pay.

### Scope

This policy applies to all SHS hospitals and to all emergency, urgent and other medically necessary services provided by SHS hospitals (with exception experimental or investigative care). A list of SHS hospitals covered by this policy can be found in Exhibit A Covered Facilities List.

This policy shall be interpreted in a manner consistent with Section 501(r) of the Internal Revenue Code of 1986, as amended. In the event of a conflict between the provisions of such laws and this policy, such laws shall control.

### Purpose

The purpose of this policy is to ensure a fair, non-discriminatory, effective, and uniform method for the provision of Financial Assistance (charity care) to eligible individuals who are unable to pay in full or part for medically necessary emergency and other hospital services provided by SHS hospitals.

It is the intent of this policy to comply with all federal, state, and local laws. This policy and the financial assistance programs herein constitute the official Financial Assistance Policy (“FAP”) and Emergency Medical Care Policy for each hospital owned, leased or operated by SHS.

### Responsible Persons

Revenue Cycle departments

### Policy

SHS will provide free or discounted hospital services to qualified low income, uninsured and underinsured patients when the ability to pay for services is a barrier to accessing medically necessary emergency and other hospital care and no alternative source of coverage has been identified. Patients must meet the eligibility requirements described in this policy to qualify.

SHS hospitals with dedicated emergency departments will provide, without discrimination, care for emergency medical conditions (within the meaning of the Emergency Medical Treatment and Labor Act) consistent with available capabilities, regardless of whether an individual is eligible for financial assistance. SHS will not discriminate on the basis of age, race, color, creed, ethnicity, religion, national origin, marital status, sex, sexual orientation, gender identity or expression, disability, veteran or military status, or any other basis prohibited by federal, state, or local law when making financial assistance determinations.

SHS hospitals will provide emergency medical screening examinations and stabilizing treatment, or refer and transfer an individual if such transfer is appropriate in accordance with 42 C.F.R 482.55. SHS prohibits any actions, admission practices, or policies that would discourage individuals from seeking emergency medical care, such as permitting debt collection activities that interfere with the provision of emergency medical care.

**List of Professionals Subject to SHS FAP:**

Each SHS hospital will specifically identify a list of those physicians, medical groups, or other professionals providing services who are and who are not covered by this policy. Each SHS hospital will provide this list to any patient who requests a copy. The provider list can also be found online at the SHS website: [www.swedish.org](http://www.swedish.org).

**Financial Assistance Eligibility Requirements:**

Financial assistance is available to both uninsured and insured patients and guarantors where such assistance is consistent with this policy and federal and state laws governing permissible benefits to patients. SHS hospitals will make a reasonable effort to determine the existence or nonexistence of third-party coverage which may be available, in whole or part, for the care provided by SHS hospitals, prior to directing any collection efforts at the patient.

Patients seeking financial assistance must complete the standard SHS Financial Assistance Application and eligibility will be based upon financial need as of the date of service or as of the date of application, as applicable. Patients may re-apply for assistance if their financial circumstances worsen over time, even if a previous application was denied or approved in part. Reasonable efforts will be made to notify and inform patients of the availability of Financial Assistance by providing information during admission and discharge, on written communications concerning billing or collections, in patient accessible billing or financial services areas, on SHS hospital's website, by oral notification during payment discussions, as well as on signage in high volume inpatient and outpatient areas, such as admitting and the emergency department. Translations will be made available in any language spoken by more than ten percent of the population in the hospital's service area.

**Applying for Financial Assistance:**

Patients or guarantors may request and submit a Financial Assistance Application, which is free of charge and available at the SHS ministry or by the following means: advising patient financial services staff at or prior to the time of discharge that assistance is requested and submitted with completed documentation; by mail, or by visiting [www.swedish.org](http://www.swedish.org), downloading and submitting the completed application with documentation. A person applying for financial assistance will be given a preliminary screening, which will include a review of whether the patient has exhausted or is not eligible for any third-party payment sources.

Each SHS hospital shall make designated personnel available to assist patients in completing the Financial Assistance Application and determining eligibility for SHS financial assistance or financial assistance from government-funded insurance programs, if applicable. Interpretation services are available to address any questions or concerns and to assist in the completion of the Financial Assistance Application.



A patient or guarantor who may be eligible to apply for financial assistance may provide sufficient documentation to SHS to support eligibility determination at any time upon learning that a party's income falls below minimum FPL per the relevant Federal and State regulations.

SHS acknowledges that per Washington Administrative Code (WAC) 246-453-020, a determination of eligibility can be made at any time upon learning that a party's income is below 200% of the federal poverty standard. In addition, SHS may choose to grant financial assistance solely based on an initial determination of a patient's status as an indigent person, as defined in WAC 246-453-010. In these cases, documentation may not be required.

**Individual Financial Situation:**

Income, monetary assets and expenses of the patient will be used in assessing the patient's individual financial situation. For the purposes of the FAP, Washington defines income and family per WAC 246-453-010. Monetary assets shall not include retirement or deferred compensation plans qualified under the Internal Revenue Code nor non-qualified deferred compensation plans. Monetary assets will not be used for determination of eligibility if a patient's or guarantor's income is at or below 200% of the federal poverty standard.

**Income Qualifications:**

Income criteria, based on Federal Poverty Level (FPL), may be used to determine eligibility for free or discounted care. Please see Exhibit B for details.

**Determinations and Approvals:**

Patients will receive notification of FAP eligibility determination within 14 days of submission of the completed Financial Assistance application and necessary documentation. Once an application is received, extraordinary collections efforts will be pended until a written determination of eligibility is sent to the patient. The hospital will not make a determination of eligibility for assistance based upon information which the hospital believes is incorrect or unreliable.

**Dispute Resolution:**

The patient may appeal a determination of ineligibility for financial assistance by providing relevant additional documentation to the hospital within 30 days of receipt of the notice of denial. All appeals will be reviewed and if the review affirms the denial, written notification will be sent to the guarantor and State Department of Health, where required, and in accordance with the law. The final appeal process will conclude within 10 days of receipt of the denial by the hospital. An appeal may be sent to Swedish Medical Center, Attn: Corporate Business Office, 747 Broadway, Seattle, WA 98122.

**Presumptive Charity:**

SHS may approve a patient for a charity adjustment to their account balance by means other than a full Financial Assistance application. Such determinations will be made on a presumptive basis using an industry-recognized financial assessment tool that evaluates ability to pay based on publically available financial or other records, including but not limited to household income, household size, and credit and payment history.

**Other Special Circumstances:**

Patients who are eligible for FPL-qualified programs such as Medicaid and other government-sponsored low-income assistance programs, are deemed to be indigent. Therefore, such patients are eligible for Financial Assistance when the programs deny payment and then deem the charges billable to the patient. Patient account balances resulting from non-reimbursed charges are eligible for full charity write-off. Specifically included as eligible are charges related to the following:

- Denied inpatient stays
- Denied inpatient days of care
- Non-covered services
- Prior Treatment Authorization Denials
- Denials due to restricted coverage

**Catastrophic Medical Expenses:**

SHS, at its discretion, may grant charity in the event of a catastrophic medical expense. These patients will be handled on an individual basis.

**Times of Emergency:**

Financial assistance may be available at SHS's discretion in times of a national or state emergency, independent of assistance for catastrophic expenses.

**Limitation on Charges for all Patients Eligible for Financial Assistance:**

No patient who qualifies for any of the above-noted categories of assistance will be personally responsible for more than the "Amounts Generally Billed" (AGB) percentage of gross charges, as defined below.

**Reasonable Payment Plan:**

Once a patient is approved for partial financial assistance, but still has a balance due, SHS will negotiate a payment plan arrangement. The reasonable payment plan shall consist of monthly payments that are not more than 10 percent of a patient's or family's monthly income, excluding deductions for Essential Living Expenses that the patient listed on their financial assistance application.

**Billing and Collections:**

Any unpaid balances owed by patients or guarantors after application of available discounts, if any, may be referred to collections. Collection efforts on unpaid balances will cease pending final determination of FAP eligibility. SHS does not perform, allow or allow collection agencies to perform any extraordinary collection actions prior to either: (a) making a reasonable effort to determine if the patient qualifies for financial assistance; or (b) 120 days after the first patient statement is sent. For information on SHS billing and collections practices for amounts owed by patients, please see SHS Hospital's policy, which is available free of charge at each SHS hospital's registration desk, or at: [www.swedish.org](http://www.swedish.org).

**Patient Refunds:**

In the event that a patient or guarantor has made a payment for services and subsequently is determined to be eligible for free or discounted care, any payments made related to those services during the FAP-eligible time period which exceed the payment obligation will be refunded, in accordance with state regulations.

**Annual Review:**

This Providence Financial Assistance (Charity Care) Policy will be reviewed on an annual basis by designated Revenue Cycle leadership.

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**Definitions**

For the purposes of this policy the following definitions and requirements apply:

1. Federal Poverty Level (FPL): FPL means the poverty guidelines updated periodically in the Federal Register by the United States Department of Health and Human Services.
2. Amounts Generally Billed (AGB): The amounts generally billed for emergency and other medically necessary care to patients who have health insurance is referred to in this policy as AGB. SHS determines the applicable AGB percentage by multiplying the hospital's gross charges for any emergency or medically necessary care by a fixed percentage which is based on claims allowed under Medicare. Information sheets detailing the AGB percentages, and how they are calculated, can be obtained by visiting the following website: [www.swedish.org](http://www.swedish.org) or by calling 1-866-747-2455 to request a copy.
3. Extraordinary Collection Action (ECA): ECAs are defined as those actions requiring a legal or judicial process, involve selling a debt to another party or reporting adverse information to credit agencies or

bureaus. The actions that require legal or judicial process for this purpose include a lien; foreclosure on real property; attachment or seizure of a bank account or other personal property; commencement of a civil action against an individual; actions that cause an individual's arrest; actions that cause an individual to be subject to body attachment; and wage garnishment.

## Exceptions

See Scope above.

## Regulatory Requirements

<i>Internal Revenue Code Section 501(r); 26 C.F.R. 1.501(r)(1) – 1.501(r)(7)</i>
<i>Washington Administrative Code (WAC) Chapter 246-453</i>
<i>Revised Code of Washington (RCW) Chapter 70.170.060</i>
<i>Emergency Medical Treatment and Labor Act (EMTALA), 42 U.S.C. 1395dd</i>
<i>42 C.F.R. 482.55 and 413.89</i>

## References

<i>American Hospital Associations Charity Guidelines</i>
<i>Providence St. Joseph Health Commitment to the Uninsured Guidelines</i>
<i>Provider Reimbursement Manual, Part I, Chapter 3, Section 312</i>

## Stakeholders

### Author/Contact

Lesa Ellis, Director Financial Counseling and Assistance  
Iris Mireau, Manager Hospital Billing Customer Service and Financial Counseling

### Expert Consultants

Swedish/Providence Legal Services

### Sponsor

Kimberly Sullivan, SVP Chief Revenue Cycle Officer



**Exhibit A**  
**Covered Facilities List**

<b>SHS Hospitals in Washington</b>	
Swedish Medical Center First Hill/Ballard	Swedish Medical Center Cherry Hill
Swedish Issaquah	Swedish Edmonds

## Exhibit B

### Income Qualifications for SHS Hospitals

*Timing of Income Determinations: Annual family income of the patient will be determined as of the time the hospital services were provided, or at the time of application if the application is made within two years of when services were provided and the patient has been making good faith efforts towards payment for the services.*

If...	Then ...
Annual family income, adjusted for family size, is at or below 300% of the current FPL guidelines,	The patient is determined to be financially indigent, and qualifies for financial assistance 100% write-off on patient responsibility amounts. <sup>1</sup>
Annual family income, adjusted for family size, is between 301% and 400% of the current FPL guidelines,	The patient is eligible for a discount of 75% from original charges on patient responsibility amounts.
If annual family income, adjusted for family size, is at or below 400% the FPL <u>AND</u> the patient has incurred total medical expenses at SHS hospitals in the prior 12 months in excess of 20% of their annual family income, adjusted for family size, for services subject to this policy,	The patient is eligible for 100% charity benefit on patient responsibility amounts.

<sup>1</sup> consistent with WAC Ch. 246-453, provided that such persons are not eligible for other third party coverage sponsorship (see RCW 70.170.020(5) and 70.170.060(5)).



**Balance Sheet**  
As of February 29, 2020

	A	B	C	D
	Dec 31, 2019	Feb 29, 2020	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	1,642,443	1,947,284	304,841	
<b>4 Other Current Assets</b>	53,930,005	55,093,807	1,163,802	Includes Investments
<b>5 Total Current Assets</b>	55,572,448	57,041,091	1,468,643	
<b>6 Total Long-term &amp; Fixed Assets</b>	43,968,619	43,720,320	(248,299)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<u>99,541,067</u>	<u>100,761,411</u>	<u>1,220,344</u>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,585,729	2,504,703	(81,026)	
<b>11 Long-term Liabilities</b>	-	-	-	Bonds moved to current
<b>12 Total Liabilities</b>	2,585,729	2,504,703	(81,026)	
<b>13 Total Equity</b>	96,955,338	98,256,708	1,301,370	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<u>99,541,067</u>	<u>100,761,411</u>	<u>1,220,344</u>	

**Profit & Loss**

February 29, 2020

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	927,150	937,850	(10,700)	1,852,780	1,885,899	(33,119)
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	168,451	197,457	29,006	313,975	401,163	87,188
<b>5 Depreciation Expense</b>	134,571	134,571	-	273,509	273,509	-
<b>6 Program Expenses</b>	595,668	758,508	162,840	1,133,776	1,550,516	416,740
<b>7 Total Expenses</b>	898,690	1,090,536	191,846	1,721,260	2,225,188	503,928
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	661,025	243,750	417,275	1,169,850	487,500	682,350
<b>10 NET INCOME/(LOSS)</b>	<u>689,485</u>	<u>91,064</u>	<u>598,421</u>	<u>1,301,370</u>	<u>148,211</u>	<u>1,153,159</u>

**Monthly Highlights**

February 29, 2020

Verdant received dividend payments of \$85,790, a realized gain of \$111,309 and an unrealized gain of \$257,274 on our investment portfolio in February which closed with an ending market value of \$54,623,846.

Program grant commitments total \$6,498,707 for 2019 and \$6,285,883 for 2020 excluding BHCF.

Revenue of \$111,069 and expenses of \$81,558 from the Kruger Clinic were incurred, netting to an additional operating income of \$29,511 in February.

## Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
14125	02/05/2020	AA Dispatch, LLC	35.25	Taxi for CHART clients
14126	02/05/2020	Armstrong Maintenance, LLC	1,496.90	Janitorial
14127	02/05/2020	Ash Consulting	17,774.00	January Services
14128	02/05/2020	Azose	3,240.00	January Property Management
14129	02/05/2020	Cascade Security Corporation	565.90	February 2020 Parking Lot Security
14130	02/05/2020	Crisis Connections	2,400.00	Suicide Assessment, Intervention and Treatment Program - 1/23/2020
14131	02/05/2020	Guardian Security Systems, Inc.	881.44	Annual Fire Alarm, Wet Sprinkler and Backflow Inspections
14132	02/05/2020	Pacific Medical Centers(PacMed)	506.29	WC 301 - Living Well Alliance
14133	02/05/2020	Parsi Properties LLC	2,718.00	February 2020 - Parking lot lease
14134	02/05/2020	Payden & Rygel	8,723.00	12/1 - 12/31/19 Investment Advisory Services
14135	02/05/2020	Puget Sound Energy	59.40	Natural Gas
14136	02/05/2020	Snohomish County PUD	1,503.18	Electricity
14137	02/05/2020	Thomas & Associates Consulting, LLC	2,013.80	Consulting November 2019 - January 2020
14138	02/05/2020	WA State Dept of Labor & Industries	108.01	4Q19 Self Insurance Fund
14139	02/05/2020	Waste Management	370.97	Garbage
14140	02/12/2020	AmeriFlex Business Solutions	17.25	February 2020 FSA Administration
14141	02/12/2020	Azose	3,240.00	February 2020 Property Management
14142	02/12/2020	Comcast	865.54	Telephone/Internet
14143	02/12/2020	Daniella Valeska Ochoa	250.00	WC 295 - Cooking Demos - 1/27/2020
14144	02/12/2020	Dataworks	2,373.55	IT support
14145	02/12/2020	Electronic Business Machines	1,503.10	11/22-12/21/20 Copy Machine; 8/22-11/21 Overage Billing
14146	02/12/2020	Guardian Security Systems, Inc.	597.06	Fire Extinguisher Inspection
14147	02/12/2020	Lani Miller	364.32	WC 300 - Nutrition Education Classes - 2/10/2020
14148	02/12/2020	Lowie Graham Jones PLLC	91.50	Trademark filings
14149	02/12/2020	Seattle Visiting Nurse Association	7,360.00	Award A343 - Flu Shots
14150	02/12/2020	Sherwood Comm. Services	100.00	Refund of Deposit for use of VWC - 2-6-2020
14151	02/12/2020	Sound Dietitians	3,105.31	WC 291 - Healthy Living Coaching Group
14152	02/12/2020	Susana Flores	60.00	WC 262 - Childcare 2/4/2020
14153	02/12/2020	TGB Architects	648.10	Kruger Clinic Suite Separation
14154	02/12/2020	Verizon	112.28	February 2 - March 1, 2020
14155	02/12/2020	Yasaura Carvajal	112.50	WC 263 - Childcare 2/4 and 2/5/2020
14156	02/20/2020	Aldrich & Associates, Inc.	32,654.00	Kruger Clinic Suite Separation
14157	02/20/2020	Ana Evelin Garcia	1,125.00	WC 298 - Mental health Workshops
14158	02/20/2020	Azose	816.35	Additional Fee for supervising the Kruger Clinic suite separation
14159	02/20/2020	Careforce, Inc.	200.00	Refund of VWC Kitchen Deposit paid 11/16/15
14160	02/20/2020	City of Lynnwood	1,352.00	January 2020 Staffing
14161	02/20/2020	Community Health Center of Snohomish Co	4,134.23	Award 336 - 2019-2021 Dental Program
14162	02/20/2020	Daniella Valeska Ochoa	250.00	WC 295 - Cooking Demos - 2/13/2020
14163	02/20/2020	Guardian Security Systems, Inc.	1,607.78	Repair Wet Sprinkler
14164	02/20/2020	Lani Miller	325.81	WC 302 - Cooking Demo Heart Health - 2/13/2020
14165	02/20/2020	Laura A Miramontes - Ruiz	142.50	WC 261 - Childcare 2/11, 2/12, 2/13/2020
14166	02/20/2020	Linda Bologna	15.00	Refund of Registration Fee for Nutrition and Heart Health Series

Warrant Activity:

Warrant Number	Transaction Date	Payee	Amount	Purpose
14167	02/20/2020	Monika Star*	15.00	Refund of Registration Fee for Nutrition and Heart Health Series
14168	02/20/2020	Neopost	312.02	Postage & equipment rental
14169	02/20/2020	Parsi Properties LLC	2,718.00	March 2020 - Parking lot lease
14170	02/20/2020	Paula Cain	60.00	Refund of registration fee for 12 week Diabetes Series
14171	02/20/2020	Principal	924.03	EE Life Support
14172	02/20/2020	Shannie Hay	7.50	Refund of Registration Fee for Nutrition and Heart Health Series
14173	02/20/2020	Staples	94.85	Office Supplies
14174	02/20/2020	State Auditor's Office	226.20	2018 State Audit Fees
14175	02/20/2020	Susana Flores	90.00	WC 262 - Childcare 2/11 and 2/12/2020
14176	02/20/2020	Yasaura Carvajal	52.50	WC 263 - Childcare 2/12/2020
14177	02/26/2020	Dataworks	74.04	IT support
14178	02/26/2020	Electronic Business Machines	811.40	1/22-2/21/20 Copy Machine; 11/22-2/21/20 Overage Billing
14179	02/26/2020	Lani Miller	358.44	WC 300 - Cooking Demo - 2/24/2020
14180	02/26/2020	Marie Andresen	360.00	WC 303 - Zumba (4 sessions)
14181	02/26/2020	Payden & Rygel	8,973.00	1/1 - 1/31/2020 Investment Advisory Services
14182	02/26/2020	Regence Blueshield	4,083.83	March 2020 Health Insurance
14183	02/26/2020	Sara Prato, RD	1,854.28	WC 290 - Mediterranean for Life - Jan 9 - Feb 13 classes
14184	02/26/2020	Teresa Wippel	1,120.00	January - April 2020 Advertising in My Edmonds News/Lynnwood Today/MLT News
Total Warrants			127,954.41	

Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:			
02/14/2020	ADP	12,972.86	ACH payroll transfer
02/14/2020	ADP	4,733.57	Payroll taxes for 2/14/2020 payday
02/10/2020	AmeriFlex Business Solutions	9.09	EE FSA Payments
02/07/2020	ADP	79.74	Fee for payroll processing
02/03/2020	AmeriFlex Business Solutions	101.20	EE FSA Payments
02/11/2020	Wells Fargo	296.09	Service Charge
02/12/2020	Wells Fargo Merchant Services	76.07	Merchant Services
02/12/2020	Valic	1,904.23	Payroll 401(a)/457 Deposit
02/18/2020	AmeriFlex Business Solutions	250.00	EE FSA Payments
02/21/2020	ADP	85.70	Fee for payroll processing
02/25/2020	Valic	1,980.44	Payroll 401(a)/457 Deposit
02/25/2020	WA Department of Revenue	807.14	B&O/Retailing Sales Tax for February 2020
02/28/2020	ADP	5,030.12	Payroll taxes for 2/28/2020 payday
02/28/2020	ADP	14,493.71	ACH payroll transfer
02/28/2020	ADP	52.55	Fee for payroll processing
02/24/2020	AmeriFlex Business Solutions	87.10	EE FSA Payments
02/14/2020	Alzheimer's Association Western & Central	7,500.00	Program Payment
02/14/2020	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
02/14/2020	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
02/14/2020	Center for Human Services	36,029.16	Program Payment
02/14/2020	ChildStrive	50,850.16	Program Payment
02/14/2020	City of Lynnwood	8,718.33	Program Payment
02/14/2020	City of Mountlake Terrace	1,360.00	Program Payment
02/14/2020	Compass Health	17,386.50	Program Payment
02/14/2020	Concern for Neighbors Food Bank	200.00	Program Payment
02/14/2020	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
02/14/2020	Edmonds School District No. 15	155,872.08	Program Payment
02/14/2020	Edmonds Senior Center	9,666.67	Program Payment
02/14/2020	Horage Senior Services	62,436.52	Program Payment
02/14/2020	Kinderling	12,218.58	Program Payment
02/14/2020	Korean Women's Association	5,000.00	Program Payment
02/14/2020	Latino Educational Training Institute	5,416.66	Program Payment
02/14/2020	Lynnwood Food Bank	839.58	Program Payment
02/14/2020	Medical Teams International	8,100.00	Program Payment
02/14/2020	Parent Trust for WA Children	5,000.00	Program Payment
02/14/2020	Prescription Drug Assistance Foundation	4,583.33	Program Payment
02/14/2020	Project Access Northwest	10,416.67	Program Payment
02/14/2020	Puget Sound Christian Clinic	50,245.50	Program Payment
02/14/2020	South Snohomish County Fire & Rescue	39,375.00	Program Payment
02/14/2020	Therapeutic Health Services	20,833.33	Program Payment
02/14/2020	Volunteers of America Western WA	6,750.42	Program Payment
02/14/2020	Wonderland Development Center	27,239.33	Program Payment
Total Wires/ACH Transactions		624,247.43	

Transaction Date	Payee	Amount	Purpose
<b>Kruger Clinic Activity:</b>			
1309-1326	misc		
	Various Claimants/Vendors	38,942.30	Administered by Azose
<b>Work Comp Activity:</b>			
n/a	misc		
	Various Claimants/Vendors	-	Administered by Eberle Vivian
	<b>Total Disbursements</b>	<b>\$ 791,144.14</b>	
<b>Deposits:</b>			
Transaction Date	Payer	Amount	Purpose
02/05/2020	Raymond Liu, D.D.S.	3,830.67	Kruger Clinic monthly lease
02/06/2020	Shenwood Comm. Services	100.00	Room Rental Deposit
02/10/2020	Snohomish County	5,479.06	Levy
02/10/2020	Swedish/Edmonds	147.00	Ticket purchase for 2019 Community Conference
02/19/2020	Allied Dermatology	14,711.58	Kruger Clinic monthly lease (January and February)
02/24/2020	Swedish/Edmonds	782,863.91	Monthly hospital lease
02/24/2020	Swedish Edmonds Children's Clinic	21,053.22	Kruger Clinic monthly lease
02/24/2020	Swedish Edmonds Kruger Clinic	49,225.09	Kruger Clinic monthly lease
Various	VCWC Registration	1,215.00	Registration for VCWC Classes
	<b>Total Deposits</b>	<b>\$ 878,625.53</b>	

E: 24:20  
3.25.2020

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 14125 through 14184 have been issued for payment in the amount of \$127,954.41. These warrants are hereby approved.

Attest:

  
Linda Hunt

  
Commissioner

  
Commissioner

  
Commissioner

  
Commissioner

  
Commissioner

Warrants Processed:	02-01-2020 – 02-29-2020	\$127,954.41
Work Comp Claims Pd:	02-01-2020 – 02-29-2020	0.00
Kruger Clinic Processed:	02-01-2020 – 02-29-2020	38,942.30
Payroll:	01-26-2020 – 02-08-2020	12,972.86
	02-09-2020 – 02-22-2020	<u>14,493.71</u>
		27,466.57
Electronic Payments/ Adjustments:	Payroll Taxes	9,763.69
	Payroll Processing	217.99
	Valic Retirement	3,884.67
	FSA Payments	447.39
	Bank Fees	372.16
	WA State Dept Revenue	807.14
	Program Expenditures	<u>581,287.82</u>
		<u>596,780.86</u>
Grand Total		<u>\$791,144.14</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 14125 through 14184 have been issued for payment in the amount of \$127,954.41. These warrants are hereby approved.

Attest:

  
Linda Hunt

  
Commissioner

  
Commissioner

  
Commissioner

DocuSigned by:  
  
A7189BB03368633  
Commissioner

  
Commissioner

Warrants Processed:	02-01-2020 – 02-29-2020	\$127,954.41
Work Comp Claims Pd:	02-01-2020 – 02-29-2020	0.00
Kruger Clinic Processed:	02-01-2020 – 02-29-2020	38,942.30
Payroll:	01-26-2020 – 02-08-2020	12,972.86
	02-09-2020 – 02-22-2020	<u>14,493.71</u>
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		<u>596,780.86</u>
	Grand Total	<u>\$791,144.14</u>

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

**WARRANT APPROVAL**

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Attest:

  
Linda Hunt

  
Commissioner

  
Commissioner

  
Commissioner

DocuSigned by:   
Dianna Knutsen  
Commissioner

Warrants Processed:	02-01-2020 – 02-29-2020	\$127,954.41
Work Comp Claims Pd:	02-01-2020 – 02-29-2020	0.00
Kruger Clinic Processed:	02-01-2020 – 02-29-2020	38,942.30
Payroll:	01-26-2020 – 02-08-2020	12,972.86
	02-09-2020 – 02-22-2020	<u>14,493.71</u>
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Electronic Payments/ Adjustments:	Payroll Taxes	9,763.69
	Payroll Processing	217.99
	Valic Retirement	3,884.67
	FSA Payments	447.39
	Bank Fees	372.16
	WA State Dept Revenue	807.14
	Program Expenditures	<u>581,287.82</u>
		<u>596,780.86</u>
Grand Total		<u>\$791,144.14</u>

E: 25:20  
3.25.2020

## Verdant Health Commission

Title: Purchasing and Expenditure Policy



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

**POLICY:** Verdant shall purchase material and services in the most economical fashion given the goal of high quality and service levels for the District.

### DEFINITIONS:

**Routine:** Any item that is used and purchased 3 times or more per year. Routine purchases are services, actions, or expenses that occur during the natural course of operations.

**Non-Routine:** Any item that is used and purchased less than 3 times per year or services, actions, or expenses that are unusual and do not occur with any frequency or predictability.

For capital acquisitions and construction projects, refer to Capital Asset Policy.

### PROCEDURE:

1. **Purchasing Authority:** The Superintendent is the designated agent of Verdant for purchasing and is authorized to enter into such agreements on behalf of Verdant within the scope as outlined below. Purchasing actions must be within the scope of approved policies and procedures. The Superintendent is authorized to delegate purchasing functions to other Verdant employees or interim financial personnel.
2. **Expenditure Authority Limits:** Signature requirements for a purchase may vary based upon the type and value of the expenditure. Below is a summary of the expenditure approval limits.
3. **Competition:** Capital purchases meeting Washington state thresholds for competitive bidding will be made on a competitive basis, utilizing national contracts, local negotiations, competitive bidding or a combination of the methodologies. If competition is not utilized, a sole-source/preferred vendor justification will be documented and retained with the accounting records. In no case shall an individual or group unduly benefit from these purchases.
4. **Authorization of Invoices:** All purchases of materials or services shall be made once a purchase is properly authorized. No invoice or vendor shall be paid without documentation that supports the approved order or purchase.

Any person making an unauthorized purchase may be personally responsible for payment of the invoice. In addition, legal contracts, accounting and consulting agreements can only be approved by the Board of Commissioners or the Superintendent.

5. **Gifts:** Employees of Verdant will not solicit gifts of any nature from current or potential vendors. Employees of Verdant will not accept unsolicited gifts, trips, meals or other offers from any vendor. However, holiday gift baskets, candy or other small gestures of kindness, which are valued under \$50, may be accepted as long as the gift is not an enticement to influence a purchasing decision.
6. **Superintendent's Discretionary Fund:** The Superintendent will be designated ~~five~~ ten percent of the annual program expenditure budget during the fiscal year ending Dec. 31, 2020, to be used at the discretion of the Superintendent to fund programs that have not been approved Board or provide additional funding for programs previously approved by the board. Effective Jan. 1, 2021, the Superintendent will be designated five percent of the annual program expenditure budget the annual budget process. Expenditures shall be at the discretion of the Superintendent and shall be treated as expenditures within the Board approved budget for purposes of the approval authority

# Verdant Health Commission

## Title: Purchasing and Expenditure Policy



requirements specified below for operating expenses, but shall be reported at the monthly Finance Committee meeting and to the Board of Commissioners no later than their next regularly scheduled meeting.

7. **Credit Card Purchases:** A designated credit card may be used to make purchases if checks are not allowed or if when using a check it makes the purchase cumbersome. Documentation and/or receipts shall be provided to support the expenditure. Verdant employees shall not use the credit card to make personal purchases of any kind.

### APPROVAL AUTHORITY:

#### Operating Expenses:

Individual Approver	Routine Limit	Non-Routine Limit
Treasurer and Auditor	\$0 - \$5,000	\$0 - \$5,000
Superintendent	\$5,001 - \$120,000 (within Board approved budget) \$5,001 - \$20,000 (outside Board approved budget)*	
Board President	\$120,001 or greater (within Board approved budget), \$20,001 or greater (outside Board approved budget) All reimbursements to the Superintendent, excluding salary	

\* Expenses not previously budgeted will be reported at the next month's Finance Committee Meeting.

#### Payment Signing Authority, ACH and Wire Transfers:

Individual Approver	Routine Limit	Non-Routine Limit
Treasurer	\$0 - \$120,000	\$0 - \$20,000
Finance Committee Member	\$120,001 or greater (within Board approved budget), \$20,001 or greater (outside Board approved budget)	
Treasurer and Auditor	A special provision allowing the Treasurer and the Auditor, with dual approval, to schedule and execute a wire in excess of \$120,000 for the purpose of transferring funds to the District's existing investment accounts or to pay off existing bonds that come due.	

All bank reconciliations will be reviewed by the Superintendent and reconciled in the accounting system by staff. In addition, receipts and disbursements will be reviewed at the monthly Finance Committee meetings. Payments will be authorized in accordance with the RCWs and our commitment to organizational transparency.



E:26:20  
3.25.2020

## Program Oversight Committee Summary Report March 2020

- Two renewal applications to review

1. Edmonds School District	Request Year 1	Request Year 2	Request Year 3
	\$814,179	\$838,605	\$863,763
<p><b>Program Name &amp; Description: Move 60!</b></p> <p>A renewal request for a physical activity program for youth in the Edmonds School District. The goals of Move 60! are to get students active and exercising 60 minutes per day, with the intention to fight childhood obesity, improve overall student health and wellbeing, and for students to enjoy the physical, social, and emotional benefits of exercise and activity.</p> <p>Program elements include:</p> <ol style="list-style-type: none"> <li>1) Move 60 Before or After School Programs – located at all 23 elementary schools with the option of hosting before <u>and</u> after at schools with demonstrated need for additional physical activity opportunities for students. Students learn and practice different skills regardless of ability. The activities enhance cardiorespiratory endurance, muscular strength and endurance, increase daily moderate-to-vigorous physical time, and improve social emotional skills.</li> <li>2) Move 60 Miles Running Club – all-comers format for students in K-6 one hour per week before or after school or during recess. Move 60 instructors facilitate with the EZ Scan tracking to encourage students to run or walk laps/miles. Incentives earned for each mile completed.</li> <li>3) Move 60! Champions Grant – a grant opportunity available to elementary, middle, and high schools in ESD. Schools has a “Champion” to coordinate and activities need to be multiple times over a period of time (not one-off events). Programs can include intramurals, recess activities, family events, yoga, or a fitness club.</li> <li>4) Move 60 Early Learning – preschool exercise and activity program meets for 1.5 hours weekly at Edmonds Heights, Lynndale Elementary, Mountlake Terrace Elementary, and Alderwood Early Childhood Center.</li> <li>5) Move 60 Summer Program – facilitated games and activities at South Lynnwood Park in conjunction with summer meals program run by the Foundation for Edmonds SD. Run by Move 60 staff and offered 4 days per week for one hour each day and open to any student who comes for summer meals.</li> </ol>			
<b>Expected Results</b>	<p>The program tracks 3 main goals with several indicators per goal.</p> <ol style="list-style-type: none"> <li>1) Improve student’s overall physical health measured by fitness goals</li> <li>2) Increase student’s moderate-to-vigorous physical activity participation</li> <li>3) Improve student’s social-emotional skills</li> </ol> <p>Assessment items include:</p> <ul style="list-style-type: none"> <li>• Cardiorespiratory endurance – PACER run test</li> <li>• Upper body strength and endurance – push-up test</li> <li>• Time in moderate-to-vigorous activity – accelerometers</li> <li>• Social-emotion skills – surveys including WCSD-SECAs, a validated tool designed for schools</li> <li>• Number of students participating (anticipated 5,000 total)</li> </ul> <p>This plan includes some elements that are the same as past cycles of the grant and some that are different. The PACER and push-up test are the same, but the use of the accelerometers and social-emotion surveys are new. Their work with Focused Fitness LLC is new as well. They removed the BMI testing measurement.</p>		

<b>Use of Funds &amp; Costs</b>	<p>Request is \$814,179 in Year 1; \$838,605 in Year 2; \$863,763 in Year 3. The increase represents a 3% increase per year to cover staffing increases.</p> <p>The current funding level is \$790,465 for the 2019-20 school year. The current contract expires in August 2020, but the Edmonds School District submitted the renewal request this month so they could coordinate staffing needs in spring.</p>
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2. Foundation for Edmonds School District	Request Year 1	Request Year 2	Request Year 3
	\$12,000 (one-time event)	-	-
<p><b>Program Name &amp; Description: Back to School Health and Resource Fair</b></p> <p>A request to support the Back to School Resource Fair, which serves students in the Edmonds School District. This program was previously administered by a consortium with Turning Point (of Shoreline) as fiscal agent. The consortium partners are still participating in organizing, and FESD is now more involved and serving as fiscal agent.</p> <p>This event on Aug. 13, 2020 at Meadowdale High School for 4.5 hours anticipates serving 1,600 students. Recruitment efforts target students on free and reduced-price meals, but anyone can attend. Families pre-register for school supplies, which include a backpack with grade-specific supplies. More than 20 agencies attend to share resources, with Community Health Center of Snohomish County providing the health exams (including blood pressure, vision check, height/weight/BMI, dental screenings, nutrition consultations). Cascade Bicycle will provide helmets and a bike safety course, and others present include DSHS, MCOs, Sno-Isle Libraries, etc.</p>			
<b>Expected Results</b>	<p>Participation numbers and surveys drive the evaluation and performance with the following outcomes measured:</p> <ul style="list-style-type: none"> <li>• Increase access to backpacks and school supplies (target 1,000 of the 1,600 served)</li> <li>• Increase access to health services from medical professions (target 1,000 or 1,600 served)</li> <li>• Increase access to local resources in the community (1,000 of 1,600 served)</li> <li>• Increase responsiveness to parents needs for resources via a survey (1,000 of 1,600)</li> </ul>		
<b>Use of Funds &amp; Costs</b>	<p>Request is \$12,000 total. Previous funding level was \$12,000 total. Other funding sources: \$5,000 from Windermere Foundation Other possible sources (requests sent) include Hazel Miller Foundation and Tulalip Tribes. In-kind from Costco (for backpacks) of \$3,000. \$2,000 raised in event sponsorships. Total budget for event is \$32,000.</p>		



## **Program Committee Recommendations (Commissioners Distelhorst and Knutsen)**

### **Recommended for Funding:**

- **Edmonds School District Move 60:** The committee is recommending funding the program in full as requested. Committee members discussed the low sustainability score for this program but also recognized that this program is one that has developed and grown with encouragement from Verdant since it began in 2011.
- **Foundation for Edmonds School District Back to School Health and Resource Fair:** The committee recommends full funding for this request. This event aligns with Verdant's priority of access to health care services and provides additional resources to Edmonds School District's most vulnerable families.

E: 27:20  
3.25.2020

## Verdant Community Wellness Center Summary March 2020

### Completed Programs (February/March 2020)

**\*\* The Verdant Community Wellness Center was closed due to COVID-19 from March 9 - March 31, 2020. The Board extended the closure through April 30, 2020 and ALL Programs, Classes & Services are cancelled.**

1. General Community and Provider Events	Attendance
1. PEPS – weekly support for Parents with Infants 5-12 months (1/16 – 3/26)*	went virtual
2. SeaMar Regional Health Insurance Navigator Meeting (2/24)	25
3. Monthly Hero's Café for Veterans (2/25)	100+
4. Parkinson's Disease Support Group (3/2)	6-8
5. SHIBA Monthly Training (3/3)	Cancelled
6. Korean Women's Association Everyday Prevention (3/5)*	Cancelled
7. Family Caregiver Support Group (3/5)	8
8. Homage ADR Retreat (3/6)	Cancelled
9. League of Women Voters Children's Committee (3/6)	Cancelled
10. ARC Mothers of Children with Disabilities Support Group Network (3/7)	Cancelled
11. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies
12. Ongoing – Community Support for Health Insurance & Food Assistance (weekly)	Cancelled
2. Nutrition and Healthy Behaviors	Attendance
1. Diabetes-friendly Living – 4-part Series (2/13 – 3/5)*	6/session
2. Core Strength Demonstration Class (2/24)*	6
3. Cooking Demo: Make your own Pizza! (2/24)*	18
4. Weekly Healthy Living Coaching Group (2/25; 3/3)*	6 -10/session
5. Puget Sound Kidney Center Survive & Thrive Series ( 2/26 - April 1)*	14/session
6. Cooking Demo: Costa Rican Cuisine (2/27)*	23
7. Teen Cooking Class- Culinary Leaps from the Ordinary (2/29)*	13
8. Pre-diabetes Lifestyle Reset 12-week Series (3/2– 5/18)*	16/session
9. DOH - Cooking Demo/Support for Chronic Conditions Group (3/3)*	22
10. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	Varies
3. Behavioral Health & Substance Use	Attendance
1. Anxiety & Depression Support Group (2/25 – 3/24)*	9/session
2. Snohomish County Behavioral Health Integration (2/26)	25
3. NAMI Connections Mental Health Support Group (2/27)	8/session
4. Adult Children of Alcoholics Weekly Support Group (weekly)	10-14/session
5. Veterans Drop-Support (weekly -Lynnwood & monthly - County)	Varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	Cancelled

E: 28:20  
3.25.2020

### March 2020 Multicultural Program & Outreach Report

- **CANCELLED DUE TO Covid-19: Monthly Parent Support group:** Verdant is support the mental and emotional health of Latina women offering a place to meet, discover and move forward. Sometimes, women who are living through difficult experiences that increase their level of stress and impact their health, who seek to share the experiences, those who want to find a place of understanding meet at Verdant on the 3<sup>rd</sup> Tuesday of the month under the supervision of a certified mental health professional.
- **CANCELLED DUE TO Covid-19: Positive Discipline in Spanish- February 4<sup>th</sup> through March 25<sup>th</sup>- last session March 4<sup>th</sup>)** This is an 8-week series for Parenting with Positive Discipline for Spanish speaking community members. This series is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home and give parents a sense of accomplishment.
- **CANCELLED DUE TO Covid-19: 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.
- **CANCELLED DUE TO Covid-19: Positive Discipline Program In English-** This collaboration with the school district would offer parents the opportunity of a 2-day series (two Saturdays) where families have the time to actually put into practice what they are learning and have an expert to help them as you go through the material. Open to all families in the school district Saturday 21 and Saturday 28 of March 2020
- **CANCELLED DUE TO COVID-19 The ABC of Nutrition:** Currently the market offers an infinity of foods, but to be well nourished it is essential to delve into what they provide us. While the human being enjoys the sensory qualities such as texture, aroma and flavor, the organism depends on the essential substances for life found in them. In this class participants will learn basic concepts and valuable information, easy to follow with tips and ideas as a starting point.
- **CANCELLED DUE TO COVID-19 (meeting via Skype) 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.
- **Stress and Our Mental Health (March 6<sup>th</sup>, 2020):** Stress is dangerous when it interferes with your ability to live a normal life for an extended period of time. You may feel "out of control" and have no idea what to do, even if the cause is relatively insignificant. This in turn can cause you to be continuously fatigued, unable to concentrate, or irritable in normally calm situations. Prolonged stress can increase any emotional problems that have arisen from traumatic events in your past Join us to explore what stress is, how it reflects on us, and what tools we can use to ease the burden!
- **Parent Conference Planning Meeting:** A team of professionals are meeting to plan a Spanish language event for families interested in learning techniques to improve the health and well being of their children, including workshops and keynote speaker.