

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
January 27, 2016
8:00 a.m. to 9:30 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) November 18, 2015 Board Meeting	Action	8:01	1-5
b) December 5, 2015 Special Board Meeting	Action	8:02	6-7
C. Executive Committee Report	Information	8:04	---
D. Commissioner Oath of Office	Action	8:05	---
E. Officer Appointments and Committee Assignments	Action	8:07	8
F. Approve 2016 Board Meeting and Retreat Schedule	Action	8:10	9
G. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:12	10-17
b) Authorization for payment of vouchers and payroll	Action	8:17	18
H. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:18	---
b) Program investment recommendations	Action	8:20	19-22
c) Verdant Community Wellness Center activities update	Information	8:30	23-25
d) Program Presentation on Move60 by Edmonds SD	Information	8:35	---
I. Marketing Report	Information	8:50	26-27
J. Superintendent's Report	Information	8:55	---
K. Public Comments (please limit to three minutes per speaker)	---	9:00	---
L. Commissioner Comments	---	9:10	---
M. Executive Session			
a) Consider the legal risks of a proposed action of the district	---	9:15	---
b) Review and consider proposed property acquisition			
c) Discuss superintendent performance			
N. Open Session	---	9:29	---
O. Adjournment	---	9:30	---

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
VERDANT HEALTH COMMISSION

BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
November 18, 2015

Commissioners Present	Fred Langer, President (By Phone) Deana Knutsen, Secretary J. Bruce Williams, M.D., Commissioner Bob Knowles, Commissioner
Commissioners Excused	Karianna Wilson, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Assistant Superintendent/Program Director Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Mara Marano-Bianco RN, BSN, Snohomish Health District Steve Michener, Pinnacle Indoor Sports Members of the community
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:03 a.m. by Secretary Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on October 28, 2015.
Executive Committee	Secretary Knutsen reported that the Executive Committee did not meet in November.
Board Finance Committee	The committee met on November 16, 2015. Ms. King reviewed the financial statements and cash activity for October 2015 (E:70:15).
Authorization for Payment of	Warrant Numbers 11347 through 11390 for October 2015 for payment in the amount of \$96,829.99 were

**Vouchers &
Payroll**

presented for approval (E:71:15). ***Motion was made, seconded and passed unanimously to approve.***

**Resolution
2015:08
Small Works
Roster MRSC**

Motion was made, seconded and passed unanimously to approve Resolution 2015:08 on the subjects of establishing a small public works roster process to award public works contracts.

**Snohomish
Health District
Grant Proposal
Presentation**

Ms. Mara Marano-Bianco RN, BSN presented the Growing Healthy Together proposal from the health district. (E:72:15). Commissioners decided to send the proposal back to the Program Committee for further review.

**Program
Oversight
Committee
Update**

The Program Oversight Committee met on November 10, 2015 and reviewed a total of eight application requests (E:73:15): three new requests and five renewal requests.

No conflicts of interest were reported by any of the commissioners.

New Funding Applications:

1. Snohomish Health District – Russian Speakers Community Meeting – a request to support a community forum to engage Russian-speaking families and provide information about vaccines. The committee is recommending funding the request in full for \$2,660 on a one-time basis. ***Motion was made, seconded and passed unanimously to approve.***
2. Washington Alliance for Better Schools (WABS) – a request for \$60,000 for a two-year program that would use school “natural leaders” to educate immigrant and refugee parents about health issues. The committee is not recommending funding at this time as the health outcomes need to be stronger to justify \$60,000 in funding.
3. Snohomish County Medical Reserve Corps – MRC Training Program – a one-time request of \$10,100 to fund First Aid/CPR and BLS classes and psychological first aid training in south Snohomish County for Medical Reserve Corps volunteers. ***Motion was made, seconded and passed unanimously to approve.***

Renewal Requests:

1. ChildStrive – Nurse Family Partnership. The committee is recommending renewing the program for an additional three years at \$280,000 per year. ***Motion was made, seconded and passed unanimously to approve.***
2. Puget Sound Christian Clinic – Mobile Medical Clinic. The committee is recommending renewing funding at \$99,300 per year for two additional years. ***Motion was made, seconded and passed unanimously to approve.***
3. Snohomish County Fire District 1 – Community Paramedic Program. The committee is recommending fully funding the renewal request at \$344,000 per year for three years. ***Motion was made, seconded and passed unanimously to approve.***
4. Cascade Bicycle Club Education Foundation – Advanced Basics of Bicycling Program. The committee is recommending renewing funding at the program’s current level of \$32,000 per year for three years. ***Motion was made, seconded and passed unanimously to approve.***
5. Camp Fire Health Initiative. The committee did not reach consensus on this proposal and is bringing the project forward to the full board for discussion. ***Motion was made, seconded and passed unanimously to approve*** but commissioners would like to see objective feedback.

VCWC Update

See E:74:15

Marketing Report

Ms. Piplic presented the report for November 2015 (E:75:15) highlighting the Verdant Healthier Community Conference agenda and the upcoming International Survivors of Suicide Loss Day on November 21, 2015 at the VCWC.

Indoor Recreation Facility Presentation

Mr. Steve Michener of Pinnacle Indoor Sports presented the findings of the market feasibility study (E:78:15). A facility could also be used for other events; not just sports.

Commissioners discussed the possibility of a bond issue to gauge the community interest. The full report is

available if requested. Commissioners decided to discuss this further at the board retreat on December 5, 2015.

**Commissioner
Comments**

Commissioner Williams presented the latest Joint Commission reports showing Swedish Edmonds ranking (E:79:15). He also mentioned that the Emergency Department at the hospital has opened.

**Superintendent's
Report**

Superintendent Zapora reported on the following items:

1. He appreciates Pinnacle Indoor Sport's report today.
2. Lynnwood Today article on their draft plan for a healthier community (E:80:15)
3. State audit has begun. Commissioners will be invited to the entrance interview when a date is set.
4. Verdant Healthier Community Conference will be held on Monday, February 29, 2016 from 8:30 a.m. to 4:30 p.m. at the Lynnwood Convention Center. Cost is \$49 per person and hopes are that the employers in the district will send their employees.

**Public
Comments**

1. Terry Clark, ChildStrive – thanked the board for the renewal funding and said that the program has great results.
2. Sarah Olson, City of Lynnwood – thanked the board for the support from Verdant in partnering with the Healthy Community program. Ms. Olson also mentioned that the Bike-2-Health program is 30% through the design phase and thanked the board for funding this program.
3. Chief Scott Cockrum, Lynnwood Fire Department – thanked the board for the renewal funding for the Community Paramedic program on behalf of Fire District 1 and the Lynnwood Fire Department.

**Executive
Session**

Secretary Knutsen recessed the regular meeting at 9:15 a.m. into Executive Session to discuss potential litigation.

Secretary Knutsen stated that the board would reconvene at 9:45 a.m. and no action would be taken in Executive Session.

Open Session

The board reconvened into Open Session at 9:40 a.m.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:40 a.m.

ATTEST BY:

President

Secretary

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON

**BOARD SPECIAL MEETING
December 4 to 5, 2015
Tulalip Resort**

**Commissioners
Present**

Fred Langer, President
Bob Knowles, Commissioner
Karianna Wilson, Commissioner
Deana Knutsen, Commissioner
J. Bruce Williams, MD, Commissioner

Staff

Carl Zapora
George Kosovich
Jennifer Piplic
Lisa King
Sue Waldin
Karen Goto

Guest

Andrew Ballard, Facilitator

Dinner/Reception

A dinner and reception was held on Friday, December 4 from 5:30 to 8:00 p.m. No business was conducted.

Call to Order

On Saturday, December 5 the Special Meeting of the Board of Commissioners was called to order by President Langer at 7:59 a.m.

**Strategic Planning
Discussion**

The board went into a strategic planning discussion. Topics included a planning review, mortality data, SWOT analysis, community programs brainstorming, reserve balance, property development activity, officer & committee preference for 2016, and priority goals. A written summary, including the SWOT analysis and identified program priorities will be produced by the facilitator. Commissioners shared their opinions on the appropriate amount of cash reserves the District should maintain, generally agreeing that \$40 million is still the goal by 2020.

The Finance Committee was tasked with evaluating real estate opportunities and strategy and presenting a summary to the full board for action. The plan should consider financial reserve balances, real estate investments and community program investments.

Verdant will engage Thomas & Associates to do further investigation on the target recreation property.

No action was taken at the meeting.

Executive Session

President Langer recessed the special meeting at 2:43 p.m. into Executive Session to discuss the Superintendent contract. President Langer stated that the board would reconvene in 20 minutes and no action would be taken.

Adjourn

There being no further business to discuss, the meeting was adjourned at 3:00 p.m.

Attest By:

President

Secretary

Officer Appointments & Committee Assignments Worksheet

2015

President – Fred Langer

Secretary – Deana Knutsen

Executive Committee

Fred Langer (Chair)

Deana Knutsen

Finance Committee

Bob Knowles (Chair)

Deana Knutsen

Program Committee

Karianna Wilson (Chair)

Bruce Williams

Strategic Collaboration Committee

Fred Langer (Chair)

Deana Knutsen

Medical Advisory Committee

Bruce Williams (Chair)

Bob Knowles

2016



2016 Monthly Board Meetings

4th Wednesday of the month, 8 AM
Verdant Health & Wellness Center unless
noted *

January 27

February 24

March 23

April 27

May 25

June 22

No July meeting (proposal) or July 27

August 24

September 28

October 26

November 16 * (3rd Wednesday)

NO December meeting

2016 Retreats

~ Mini Retreat – Friday, June 17, 2016,

12 to 5 p.m. @ Verdant

~ Board Retreat – December 2 to 3, 2016

12 to 5 p.m. Friday

8 a.m. to 12 p.m. Saturday @ Tulalip

Balance Sheet
As of December 31, 2015

	A	B	C	D
	Dec 31, 2014	Dec 31, 2015	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,840,919	2,054,782	(786,137)	
4 Other Current Assets	32,617,628	35,307,530	2,689,901	Includes Investments
5 Total Current Assets	35,458,547	37,362,311	1,903,764	
6 Total Long-term & Fixed Assets	47,374,208	46,893,130	(481,078)	Depreciation
7 TOTAL ASSETS	82,832,755	84,255,442	1,422,686	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,480,364	2,061,493	(418,871)	
11 Long-term Liabilities	4,857,008	3,989,978	(867,030)	2012 LTGO Bonds
12 Total Liabilities	7,337,372	6,051,471	(1,285,901)	
13 Total Equity	75,495,383	78,203,970	2,708,587	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	82,832,755	84,255,442	1,422,686	

Profit & Loss

Dec 2015

	A	B	C	D	E	F
	Dec Actual	Dec Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	2,816,014	2,754,708	61,306	11,853,681	11,684,949	168,732
3 EXPENSES						
4 Operating Expenses	280,874	167,051	(113,823)	1,962,745	2,112,403	149,658
5 Depreciation Expense	204,527	211,669	7,142	2,640,737	2,669,998	29,261
6 Program Expenses	1,395,592	1,180,917	(214,674)	6,771,280	7,100,000	328,720
7 Total Expenses	1,880,992	1,559,637	(321,355)	11,374,762	11,882,401	507,639
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	99,318	212,096	(112,778)	2,229,669	2,545,152	(315,483)
10 NET INCOME	1,034,339	1,407,166	(372,827)	2,708,587	2,347,700	360,888

Monthly Highlights

Dec 2015

Verdant received dividends payments of \$44,759 and an unrealized loss of \$127,372 on our investment portfolio in December and closed with an ending market value of \$34,470,178.

Annual program payments total \$6,770,665 in 2015. Annual program commitments total \$4,473,072 and \$2,747,905 for 2016 and 2017, respectively. \$1,729,282 remains available to spend in 2016, of which \$50,000 is earmarked as Superintendent Discretionary.

Additional income of \$187,785 and expenses of \$99,674 from the Kruger Clinic were incurred, netting to an additional operating income of \$88,110 in December. Note that monthly depreciation expense of Kruger Clinic assets is now included. Annual deferred revenue of \$77,784 is also included in December.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11391	11/04/2015	Consolidated Press Printing Company, Inc	10,309.32	Canopy Winter 2015 printing and mail prep
11392	11/04/2015	Dataworks	809.90	IT Support
11393	11/04/2015	Ewing Environmental	400.00	Mold Protocol for Kruger Clinic
11394	11/04/2015	Puget Sound Energy	54.37	Natural Gas
11395	11/04/2015	Sound Publishing, Inc.	39.20	10/28 Board Meeting Legal Notice
11396	11/04/2015	Total Health	569.48	Instructor reimbursement (WC 117)
11397	11/04/2015	Tulalip Resort Casino	3,703.89	Board Retreat Deposit
11398	11/04/2015	Waste Management	79.35	October 2015
11399	11/04/2015	Consolidated Landscape Maintenance, Inc.	436.91	Nov 2015 Landscaping
11400	11/04/2015	Waste Management	140.14	October 2015
11401	11/04/2015	Edmonds Chamber of Commerce	60.00	CZ, GK, KG attend Chamber event 9/24/15
11402	11/04/2015	Edmonds Family Medicine Clinic	200.00	Refund for Deposit for VCWC Use
11403	11/04/2015	City of Lynnwood - Utilities	103.34	Water/Sewer/Storm
11404	11/04/2015	City of Lynnwood - Utilities	265.55	Water/Sewer/Storm
11405	11/04/2015	City of Lynnwood - Utilities	171.30	Water/Sewer/Storm
11406	11/11/2015	UNITED WAY	570.00	Employee Payroll Contributions
11407	11/11/2015	Armstrong Services	1,273.34	Janitorial Oct 2015
11408	11/11/2015	Ash Consulting	409.50	Oct 2015 Accounting Consulting
11409	11/11/2015	City of Lynnwood	1,241.25	Oct 2015 Front Desk Staffing 85 hours
11410	11/11/2015	Comcast	266.06	Internet/Telephone
11411	11/11/2015	Lowe Graham Jones PLLC	150.00	Oct 2015 trademark watch
11412	11/11/2015	Comcast	519.86	Internet/Telephone
11413	11/11/2015	Healthcare Realty	6,077.29	Property Management
11414	11/18/2015	AmeriFlex Business Solutions	17.25	November 2015 FSA Administration
11415	11/18/2015	Dataworks	750.65	IT Support
11416	11/18/2015	Swedish Medical Center	5,000.00	Award 230 - Opiate Rescue Kits
11417	11/18/2015	Snohomish Medical Reserve Corp	200.00	Refund for Deposit for VCWC Use
11418	11/18/2015	Eliana Haffner	0.00	VOID: Refund of Deposit
11419	11/18/2015	Foster Pepper	1,234.00	May 2015 Legal
11420	11/18/2015	State Auditor's	44.30	2013/14 State Audit
11421	11/18/2015	W. Colston Leigh Inc.	6,250.00	Deposit for Healthier Community Conference Speaker
11422	11/18/2015	American Heart Association	200.00	WC 111 - Instuctor reimbursement for Spanish Cooking class
11423	11/18/2015	Eliana Haffner	200.00	Refund for Deposit of VCWC Use
11424	11/18/2015	Seattle Food Nut	568.56	WC 120 - Teens Cooking Class
11425	11/18/2015	Staples	352.41	Supplies
11426	11/25/2015	Parsi Properties LLC	1,500.00	Dec 2015 - Parking lot lease
11427	11/25/2015	Sound Publishing, Inc.	39.20	11/18 Board Meeting Legal Notice
11428	11/25/2015	Bonewitz LLC	9,104.62	Oct 2015 Project Management of Kruger Clinic Urgent Care TI
11429	11/25/2015	Judith Carmina	10.15	Reimbursement for Cooking Class Materials
11430	11/25/2015	Wells Fargo	1,160.34	Misc.
11431	11/25/2015	Aukema & Associates	728.50	Oct 2015 website
11432	11/25/2015	Dataworks	1,834.98	IT Support
11433	11/25/2015	Premera Blue Cross	3,808.62	Dec 2015 Employee Medical & Dental Insurance
11434	11/25/2015	Sound Dietitians	480.00	Instuctor Reimbursement for VCWC

Warrant Number	Transaction Date	Payee	Amount	Purpose
11435	11/25/2015	Waste Management	79.48	November 2015
11436	11/25/2015	Wells Fargo	2,006.24	Misc
11437	11/25/2015	Principal Financial Group	982.60	Dec 2015 Employee Life Insurance
11438	11/25/2015	Waste Management	140.01	November 2015
		Total Warrants	64,541.96	

Wire/ACH Activity:

11/13/2015	Payroll	17,232.35	ACH payroll transfer
11/13/2015	Department of Treasury	6,280.84	Payroll taxes for 11/7/15 pay period ending
11/13/2015	Valic	2,725.42	Payroll 401(a)/457 Deposit
11/13/2015	Paychex	96.65	Fee for payroll processing
11/27/2015	Payroll	17,815.26	ACH payroll transfer
11/27/2015	Department of Treasury	6,454.69	Payroll taxes for 11/21/15 pay period ending
11/27/2015	Valic	2,715.53	Payroll 401(a)/457 Deposit
11/27/2015	Paychex	96.65	Fee for payroll processing
11/10/2015	Wells Fargo	181.18	Oct 2015 Client Analysis Bank Fee / Merchant Account
11/1/2015	Valic	5.29	Payroll 401(a)/457 Deposit 10/24/15 pay period ending
11/15/2015	Alzheimer's Association Western & Central	7,209.16	Program Payment
11/15/2015	American Diabetes Association	4,166.67	Program Payment
11/15/2015	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
11/15/2015	CampFire	4,166.67	Program Payment
11/15/2015	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
11/15/2015	Center for Human Services	13,523.67	Program Payment
11/15/2015	ChildStrive	23,113.25	Program Payment
11/15/2015	City of Lynnwood	15,165.66	Program Payment
11/15/2015	Community Health Center of Snohomish Co	25,000.00	Program Payment
11/15/2015	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
11/15/2015	Edmonds Community College	4,974.50	Program Payment
11/15/2015	Edmonds Community College Foundation	4,396.33	Program Payment
11/15/2015	Edmonds School District No. 15	68,533.25	Program Payment
11/15/2015	Edmonds Senior Center	9,166.67	Program Payment
11/15/2015	Kindering	7,500.00	Program Payment
11/15/2015	Korean Women's Association	5,000.00	Program Payment
11/15/2015	Prescription Drug Assistance Foundation	4,166.67	Program Payment
11/15/2015	Program for Early Parent Support	2,987.50	Program Payment
11/15/2015	Project Access Northwest	7,500.00	Program Payment
11/15/2015	Puget Sound Christian Clinic	9,583.33	Program Payment
11/15/2015	Puget Sound Kidney Centers Foundation	5,833.33	Program Payment
11/15/2015	Senior Services of Snohomish County	57,936.67	Program Payment
11/15/2015	Snohomish County Fire District 1	12,035.50	Program Payment
11/15/2015	Snohomish County Music Project	2,416.67	Program Payment
11/15/2015	Therapeutic Health Services	16,666.67	Program Payment
11/15/2015	Volunteers of America Western WA	6,362.92	Program Payment
11/15/2015	Wonderland Development Center	14,150.00	Program Payment
11/15/2015	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
11/15/2015	Brain Injury Association of WA	12,500.00	Program Payment
11/15/2015	Community Health Center of Snohomish Co	25,175.28	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	11/15/2015	Medical Teams International	5,500.00	Program Payment
	11/15/2015	Mary Porter, RDN	1,290.00	Program Payment
	11/2/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	11/17/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	11/19/2015	AmeriFlex Business Solutions	30.00	FSA Payments
	11/30/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	11/25/2015	WA Department of Revenue	770.65	B&O tax
		Total Wires/ACH Transactions	<u>450,399.09</u>	
Kruger Clinic Activity:				
404-418	Nov 2015	Various Claimants/Vendors	<u>80,008.59</u>	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305269-273	Nov 2015	Various Claimants/Vendors	<u>92,890.00</u>	Administered by Eberle Vivian
		Total Disbursements	<u><u>\$ 687,839.64</u></u>	

Transaction Date	Payer	Amount	Purpose
Deposits:			
11/1/2015	Swedish/Edmonds	754,825.56	Monthly lease
11/1/2015	Value Village	24,428.45	Monthly lease
11/1/2015	Brian Tagaki, MD	75.00	Kruger Clinic monthly lease
11/1/2015	John Headley MD PS	18,949.07	Kruger Clinic monthly lease
11/1/2015	Raymond Liu, D.D.S.	3,394.37	Kruger Clinic monthly lease
11/1/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease
11/27/2015	Healthcare Realty Services, Inc.	4,663.72	Monthly ground lease
11/10/2015	Snohomish County	820,860.54	Levy
11/12/2015	YMCA of Snohomish Co	200.00	Deposit for VCWC Use
11/12/2015	United Way of Snoh Co	200.00	Deposit for VCWC Use
11/13/2015	Korean Community Service Center	100.00	Deposit for VCWC Use
11/16/2015	SCAAYC	200.00	Deposit for VCWC Use
11/16/2015	CareForce	200.00	Deposit for VCWC Use
11/16/2015	The Arc of Snohomish County	100.00	Deposit for VCWC Use
11/20/2015	The Daily Herald	200.00	Deposit for VCWC Use
11/5/2015	Wells Fargo	665.00	Reimbursement for Check Fraud
11/10/2015	Snoh Co Health Leadership Coalition	54.20	Reimbursement for Copies
11/23/2015	Body Recovery Clinic v AIS Settlement Fun	728.62	Settlement for Stevens Hospital
11/25/2015	Foster Pepper	1,581.10	Refund for overpayment
11/27/2015	Verdant Credit Card Test	15.00	TEST for use of Credit Card Processing Online
	Total Deposits	<u><u>\$ 1,658,284.38</u></u>	

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11439	12/02/2015	Beth Rodriguez, LLC	1,028.81	October 2015 Marketing Consulting for VHCC
11440	12/02/2015	Consolidated Landscape Maintenance, Inc.	436.91	Dec 2015 Landscaping
11441	12/02/2015	Pacific Art Press Inc	78.62	Printing of Sponsorship Material for VHCC
11442	12/02/2015	Puget Sound Energy	58.12	Natural Gas
11443	12/02/2015	Sellen Construction	2,345.49	Leak remediation for Kruger Clinic S/E Urgent Care Clinic TI
11444	12/02/2015	Snohomish County PUD	1,712.73	Electricity 10/21 - 11/19/15
11445	12/02/2015	Guardian Security Systems	240.00	1/1/2016-3/31/16 Elevator and AES Radio Monitoring
11446	12/02/2015	MRSC Rosters	120.00	Annual Dues
11447	12/02/2015	Aukema & Associates	117.50	August 2015 website
11448	12/09/2015	YMCA of Snohomish Co	200.00	Refund for deposit
11449	12/09/2015	Bonewitz LLC	9,000.00	Nov 2015 Project Management of Kruger Clinic Urgent Care TI
11450	12/09/2015	Comcast	266.06	Internet/Telephone
11451	12/09/2015	Eberle Vivian	4,037.70	1Q16 Self Insurance Work Comp Claims Administration
11452	12/09/2015	Judd and Black Appliance	109.45	Repair dishwasher
11453	12/09/2015	Swedish Medical Center	360.00	WC 123 - Diabetes Prevention Workshop Instructor
11454	12/09/2015	Ash Consulting	1,092.00	Nov 2015 Accounting Consulting
11455	12/09/2015	Aukema & Associates	376.00	Nov 2015 website
11456	12/09/2015	Lowe Graham Jones PLLC	75.00	Nov 2015 trademark watch
11457	12/09/2015	Providence Health & Services	200.00	WC 109 - Instructor for Carb Conundrum Class 11/19/15
11458	12/09/2015	YWCA of Seattle, King and Snohomish Co	9,925.00	WC 101 - Life Skill Classes (July 23, 2015-January 6, 2016)
11459	12/09/2015	Comcast	519.86	Internet/Telephone
11460	12/09/2015	Armstrong Services	1,253.12	Janitorial Nov 2015
11461	12/10/2015	Enduris Insurance Recovery	2,732.43	Refund for overpayment of Insurance claim
11462	12/16/2015	Dataworks	35.00	IT Support
11463	12/16/2015	Healthcare Realty	6,166.34	Property Management
11464	12/16/2015	Platt Electric	57.90	Light bulbs
11465	12/16/2015	The Lynnwood Chamber	150.00	Annual Dues 2016
11466	12/16/2015	AmeriFlex Business Solutions	17.25	December 2015 FSA Administration
11467	12/16/2015	Evergreen Print Solutions	165.12	VHCC Business Cards
11468	12/16/2015	Archbright	1,788.00	2016 Annual Dues
11469	12/16/2015	City of Lynnwood	1,100.38	Nov 2015 Front Desk Staffing 73.5 hours
11470	12/16/2015	Electronic Business Machines	1,227.06	9/1/15 - 11/30/15 Copy Machine
11471	12/16/2015	Moss Adams - Cost Report	900.00	2007 Final CPE Settlement from HCA
11472	12/16/2015	State Auditor's	10,174.09	2013/14 State Audit
11473	12/16/2015	Thomas & Associates	8,376.50	Sept, Oct, Nov retainer / Travel 8/26, 9/30 220miles
11474	12/16/2015	National Institute for Coordinated Health	627.60	WC 110 - Instructor Reimbursement for 12/9 classes
11475	12/16/2015	Total Health	200.00	WC 117 - Instructor reimbursement
11476	12/23/2015	Edmonds Center for the Arts	5,000.00	Award 234 - Dementia Inclusive Series
11477	12/23/2015	Pinnacle Indoor Sports	12,727.22	Consulting
11478	12/23/2015	The StayWell Company, LLC	3,000.00	Website Content
11479	12/23/2015	US Bank	425.00	Annual Fee
11480	12/23/2015	AWPHD	3,500.00	2016 Annual membership Dues
11481	12/23/2015	Staples	294.78	Supplies
11482	12/23/2015	Wells Fargo	1,902.15	Misc.

Warrant Transaction

Number	Date	Payee	Amount	Purpose
11487	12/30/2015	UNITED WAY	665.00	Employee Payroll Contributions
11483	12/23/2015	Premera Blue Cross	3,808.62	Jan 2016 Employee Medical & Dental Insurance
11484	12/23/2015	The Daily Herald	200.00	Refund for Damage Deposit for VCWC
11485	12/23/2015	R&T Hood and Duct Services, Inc.	178.26	Semi-annual inspection
11486	12/23/2015	NAMI Snohomish County	2,800.00	WC 123 - Mental Health Workshops
11491	12/23/2015	Wells Fargo	186.20	Misc.
11492	12/23/2015	Brower Tinting & Graphics	268.28	Window film for employee conference room glass panels
		Total Warrants	102,225.55	

Wire/ACH Activity:

12/11/2015	Payroll	19,747.94	ACH payroll transfer
12/11/2015	Department of Treasury	6,820.36	Payroll taxes for 12/5/15 pay period ending
12/11/2015	Valic	2,786.23	Payroll 401(a)/457 Deposit
12/11/2015	Paychex	96.65	Fee for payroll processing
12/24/2015	Payroll	16,842.60	ACH payroll transfer
12/24/2015	Department of Treasury	6,570.76	Payroll taxes for 12/19/15 pay period ending
12/24/2015	Valic	2,740.13	Payroll 401(a)/457 Deposit
12/24/2015	Paychex	87.76	Fee for payroll processing
12/10/2015	Wells Fargo	157.64	Nov 2015 Client Analysis Bank Fee / Merchant Account
12/15/2015	Mary Porter, RDN	810.00	Program Payment
12/15/2015	Alzheimer's Association Western & Central	7,209.16	Program Payment
12/15/2015	American Diabetes Association	4,166.67	Program Payment
12/15/2015	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
12/15/2015	CampFire	4,166.67	Program Payment
12/15/2015	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
12/15/2015	Center for Human Services	13,523.67	Program Payment
12/15/2015	ChildStrive	23,113.25	Program Payment
12/15/2015	City of Lynnwood	721,165.66	Program Payment
12/15/2015	Community Health Center of Snohomish Co	27,083.33	Program Payment
12/15/2015	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
12/15/2015	Edmonds Community College	4,974.50	Program Payment
12/15/2015	Edmonds Community College Foundation	4,396.33	Program Payment
12/15/2015	Edmonds School District No. 15	68,533.25	Program Payment
12/15/2015	Edmonds Senior Center	9,166.67	Program Payment
12/15/2015	Kindering	7,500.00	Program Payment
12/15/2015	Korean Women's Association	5,000.00	Program Payment
12/15/2015	Medical Teams International	5,500.00	Program Payment
12/15/2015	Prescription Drug Assistance Foundation	4,166.67	Program Payment
12/15/2015	Program for Early Parent Support	2,987.50	Program Payment
12/15/2015	Project Access Northwest	7,500.00	Program Payment
12/15/2015	Puget Sound Christian Clinic	9,583.33	Program Payment
12/15/2015	Puget Sound Kidney Centers Foundation	4,166.67	Program Payment
12/15/2015	Senior Services of Snohomish County	57,936.67	Program Payment
12/15/2015	Snohomish County Fire District 1	12,035.50	Program Payment
12/15/2015	Snohomish County Music Project	2,416.67	Program Payment
12/15/2015	Therapeutic Health Services	16,666.67	Program Payment
12/15/2015	Wonderland Development Center	11,250.00	Program Payment

Warrant Transaction

<u>Number</u>	<u>Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Purpose</u>
Wire/ACH Activity:				
	12/15/2015	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	12/15/2015	Snohomish Health District	2,660.00	Program Payment
	12/15/2015	City of Edmonds Parks & Recreation	4,505.50	Program Payment
	12/14/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	12/17/2015	AmeriFlex Business Solutions	617.50	FSA Payments
	12/24/2015	AmeriFlex Business Solutions	20.00	FSA Payments
	12/28/2015	AmeriFlex Business Solutions	814.00	FSA Payments
	12/30/2015	AmeriFlex Business Solutions	51.54	FSA Payments
	12/31/2015	AmeriFlex Business Solutions	25.00	FSA Payments
	12/23/2015	WA Department of Revenue	770.46	B&O tax
Wire	12/1/2015	US Bank	847,400.00	2012 LTGO Bond Payment
		Total Wires/ACH Transactions	<u>1,119,950.20</u>	
Kruger Clinic Activity:				
419-445	Dec 2015	Various Claimants/Vendors	<u>46,683.42</u>	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305274-279	Dec 2015	Various Claimants/Vendors	<u>4,783.58</u>	Administered by Eberle Vivian
		Total Disbursements	<u><u>\$ 1,273,642.75</u></u>	

	Transaction Date	Payer	Amount	Purpose
Deposits:				
	12/1/2015	Swedish/Edmonds	754,825.56	Monthly lease
	12/1/2015	Value Village	24,428.45	Monthly lease
	12/3/2015	John Headley MD PS	18,949.07	Kruger Clinic monthly lease
	12/1/2015	Brian Tagaki, MD	75.00	Kruger Clinic monthly lease
	12/1/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease
	12/1/2015	Raymond Liu, D.D.S.	3,394.37	Kruger Clinic monthly lease
	12/9/2015	Swedish/Edmonds	2,955.06	Correction to Nov & Dec 2015 lease payment
	12/10/2015	Snohomish County	139,881.79	Levy
	12/11/2015	Foster Pepper	223.00	Refund for overpayment
	12/11/2015	Eventbrite Class Registration	30.00	Registration for cooking class
	12/14/2015	Swedish/Edmonds	500.96	WO Billback
	12/14/2015	Tulalip Resort Casino	328.29	Refund for overpayment
	12/14/2015	John Headley MD PS	58.16	WO Billback
	12/14/2015	John Headley MD PS	5,896.50	Reimbursement for Legal Expenses
	12/11/2015	Snohomish Medical Reserve Corp	200.00	Deposit for VCWC Use
	12/15/2015	Opportunity Council	100.00	Deposit for VCWC Use
	12/18/2015	Ash Consulting.	1,000.00	Sponsorship for VHCC
	12/18/2015	Puget Sound Kidney Centers	1,000.00	Sponsorship for VHCC
	12/27/2015	Healthcare Realty Services, Inc.	4,663.72	Monthly ground lease
	12/16/2015	Aukema & Associates.	1,000.00	Sponsorship for VHCC
	12/31/2015	John Headley MD PS	19,681.82	January 2016 Kruger Clinic monthly lease
	12/31/2015	Swedish/Edmonds	736,940.36	January 2016 monthly lease
		Total Deposits	\$ 1,742,975.86	

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT #2
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 11391 through 11492 have been issued for payment in the amount of \$166,767.51. These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Warrants Processed:	11-1-15 – 12-31-15		\$166,767.51
Work Comp Claims Pd:	11-1-15 – 12-31-15		97,673.58
Kruger Clinic Processed:	11-1-15 – 12-31-15		126,692.01
Payroll:	10-25-15 – 11-7-15	17,232.35	
	11-8-15 – 11-21-15	17,815.26	
	11-22-15 – 12-5-15	19,747.94	
	12-6-15 – 12-19-15	<u>16,842.60</u>	71,638.15
Electronic Payments:	Payroll Taxes	26,126.65	
	Paychex	377.71	
	Valic Retirement	10,972.60	
	AmeriFlex FSA	2,271.88	
	Bank Fees	338.82	
	WA State Dept Revenue	1,541.11	
	US Bank – Bond Payment	847,400.00	
	Program Expenditures	<u>1,457,082.37</u>	<u>2,346,111.14</u>
	Grand Total		<u>\$2,808,882.39</u>

January 2016 Program Summary

Programs for Review in January

Eight application requests are up for discussion:

- Four new requests
- One renewal request
- Follow-up on two previously discussed programs

New Program Requests

- 1. City of Edmonds/VFW Post 8879 - Veteran's Plaza:** a one-time request for \$120,000 to construct Veteran's Plaza in downtown Edmonds. The applicant made the case that the project will provide a space for quiet reflection, community events, and for veterans to access information and resources. **The program committee is not recommending the project for funding because the project did not have a strong enough connection to specific health outcomes.**
- 2. Hope Heart Institute - Teen Take Heart:** a one-time \$5,000 request to implement a "Teen Take Heart" curriculum. Funds would be used for the kit, 3 teacher workshops, and continuing education, with the goal of reaching 400 high school students per year. The program includes 18 lessons on cardiovascular function, physiology, nutrition and activity. **The program committee is recommending fully funding the request on a one-time basis for \$5,000.**
- 3. Clothes for Kids - Dental Care Basics:** a one-time request for \$5,000 to purchase dental care supplies that would be distributed to families as part of Clothes for Kids School wardrobe process. Clothes for Kids is located in Lynnwood and provides free clothing for students that qualify for Free/Reduced lunch in the Edmonds School District. **The program committee is not recommending funding the request at this time—this appears to be the type of project that could be filled with private donations and/or other funding sources.**
- 4. Edmonds School District - Nutrition Services Education Program:** a reworked application for \$8,110 that had been previously submitted in September 2015. The original request was for \$21,000. The school district is requesting funds to develop web-based nutrition services for parents and community members, develop social media promoting school meals, and to build a branding identity.

The program committee is not recommending funding the request at this time. Verdant would still be the sole funder on the project, and it was very focused on marketing and communication for school lunches, rather than on identifiable health benefits.

Renewal Requests

5. **YWCA of Seattle, King & Snohomish Counties – Mental Health Counseling:** a renewal request for a mental health counseling program that serves uninsured and low-income adults, children and families. The program primarily serves adults with depression, anxiety, relationship issues, and other challenges. The program served 642 individuals over a 3 year period (goal was 600).

The program committee is recommending funding the program at \$25,000 per year for three more years.

Proposals Previously Reviewed

6. **Snohomish Health District – Growing Healthy Together:** a reworked application from a proposal submitted in October 2014. The request is for \$173,096 per year for three years. The program would support low-income parents with a focus on nutrition, peer support and other resources. Funds would be used for a team including a part-time dietician, program assistant, and manager, and to pay rent at a church adjacent to the Lynnwood Foodbank. The goal of the program would be to link participants to a medical home, increase social supports, increase positive parenting and consumption of healthier meals.

In November, the Snohomish Health district made a presentation to the full Verdant board. **The program committee is not recommending funding the project at this time.**

7. **American Diabetes Association– Stop Diabetes Initiative:** a renewal request for an education and support program for individuals living with diabetes. The program includes two series of education workshops per year, health screenings, and a walking group. The program expects to reach 50 people per year who will complete education workshops, provide 35 with biometric screenings, and 160 with a diabetes risk assessment. The average A1C improved from 7.4% to 6.4% for participants screened from 2014 to 2015.

The committee met with the applicant this month to discuss the costs and benefits of the program.

Following the discussion with the ADA, the program committee is recommending partially funding the project at \$25,000 in the first year, \$15,000 for the second, and \$10,000 for the third year. The committee felt partial funding was appropriate for the program and that the ADA should be able to identify other interested funders.

Verdant Health Commission Proposal Summary January 2016

A		B	C	D	E	F
New Funding Requests			Request for funding			Priorities
#	Name	Description	Year 1	Year 2	Year 3	
1	City of Edmonds/VFW Post 8879 - Veteran's Plaza	A one-time request for \$120,000 to construct Veteran's Plaza in downtown Edmonds. The applicant makes the case that the project will provide a space for quiet reflection, community events, and for veterans to access information and resources.	\$120,000			Education & Empowerment, Prevention
2	Hope Heart Institute - Teen Take Heart	A one-time request to implement the "Teen Take Heart" curriculum. Funds would be used for the kit, 3 teacher workshops, and continuing education. The program includes 18 lessons on cardiovascular function, physiology, nutrition and activity, etc.	\$5,000			Education & Empowerment, Prevention
3	Clothes for Kids - Dental Care Basics	A one-time request for dental care supplies that would be distributed to families as part of Clothes for Kids School wardrobe process. Clothes for Kids is located in Lynnwood and provides free clothing for students that qualify for Free/Reduced lunch in the Edmonds School District.	\$5,000			Prevention, Access to Healthcare
4	Edmonds School District - Nutrition Services Education Program	A reworked application that had been previously submitted in September 2015. The original request was for \$21k. The district is requesting funds to develop web-based nutrition services for parents and community members, develop social media promoting school meals, and to build a branding identity.	\$8,110			Prevention, Education & Empowerment

Verdant Health Commission Proposal Summary January 2016

#	Name	Description	Year 1	Year 2	Year 3	
Renewal Requests						
5	YWCA of Snohomish County - Mental Health Program	A renewal request for a mental health counseling program that serves uninsured and low-income adults, children and families. The program primarily serves adults with depression, anxiety, relationship issues, and other challenges. The program served 642 individuals over a 3 year period.	\$25,000	\$25,000	\$25,000	Prevention, Access to Healthcare
Proposals Previously Discussed						
6	Snohomish Health District - Growing Healthy Together	A revised application from a proposal submitted in October 2014. Funds would be used to support low-income parents with a focus on nutrition, peer support and other resources. Funds would be used to support a team including a part-time dietician, program assistant, and manager, and to pay rent at Silver Creek Community Church. The goal of the program would be to link participants to a medical home, increase social supports, increase positive parenting and consumption of healthier meals.	\$173,096	\$173,096	\$173,096	Prevention, Education & Empowerment, Access to Healthcare
7	American Diabetes Association - Stop Diabetes Initiative	A renewal request for an education and support program for individuals living with diabetes. The program includes two series of education workshops per year, health screenings, and a walking group. The program expects to reach 50 individuals per year to complete education workshops, provide 35 with biometric screenings, and 160 with a diabetes risk assessment.	\$50,000	\$50,000	\$50,000	Prevention, Education & Empowerment

Verdant Community Wellness Center Summary
December 2015

Completed Programs

A. General Community and Provider Events	Attendance
1. MTI Specialty Dental Clinic (11/16)	6
2. Snohomish YMCA Staff Retreat (11/23)	25
3. SHIBA – Medicare Open Enrollment Event (12/1)	30
4. Advanced Care Planning Volunteer Meeting & Training (12/2, 11)	15
5. Mothers of Children with Disabilities Monthly Support Network (12/5)	16
6. PEPS Lecture – How Young Children Learn (12/7)	45
7. Verdant Resource Connectors (12/8)	35
8. Immigrants and the Health System 101 in English & Spanish (12/9)*	55
9. Dental Access Coalition Legislative Forum (12/9)	18
10. WAHA IPA Training	20
11. Senior Services Leadership Meeting	25
B. Nutrition and Healthy Behaviors	Attendance
1. Spanish Language Cooking Matters for Families (10/26 – 11/30)*	36
2. Exotic Flavors Cooking Series (French – 11/17 Sweet & Savory 12/8)	39
3. Live Healthy 2020 Nutrition Workgroup (11/17)	20
4. Diabetes Prevention – Reducing your Risk (11/18)*	14
5. The Carb Conundrum with PacMed (11/19)*	12
6. Korean Women’s Association: Using Medicare Preventive Benefits (11/19)*	60
7. Better Blood Sugar Control Through the Holidays (12/ 2)*	14
8. Surviving the Season of Holiday Indulgence (12/3)*	7
9. Caregiver Cooking Class (12/8)	4
10. Stop Diabetes Initiative Workshop (12/10)	25
11. Volksteppers Walking Group	10
12. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	4-12
13. Getting to Goal Program (Weight Management Consultations)*	15 clients
C. Behavioral Health & Substance Use	Attendance
1. Parent-Child Wellness Workshop in Korean (11/16 & 11/20)	12
2. Survivors of Suicide Support Group (10/1 – 11/17)	36
3. YWCA Managing Difficult Emotions 2 nd Series (10/6 – 11/24)*	6-8
4. YWCA Reflective Parenting Series (10/6 – 11/24)*	6-10
5. Journey of Grief Support Group (10/7 – 11/18)	6-8
6. YWCA Beating the Holiday Blues (11/6 – 1/6)*	6-10
7. Snohomish Co. Caregiver & Kinship Support Groups (11/17, 19, 12/3, 17)	8
8. International Survivors of Suicide Day (November 21)	42
9. For the Kid’s Sake – for Parents Going Through Divorce (12/2, 12/16)	77
10. Understanding & Working with Mentally Ill in a Faith-based Setting (12/5)*	19
11. Hoarding Task Force (12/8)	8-10
12. National Alliance on Mental Illness “Connections” Support Group (12/10)	4-8
13. Youth Mental Health First Aid (12/19)*	25
14. Adult Children of Alcoholics Weekly Support Group (ongoing)	4-10
D. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (2X / month)*	15-30

**Verdant Community Wellness Center Summary
January 2016**

Completed Programs

A. General Community and Provider Events	Attendance
1. Mothers of Children with Disabilities Monthly Support Network (1/2)	10
2. SHIBA Monthly Update Meetings (1/5)	25
3. Korean Women's Association: LIHEAP & Yoga (1/7)*	45
4. Student Support Advocates & THS Counselors Team Meeting (1/7)*	15
5. Edmonds Community College Foundation Meeting (1/8)	16
6. Edmonds Chamber Retreat (1/13)	18
7. Advanced Care Planning Volunteer Training (1/13)*	12
8. PEPS – Second Time Around (1/14 – 3/24)	5
9. Evergreen Home Health (1/13, 1/20)	50
10. Baby Motor Skills (1/20)	36
11. WAHA Navigator Meeting (1/21)	15
12. Women's Leadership Focus Group (1/22)	12
13. Swedish Edmonds Nurse Managers Planning Retreat	17
14. Community Support for Prescription Assistance (weekly)	varies
B. Nutrition and Healthy Behaviors	Attendance
1. Nutrition Reboot (January 14)*	16
2. Teens in the Kitchen (January 16, 30)*	9
3. SDI Celebration (January 19)	41
4. Surviving & Thriving with Chronic Kidney Disease*	19
5. Pizza Party Family Cooking Class (January 23)*	12
6. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	4-8
7. Getting to Goal Program (Weight Management Consultations)*	10-12 clients
C. Behavioral Health & Substance Use	Attendance
1. YWCA Beating the Holiday Blues (11/6 – 1/6)*	8
2. Veterans Assistance and Drop-In Support (1/6)	varies
3. Snohomish Co. Caregiver & Kinship Support Groups (1/7, 19, 21)	4-8
4. WRAPS Recovery Toolbox Training for Professionals (1/12)	45
5. Brain Health and Wellness Classes*	2
6. For the Kid's Sake – for Parents Going Through Divorce (1/14)	36
7. National Alliance on Mental Illness "Connections" Support Group (1/14, 28)	4-6
8. Powerful Tools for Caregivers Workshop (1/20 - 2/24)	16
9. NAMI Presents: Setting Boundaries for Safety & Sanity (1/21)*	73
10. Mental Health Training for Promotoras in Spanish (1/23)*	21
11. Adult Children of Alcoholics Weekly Support Group (ongoing)	4-10
D. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	15-30

Verdant Community Wellness Center Summary January 2016

Upcoming Programs

E. General Community and Provider Events

1. PEPS – Second Time Around (January 14 – March 24)*
2. Women’s Leadership Focus Group (January 28)
3. Edmonds School District Health Services Staff Meeting (January 28)
4. SAEYC Childcare Provider Training (January 30)
5. SHIBA Monthly Update Meetings (February 2)
6. Basic Food Educational Forum (February 3)
7. Korean Women’s Association: Everyday Cancer Prevention (February 4)*
8. Mothers of Children with Disabilities Monthly Support Network (February 6)
9. Evergreen Home Health (February 10, 17)
10. Advanced Care Planning Volunteer Training (February 17)*
11. Lynnwood Library Staff Meeting and Community Wellness Center Tour (February 18)
12. Living Well Through the End of Life (February 19)*
13. Little Wonders Support Group for Parents of Special Needs Infants (February 23 – May 24)*
14. MTI Specialty Dental Clinic (February 27)*
15. Ongoing – Community Support for Prescription Assistance (weekly)

F. Nutrition and Healthy Behaviors

1. Intuitive Eating – Breaking the Diet Cycle (January 25)*
2. Teens in the Kitchen (January 16, 30)*
3. Cooking Matters for Families in Spanish (February 1 – March 14)*
4. Sensational Citrus Adult Cooking Class (February 2)*
5. Optimal Nutrition During Menopause (February 10)*
6. Lynnwood Healthy Communities Food Access Group (February 10)
7. Ongoing – Lifestyle Change Check-Ins (drop-in support 2x/month)*
8. Ongoing – Getting to Goal: Individual Weight Management Consulting with a Dietitian*

G. Behavioral Health & Substance Use Focus

1. Powerful Tools for Caregivers (January 20 – February 24)
2. Brain Health and Wellness Classes (February 1, 2, 9, 15, 16, 22, 23, 29) *
3. YWCA Men’s Support Group (February 2 – March 22)*
4. YWCA Women’s Art Therapy Group (February 2 – March 22)*
5. YWCA Dad of Kids with Special Needs Support Group (February 2 – March 22)*
6. Veterans Assistance and Drop-In Support (February 2,3,4)
7. Snohomish County Caregiver and Kinship Support Groups (February 4, 16, 18)
8. Mental Health Resources for Promotoras in Spanish (February 13)*
9. National Alliance on Mental Illness “Connections” Support Group (February 11, 25)
10. NAMI Presents: Communicating with Teens about Difficult Topics (February 18)*
11. Spanish Language Positive Discipline Parenting Class (February 19-April 1)*
12. For the Kid’s Sake – for Parents Going Through Divorce (February 24)

* = Grant/Program Funded Partner

January 2016 Marketing Report

Verdant Healthier Community Conference

- Scheduled at the Lynnwood Convention Center on Monday, Feb. 29, 2016 (Leap Day)
- Sponsors are: Premera (Gold level), Everett Clinic and Harbor Square Athletic Club (Silver level), Ash Consulting, Aukema & Associates, Edmonds Community College, the Herald (in-kind), Molina Healthcare, Puget Sound Kidney Centers and Walgreens (Bronze level)

Time	Activity		
8-8:30 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8:30-9:30 a.m.	Breakfast Keynote Dr. Wendy Sue Swanson , Executive Director of Digital Health at Seattle Children's Hospital, Pediatrician, Author of <i>Mama Doc Medicine</i>		
	Interest Tracks		
	Healthier Me & My Family	Healthier Workplace & Group	Healthier Community
9:45-10:35 a.m.	How Best to Advocate for Your Health -Dr. Ginger Blakeney, Edmonds Family Medicine -Martha Peppones, Senior Services of Snohomish County -Dr. Michelle Sinnett, Swedish Edmonds -Facilitator: Marcy Shimada, EFM	Creating a MOVE MORE Culture -Gail Buquicchio, ND, Core Chiropractic and Wellness -Rickie Lee Marker-Hoffman, Everett Public Schools	Part I: Building a Healthier Community to Support Health and Wellness -Marielle Harrington, City of Lynnwood -Sarah Olson, City of Lynnwood -Carrie Parker, Snohomish Health District
10:50-11:40 a.m.	Healthy Food Choices -Megan Ellison, RD, Swedish Edmonds -Adam Pazder, RD, Swedish Edmonds	Supporting Someone in Need: Strategies & Resources -Sheryl Copeland, Shoreline Community College	Part II: Interactive Session: How Do We Improve Physical Environment and Policies? -Marielle Harrington, City of Lynnwood -Sarah Olson, City of Lynnwood -Carrie Parker, Snohomish Health District

<p>11:55 a.m. - 1:10 p.m.</p>	<p>Lunch Keynote Verdant Health Commission Staff</p>		
<p>1:25-2:15 p.m.</p>	<p>Building Resiliency in Teens -Marjie Bowker and student, Scriber Lake High School -Ashley Dawson, Mountlake Terrace High School</p>	<p>Executive Tell-All -Emmett Heath, Community Transit -Jim Messina, Premera -Ben Roland, Walgreens -Facilitator: Carl Zapora, Verdant</p>	<p>Medical & Social Services Working Together to Improve Health -Robin Fenn, Snohomish County Human Services -Katie Parker, Mercy Housing -Tom Sebastian, Compass Health -Facilitator: Peter Adler, Molina Healthcare</p>
<p>2:30-3:20 p.m.</p>	<p>Increasing Individuals' & Families' Physical Activity -Carrie Hite, City of Edmonds -Lynette Monpas, YMCA of Snohomish County -1 panelist TBD: Person who embraced fitness -Facilitator: Scott Washburn, YMCA of Snohomish County</p>	<p>Stress: How Do We Manage It? -Marni Port, Parent Trust</p>	<p>Achieving Health Equity -Vicky Breckwith Vazquez, UW Bothell -Sandra Huber, Lutheran Community Services NW -1 panelist TBD: Promotora / Spanish-speaking Community Health Worker</p>
<p>3:35-4:15 p.m.</p>	<p>Afternoon Keynote Panel Facilitated by Master of Ceremonies Bob Drewel Jenni McCloughan and Student, Edmonds School District Dave Young, Vivacity/Premera Blue Cross Carl Zapora, Verdant Health Commission</p>		