

# The CANOPY

Fall 2013

News from the Verdant Health Commission, serving South Snohomish County



## Are you active every day? Local kids set the pace

### Programs provide ways to run, bike, move

It's no secret that today's youth are less active than previous generations. In fact, if we don't make some important lifestyle changes, the Center for Disease Control believes that this will be the first generation of children not to outlive their parents.

With childhood obesity at record levels, the Verdant Health Commission and its community partners have their sights set on turning around the staggering statistics and motivating children and youth to make activity part of daily life.

Verdant funds programs to help kids get active through many different community organizations: the Edmonds School District, Edmonds Boys & Girls Club, City of Edmonds, City of Lynnwood, City of Mountlake Terrace, Cascade Bicycle Club Education Foundation and more. Visit [www.verdanthealth.org](http://www.verdanthealth.org) to learn more about these programs.



### Free, one-stop website for wellness info

Are you looking for health classes and resources that are available in your neighborhood? [Verdanthealth.org](http://Verdanthealth.org) has the answers.

Through Verdant's partnerships with community and regional health care organizations, we've done the leg work for you, so you can trust the information you find on our website.

On our site, you'll find:

- **Classes, workshops, support groups and events**
- **Articles, news and tips**
- **Links to help people access health care services**

Topics cover these areas: stay well, get active, eat better and stress less. Can't find something you'd like to know more about? Tell us by calling 425-582-8558 or email [info@verdanthealth.org](mailto:info@verdanthealth.org).

### What else is Verdant up to?

### What changes are coming to health care locally?

Learn this and more, inside! 



## We're listening, responding to your needs

At the Verdant Health Commission, we're working to improve the health and well-being of our residents here in South Snohomish County. What does that mean? Responding and reacting to your needs, all while leveraging our resources to make the largest impact possible. We conducted a formal health needs assessment earlier this year, which reinforced our understanding that our community needs

- **Prevention tools,**
- **Educational programs, classes and opportunities, and**
- **Assistance connecting to health care services.**

We will continue to strengthen our involvement in community programs, relying heavily on our interest to bring together unique collaborations, partner with like-minded organizations and leverage resources. Interested in learning more about our programs or the results of our health needs assessment? Learn more at [verdant-health.org/our-programs](http://verdant-health.org/our-programs) or [verdanthealth.org/about-us](http://verdanthealth.org/about-us) or call us at 425-582-8600.

## Attend the Lynnwood Community Health Fair Saturday, October 19

*Learn about a new way to get health insurance*

This fall Washington state has an opportunity to enroll nearly one million uninsured residents in free or low-cost health insurance. The Verdant Health Commission, City of Lynnwood and WithinReach are making it a priority to help sign up people who are newly eligible for health coverage.

If you currently have health insurance through your employer or have Medicare coverage, you do not need to worry about signing up for coverage. If you are uninsured, it is now the law to have health insurance.

The Affordable Care Act will significantly improve your ability to get health insurance. A new website, [wahealthplanfinder.org](http://wahealthplanfinder.org), will give consumers a way to find, compare and enroll in affordable health insurance. Medicaid will also expand by increasing the income eligibility, which means more people will become eligible. Higher incomes might also be covered by a subsidy.

All of this can be confusing, but assistance is on its way.

**On Saturday, Oct. 19 from 2-6 p.m. at the Lynnwood Senior Center** (19000 44th Ave. W), there will be a Community Health Fair. This family-friendly event will include free health insurance presentations throughout the afternoon, free flu vaccines and kids' activities. WithinReach, a local nonprofit, will have their trained, multilingual and certified staff available to provide guidance and arrange personal appointments to help your family sign up.

## Swedish/Edmonds expansion planned

Swedish/Edmonds recently announced plans for a \$63.5 million expansion.

Construction of a two-story, 77,000-square-foot facility will feature a new emergency department (ED) with a dedicated behavioral health unit, an urgent care center, a new outpatient diagnostic imaging center, observation unit, front entry, and parking garage. Completion of the ED and urgent care center is expected in fall 2015.

All of these improvements are planned at no additional cost to the local taxpayers. The Board of Commissioners for Public Hospital District No. 2, Snohomish County, which governs the Verdant Health Commission, has endorsed the plans. Under a 30-year lease agreement with Swedish, the board is consulted on major issues concerning Swedish/Edmonds.

### Health Insurance Enrollment Details

- The online tool, [wahealthplanfinder.org](http://wahealthplanfinder.org) opened on Oct. 1 for coverage beginning January 2014.
- All plans will have to cover 10 essential health benefits such as doctor visits, hospitalizations, emergency room care, prescriptions and others.
- Plans cannot deny health coverage if someone is sick or has a pre-existing condition.
- All plans will have to show the costs and what is covered.
- In 2014, those who do not have insurance will have to pay a penalty when they file their 2014 taxes, with some exceptions.
- If you can't make it to the fair (see opposite page), make an appointment to discuss insurance options by calling [WithinReach](http://WithinReach) at 800-322-2588. (Se habla español.)



## New resource for older adults and people with disabilities opening soon

It's no secret that times are tough for many individuals and families in South Snohomish County. For people with disabilities and older adults, often on fixed incomes, finding support can be a particular challenge.

Enter the Center for Healthy Living. This new facility in Lynnwood is run by Senior Services of Snohomish County, which has a strong track record already for supporting older adults and people with disabilities. With help from Verdant, the Center for Healthy Living will bring services closer to home for our residents. What type of services will be offered at the Center for Healthy Living?

- **Aging and Disability Resources**
- **Health Insurance Information**
- **Multicultural Services**
- **Food and Nutrition Services**
- **Transportation Services**
- **Wellness Programs**
- **Dental Services**
- **Mental Health Services**
- **Family Caregiver Support**

Senior Services of Snohomish County has worked with local senior centers in Edmonds, Lynnwood and Mountlake Terrace for a number of years already, and this new partnership will strengthen those relationships.

The Center for Healthy Living is opening soon at 4100 Alderwood Mall Blvd., Suite 1, and its hours will be 8:00 a.m. to 4:30 p.m. Monday-Friday. Learn more about this new resource at [www.adrhelp.org](http://www.adrhelp.org).



## Verdant to open center for wellness in 2014

Contact Verdant if interested in partnering

The Verdant Health Commission will open a community center for health and wellness next year after purchasing a building along 196th Street SW in Lynnwood.

The location includes an approximately 9,000-square-foot building and parking. The address is 4710 196th St. SW, across the street from Fred Meyer in Lynnwood.

"With a central location in the community we serve here in South Snohomish County, we are so pleased to be in the process of creating a center to serve our residents," said Bob Knowles, president of Verdant's Board of Commissioners.

The building, which was previously a bank branch, will be renovated to serve as an office for Verdant's employees and offer rooms for wellness classes and trainings, some of which will be coordinated by Verdant's partnering organizations. Community organizations interested in offering health and wellness trainings and classes in the new building should call 425-582-8572.

Verdant expects the center to open in the spring of 2014. "We hope to increase the amount of health and wellness programming we offer our residents in the years to come," Carl Zapora, superintendent of the Verdant Health Commission, said. "This new space will allow us to do just that — to grow and create better connections with community groups and individuals."

## Verdant Health Commission History

The Verdant Health Commission works to educate and empower the community to make healthy lifestyle choices, while protecting the ownership of the community hospital for future generations.

For nearly 50 years, Public Hospital District No. 2, Snohomish County's commissioners governed and managed our community hospital. Since reaching an agreement with Swedish Health Services in 2010 to operate the hospital, the Board of Commissioners shifted its focus to prevention and wellness, creating the Verdant Health Commission. Learn more at [www.verdanthealth.org](http://www.verdanthealth.org).

## How is Verdant funded?

The hospital district's revenue is currently a combination of nearly \$8 million in rental income (mostly from Swedish), about \$2 million in tax revenue and roughly \$1 million in interest income on our reserves. While building reserves to secure the future of the hospital for years to come, the district is investing in innovative community health programs, many of which are highlighted in this issue of *The Canopy*, to meet the diverse needs of our community's residents. To view our full audit reports, visit [www.verdanthealth.org](http://www.verdanthealth.org) and click "About Us," then "Our Work."

## Board of Commissioners

The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a six-year term.



**Bob Knowles** is president of the board and manager of disease management at Premera Blue Cross.



**Fred Langer, RN, Esq.**, is secretary of the board, a nurse and a managing partner of the law firm of Nelson Blair Langer Engle, PLLC.



**Deana Knutsen** is an advocate locally and nationally for patients' rights and affordable, high-quality health care.



**J. Bruce Williams, MD, FACP**, is a board certified physician who practices internal medicine in Edmonds.



**Karianna Wilson** is a healthcare consultant and a board member of a parenting support program.

## Learn More

The next meetings of the Board of Commissioners are October 23 and November 20 at 8 a.m. at the Verdant Health Commission Board Room at 3815 196th St. SW, Suite 136, Lynnwood, WA 98036. Special meetings are scheduled as needed. For more information, visit [www.verdanthealth.org](http://www.verdanthealth.org).



## Message from the Superintendent:

*Changes on the horizon for the health of South Snohomish County*

The future looks bright for South Snohomish County residents seeking to improve their health. In this edition of *The Canopy*, you will find articles updating you on the work of Verdant and the new health and wellness-based facilities and services opening in the next couple of years in our community. These facilities include the Verdant Community Center for Health & Wellness, the Center for Healthy Living run by Senior Services of Snohomish County and the new ambulatory care center at Swedish/Edmonds.

One of Verdant's priorities is improving access to health care services. The opening of [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) earlier this month changed the landscape for many uninsured or underinsured individuals locally who now can sign up for free or low-cost health insurance. In addition, we are working to support those in our community who currently are without access to coverage through a number of programs and events.

In 2013, the Verdant Health Commission is on track to invest more than \$3 million in innovative community-based health and wellness programming, and we plan to expand our services in the future. You'll see a current list of investments in this newsletter and on our website at [www.verdanthealth.org](http://www.verdanthealth.org). We hope you'll join in our efforts to improve our community's health by participating in opportunities that interest you.

Sincerely,

Carl J. Zapora  
Superintendent

▶  
*Read on for spotlights of the people, organizations and services provided by four of the Verdant Health Commission programs.*



## Stop Diabetes Initiative

Individuals affected by type 2 diabetes and their family members are encouraged to participate in the free Stop Diabetes Initiative, run by the American Diabetes Association. Through a series of fun, interactive workshops led by diabetes experts, participants will learn how to confidently manage their condition and avoid costly complications. A type 2 diagnosis can be overwhelming — you do not have to figure it out alone!



## Center for Healthy Living

Health screenings, dental services, caregiver support programs and the multicultural senior center are all services offered at the new Center for Healthy Living in Lynnwood, which is run by Senior Services of Snohomish County. This program offers a sense of community to participants by bringing these services and others to people with disabilities and older adult residents of South Snohomish County. See article in this newsletter for more details.



## Bike Basics 101

Encouraging young people to be more active by riding bicycles is a goal of Bike Basics 101, and the in-depth knowledge of traffic laws and riding skills also are a benefit to the middle school-aged youth hitting the roads and trails in our area. Cascade Bicycle Club Education Foundation provides free programming in middle schools, which was supplemented with a bicycling summer camp pilot project in 2013 in partnership with the City of Lynnwood.



## CPR Trainings

When you or a family member experiences a medical or safety emergency, it's important to be ready. The American Red Cross chapter in Snohomish County is coordinating CPR trainings through groups and organizations where the participants cannot afford training or do not typically seek it out. By partnering with local organizations for free certifications, the Red Cross is helping these families gain knowledge and confidence should tragedy strike.



## Current Programs & Community Investments

### Organization

Alzheimer's Association  
American Diabetes Association  
American Heart Association  
American Red Cross Snohomish County  
Boys & Girls Club of Snohomish County  
Cascade Bicycle Club Education Foundation  
Cascade Bicycle Club Education Foundation  
Cascade Bicycle Club Education Foundation  
Center for Human Services  
ChildStrive (formerly Little Red School House)  
Cities of Edmonds, Lynnwood, and Mountlake Terrace  
City of Lynnwood  
City of Lynnwood  
City of Lynnwood  
Community Health Center of Snohomish County  
Domestic Violence Services Snohomish County  
Edmonds Community College  
Edmonds Community College  
Edmonds School District  
Edmonds Senior Center  
Edmonds Senior Center  
Free Range Health  
Lutheran Community Services NW  
Medical Teams International  
Operation Military Family Cares  
Parent Trust for WA Children  
Prescription Drug Assistance Foundation  
PEPS (Program for Early Parent Support)

Project Access Northwest  
Providence Hospice & Home Care Foundation  
Puget Sound Christian Clinic  
Puget Sound Christian Clinic  
Seattle Visiting Nurses Association  
Senior Services of Snohomish County  
Senior Services of Snohomish County  
SightConnection  
Snohomish County Medical Reserve Corps  
TeamChild  
Verdant Health Commission  
Verdant Health Commission  
Washington Community Action Network  
Education & Research Fund  
WithinReach  
Wonderland Development Center  
YWCA of Seattle, King and Snohomish Co  
YWCA of Seattle, King and Snohomish Co

### Program Name

Alzheimer's Support Services  
Stop Diabetes Initiative  
Go Red Connect & BetterU Challenge  
CPR Trainings  
Healthy Habits — After-School Program  
Cascade Policy & Advocacy  
Bicycle Helmets for Low-Income Children  
Bike Basics 101  
Teen Counseling Program  
Nurse-Family Partnership  
  
3rd Grade Swim Lessons  
Emergency Cardiac Care  
Get Movin'  
Move 60: Teens!  
Emergency Room Diversion Project  
Teen Dating Violence Prevention Program  
Celebration of Food Festival  
Student Health & Wellness Promotions Program  
Move 60!  
Healthy Living Fair  
Enhanced Wellness  
Low-Cost Acupuncture Services  
Back-to-School Resource & Health Fair  
Mobile Dental Clinic  
Military Families Swim Program  
Parent Trust Continuum of Family Support  
Prescription Drug Assistance Program  
South Snohomish County PEPS Expansion of Services  
Linking Patients to Donated Medical Care  
Hospice Outreach and Education  
Mobile Medical Clinic  
Mental Health Counseling Program  
Flu Vaccines  
Care Coordination  
Center for Healthy Living  
Insight: A Low Vision Expo  
Health & Beauty Fair  
Youth Wellness Project  
6 Weeks to a Healthier You  
Whooping Cough Outreach and Education  
  
Insurance Outreach and Enrollment Assistance  
Insurance Outreach and Enrollment Assistance  
Early Intervention Services Program  
Children's Domestic Violence Program  
Mental Health Counseling

## About *The Canopy*

The mission of the Verdant Health Commission is to improve the health and well-being of our community. We bring together community partners and individuals interested in improving their health or the health of others under the umbrella topic of wellness. Our work in this area is similar to a canopy's work in nature: supporting and protecting the forest it covers. We hope that through this newsletter, *The Canopy*, you will learn about our programs and find ways to support your health by engaging with us.



HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

3815 196th St. SW, Suite 136  
PO Box 2606  
Lynnwood, WA 98036  
(425) 582-8600 [www.verdanthhealth.org](http://www.verdanthhealth.org)

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South Snohomish County

## By the Numbers

96

Percentage of patients who did not return to the ER for non-emergency needs through the ER diversion program

50,481 Number of adults who did not visit a dentist in the past year

17

Percentage of 12th graders who report 60 minutes of physical activity per day

Average cholesterol points reduced in the American Heart Association's *BetterU Challenge*

25

5,249

Number of children below the **Federal Poverty Level**

69.8

Percentage of people who report inadequate sleep

## Get Involved: Community Health & Wellness Events

Mark these on your calendar now!

### October 19, 2013

Lynnwood Community Health Fair with free seminars to understand health insurance, free flu vaccines, free activities for kids. 2-6 p.m. at Lynnwood Senior Center, 19000 44th Ave. W in Lynnwood.

### Fall 2013

Free flu shot clinics for uninsured. Complete list at [www.verdanthhealth.org/events](http://www.verdanthhealth.org/events).

### Winter 2014

*6 Weeks to a Healthier You* registration opens. Visit [www.verdanthhealth.org](http://www.verdanthhealth.org) for details or to sign up.

### March 31, 2014

Open enrollment for health insurance closes at [wahealthplanfinder.org](http://wahealthplanfinder.org). Coverage is for 2014.

The contents of this newsletter are not intended to replace professional health care services, and we do recommend you see your health care professional for guidance and information relevant to your medical history. To view this newsletter electronically, please visit [www.verdanthhealth.org](http://www.verdanthhealth.org) or to access it in a different format for people with disabilities, please call (425) 582-8558. Editor: Jennifer Piplic, (425) 582-8558 Design: Gary Shinn Design



Printed on recycled paper with soy-based inks.