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. 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 for information.

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 Brelé 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:

Medical Teams International (425) 284-1958 mobile clinic
Project Access Northwest (206) 496-1592 volunteer in your office
Puget Sound Christian Clinic (206) 363-4105 ext. 223 low-income clinic

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

Walking works for everyone

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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/.

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 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
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 others, taking place in 2017 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**
  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 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