

The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Winter 2015-16

Improve your well-being at the Verdant Community Wellness Center

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 initial 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?

- Take a look at the back cover of this newsletter for a list of some of our upcoming classes
- 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
- Sign up for our free e-newsletter at verdanthealth.org/newsletters

SAVE THE DATE!



Verdant Healthier Community Conference

- Monday, Feb. 29, 2016, 8:30 a.m.-4:30 p.m.
- Lynnwood Convention Center
- More details soon at verdanthealth.org



With students back in school, it's important to be aware of the youth mental health programs in place to help those in need.

Supporting our youth

Helping young people with mental health challenges

When children and youth mature and develop, it is normal for them to experience challenges. Stress about school and short periods of sadness are normal, but extended periods may mean it's time to seek professional help. The Verdant Health Commission supports mental health programs for teens and youth through a number of non-profits and clinics, including several who work with staff and schools in the Edmonds School District. We encourage any parents, guardians or youth to seek more information about these programs through their school or by reaching out to a service provider.

(continued inside, bottom left)



Swedish Edmonds Grand Opening Event

Saturday, November 7

11 a.m. – 2 p.m.

21601 76th Ave. W.,
Edmonds, WA 98026

Join us.

You're invited to the grand opening of a rebuilt Swedish Edmonds.

Swedish Edmonds is only about one month away from the grand opening of the new Swedish Edmonds Emergency Department, new medical imaging area, Starbucks, gift shop, lobby and sky bridge. This is the largest expansion at the hospital in more than 40 years!

On Nov. 7, from 11 a.m. – 2 p.m., you are invited to a grand opening event. Be sure to bring family or friends, tour the new facility and listen to remarks from both Swedish and community leaders. Enjoy free local food and drink and a variety of community activities. All are welcome. To register and get more information, visit Swedish.org/EdmondsEvent.

Supporting our youth *(continued from cover)*

Programs include those run by: Center for Human Services, Community Health Center of Snohomish County, Edmonds School District's Student Support Advocates and Therapeutic Health Services.

In addition, the Verdant Community Wellness Center will host opportunities for parents, guardians and others who interact with youth to learn more about how to provide help and support.

- **Youth Mental Health First Aid** is a nation-wide training to introduce adults to the warning signs of mental health challenges in adolescents, build understanding of the importance of early intervention, and most importantly—teach adults how to help a youth experiencing a mental health or substance use challenge or crisis. This free, 8-hour training will take place Saturday, Dec. 19, 2015 and Tuesday, Feb. 9, 2016 at the Verdant Community Wellness Center and is offered by the Center for Human Services. For more information, contact Tanya at (206) 631-8836 or tanya@chs-nw.org.
- **Free Parent Coaching Group for adults challenged by the mental health and substance use struggles of an adolescent child.** Re-think parenting approaches, learn skills to reduce family conflict and encourage healthier teen behavior. You can parent more effectively and with less distress! Contact Therapeutic Health Services at (206) 322-7676 Ext. 248 for information or to register. The group begins Thursday evening, Nov. 5, 2015 at the Verdant Community Wellness Center.

If you or someone you know is in crisis and needs immediate mental health support, call the 24-hour Care Crisis line at 1-800-584-3578.

Bike2Health is rolling

The cities of Lynnwood, Edmonds and Mountlake Terrace are launching Bike2Health, a collaborative effort to complete 11 critical missing links of the existing regional bicycle network in South Snohomish County. Funded by a \$1.9 million grant from the Verdant Health Commission, the project will improve access to health and wellness choices, make bicycling safer and increase the region's connectivity. Project design kicked off in the summer of 2015, with construction slated to begin in 2016.



Additional bike lanes will connect existing lanes to one another, creating a more cohesive bike network as part of Bike2Health, which is supported by the Verdant Health Commission.

The public will have an opportunity to provide input during an open house from 5-8 p.m. on Nov. 5 at College Place Elementary, 20401 76th Ave. W in Lynnwood. At the open house the cities will share more about the improved bicycle network and bicycle safety and benefits throughout the program and into 2019. During the next three years, community members will be able to participate in a number of family-friendly activities such as organized bike rides, classes and bicycle rodeos.

For the most up-to-date information on Bike2Health, visit verdanthealth.org/bike2health or email bike2health@verdanthealth.org.

Collectively the three cities have completed 23 miles of bicycle network over the past decade. However, much of this construction has been done separately by each city, which has resulted in a segmented bicycle network. This is one reason cited by residents for choosing to use other methods of travel.

The public will have an opportunity to provide input during an open house from 5-8 p.m. on Nov. 5 at College

Message from the Superintendent

Spend one day focused on health, wellness

**February 29, 2016 (Leap Day!)—
Verdant Healthier Community Conference**

Our goal at the Verdant Health Commission is to make South Snohomish County the healthiest community in Washington state. We are doing this in a variety of ways—by investing in community programs, by offering classes on topics of interest at the Verdant Community Wellness Center, and by trying out new ideas to support your health, like hosting a day-long conference on health and well-being called the Verdant Healthier Community Conference on Feb. 29, 2016 at the Lynnwood Convention Center. The conference will run 8:30 a.m. – 4:30 p.m. and costs only \$49 per person, including a nice healthy breakfast and lunch and free parking.

The Verdant Healthier Community Conference will feature speakers and breakout sessions on health and wellness topics that are important to individuals, families, organizations, workplaces and our community as a whole. Stay tuned for more updates and registration information.

Feb. 29 happens to be Leap Day, so we ask that you take this “extra and special” day to spend with us and other community members—learning from experts and each other about ways we can live our healthiest and happiest lives. Learn more this winter at verdanthealth.org or call us at (425) 582-8600.



Sincerely,

Carl J. Zapora
Superintendent

About the Verdant Health Commission

Our commitment to the health of our community goes back 50 years. Here are some facts about the Verdant Health Commission you may not know:

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

Since 2011, Verdant has invested over \$14 million 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. A complete list of programs is printed in this edition of *The Canopy*.

For more information, visit 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 managed 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 to investing in 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, which secures the district's current bonds. This tax 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 healthy lifestyle 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, 4710 196th St. SW in Lynnwood. In addition to hosting classes, workshops, programs and meetings, the community wellness center serves as an office for Verdant's staff and a Northsound 2-1-1 Community Resource Advocate, who connects people in need to health and other community resources.



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



Fred Langer,
RN, Esq.



Deana Knutsen



Bob Knowles



J. Bruce Williams,
MD, FACP



Karianna Wilson

Current Programs & Community Investments

The Verdant Health Commission has provided \$14.3 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
Brain Injury Alliance of Washington	Brain Health & Wellness Programs
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	Bike2Health
City of Brier	Walking Program
City of Lynnwood	Move 60: Teens!
City of Lynnwood	Mobile Integrated Care
City of Lynnwood	Fire Camp
City of Mountlake Terrace	Therapy Pool Program
Community Health Center of Snohomish County	Dental Program
Community Health Center of Snohomish County,	Behavioral Health Program
Center for Human Services and Integrative	
Psychological and Social Services (iPASS)	
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 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	Community Paramedic
First Baptist Church in Mountlake Terrace	Wings to Reading Program
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
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
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 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
Smithwright Services	Wellness Program for Individuals with Disabilities
Snohomish County Health Leadership Coalition (fiscal	Palliative Care and Youth Activity
agent YMCA of Snohomish County)	
Snohomish County Music Project	
Swedish Edmonds	Music Futures Therapy Program
Therapeutic Health Services	Opiate Rescue Kits
Turning Point	Behavioral Health Prevention Program
WithinReach	Back to School Health Fair
Wonderland Developmental Center	Insurance Outreach and Enrollment Assistance
YWCA of Seattle, King and Snohomish Co	Early Intervention Services Program
YWCA of Seattle, King and Snohomish Co	Children's Domestic Violence Program
	Mental Health Counseling

Play & Learn

Play & Learn groups provide children with fun activities to strengthen motor and communication skills, give parents and caregivers an opportunity to engage in positive play with their children, and build connections with other families. Open to children of all abilities from ages 15 months to 5 years, children attending Play & Learn groups experience sensory toys, puzzles and books, as well as a fun-filled circle time facilitated by trained staff. Wonderland Developmental Center hosts a group on the 1st and 3rd Fridays of the month at the Verdant Community Wellness Center from 10-11 a.m. This drop-in group will meet weekly on Fridays beginning in 2016.



Dance for Parkinson's

People with Parkinson's, caregivers and friends can enjoy and benefit from the dance and live music offered through the Dance for Parkinson's 8-week program hosted at the Center for Healthy Living in Lynnwood. The program addresses balance, flexibility, coordination and isolation, in a welcoming environment that is open to people of all levels of ability and mobility, whether seated or standing. The program originated in 2001 by Mark Morris Dance Group and Brooklyn Parkinson's Group and is run locally by the Northwest Parkinson's Foundation and Seattle Theatre Group. The current program ends Nov. 2, 2015, with a new one beginning in January.



Cooking with Fresh, Local Produce

Cooking tasty and healthy food doesn't have to be difficult. During the Verdant Community Wellness Center's Cooking with Fresh, Local Produce classes held from June through September 2015, people learned how to use seasonal produce in their meals. Although the seasonal produce class series has ended for now, more cooking classes focused on healthy options are coming soon, including: exotic flavors cooking classes, hands-on cooking classes for teens and other nutrition education classes.



Everyday Prevention in Korean and Vietnamese

How do non-English speakers access health and wellness education? For first-generation immigrants, the answer may be that they simply don't. This Korean Women's Association (KWA) program makes it easier for Korean and Vietnamese speakers to learn how to manage their health and navigate the health care system. KWA offers a series of classes in both languages on cancer prevention, nutrition, fall prevention and health insurance.





HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St SW
Lynnwood, WA 98036
(425) 582-8600 • info@verdanthhealth.org
verdanthhealth.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 2015-16 by visiting verdanthhealth.org/events.

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



Trails to Transit Group Walk

Oct. 22 or Oct. 24 from 9-10 a.m.



The Anti-Inflammatory Diet

Nov. 2 from 1-2 p.m.



Winter Wellness (Free Flu Shots Available)

Nov. 4 from 6-7 p.m.



Caregiver Support Group

Nov. 5 from 1-2:30 p.m., (425) 388-7404



Teens in the Kitchen: Cooking with Pumpkin—Seeds to Snacks to Soups

Nov. 7 from 1-3 p.m.



Exotic Flavors Cooking Class: French Provencal

Nov. 17, at 5:30 p.m. or 7:15 p.m.
1-800-SWEDISH



Diabetes Prevention: Tips for Reducing Your Risk

Nov. 18 from 1-2:30 p.m.



The Carb Conundrum

Nov. 19 from 6-7 p.m.



Holiday Health: Surviving the Seasons of Indulgence

Dec. 3 from 6:30-7:30 p.m.

Interested in staying better connected with the Verdant Health Commission?

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

