

The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Fall 2016

Falls Prevention Awareness

Don't wait until you've had a fall

One out of three older people fall each year, but fewer than half tell anyone about it. Some falls are minor, but others can result in a fracture or serious injury, and sometimes a loss of mobility or independence.

FallsTalk™ and FallScape™ are highly effective falls prevention programs developed with support from the National Institute on Aging. Both are offered free of charge for older adults in South Snohomish County due to support from the Verdant Health Commission.

These programs help you recognize fall risks unique to you. They will then help you create your own



personal plans so you can continue to enjoy your activities and lifestyle. Both FallsTalk and FallScape are delivered privately in your home, community of faith or other convenient location.

(continued inside, top left)

Inside this issue of *The Canopy*:

- *Verdant Healthier Community Conference—save the date*
- *Swedish Edmonds update*
- *New dental clinic for uninsured adults*
- *Free health & wellness events*

Veterans One-Stop Resource Center

This resource center is staffed by professionals and volunteers ready to support veterans looking for assistance navigating the medical, employment, housing, or other systems. If you have questions about accessing veteran's benefits, you can email gerard.gadek@snoco.org or call (425) 388-7255.

- When:**
- Drop-ins welcome
 - Every Tuesday, 9 a.m.–3 p.m.
 - First Wednesday of each month, 8:15 a.m.–3:45 p.m.

Where: Verdant Community Wellness Center
4710 196th St. SW in Lynnwood

VERDANT
**Healthier
 Community**
 CONFERENCE

Spend the Day with Verdant
Plan ahead and mark your calendar now

Verdant will again host its Verdant Healthier Community Conference in early 2017 after a successful 2016 event. Please plan to join us on Monday, February 27, 2017 at the Lynnwood Convention Center as we bring together keynote speakers and host breakout sessions to help community members learn about ways we can live our healthiest and happiest lives.

For registration information, including fees and scholarship information, please visit verdanthealth.org in January 2017 for details.



Why am I Getting This Newsletter?
About the Verdant Health Commission

All residences in Public Hospital District No. 2, Snohomish County, which runs the Verdant Health Commission, receive a copy of this print newsletter to learn more about the health and wellness services available in South Snohomish County.

This newsletter includes information about many of the programs Verdant supports. To learn more, visit verdanthealth.org or call (425) 582-8600.



Did you know?

- Verdant provides grants to community organizations for health and wellness work that serves the public.
- Verdant is governed by a publicly elected board and is funded by a combination of rental income and tax revenue.
- Verdant offers free or low-cost healthy lifestyle classes at the Verdant Community Wellness Center in Lynnwood.

**Connect
 with Verdant**

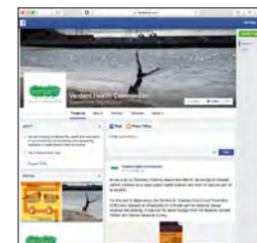
There are several options to stay better connected with the Verdant Health Commission online:



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Message from the Superintendent

Reflecting on six years with Verdant

As cliché as it is, it's hard to believe how quickly time has passed since I joined the Verdant Health Commission nearly six years ago. I am retiring at the end of 2016, and our Board of Commissioners has undertaken a nationwide search to find your next superintendent.

I am very proud of the work we have accomplished at Verdant since 2011. While there is so much to celebrate, I'd like to share a few highlights:

- We've had a positive implementation of our partnership with Swedish Health Services and seen the growth of Swedish Edmonds Hospital, our community hospital. This includes many capital improvements, the most visible of which is a new \$63 million emergency room.
- Verdant is able to support our community health and wellness by focusing on prevention, education, and health access programs through our grant process. Since 2011, we have invested \$20.9 million in such programs (see inside pages for the current list), which is truly remarkable. We've conducted community health needs assessments to make sure our programs align with our community's needs.
- In early 2015, we opened the Verdant Community Wellness Center, where we see hundreds of people monthly in classes, workshops, and programs. If you haven't come in yet, take a look at some of the free classes listed on the back cover, or visit verdanthealth.org/events.
- Mostly, I am proud of the work our staff and commissioners have done to take our public hospital district's idea of a new program, now called Verdant, from a concept to a vibrant organization in the community.

Being part of Verdant's launch and initial years of work has been so rewarding, and I am humbled to serve as your superintendent. As a resident of Edmonds, I look forward to joining you as a participant in the classes and programs Verdant brings to our community for years to come.



Sincerely,

Carl J. Zapora
 Superintendent

Falls Prevention Awareness

(continued from cover)

FallsTalk includes a short screening to determine if it's right for you. The program consists of two face-to-face interviews and three short weekly check-in calls. FallScape multimedia trainings may also be included.

Screenings will take place:

- Oct. 15, 6-7 p.m.;
- Oct. 16, 10 a.m.–12:30 p.m.;
- Nov. 19, 6-7 p.m.;
- Nov. 20, 10 a.m.–12:30 p.m. at Holy Rosary Church, 630 7th Ave. N, Edmonds
- Oct. 18, 10 a.m.–noon;
- Oct. 25, 10 a.m.–noon at Northwest Church in conjunction with the Puget Sound Christian Clinic, 19820 Scriber Lake Rd, Lynnwood

To learn more, stop by one of the free screening events (no pre-registration required). The events are all no-cost, no obligation, and non-denominational.

Swedish Edmonds Update

We are proud to share the Swedish Edmonds' new Ambulatory Care Center won Modern Healthcare's award for the most senior-friendly facility. "It's an honor for the Swedish Edmonds Ambulatory Care Center to be recognized as a senior-friendly facility by Modern Healthcare," said Jennifer Graves, chief executive, Swedish Edmonds. "We value and respect our seniors and wanted to be sure that our new facility was reminiscent of the history here in Edmonds, accessible and an environment in which all can feel truly comfortable."



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, with the exception of November (third Wednesday) and December (no meeting) at 8 a.m. Meeting information is available at verdanthealth.org/public-meetings.



Fred Langer, RN, Esq.



Deana Knutsen



Bob Knowles



J. Bruce Williams, MD, FACP



Karianna Wilson

Current Programs & Community Investments

The Verdant Health Commission has provided \$20.9 million in programming since 2011, including the four programs featured on the following pages and the complete list below. Please visit verdanthealth.org/programs or contact us if you would like to learn more.

Organization	Program Name
Alpha Supported Living	Wellness Program for Individuals with Disabilities
Alzheimer's Association	Alzheimer's Support Services
American Diabetes Association	Type 2 and You, formerly Stop Diabetes Initiative
American Red Cross Snohomish County	Fire Prevention Program
Boys & Girls Club of Snohomish County	Healthy Habits - After-School Program
Brain Injury Alliance of Washington	Brain Health & Wellness Programs
Brookside Research & Development (fiscal agent Senior Services of Snohomish County)	Falls Prevention Program
Camp Fire	Snohomish County Health Initiative
Cascade Bicycle Club Education Foundation	Bike Basics 101
Center for Human Services	Teen Counseling Program
ChildStrive	Nurse-Family Partnership
Cities of Edmonds, Lynnwood, and Mountlake Terrace	3rd Grade Swim Lessons
Cities of Edmonds, Lynnwood, and Mountlake Terrace	Bike2Health Project
City of Lynnwood	Move 60: Teens!
Community Health Center of Snohomish County, Center for Human Services and Integrative Psychological and Social Services (IPASS)	Behavioral Health Program
Compass Health	Behavioral Health Community Paramedic Program
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 School District	Move 60!
Edmonds School District	Student Support Services Program
Edmonds School District and City of Edmonds	Woodway Recreation Project
Edmonds Senior Center	Enhance Wellness
Evergreen Recovery Centers	South County Detox Center
Fire District 1 and City of Lynnwood	Community Paramedic
Foundation for Edmonds Schools	Nourishing Network Summer Meals and Wellness Program
Kindering	Early Intervention & Private Therapy Services
Korean Women's Association	Everyday Prevention
Latino Education & Training Institute (LETI)	Latino Expo
Lutheran Community Services Northwest	Health Access Program for Underserved Communities
Medical Teams International	Mobile Dental Clinic
Medical Teams International	Mobile Dental Clinic Vehicle Purchase
Prescription Drug Assistance Foundation	Prescription Drug Assistance Program
Program for Early Parent Support (PEPS)	South Snohomish County PEPS Expansion of Services
Project Access Northwest	Linking Patients to Donated Medical Care
Puget Sound Christian Clinic	Mobile Medical Clinic
Puget Sound Christian Clinic	Mental Health Counseling Program
Puget Sound Christian Clinic	Dental Clinic
Puget Sound Kidney Center	Chronic Kidney Disease Education & Prevention Program
Senior Services of Snohomish County	Care Coordination
Senior Services of Snohomish County	Center for Healthy Living
Snohomish County Health Leadership Coalition (fiscal agent YMCA of Snohomish County)	Palliative Care and Youth Activity
Snohomish County Medical Reserve Corps.	Medical Reserve Corps Training
Snohomish County Music Project	Music Futures Therapy Program
Swedish Edmonds	Opiate Rescue Kits
Therapeutic Health Services	Behavioral Health Prevention Program
South Snohomish County Consortium (fiscal agent Go the Second Mile)	Back to School Health Fair
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
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

Community Paramedic Behavioral Health Team

This Compass Health and Fire District 1 program works to address the on-going behavioral health needs of our community members. An outreach team can respond to assist people in their homes or other locations where they need help. Behavioral health includes both mental health and substance use, and this team consists of experts who are able to serve adults, adolescents, and children.

People are referred to this voluntary program by firefighters and paramedics, and it targets individuals in need of a connection to behavioral health services.



Getting to Goal Weight Reduction Program

Are you ready to move toward a healthier weight and make changes to your lifestyle? Getting to Goal focuses on identifying nutrition and physical activity modifications to support those efforts. Guided by a Registered Dietitian Nutritionist during one-on-one sessions, participants set long-term health goals and identify short-term steps to maintain new habits. With this program, they get the support and education needed to make permanent lifestyle changes. See the back cover for info about the next group kickoff class on Oct. 18.



Dental Clinic for Uninsured

Uninsured and underserved families in South Snohomish County have a new option for dental care. Puget Sound Christian Clinic has opened a dental clinic in Lynnwood to provide comprehensive dental care to low-income patients. Using a staffing model that incorporates both part-time and volunteer dentists and hygienists, the clinic aims to keep costs low so they can serve patients at a reduced price and using a sliding-scale fee structure. Learn more at pschristianclinic.org/services/dental.



Bike2Health

The cities of Edmonds, Lynnwood, and Mountlake Terrace are working together to improve access to health and wellness choices, make bicycling safer, and increase connectivity by completing 11 critical missing links of a regional bicycle network. Once complete, Bike2Health will establish several key north/south and east/west corridor routes and connect major destinations and transit. Bike lane work in Lynnwood is happening fall 2016, and the cities of Edmonds and Mountlake Terrace have construction scheduled for summer 2017. Learn more at verdanthealth.org/bike2health.





HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

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Lynnwood, WA 98036
(425) 582-8600 • info@verdanthealth.org
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: Free Community Health & Wellness Events

Learn about all of these free events and more taking place in South Snohomish County in 2016-17 by visiting verdanthealth.org/events.

All events listed below take place at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600. Pre-registration required.



Getting to Goal Weight Reduction Class

Tuesday, Oct. 18 from 6:30-8 p.m.



Cooking Demo: Lower-sodium Holiday Foods

Monday, Nov. 14 from 6-8 p.m.



Managing the Holiday Blues

Tuesdays, Nov. 1, 2016–Jan. 3, 2017
from 5-7 p.m., (425) 412-2364



Survivors of Suicide Loss Day

Saturday, Nov. 19 from 10 a.m.-1 p.m.



Strength Training for Adults: A Beginner's Start to Fitness, Health and Weight Loss

Thursday, Nov. 3 from 6:30-7:30 p.m.



Sleep Matters Workshop

Wednesday, Nov. 30
from 6:30-7:30 p.m.



Sugar Detox: How to Cut the Cravings

Wednesday, Nov. 9 from 6:30-7:30 p.m.



A Learn & Taste Demo: Healthy Bites for the Holidays

Wednesday, Dec. 7 from 6-7:30 p.m.



The contents of this fall 2016 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 verdanthealth.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: Jason Becker Creative



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