

The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Summer 2015



Runners participate this spring in Verdant's Couch to 8K training program

Verdant classes support healthy lifestyle choices

What does it take to live a healthy lifestyle?

Eat right, see a medical provider for regular check-ups, be physically active, keep your stress levels in check...all of these can help you be healthier, but it is up to you to take steps to make this happen. You provide the motivation, and the Verdant Health Commission will be here to offer an array of classes, programs and workshops to give you the tools to be successful.

We encourage all of our residents to take a look at what we are offering at the Verdant Community Wellness Center at 4710 196th St. SW in Lynnwood. Everything at the community wellness center is free or low-cost, although most events do require advanced registration.



How can I find out about Verdant events?

What types of classes does Verdant offer?

■ **What is not available at the community wellness center?**

Turn the page to find out

Need help, but don't know where to turn?

There are mental health and substance use disorder resources available in the community to help people, regardless of insurance coverage, who are seeking support to make positive changes in their lives. These resources will help people get started in the right direction:

24-hour Care Crisis Response Services

Operated by Volunteers of America Western Washington, the trained staff respond to people and their family members in crisis and emergency situations 24 hours per day, 365 days per year: 1-800-584-3578

Northsound 2-1-1

This 24-hour service can put you in touch with community behavioral health services in the region and is run by Volunteers of American Western Washington: Dial 2-1-1 or 1-800-223-8145

Verdant Programs

The Verdant Health Commission supports a number of community-based behavioral health programs. A complete list of all Verdant programs is available on the inside pages of this newsletter. Please contact the organization directly for more information.

Verdant classes support healthy lifestyle choices (continued from cover)

How can I find out about Verdant events?

- Visit us online at verdanthealth.org/events for the most accurate list of classes and programs
- View flyers at the Verdant Community Wellness Center, local libraries, senior centers, or other select places in the community
- Call (425) 582-8600 to speak with a Verdant staff member

What are some examples of the types of classes Verdant offers?

STAYWell



- Lifestyle Change Check-Ins
- Stop Diabetes Initiative
- How to Thrive and Survive with Chronic Kidney Disease

EATBetter



- Exotic Flavors with Seasonal Foods
- Cooking with Local Summer Produce
- Packing Healthy Lunches with Parents and Kids Working Together

STRESSLess



- Managing Difficult Emotions
- Reflective Parenting
- Stress Management

GETActive



- Staying Active When You Have Knee and Back Pain
- Strength Training: Easy Activities You Can Do at Home
- Walking Groups

What is not available at the Verdant Community Wellness Center?

- The community wellness center is not a medical or dental clinic, and we do not have staff on hand to diagnose sickness or injury.
- The community wellness center is not a gym. We do host classes taught by exercise physiologists and/or dietitians, but these experts are only available during the classes they teach.

CLASS SPOTLIGHT:

Lifestyle Change Check-Ins

We recognize that lifestyle change does not happen overnight. Change takes time and research shows, change is more likely to happen with support. Lifestyle Change Check-Ins include nutrition, weight management and activity tips, as well as a chance to share struggles, successes and motivators. A registered dietitian and exercise physiologist will be on-hand to facilitate the discussion and provide science-based guidance. Weigh-ins are available if desired. Lifestyle Change Check-In sessions are on the 1st and 3rd Tuesdays of the month from 6-7 p.m. at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood. No registration is required and sessions are free. You may attend as often as you want—it is up to you!



Swedish Edmonds Expansion: On Schedule for Completion Nov. 2015



Construction of the Swedish Edmonds hospital expansion is progressing rapidly as seen by this view of the facility construction in late April.

The largest expansion in more than 40 years is moving ahead quickly at Swedish Edmonds as evidenced by recent construction milestones. The last of the steel beams were placed in April, including the sky bridge beams connecting the new

building to the original hospital facility. Next, concrete floors will be poured, a process expected to be completed by early July.

When completed in November 2015, the new 77,000-square-foot expansion will feature a modern emergency department, spacious lobby, enhanced imaging services and more. A parking garage, with more than 350 free parking spaces, opened last June.

A public grand opening celebration will be announced shortly.

About the Verdant Health Commission

Our commitment to the health of our community goes back 50 years.



The Verdant Health Commission has been serving the residents of South Snohomish County under this name since 2011. But how much do you really know about Verdant?

Verdant provides grants to community organizations for health and wellness work that serves the public.

Since 2011, Verdant has invested in community health and wellness programs by partnering with non-profits, cities, schools and healthcare professionals. These programs focus on serving community residents through health education, prevention programs and improved access to healthcare services.

(continued inside, far left)

Message from the Superintendent

Time to focus on you

At the Verdant Health Commission, we are supporting programs, classes, workshops and events that can help you live a healthier life, and many of these opportunities have been featured in the pages of this newsletter, *The Canopy*. We are thrilled that more than 1,500 people have taken advantage of the new Verdant Community Wellness Center by attending a class or event in just the first three months we've been open.

We'd love for you to take a look at what we're offering if you haven't already (or again if you have!). So often, we take care of the other important people in our lives before turning the attention to ourselves. It's time to focus on you now, and with the variety of healthy lifestyle offerings we have in place, we have something that should interest just about anyone.

Visit verdanthealth.org and take a look around. If you'd like to get monthly updates sent to your inbox so that you don't have to remember to return to our site to see new offerings, you can sign up for our e-newsletter at verdanthealth.org/newsletters. We hope to see you sometime soon!



Sincerely,

Carl J. Zapora
Superintendent

About the Verdant Health Commission (continued)

A complete list of current programs is printed in this edition of *The Canopy*, along with photos highlighting four of those programs. For more information, visit us online at verdanthealth.org/programs.

Verdant is governed by a publicly elected board.

Verdant is the program of Public Hospital District No. 2, Snohomish County, which has existed since 1964. For the first 46 years, the hospital district served the health needs of our residents by managing our local community hospital. In September of 2010, our publicly elected board of five commissioners leased the community hospital to Swedish, which allowed the district to turn its focus on investing in innovative programs that will make a positive, lasting impact on the health and well-being of our residents.

The hospital district's operating revenue is currently a combination of rental income and tax revenue. In 2015, that includes approximately \$9.8 million in lease income from Swedish and other district-owned properties. The district also collects \$2.16 million in tax income.

It is important to note that the tax income secures the district's current bonds, set to expire in 2020. In addition, the taxpayers' continued investment into this district reinforces the public ownership of the hospital campus and the mission of the hospital district. The cost equates to \$0.10 per \$1,000 of assessed value, or roughly \$30 annually for a \$300,000 home.

Verdant offers free or low-cost wellness classes to the public at its new community wellness center.

Throughout this edition of *The Canopy*, you will see examples of the free or low-cost opportunities that are available to our residents taking place at the Verdant Community Wellness Center, located at 4710 196th St. SW in Lynnwood. The hospital district purchased this building in 2013 and renovated it in 2014 so that Verdant and its partner organizations could host

classes, programs, workshops and meetings. The community wellness center serves as an office for Verdant's staff, and it also hosts a Northsound 2-1-1 Community Resource Advocate on site to connect people in need to health and other community resources.

See the front page article called *Verdant classes support healthy lifestyle choices* and the back page of this newsletter for a calendar of events. For a current list of classes, visit verdanthealth.org/events.

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 (*November: third Wednesday; December: no meeting*). Meeting minutes are available at verdanthealth.org/public-meetings.

Fred Langer, RN, Esq., is president of the board, a nurse and a managing partner of the law firm of Nelson Blair Langer Engle, PLLC.

Deana Knutsen is secretary of the board and an advocate locally and nationally for patients' rights and affordable, high-quality health care.

Bob Knowles works in the disease management and population health industry.

J. Bruce Williams, MD, FACP, is a board certified physician who practices internal medicine in Edmonds.

Karianna Wilson is a healthcare consultant.



Langer Knutsen Knowles Williams Wilson

Current Programs & Community Investments

The Verdant Health Commission has provided \$12.6 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
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
Camp Fire	Snohomish County Health Initiative
Cascade Bicycle Club Education Foundation	Bike Basics 101
Center for Advanced Recovery Solutions	Addiction Training for Mental Health Professionals
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	BikeLink Project
City of Brier	Walking Program
City of Edmonds	Exercise Program
City of Lynnwood	Emergency Cardiac Care
City of Lynnwood	Move 60: Teens!
City of Lynnwood	Mobile Integrated Care
City of Mountlake Terrace	Therapy Pool Program
Community Health Center of Snohomish County (CHC)	Dental Program
CHC, Center for Human Services, and iPASS	Behavioral Health 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 Head Injury Support Group	Head Injury Support Program
Edmonds School District	Move 60!
Edmonds School District	Student Support Advocates
Edmonds School District and City of Edmonds	Woodway Recreation Project
Edmonds Senior Center	Enhance Wellness
Fire District 1	Community Paramedic
First Baptist Church in Mountlake Terrace	Wings to Reading Program
Kindering	Early Intervention & Private Therapy Services
Korean Women's Association	Everyday Prevention
Medical Teams International	Mobile Dental Clinic
Medical Teams International	Mobile Dental Clinic Vehicle
Prescription Drug Assistance Foundation	Prescription Drug Assistance Program
Program for Early Parent Support (PEPS)	PEPS Expansion of Services
Project Access Northwest	Linking Patients to Donated Medical Care
Providence Hospice & Home Care Foundation	Hospice Outreach and Education
Puget Sound Christian Clinic	Mobile Medical Clinic
Puget Sound Christian Clinic	Mental Health Counseling Program
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
Smithwright Services	Wellness Program for Individuals with Disabilities
Snohomish County Health Leadership Coalition	Palliative Care and Youth Activity
Snohomish County Music Project	Music Futures Therapy Program
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

Chronic Kidney Disease Education & Prevention

People with chronic kidney disease can reduce its progression and stabilize kidney function when they manage their health and lifestyle. This Puget Sound Kidney Center program supports patients before they need dialysis, and works with them on nutrition with a renal dietitian and lifestyle changes with a nurse and social worker. With



chronic kidney disease affecting more than 10 percent of the adult population, this program is geared to help people gain control of their health in a positive and supportive environment.



Brier Walking

Having access to a safe place to walk can be an obstacle for many people who want to be active outdoors. The Brier Walks program encourages residents of all abilities to use Brier Park's ADA-accessible walking path, installed in the summer of 2014, and to keep track of their distance (walked or run) as a means to prevent disease and injury. The walking path and program are the first of their kind in Brier.



Student Support Advocates

Quite often, middle and high school students who are struggling in school have obstacles outside of the school setting that may be impacting their health and well-being. In this Edmonds School District program, a key focus is on early detection and treatment of drug/alcohol use and mental health issues. Each middle and high schools' advocate works with students to build rapport, assess their needs, communicate with families and navigate the various systems needed for assistance.



Music Futures Therapy

Making music is fun—and strengthens coping skills. For men older than 50, depression, trauma and Post Traumatic Stress Disorder can be difficult to deal with and often overlooked. Many men who experience these feelings would prefer not to talk about them, yet playing an instrument can be therapeutic



and help regulate their emotions. Snohomish County Music Project now offers its Music Futures Therapy Program every Thursday from 1-2 p.m. at the Edmonds Senior Center and from 3:30-4:30 p.m. at the Verdant Community Wellness Center for free. No experience needed, and drop-ins are welcome.





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: Community Health & Wellness Events

Learn about all of these events and more taking place in South Snohomish County in 2015 by visiting verdanthealth.org/events.

At the Verdant Community Wellness Center,
4710 196th St SW in Lynnwood, (425) 582-8600



Healthy Brain, Healthy You

May 28 from 10-11 a.m.



Play and Learn Group

June 5 from 10-11 a.m.



Cooking with Fresh, Local Produce

June 8 from 6-7 p.m.



Parents as Role Models for Healthy Eating

June 15 from 6-8 p.m.



Packing Healthy Lunches with Parents and Kids Learning Together

Aug. 29 from 11 a.m. – 12:30 p.m.



Lifestyle Change Check-In

First and Third Tuesday Each Month from 6-7 p.m.



Music Futures Therapy Program

Thursdays from 3:30-4:30 p.m.

At other community locations
in South Snohomish County



Mountlake Terrace 5K Fun Run/Walk

July 25 at 8:30 a.m.

Mountlake Terrace High School
21801 44th Ave. W, Mountlake Terrace
(425) 431-1570



Back-to-School Health & Resource Fair

Aug. 27 from 6-9 p.m.

Cedar Valley Community School
19200 56th Ave. W, Lynnwood
(425) 431-7046

Interested in staying better connected with the Verdant Health Commission?

- Visit us at verdanthealth.org
- Sign up for e-Newsletters: verdanthealth.org/newsletters
- Like us on Facebook: facebook.com/verdanthealth
- Follow us on Twitter: [@VerdantHealth](https://twitter.com/VerdantHealth)



The contents of this summer 2015 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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