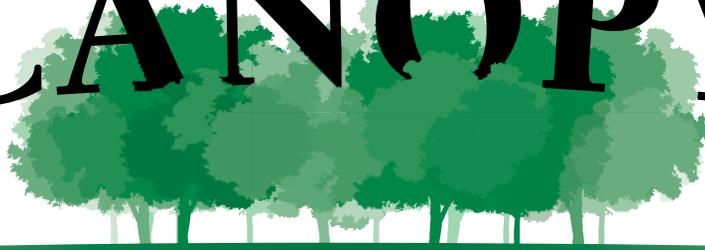


# The CANOPY



News from the Verdant Health Commission, serving South Snohomish County

## Adults needing dental care have new options

*Verdant focus is on preventive care for uninsured residents*

Untreated dental disease can be painful and debilitating for many community residents and has been linked to other physical health issues like

diabetes, heart disease, stroke and adverse pregnancy outcomes. Dental pain is often a common symptom leading to emergency room visits.



In 2013, more than 42,000 people in South Snohomish County did not have dental coverage, which is approximately 1 in 3 adults. Although public coverage through Medicaid expanded in 2014, many adults still lack access, either because dental coverage is not a required health benefit through employers or because the cost is too high. For the Verdant Health Commission's new adult dental initiative, the focus is on supporting dental programs that serve people without any dental coverage.

*(continued inside, bottom right)*

## Mark your calendars: Verdant Community Wellness Center open house

The community is invited to celebrate the launch of the Verdant Community Wellness Center, opening in early 2015, at an event on **Saturday, Jan. 24 from 10 a.m. to 2 p.m. at 4710 196th St. SW in Lynnwood.**

The open house will give the public a sampling of the types of services that will be offered, including food and fun demonstrations in the kitchen,

information and presentations by instructors that will teach classes in the Center, and kids' activities to make it fun for the whole family.

Once open, the Verdant Community Wellness Center will offer classes, support groups, trainings and more for free or low-cost to the public.

The building is currently in its final

stages of renovation across the street from Fred Meyer on 196th Street SW in Lynnwood. Watch for more information in December and January on [verdanthealth.org](http://verdanthealth.org).





## 50th anniversary and groundbreaking milestones at Swedish Edmonds

The mood was festive as about 300 community members celebrated the hospital's 50th anniversary and groundbreaking milestones at Swedish Edmonds last September. Shovels plunged into dirt that will be covered one year from now by a two-story, 77,000-square-foot facility to include a new emergency department (ED), urgent care center, observation unit, outpatient diagnostic imaging center, new lobby, front entry, 37,000-square-foot shelled second floor and more.

The hospital opened in 1964 as a result of voters approving the establishment of Public Hospital District No. 2, Snohomish County, which now runs the Verdant Health Commission. Back then, the entire facility and property cost \$2 million. The new expansion will cost more than \$60 million.

When the building is constructed, a time capsule will be placed in a cornerstone of the building.

Because a new, free parking garage opened in June, there is more parking than ever but access to the parking areas has changed as a result of the construction. For maps of the parking areas and to see renderings of the new facility, please go to [www.swedish.org/EdmondsExpansion](http://www.swedish.org/EdmondsExpansion).

## Message from the Superintendent

### *New opportunities in 2015*

The Verdant Health Commission is here to make a difference in South Snohomish County. Since 2011, we have invested roughly \$9.23 million in our residents' health through programming, services and events. But our support won't stop there. With the opening of the Verdant Community Wellness Center in early 2015, we are adding even more opportunities to reach people and impact their health.

For those of you with busy schedules, this is the perfect opportunity to learn about our work and take advantage of our programming. The Verdant Community Wellness Center will host one-time classes, workshops and trainings, including things like fun cooking demonstrations and CPR trainings. We'll host support groups and offer series of classes on health topics like diabetes and heart health. Too stressed? Taking the time to attend a class on relaxation techniques might be just what you need to help better manage your stress levels. All this and more will be available to you for free or low-cost in the coming year.

As you saw in the cover story, we are hosting an **open house at the Verdant Community Wellness Center (4710 196th Street SW in Lynnwood) on Jan. 24, from 10 a.m. to 2 p.m.** This will be a great time for you to take a look around and get an idea of the types of classes we'll offer. We hope you'll join us!

Sincerely,



Carl J. Zapora  
Superintendent

## Protect yourself from flu

It's flu season, which means it's time to protect yourself and those around you.

Getting the flu vaccine is the No. 1 thing you can do to protect yourself, according to the Washington State Department of Health. Frequent hand-washing is also important, since the flu spreads easily when someone who is infected coughs, sneezes or talks. It can take time for infected people to even know they're sick, which is why getting the vaccine and taking care of yourself is so important.

Here in South Snohomish County, Verdant is partnering with the Seattle Visiting Nurse Association (SVNA) to make sure everyone can have access to the vaccine. Free flu shot clinics have been taking place throughout the fall and will continue into December. Visit [verdanthealth.org/events](http://verdanthealth.org/events) for updated details.



## Adults needing dental care have new options (continued from cover)

In 2014 and 2015, Verdant is supporting new programs that will increase the number of clinics and dentists who provide services to uninsured individuals at a discount or use sliding scale fees through the

following organizations: Community Health Center of Snohomish County, Puget Sound Christian Clinic and Medical Teams International.



## Get insured: Enrollment open Nov. 15–Feb. 15

Washington Healthplanfinder, our state's online marketplace for individuals, families and small businesses to enroll in health insurance, will be open to the public for enrollment from Nov. 15, 2014 to Feb. 15, 2015 for health insurance coverage that begins Jan. 1, 2015.

This is the second year for the online marketplace, which is our state's Health Benefit Exchange, established in accordance with the Affordable Care Act. For 2015, the state is offering 82 Qualified Health Plans for individuals and families, an increase from 46 plans offered in 2014.

If you are interested in enrolling but confused about your options, there are several ways you can get unbiased perspectives. The Verdant Health Commission is working with agencies that have in-person assisters, who can answer questions and walk you through the enrollment process. These in-person assisters will be in our community at a number of locations throughout the winter (see Community Health & Wellness Events on back cover) or call the Family Health Hotline at (800) 322-2588.

## Connect with Verdant

Interested in staying better connected with the Verdant Health Commission? There are now several options to connect online:



Visit us at  
[verdanthealth.org](http://verdanthealth.org)



Sign up for  
e-Newsletters at  
[verdanthealth.org](http://verdanthealth.org)



Like us on Facebook at  
[facebook.com/verdanthc](https://facebook.com/verdanthc)



Follow us on Twitter  
@VerdantHealth

## About the Verdant Health Commission

The Verdant Health Commission funds a wide range of programs that empower people in South Snohomish County to make healthy decisions and get the care they need to stay well. For nearly half a century, we served the health needs of our community by managing the local community hospital. We are now focused on investing in innovative programs that will make a lasting impact on the health and well-being of South Snohomish County residents. Funded mostly by lease income from Swedish Health Services, revenue also comes in the form of interest income and property tax. For a complete list of financial audit reports, visit [verdanthealth.org/reports](http://verdanthealth.org/reports).

## 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. Regular meetings of the commission take place the fourth Wednesday of the month (*November: third Wednesday; December: no meeting*). Meeting minutes are available at [verdanthealth.org/public-meetings](http://verdanthealth.org/public-meetings).

**Bob Knowles** is president of the board and works in the disease management and population health industry.

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

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

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

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



Knowles Williams Knutsen Langer Wilson

## Current Programs & Community Investments

The Verdant Health Commission has provided \$9.23 million in programming since 2011, including the four programs featured on the following pages and the complete list below. Please visit [verdanthealth.org/programs](http://verdanthealth.org/programs) or contact us if you would like to learn more.

Organization	Program Name
American Diabetes Association	Stop Diabetes Initiative
American Red Cross Snohomish County	CPR Trainings
Boys & Girls Club of Snohomish County	Healthy Habits - After-School Program
Camp Fire	Snohomish County Health Initiative
Cascade Bicycle Club Education Foundation	Cascade Policy & Advocacy
Cascade Bicycle Club Education Foundation	Bike Basics 101
Center for Advanced Recovery Solutions	Addiction Training for Mental Health Professionals
Center for Human Services	Teen Counseling Program
ChildStrive	Nurse-Family Partnership
Cities of Edmonds, Lynnwood and Mountlake Terrace	3rd Grade Swim Lessons
City of Brier	Walking Program
City of Edmonds	Exercise Program
City of Lynnwood	Emergency Cardiac Care
City of Lynnwood	Move 60: Teens!
City of Lynnwood	Mobile Integrated Care
City of Mountlake Terrace	Therapy Pool Program
Community Health Center of Snohomish County	Dental Program
Community Health Center of Snohomish County	Emergency Room Diversion Project
Domestic Violence Services Snohomish County	Teen Dating Violence Prevention Program
Edmonds Community College	Student Health & Wellness Promotions Program
Edmonds Community College Foundation	Veterans Support Center
Edmonds Head Injury Support Group	Head Injury Support Program
Edmonds School District	Move 60!
Edmonds School District	Nutrition Assessment
Edmonds School District	Student Support Services Program
Edmonds Senior Center	Enhance Wellness
Fire District 1	Community Paramedic
First Baptist Church in Mountlake Terrace	Wings to Reading Program
Kindering	Early Intervention & Private Therapy Services
Medical Teams International	Mobile Dental Clinic
Prescription Drug Assistance Foundation	Prescription Drug Assistance Program
Program for Early Parent Support	South Snohomish County PEPS Expansion of Services
Project Access Northwest	Linking Patients to Donated Medical Care
Providence Hospice & Home Care Foundation	Hospice Outreach and Education
Puget Sound Christian Clinic	Mobile Medical Clinic
Puget Sound Christian Clinic	Mental Health Counseling Program
Seattle Visiting Nurse Association	Flu Vaccines
Senior Services of Snohomish County	Care Coordination
Senior Services of Snohomish County	Center for Healthy Living
Smithwright Services	Wellness Program for Individuals with Disabilities
Snohomish County Health Leadership Coalition	Palliative Care Initiative
Snohomish County Health Leadership Coalition	Gear Up & Go!
Swedish Edmonds	Java Music Club Program
Washington Community Action Network Education & Research Fund	Insurance Outreach and Enrollment Assistance
WithinReach	Insurance Outreach and Enrollment Assistance
Wonderland Developmental Center	Early Intervention Services Program
YWCA of Seattle, King and Snohomish Co.	Children's Domestic Violence Program
YWCA of Seattle, King and Snohomish Co.	Mental Health Counseling

## Veterans Resource Center

Reintegration into civilian life can be challenging for many returning veterans. Those who want to pursue higher education at Edmonds Community College now have a stronger ally on their hands to make the process smoother. The Veterans Resource Center at Edmonds Community College offers support and assistance for veteran students to help adjust to college



life and also understand their benefits. A new staff member with a counseling background can also assist students with Post Traumatic Stress Disorder, anxiety or other needs.



## Healthy Habits

Healthy Habits offers both nutrition and fitness programming designed to improve the lifestyle choices of elementary school-aged youth in the community. The Edmonds Boys & Girls Club administers this program with support from Verdant at seven sites in the Edmonds area. The children participating have fun and are active while learning from planned hands-on activities. They are exposed to a diverse array of sports, including cross country, lacrosse, track & field and flag rugby. The nutrition curriculum used is rooted in the USDA's Choose My Plate materials. All elementary youth in our community are encouraged to participate in this free program.



## Wellness Program for Individuals with Disabilities

For teens and adults with autism and severe disabilities, managing their regular health needs can be difficult. Smithwright Services' Wellness Program ensures that the teens and adults who live in Smithwright's group homes have medical oversight by the agency's Director of Wellness and are gaining skills to help them manage their health. Nutrition is one element of this work, with residents learning about why it's important to make good choices and even having the chance to get involved in food preparation at their home.



## Enhance Wellness

For three years, the Edmonds Senior Center's Enhance Wellness program has connected older adults with a nurse or social worker to support the senior's health needs by working toward a targeted goal. While each individual's goals have varied, common themes have included medication management, diabetic management and support, anxiety management techniques or weight management. Through an expansion of the program, a new home-based depression support group called PEARLS will launch this winter.





HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

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

## 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.

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## Get Involved: Community Health & Wellness Events

Learn about all of these events and more taking place in South Snohomish County by visiting [verdanthealth.org/events](http://verdanthealth.org/events).

### November



#### All Edmonds Community Health Fair

Nov. 19 from 9 a.m.–1 p.m.  
Edmonds Conference Center  
201 4th Avenue N, Edmonds  
(425) 776-9800



#### Your Life, Your Wishes

Nov. 19 from 3-5 p.m.  
Edmonds Family Medicine  
7315 212th Street SW, Suite 101, Edmonds  
(425) 775-9474



#### Alzheimer's Café

Nov. 24 from 2-4 p.m.  
Edmonds Pagliacci Pizza  
10200 Edmonds Way, Edmonds  
(206) 224-3757



#### Turkey Trot 5K and Food Drive

Nov. 27 from 8-10 a.m.  
Interurban Trail  
20100 48th Avenue W, Lynnwood  
(425) 223-2168

### December



#### Play and Learn Group

Dec. 4 from 10-11 a.m.  
Lynnwood Library  
19200 44th Avenue W, Lynnwood  
(425) 353-5656

### January



#### Verdant Community Wellness Center Open House

Jan. 24 from 10 a.m.–2 p.m.  
4710 196th Street SW, Lynnwood  
(425) 582-8600

### Recurring Events



#### Free Service:

#### Health Insurance Enrollment Assistance

Thursdays beginning Nov. 20 through Dec. 18  
from 10:30-11:30 a.m.  
Mountlake Terrace WorkSource  
6405 218th Street SW, Suite 100,  
Mountlake Terrace



#### Chair-Support Yoga

Mondays and Wednesdays from 4-5:15 p.m.  
(excluding holidays)  
Swedish Edmonds  
21601 76th Avenue W, Edmonds  
(425) 640-4000



#### Family Caregiver Support Group

Thursdays from 1-2:30 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd., Suite 1, Lynnwood  
(425) 290-1268

