

# The CANOPY

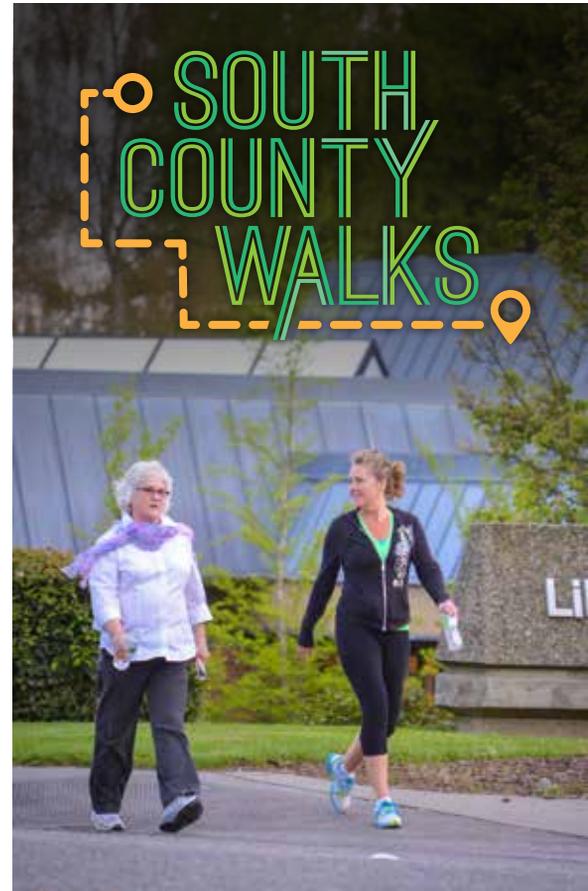
News from the Verdant Health Commission, serving South Snohomish County • Spring 2017

## Join us for walks this summer!

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 Edmonds, Lynnwood, and Mountlake Terrace, the Edmonds Senior Center, and other community partners 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 20 at the Edmonds Senior Center
- Thursdays at 6 p.m. beginning June 22 at the Lynnwood Rec Center
- Saturdays at 9:30 a.m. beginning June 24 at the Mountlake Terrace Recreation Pavilion
- Mondays at 6 p.m. beginning June 26 at the Verdant Community Wellness Center

Come to 8 or more walks, and enter to win prizes! More details about South County Walks is available at [verdanthealth.org](http://verdanthealth.org). If you are interested in being a volunteer walk leader, please let us know. We will provide a training on Monday, June 12 from 5:30-6:30 p.m. for anyone interested in leading walks. Call (425) 582-9412 or contact Sue Waldin at [sue.waldin@verdanthealth.org](mailto:sue.waldin@verdanthealth.org) for information.



## SHARE YOUR VOICE

*The Verdant Health Commission is looking for your feedback!*

*Complete the survey at [verdanthealth.org/survey](http://verdanthealth.org/survey) to be entered to win one of three (3) Fred Meyer gift cards.*

*Survey closes May 12, 2017*

## Walking works for everyone

No matter your age, fitness level, weight, or health condition, walking can improve your health. It's easier than many other forms of exercise as well, because you can do it almost anywhere.

If you haven't been physically active for a while or have chronic conditions such as high blood pressure, diabetes, or heart disease, it is a good idea to check with your health care provider before getting started.

The Centers for Disease Control and Prevention (CDC) recommends 2 hours and 30 minutes of moderate-intensity aerobic activity per week, in

*(continued inside)*



## Health conference educates, provides connections

In February, the Verdant Health Commission and its partners hosted the 2nd annual Verdant Healthier Community Conference at the Lynnwood Convention Center, drawing approximately 275 people who spent the day learning about a variety of health and well-being topics during keynotes and breakout sessions. Presentations included keynote Tony Iton, MD, JD, MPH of The California Endowment who talked about health equity and the impact your zip code has on your health and keynote Kevin Breel who shared his personal experience with mental health and what individuals can do to support each other.

Verdant also recognized the following groups and individuals for their dedication to our community: Dr. Gary Goldbaum from the Snohomish Health District with the Outstanding Community Advocate Award; Latino Educational Training Institute with the Service to our Community Award; the Office of Neighborhoods at the Snohomish County Sheriff's Office and the Community Health & Safety Section of the Lynnwood Police Department with the Innovative Program Award; and the School of Nursing and Health Studies at the University of Washington Bothell with the Community Collaboration Award.

### 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.

## Dental Professionals Needed

Do you know a dentist or dental hygienist who wants to donate time and talents, but doesn't know where to start? Three local non-profits depend on volunteers to run their free- or low-cost dental programs and if your dental provider is interested, they can directly contact these organizations:

<b>Medical Teams International</b> (425) 284-1958 <i>mobile clinic</i>	<b>Project Access Northwest</b> (206) 496-1592 <i>volunteer in your office</i>	<b>Puget Sound Christian Clinic</b> (206) 363-4105 ext. 223 <i>low-income clinic</i>
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## Walking works for everyone

(continued from cover)

addition to resistance training.

"The aerobic activity recommendations can be divided up into shorter time frames if needed," said J. Bruce Williams, MD, FACP and Verdant Commissioner. "Ten minutes or more at a time can add up. It's not necessary to do 60 minutes at a time."

If you're ready to start walking, make sure you are wearing comfortable walking shoes, pack water, and dress in layers so you can remove clothing as you get warm.

At Verdant, we're partnering with Edmonds, Lynnwood, Mountlake Terrace, and the Edmonds Senior Center to coordinate group walks throughout the summer. There is more information about these walks on the cover of this newsletter, but in general, it's a great way to have regular opportunities to get outside and be active. These walks vary in length, but will typically be an hour long. If you're new to walking as exercise, you can shorten the walk or set a goal to participate in them as you gain strength and endurance in the coming months.

The bottom line is, walking is a great way to meet your physical activity goals. Learn more about the recommendations from the CDC at [www.cdc.gov/physicalactivity/](http://www.cdc.gov/physicalactivity/).

## → Benefits of Walking

- Gives you energy and improves your stamina for everyday activities
- Improves your mood & reduces stress
- Strengthens bones
- Helps you relax and sleep better
- Reduces your risk for high blood pressure, high cholesterol, heart disease, stroke, and type 2 diabetes
- Tones muscles, including your heart
- Increases the number of calories you burn, helping you lose and keep off weight

## Supporting your access to health care

### Message from the Superintendent

Wow! It is hard to believe that I am wrapping up my first quarter as the Verdant Health Commission's new superintendent. I have been overwhelmed by the graciousness of our partners in welcoming me into their community. I have been equally as moved by the dedication of the staff and commissioners in their commitment to support ongoing programs and explore innovative ways to create a healthy community for us all.

We at Verdant are keeping a close eye on our community members' access to health care here at the local level. We know that Medicaid admissions to Swedish Edmonds hospital have grown 103.9% between 2012 and 2015. We also know that as of February 2017, there were 169,758 people county-wide who were enrolled in a Medicaid program with close to 46% of these being children.

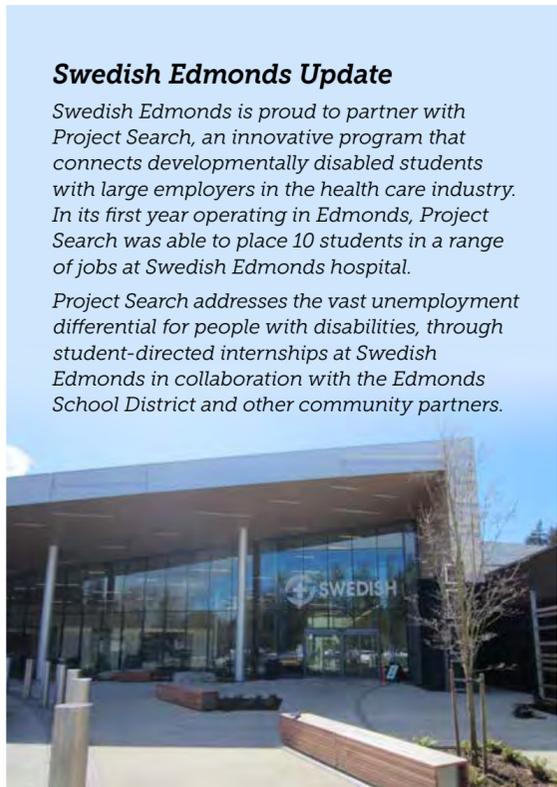
Verdant's programs have an impact on the care that many can receive. Last year, Verdant-funded grants provided 142 uninsured patients with primary medical care, connected 192 individuals with specialty care, and helped 119 individuals with assistance affording their prescription drugs. We know that many people struggle with unmet dental needs, and in 2016 Verdant-funded programs helped 780 individuals get dental care.

As your new superintendent, I can assure you that we are dedicated to making sure the residents of our district continue to be able to access the services and care that they need.



Sincerely,

Robin Fenn, Ph.D., LICSW



### Swedish Edmonds Update

Swedish Edmonds is proud to partner with Project Search, an innovative program that connects developmentally disabled students with large employers in the health care industry. In its first year operating in Edmonds, Project Search was able to place 10 students in a range of jobs at Swedish Edmonds hospital. Project Search addresses the vast unemployment differential for people with disabilities, through student-directed internships at Swedish Edmonds in collaboration with the Edmonds School District and other community partners.

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

All residences in Public Hospital District No. 2, Snohomish County/ 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](http://verdanthealth.org) or call (425) 582-8600.

### Connect with Verdant

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



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



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



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



**Follow us on Twitter**  
[@VerdantHealth](https://twitter.com/VerdantHealth)



### 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 at 8 a.m. on the fourth Wednesday of the month, except for November and December (third Wednesdays). Meeting information is available at [verdanthealth.org/public-meetings](http://verdanthealth.org/public-meetings).



Bob Knowles Deana Knutsen Fred Langer, RN, Esq.



J. Bruce Williams, MD, FACP Karianna Wilson

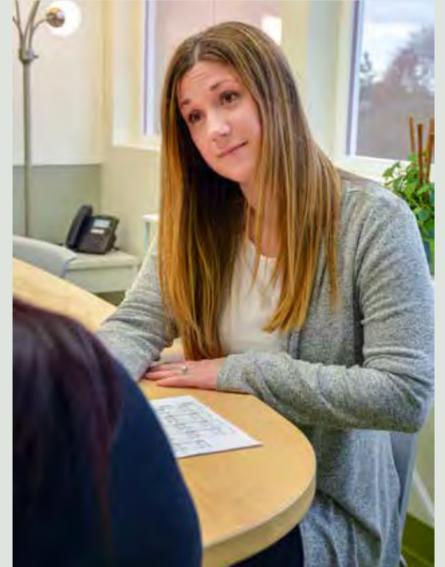
### Cooking Demonstrations

Learning about nutrition and healthy eating is always better when you get to try a sample! At the Verdant Community Wellness Center, there are cooking demonstration and nutrition education classes taught by Registered Dietitian Nutritionists who focus on ways to prepare food that tastes great and is nutritious. Check out the classes listed on the back of this newsletter or visit [verdanthealth.org](http://verdanthealth.org).



### Community Health Workers/ Promotoras de Salud

When culture and language is a challenge, it can be particularly hard to navigate the healthcare system. Verdant has trained Spanish-language Community Health Workers, called Promotoras de Salud, to engage community members and help connect them to services, particularly through education in the areas of diabetes and depression. A recent health fair also featured health screenings, CPR demos, and other workshops.



### Youth Counseling

Verdant supports several programs that offer counseling to middle and high school students, including the Integrated Cognitive Therapies Program with Therapeutic Health Services. The staff is focused on reducing the impact of mental health disorders and substance use by teaching youth practical skills to manage distress. Sessions take place at school or at community locations like the Verdant Community Wellness Center. For more information call (206) 322-7676 ext. 6248.



### Multicultural Senior Center at the Center for Healthy Living

Finding activities that you enjoy and keep you moving is an important part of a healthy lifestyle. The Center for Healthy Living in Lynnwood is run by Senior Services of Snohomish County and hosts a daily multicultural senior center program, each day serving a different group. Several groups use the opportunity to connect socially, eat lunch, and be active, including tai chi. Contact (425) 290-1268 for more information.



### Current Programs & Community Investments

The Verdant Health Commission provided \$6.42 million in programming in 2016, including the four programs featured on the following pages and the complete list at right. Please visit [verdanthealth.org/programs](http://verdanthealth.org/programs) or contact us if you would like to learn more.

**BEHAVIORAL HEALTH**  
Center for Human Services  
Community Health Center of Snohomish County  
Compass Health  
Edmonds Community College Foundation  
Edmonds School District  
Puget Sound Christian Clinic  
Therapeutic Health Services  
YWCA of Seattle King Snohomish

**SERVING SENIORS**  
Alzheimer's Association  
Edmonds Senior Center  
Northwest Parkinson's Foundation  
Senior Services of Snohomish County

**BUILDING HEALTHY COMMUNITIES FUND**  
Creating long-lasting community health improvements by increasing opportunities for residents to live active and healthy lives.  
City of Edmonds  
City of Lynnwood  
City of Mountlake Terrace  
Edmonds School District

**HEALTHCARE AND DENTAL ACCESS**  
Community Health Center of Snohomish County  
Medical Teams International  
Prescription Drug Assistance Foundation  
Project Access Northwest  
Puget Sound Christian Clinic

**CHILDHOOD OBESITY**  
Boys and Girls Club of Snohomish County  
Campfire  
City of Lynnwood  
Edmonds School District  
YMCA of Snohomish County (Snohomish County Health Leadership Coalition)

**CARE COORDINATION**  
City of Lynnwood  
Compass Health  
Senior Services of Snohomish County  
Snohomish County Fire District 1  
Volunteers of America Western Washington

**OTHER PREVENTION**  
Alzheimer's Association  
American Diabetes Association  
American Red Cross Snohomish County Chapter  
Brain Injury Alliance  
Cascade Bicycle Club  
ChildStrive  
City of Edmonds  
City of Mountlake Terrace  
Cocoon House  
Domestic Violence Services of Snohomish County  
Edmonds Community College  
Edmonds School District

Edmonds Senior Center  
Hope Heart Institute  
Kindering  
Korean Women's Association  
Leukemia & Lymphoma Society  
PEPS  
Puget Sound Kidney Center  
Seattle Visiting Nurses  
Snohomish County Fire District 1  
Wonderland Developmental Center  
YWCA of Seattle King Snohomish



**HEALTH COMMISSION**  
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St SW  
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 others, taking place in 2017 by visiting [verdanthealth.org/events](http://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**  
Thursday, May 18 from 6:30-8:30 p.m.



**Farmers Market Cooking Demo**  
Monday, May 22 from 6-7:30 p.m.



**Feeding Your Gut with  
Pre and Probiotics**  
Thursday, June 8 from 6-8 p.m.



**South County Walks**  
Monday, June 26 at 6 p.m.  
No registration required.



**Survive & Thrive with  
Chronic Kidney Disease**  
Wednesdays, June 28-Aug. 2  
from 6-7:30 p.m.  
(425) 259-1907



**Managing Difficult Emotions Group**  
Wednesdays, July 19-Sept. 6  
from 5:30-7 p.m.  
(425) 412-2364



The contents of this spring 2017 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](http://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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