

The CANOPY

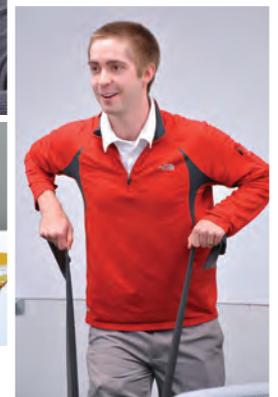
News from the Verdant Health Commission, serving South Snohomish County • Spring 2016

Looking for a group to help you be accountable with your goals to live a healthier lifestyle – for free?

Lifestyle Change Check-In

- Meets 1st and 3rd Tuesday each month
- 6-7 p.m.
- Verdant Community Wellness Center, 4710 196th Street SW in Lynnwood
- Drop-in – no registration needed!
- Weight checks (if desired)

Each session includes nutrition guidance from a Registered Dietitian Nutritionist, fitness help from an Exercise Physiologist, and goal-setting strategies and support. Commit to improving your lifestyle and get support from experts and people with similar goals. Come with a friend!



Do you 5-2-1-0?

Does your family recognize healthy choices, or could “5-2-1-0” help you stay on track? This campaign is being used by organizations across Snohomish County to encourage the community they serve and their staff to “5-2-1-0” every day!

5 Fruits and Vegetables

Fruits and vegetables provide vitamins and minerals that support growth and development in children. In adults, they are also associated with lower rates of heart disease, stroke, high blood pressure, diabetes and some types of cancer.

2 Hours or Less of Recreational Screen Time

Watching television and computer gaming can occupy hours of the day. Screen time is associated with inactivity, increased snacking, and obesity. Too much TV has also been linked to lower reading scores and attention problems in youth.

1 Hour or More of Physical Activity

Regular physical activity is essential for fitness and the prevention of chronic diseases such as heart disease and diabetes. Children who are raised in families with active lifestyles are also more likely to stay active as adults!

0 Sugary Drinks

Sugar-sweetened beverage consumption, such as soda and juice, has increased dramatically during the past 20 years. These drinks are associated with childhood obesity, diabetes, and dental cavities.

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 to the public 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:



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](https://twitter.com/VerdantHealth)

Talking Wellness at the Verdant Healthier Community Conference

Approximately 300 people attended the Verdant Healthier Community Conference in February 2016, where attendees heard from keynote speaker Dr. Wendy Sue Swanson on the direction medicine is headed, how the roles of patients and physicians will change in the 21st century, the role technology will play, and how we can all improve the quality of health care.

The Verdant Health Commission gave four awards to community organizations and individuals who demonstrate creativity, collaboration, innovation and extraordinary service in our community. Congratulations to the award recipients: Bill Keppler and Steve Pennington, of the Edmonds Community College Foundation with the Boots to Books and Beyond Campaign; Edmonds School District's



Move 60! Recess Remodel; Bob Crabtree, Don Chriscaden, Carol Hammon, Sam Rector & Mary Beth Walsh, of The Road Back to Life and the Puget Sound Kidney Centers Foundation; and the City of Lynnwood Fire Department and Snohomish County Fire District 1.

In addition to the keynote speaker and other general sessions, attendees chose breakout sessions to attend on specific health and wellness topics, learning tips and ideas that could benefit their personal health and the health of those with whom they work.

South County Walks

Looking for a way to get active and connect with others in the community? The Verdant Health Commission is partnering with the Parks & Recreation Departments of Lynnwood, Mountlake Terrace, and Edmonds and the Edmonds Senior Center to offer regular group walks this summer during a 10-week period. Walks will be approximately 1 hour long.

- Tuesdays at 9:30 a.m. beginning June 21 at the Edmonds Senior Center
- Thursdays at 6:00 p.m. beginning June 23 at the Lynnwood Rec Center
- Saturdays at 9:30 a.m. beginning June 25 at the Mountlake Terrace Recreation Pavilion

More details about Snohomish County Walks is available at verdanthealth.org. If you are interested in being a volunteer walk leader, please let us know. We will provide a training in early June for anyone interested. Call (425) 582-9412 or contact Sue Waldin at sue.waldin@verdanthealth.org for more information.

Message from the Superintendent

Make a change for your health

We were thrilled to host 300 people at our Verdant Healthier Community Conference, and if you attended, we hope you learned strategies and approaches to healthy living that you can apply to daily life.

If you weren't able to join us, that's OK, too! There are many different strategies for improved well-being. Here are a few:

- **Take a walk.** The weather is improving and there are group walks throughout the summer. If you're not sure where to walk, join a group. See the story on this page for details.
- **Prepare your own meals, using whole ingredients whenever possible.** We offer a variety of free classes at the Verdant Community Wellness Center to educate and inspire you to cook healthy foods. Take a look on the back cover for ideas.
- **Unplug (my favorite).** Most adults have become dependent on computers, cell phones, and TVs and our children have, too. The recommended amount of "screen time" – for youth – is 2 hours per day max., and most kids, according to MedLine Plus, get 5 to 7 hours a day. We have work to do here, and modeling good behavior is healthy for us all.

I encourage you to take a look at verdanthealth.org, as you'll find health tips, community events, and programs that will also support your health and well-being.



Sincerely,

Carl J. Zapora
Superintendent

NAMI Presents: Workshops on Mental Health Topics

National Alliance on Mental Illness (NAMI) Snohomish County is partnering with the Verdant Health Commission to host free, monthly community workshops on mental health topics. There is no registration required—please join us for these presentations! All workshops take place at the Verdant Community Wellness Center, 4710 196th Street SW in Lynnwood.

- Crisis Intervention with Ellis Amdur on Thursday, May 19 from 7-8:30 p.m.
- Anxiety & Depression: Film Screening & Filmmaker Discussion of "Rocks in My Pockets" by Signe Baumann on Friday, June 17 from 6:30-9 p.m.

Visit verdanthealth.org/events to learn more or call (425) 582-8600.

Exciting things are continuing to happen at Swedish Edmonds! The community is benefiting from the new emergency department and other areas that opened in November 2015. In June 2016, phase 3 of the project will open, which includes medical imaging, an urgent care clinic and a short-stay unit. And in fall 2016, there are plans to open new cardiac catheterization and interventional radiology labs.



Current Programs & Community Investments

The Verdant Health Commission has provided \$18.46 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	Stop Diabetes Initiative
American Red Cross Snohomish County	CPR Trainings
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)	Fall 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
City of Edmonds	Health & Fitness Expo
Cities of Edmonds, Lynnwood, and Mountlake Terrace	3rd Grade Swim Lessons
Cities of Edmonds, Lynnwood, and Mountlake Terrace	Bike2Health Project
City of Brier	Walking Program
City of Lynnwood	Move 60: Teens!
Community Health Center of Snohomish County	Dental Program
Community Health Center of Snohomish County, Center for Human Services and Integrative Psychological and Social Services (IPASS)	Behavioral Health Program
Creative Age Festival of Edmonds (fiscal agent Edmonds Senior Center)	Creative Age Festival of Edmonds
Domestic Violence Services Snohomish County	Teen Dating Violence Prevention Program
Edmonds Center for the Arts	Dementia Inclusive Series
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
Kinderling	Early Intervention & Private Therapy Services
Korean Women's Association	Everyday Prevention
Lutheran Community Services Northwest	Health Access Program for Underserved Communities
Medical Teams International	Mobile Dental Clinic
Medical Teams International	Mobile Dental Clinic Vehicle Purchase
Mountlake Terrace Senior Center	AED Program
Northwest Parkinson's Foundation	Dance for Parkinson's
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
Snohomish Health District	Vaccine Education Program in Russian
Swedish Edmonds	Opiate Rescue Kits
Therapeutic Health Services	Behavioral Health Prevention Program
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

Health & Fitness Expo

Families with kids of all ages are invited to attend this year's free Health & Fitness Expo at the Edmonds School District Stadium on Saturday, May 14 from 9 a.m. – 12 p.m. During this event, visit more than 50 booths with health and wellness resources and information, participate in free health screenings and encourage your kids to take part in the Move 60! Kids Fun Run.



Other activities include a bike rodeo, obstacle course, a 5K run, soccer clinic, football clinic, cheer clinic, nutrition information and more!

Exploring Vegetarian Options

The Verdant Community Wellness Center hosts a variety of nutrition education programs and cooking demonstrations. One popular program in March 2016 highlighted vegetarian options, including strategies to create satisfying and well-balanced vegetarian meals and tips for best nutrient absorption and pitfalls to avoid. The class was taught by a Registered Dietitian Nutritionist.



Future cooking and nutrition programs include topics like the Mediterranean Diet and Incorporating Seasonal Produce in Your Meals.

Health Access for Underserved Communities

Finding community resources, connecting to programs and learning about health all in one event can reduce barriers to health services, and



the Community Health Workers of Lutheran Community Services NW know this. They hosted a Latino Health Fair in March 2016 to bring that information to the Spanish-speaking community. The event included blood pressure checks, cooking and nutrition informational sessions and peer-led conversations about topics like walking for health, breast cancer and cervical cancer prevention. There will be more events in the coming months from LCSNW, targeting underserved communities.



Parenting Classes

Support for parents can be useful at all ages of a child's development, which is why the Verdant Health Commission has



supported parenting classes, workshops, and support groups for years. New classes take place throughout the year, including a new

Building Family Strengths class series starting Tuesday evenings in October 2016, a Play and Learn group that takes place on an ongoing, drop-in basis from 10-11 a.m. on Fridays, and a PEPS Second Time Around group for parents with a newborn and older child starting in September 2016. All of these programs take place at the Verdant Community Wellness Center in Lynnwood.



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. Meeting information is available at verdanthealth.org/public-meetings.



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Karianna Wilson



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SERVING SOUTH SNOHOMISH COUNTY

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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.

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Get Involved: Community Health & Wellness Events

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

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



The Anti-Inflammatory Diet

May 4 from 1-2 p.m.



Crisis Intervention Workshop with Ellis Amdur

May 19 from 7-8:30 p.m.



Staying Active with Knee and Back Pain

May 25 from 6-7 p.m.



Hands-on Family Cooking Class: Summer Smoothies & Cool Treats

June 4 from 1-3 p.m.



A Learn & Taste Series: The Mediterranean Diet

June 9 and June 16, 6:30-7:30 p.m.



Anxiety & Depression Film Screening & Discussion for 'Rocks in My Pockets'

June 17 from 6:30-9 p.m.



Cooking Demo: Incorporating Seasonal Produce in Your Meals

June 20, July 11, Aug. 1 or Aug. 22,
from 6-7:30 p.m.

Interested in staying better
connected with the Verdant
Health Commission?

- Visit us at verdanthealth.org
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- Follow us on Twitter: [@VerdantHealth](https://twitter.com/VerdantHealth)

The contents of this spring 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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