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)

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

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
There are several options to stay better connected with Verdant online:
at verdanthealth.org

Visit us at verdanthealth.org
Sign up for e-Newsletters at verdanthealth.org
Like us on Facebook at facebook.com/verdanthc
Follow us on Twitter @VerdantHealth

Superintendent

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. Zapea
Superintendent
Current Programs & Community Investments

The Verdant Health Commission has provided $20.9 million in programming since 2001, 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.

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### Swedish Edmonds Update

We are proud to share the Swedish Edmonds new Ambulatory Care Center - a 52,000 sf, one-story building with a 10,000 sf roof terrace to be the new home of our Primary Care and Mental Health Services. This most senior-friendly facility is “an honor for the city,” says Fred Langer, executive vice president and CEO of Swedish Health Care, “in keeping with our mission to improve community health and the health of the community.” The center will be fully equipped to provide a range of services, including primary care, subspecialty care, and behavioral health care, and will be open to patients of all ages. The center will be open to patients of all ages. The center will be open to patients of all ages. The center will be open to patients of all ages. The center will be open to patients of all ages. The center will be open to patients of all ages.

### Community Paramedic Behavioral Health Team

This program is designed to improve access to care for people who are experiencing a mental health crisis and need help. Behavioral health includes both mental health and substance use, and it targets individuals in need of a connection to behavioral health services.

### Getting to Goal Weight Reduction Program

Are you ready to make a lifestyle change? Weight loss can improve health and make changes to your lifestyle better to other factors that can result in health, physical activity, and better quality of life. We offer these efforts through a Facebook group. For more information, visit https://verdanthealth.org/programs. With this program, you can get the support and education needed to make permanent lifestyle changes and achieve your goals. For more information, contact the next group leader at the commission.

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### Board of Commissioners

The Verdant Health Commission is governed by the elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a six-year term. Regular meetings of the commission are held the fourth Wednesday of every month, with the exception of November, at 8:00 a.m. Meeting information is available at verdanthealth.org/public-meetings.

### Prescription Drug Assistance Foundation Prescription Drug Assistance Program

Please visit verdanthealth.org/programs to learn more.

### Bike2Health

The city of Lynnwood and the Edmonds School District partnership to improve access to care for people who are experiencing a mental health crisis and need help. Behavioral health includes both mental health and substance use, and it targets individuals in need of a connection to behavioral health services.

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### Falls Prevention Awareness

Falls Prevention Awareness Week is observed each year in recognition of the importance of preventing falls among older adults. Falls are a significant public health issue, causing injuries and even death. In the United States, more than 3 million people visit emergency departments each year due to falls, and about 300,000 of these falls result in hospitalizations.

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### Dental Clinic for Uninsured

Uninsured and underinsured families in South King County have a new option for dental care. Puget Sound Christian Clinic has opened a dental clinic in Lynnwood to provide primary care to low-income patients. The clinic is open Monday through Thursday, from 8:00 a.m. to 5:00 p.m.

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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.

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.

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

- Strength Training for Adults:
  A Beginner’s Start to Fitness, Health and Weight Loss
  Thursday, Nov. 3 from 6:30-7:30 p.m.

- Sugar Detox: How to Cut the Cravings
  Wednesday, Nov. 9 from 6:30-7:30 p.m.

- Cooking Demo:
  Lower-sodium Holiday Foods
  Monday, Nov. 14 from 6-8 p.m.

- Survivors of Suicide Loss Day
  Saturday, Nov. 19 from 10 a.m.-1 p.m.

- Sleep Matters Workshop
  Wednesday, Nov. 30 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.