

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
March 28, 2018  
8:00 a.m. to 9:15 a.m.

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	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) February 28, 2018 Board Meeting	Action	8:01	1-5
b) March 12, 2018 Special Meeting	Action	8:02	6
c) March 14, 2018 Special Meeting	Action	8:03	7-8
C. Executive Committee Report	Information	8:04	---
D. Superintendent Report	Information	8:05	9
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:10	10-14
b) Authorization for payment of vouchers and payroll	Action	8:13	15
F. Washington State Graduate Medical Education presentation	Information	8:15	---
G. Building Healthy Communities Fund discussion	Information	8:30	16
H. Verdant Community Wellness Center activities update	Information	8:45	17-18
I. Verdant multicultural program update	Information	8:50	19
J. Marketing Report	Information	8:55	20
K. Public Comments (please limit to three minutes per speaker)	---	9:00	---
L. Commissioner Comments	---	9:05	---
M. Adjournment	---	9:15	---

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

**BOARD OF COMMISSIONERS**

**Regular Meeting**

**Verdant Community Wellness Center**

February 28, 2018

<b>Commissioners Present</b>	Deana Knutsen, President Fred Langer, Commissioner (via telephone) Bob Knowles, Commissioner Karianna Wilson, Commissioner (8:03 a.m. arrival) J Bruce Williams, Commissioner
<b>Staff</b>	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Karen Goto, Executive Assistant
<b>Staff Excused</b>	Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement
<b>Guests</b>	Marcus Yamamoto, CBRE
<b>Call to Order</b>	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Knutsen.
<b>Approval of Minutes</b>	<b><i>Motion was made, seconded and passed unanimously to approve</i></b> the minutes of the regular board meeting on January 24, 2018.
<b>Superintendent Report</b>	Superintendent Fenn reported on the following items: 1. March 2018 calendar (E:11:18) highlights the March 12 <sup>th</sup> Verdant Healthier Community Conference, the March 14 <sup>th</sup> board study session, and the March 28 <sup>th</sup> regular board meeting. Other events for March include Understanding Student Homelessness by the Housing Consortium of Everett & Snohomish County on March 8 <sup>th</sup> , 7:30 to 9 a.m., Supporting Immigrants in Accessing Health Care on March 9 <sup>th</sup> at Verdant from 1 to 3 p.m., Verdant's quarterly Resource Connector meeting on March 13 <sup>th</sup> at Verdant from 8 to 9:30 a.m., and the Hero's Café on March 27 <sup>th</sup> at Verdant from 9 a.m. to 1 p.m. Dr. Fenn asked for

commissioner feedback on the value of the calendar as a planning tool.

There were approximately 100 in attendance at the Hero's Café on February 27<sup>th</sup>.

The group acknowledged Ms. Waldin for her support.

2. Value Village binder list of proposed contents (E:12:18). Please give any additional items to Dr. Fenn.
3. Status of HB 2539-2017-18 – the bill is moving forward in the House. It had gone back to the Senate where Representative Strom Peterson testified in favor of the bill.
4. Verdant Healthier Community Conference – keynote speaker was at the AWPHD conference in June 2017 and is excellent. Commissioners will introduce workshop speakers and participate in the lunch-time awards ceremony and photos.
5. The Lynnwood Police Chief spoke with Dr. Fenn about several cities which are exploring policy about safe injection sites and suggested that Verdant may be asked for its position on this topic at a later date.
6. Commissioner Williams and Dr. Fenn participated in a discussion about the WSU Medical School in Everett and a possible future partnership. Commissioner Williams will discuss this topic further at the March 14<sup>th</sup> study session. Dr. Fenn also suggested bringing Larry Schecter, who provides oversight of clinical programs at WSU, to the March 28<sup>th</sup> board meeting to meet the commissioners.

Commissioner Langer expressed his excitement about a potential partnership. Commissioner Wilson asked that the presentation by Larry Schecter include who WSU has partnered with in our district.

**Resolution 2018:01  
Approve Amended  
Bylaws**

***Motion was made, seconded and passed unanimously to approve*** Resolution 2018:01 approving the Amended Bylaws of the District.

**Resolution 2018:02  
Approve 2018 Board  
Meeting & Retreat  
Schedule**

***Motion was made, seconded and passed unanimously to approve*** Resolution 2018:02 approving the 2018 board meeting and retreat schedule.

**Executive  
Committee**

President Knutsen reported that the Executive Committee met on February 21, 2018 to review and

approve the February 28, 2018 board meeting agenda and discuss personnel matters and property acquisition. No action was taken.

**Finance Committee Report**

The committee met on February 21, 2018. Ms. King reviewed the financial statements and cash activity for January 2018 (E:13:18).

**Authorization for Payment of Vouchers & Payroll**

Warrant Numbers 12661 through 12709 for January 2018 for payment in the amount of \$71,857.08 were presented for approval (E:14:18). *Motion was made, seconded and passed unanimously to approve.*

**Resolution 2018:03 Approve Surplus of Fixed Assets**

*Motion was made, seconded and passed unanimously to approve* Resolution 2018:03 approving the surplus of fixed assets.

**Program Committee Update**

The Program Committee met on February 21, 2018 to review one new request from the Washington Poison Center and one request to re-allocate unspent funds from Homage Senior Services on Health Homes Project (E:15:18). Commissioner Knowles reported a conflict of interest with the request from Homage Senior Services and will recuse himself from the discussion as he is employed by a managed care organization. No conflicts of interest were reported by the other commissioners present. Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations on the Washington Poison Center to the board while Mr. Kosovich presented on the Homage Senior Services request.

**Applications Recommended for Funding:**

Washington Poison Center – request for \$26,080 in Year 1 and \$27,588 in Year 2 for the development and implementation of a marijuana education and prevention program reaching 200 South County individuals who interact with parents.

*Motion was made, seconded and passed unanimously to approve* \$26,080 in year 1 and \$27,588 in Year 2.

**Applications Not Recommended for Funding:**

Homage Senior Services – a request to apply \$25,000 of unspent funds from the Care Coordination Program to

the Health Homes start-up. Program Committee initially did not recommend the funding. Commissioner Wilson shared that she felt the request was appropriate because there was a clear need and funds would go to an established non-profit partner. Commissioners discussed further and decided to approve the funding with follow-up results to the board at a later date.

***Motion was made, seconded and passed with one abstention to approve*** \$25,000 of unspent funds from Homage Senior Service's Care Transition Program to Homage Senior Service's Health Homes Program.

**Verdant Community  
Wellness Center  
Activities Update**

Mr. Kosovich presented an update on activities at the Wellness Center in February 2018 (E:16:18).

**Verdant Multicultural  
Report**

Mr. Kosovich presented an update on multicultural activities for February 2018 (E:17:18). Commissioner Williams asked about the 2<sup>nd</sup> field at Edmonds-Woodway. Mr. Kosovich explained that Verdant funded Phase 1 of the project and that Phase 2 has not happened yet due to funding and that there is a moratorium on crumb rubber by the City of Edmonds. Commissioner Langer left the call at 8:45 a.m.

**Marketing Report**

Ms. Piplic presented the Marketing report (E:18:18) with a schedule for the March 12, 2018 Verdant Healthier Community Conference. Four awards will be presented at lunch. With speaker agreement, Verdant will look in to videotaping the morning keynote speaker and making the video available to share.

**Public Comments**

None

**Commissioner  
Comments**

Commissioner Williams reported that the hospital's 2017 finances are net positive. The census in February was up to 184 beds occupied. There are no plans to build out the 2<sup>nd</sup> floor of the ED. Perhaps Swedish & Providence can address the board on this. President Knutsen asked for clarification on the Nutrition Budget discussion with Congressman Rick Larson held at Verdant and listed on the wellness center update.

**Executive Session**

President Knutsen recessed the regular meeting at 9:00 a.m. into Executive Session to discuss a proposed property acquisition and to discuss the Superintendent's 2017 performance review. Marcus Yamamoto participated in the Executive Session on the proposed property acquisition. President Knutsen stated that the board would reconvene in 35 minutes and no action would be taken in Executive Session.

**Open Session**

The board reconvened into Open Session at 9:35 a.m.

**Adjourn**

The meeting was adjourned at 9:35 a.m.

**ATTEST BY:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

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

SPECIAL MEETING

March 12, 2018

8:00 a.m.

Lynnwood Convention Center

**Commissioners  
Present**

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

**Staff**

Robin Fenn, Superintendent  
George Kosovich, Assistant Superintendent  
Jennifer Piplic, Director of Marketing  
Lisa King, Director of Finance  
Sue Waldin, Community Wellness Program Manager  
Sandra Huber, Community Engagement

**Verdant Healthier  
Community Conference**

No business was conducted.

**Attest By:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

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

**SPECIAL MEETING**

**March 14, 2018**

**8:00 a.m.**

**Verdant Community Wellness Center**

**Commissioners  
Present**

Deana Knutsen, President  
Karianna Wilson, Secretary (via telephone)  
Fred Langer, Commissioner  
Bob Knowles, Commissioner  
J. Bruce Williams, M.D., Commissioner

**Staff**

Robin Fenn, Superintendent  
George Kosovich, Assistant Superintendent  
Lisa King, Finance Director  
Jennifer Piplic, Marketing Director  
Sue Waldin, Community Wellness Program Manager  
Nancy Budd, Community Social Worker

**Call to Order**

The Special Meeting of the Board of Commissioners was called to order by President Knutsen at 8:08 a.m.

Dr. Fenn thanked commissioners for their participation at the Verdant Healthier Community Conference. She also presented a thank you card from a community member for Verdant's support of swim lessons. Dr. Fenn noted that the updates to the RCW were passed during the legislative session and are now awaiting signature by the governor.

**Building Healthy  
Communities Fund  
Discussion**

Dr. Fenn and Mr. Kosovich summarized the focus areas addressed in the previous BHCF RFP (E:19:18). Commissioners and staff discussed the three projects previously considered including: Edmonds Senior Waterfront Center, SeaMar Clinic, and Trinity Lutheran/VOA Community Center. Dr. Fenn noted that the Edmonds Senior Center and the Trinity project received funding in the state capital budget this year and that a new SeaMar Clinic has not yet been built. Commissioners discussed developing and issuing a new, targeted BHCF RFP in 2018. Staff will put together some language to present to the board for consideration.



**Graduate Medical Education Discussion**

Dr. Fenn stated that Dean Larry Schechter of WSU will be addressing the commission at the March 28, 2018 board meeting. Commissioner Williams stated that he would like a teaching mission added to Verdant's goals and mission. He also shared some ideas about potential partnership with WSU. Commissioner Langer stated that he would like to consider broadening graduate medical education to include health sciences, which includes nursing. Commissioners and staff discussed questions to ask Mr. Schechter and possibilities for partnership.

**Value Village Planning Discussion**

Dr. Fenn presented a list of intended materials to include in a decision-making binder for commissioners (E:20:18). Commissioner Williams would like Swedish to provide input on their needs and plans for the Edmonds hospital campus.

**Public Comment**

None

**Executive Session**

President Knutsen recessed the regular meeting at 9:00 a.m. into Executive Session to discuss the Superintendent's 2017 performance and a proposed property acquisition. President Knutsen stated that the board would reconvene in 30 minutes and no action would be taken in Executive Session.

**Adjourn**

The meeting was adjourned at 9:26 a.m.

**ATTEST BY:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

# APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12 <i>AWPHD Conference</i>	12 <i>AWPHD Conference</i>	14 <i>AWPHD Conference</i>
15	16	17 <i>Sno-Isle Edmonds Library: Issues That Matter - Teen Depression 6:30pm to 8:00pm</i>	18	19 <i>Community Narcan Training 6:00pm to 7:30pm (Verdant Wellness Center)</i>	20 <i>Step Up Racial Equity Conference, 9:00am to 5:00pm (Lynnwood Convention Center)</i>	21
22	23	24 <i>Hero's Café 10:00am to 2:00pm (Verdant Wellness Center)</i>	25 <i>Board Meeting 6:00pm to 8:00pm (Verdant Wellness Center)</i>	26	27	28
29	30					



**April 19:** Community Narcan Training, 6:00pm to 7:30pm, Verdant

**April 20:** Step Up! Racial Equity Conference, 9:00am to 5:00pm, Lynnwood Convention Center

**April 25:** Regular Board Meeting, 6:00pm to 8:00pm, Verdant

**Balance Sheet**  
As of February 28, 2018

	A	B	C	D
	Dec 31, 2017	Feb 28, 2018	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	1,853,495	1,599,918	(253,577)	
<b>4 Other Current Assets</b>	43,125,273	43,143,452	18,179	Includes Investments
<b>5 Total Current Assets</b>	44,978,768	44,743,370	(235,398)	
<b>6 Total Long-term &amp; Fixed Assets</b>	45,773,750	45,428,065	(345,684)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<b>90,752,517</b>	<b>90,171,435</b>	<b>(581,082)</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,273,096	1,536,708	(736,388)	
<b>11 Long-term Liabilities</b>	2,150,919	2,140,581	(10,338)	2012 LTGO Bonds/BHCF
<b>12 Total Liabilities</b>	4,424,015	3,677,289	(746,726)	
<b>13 Total Equity</b>	86,328,502	86,494,147	165,644	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>90,752,517</b>	<b>90,171,435</b>	<b>(581,082)</b>	

**Profit & Loss**  
February 2018

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	892,956	896,623	(3,667)	1,783,934	1,796,408	(12,475)
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	156,727	189,086	32,359	334,170	383,250	49,080
<b>5 Depreciation Expense</b>	166,513	166,481	(32)	332,113	332,049	(64)
<b>6 Program Expenses</b>	432,419	628,525	196,107	1,005,495	1,270,051	264,556
<b>7 Total Expenses</b>	755,659	984,093	228,434	1,671,778	1,985,350	313,572
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	97,801	234,813	(137,012)	53,489	469,626	(416,137)
<b>10 NET INCOME/(LOSS)</b>	<b>235,098</b>	<b>147,343</b>	<b>87,755</b>	<b>165,644</b>	<b>280,684</b>	<b>(115,040)</b>

**Monthly Highlights**  
February 2018

Verdant received dividends payments of \$67,431 offset by a unrealized loss of \$162,506 on our investment portfolio in February which closed with an ending market value of \$42,701,647.

Program grant commitments total \$5,677,683 and \$2,836,398 for 2018 and 2019 respectively. \$1,312,317 remains available to spend in 2018, \$50,000 of which is designated as Superintendent Discretionary.

Revenue of \$117,182 and expenses of \$69,848 from the Kruger Clinic were incurred, netting to an additional operating income of \$47,334 in February.

**Public Hospital District #2**

<b>Warrant Number</b>	<b>Transaction Date</b>	<b>Payee</b>	<b>Amount</b>	<b>Purpose</b>
<b>Warrant Activity:</b>				
12710	02/07/2018	Armstrong Services	1,380.01	Jan 2018 Janitorial
12711	02/07/2018	Ash Consulting	653.25	Public Records Request Document Search
12712	02/07/2018	Beth Rodriguez, LLC	807.66	Jan 2018 VHCC (21 hrs)
12713	02/07/2018	Comcast	291.10	Telephone/Internet
12714	02/07/2018	Corporate Security LLC	299.17	Feb 2018 Parking Lot Security
12715	02/07/2018	Dataworks	1,367.76	IT Support
12716	02/07/2018	Lynnwood Chamber of Commerce	284.00	Annual Dues 2018
12717	02/07/2018	Mary Porter, RDN	330.00	WC 149 - Individual consult
12718	02/07/2018	Puget Sound Energy	62.50	Natural Gas
12719	02/07/2018	Roto-Rooter	223.56	Repair Toilet Clog
12720	02/07/2018	Snohomish County PUD	1,464.45	Electricity
12721	02/07/2018	StayWell Company, LLC	3,150.00	1Q18 installment of health content for website
12722	02/07/2018	Susana Flores	180.00	Childcare for Cooking Matters Classes 1/19, 1/31, 2/2
12723	02/07/2018	Total Health	1,900.00	WC 176 - Reimbursement for Mediterranean for Life
12724	02/07/2018	Waste Management	285.88	Garbage/Recycle
12725	02/07/2018	Yasaura Carvajal	180.00	Childcare for Cooking Matters Classes 1/19, 1/31, 2/2
12726	02/14/2018	Comcast	506.54	Telephone/Internet
12727	02/14/2018	Alice Guthrie	10.00	Refund for Cancelled Back Pain class
12728	02/14/2018	Sandra S Huber	110.66	Reimbursement for Cooking Matters Supplies
12729	02/14/2018	Lynnwood Convention Center	6,219.00	2nd Deposit for Convention Center for VHCC 3/12/18
12730	02/14/2018	Sound Dietitians	2,745.10	Instructor Reimbursement
12731	02/21/2018	AmeriFlex Business Solutions	17.25	Feb 2018 FSA Administration
12732	02/21/2018	Ana L Bursch	300.00	Childcare-Strengthening Families 1/19, 1/26, 2/2, 2/9, 2/16
12733	02/21/2018	ANS of WA, Inc.	135.20	KG Notary Renewal 4-yr License #147293, Surety Bond, Stamp
12734	02/21/2018	Edmonds School District No. 15	1,032.06	Childcare, Presenters, Food for LGBTQ+ Community Event 1/18/18
12735	02/21/2018	Executive Speakers Bureau	5,500.00	VHCC 2018 Speaker Fees - Dr. Tamber
12736	02/21/2018	Juan Estrella Gonzalez	612.50	Instructor Services for Strengthening Families Program
12737	02/21/2018	Lowe Graham Jones PLLC	1,594.52	Jan 2018 Trademark watch
12738	02/21/2018	Regence Blueshield	4,658.11	March 2018 Health Insurance
12739	02/21/2018	Sara Prato, RD	1,001.59	WC 174 - Mediterranean for Life
12740	02/21/2018	Staples	109.80	Supplies
12741	02/21/2018	Susana Flores	240.00	Childcare for Strengthening Families 2/9, 2/16 Cooking Matters 2/7, 2/14
12742	02/21/2018	WA STATE HOSPITAL ASSOC	250.00	RF to attend 2018 Rural Hosp and PHD CEO Retreat
12743	02/21/2018	Yasaura Carvajal	240.00	Childcare Strengthening Families 2/9, 2/16 Cooking Matters 2/7, 2/14
12744	02/21/2018	Yolanda Gonzalez	612.50	Instructor for Strengthening Families Class
12745	02/28/2018	Lisa M King	363.34	Reimbursement for Mileage & Monitors for Social Worker Office
12746	02/28/2018	Awards Service Inc	23.74	Name Plate for Nancy Budd
12747	02/28/2018	City of Lynnwood	1,409.00	Jan 2018 After Hours Support (93 hrs)
12748	02/28/2018	Dataworks	1,641.82	Social Worker Computer, Docking Station and user set up
12749	02/28/2018	Dimensional Communication, Inc	187.68	Service for loss of power to projector
12750	02/28/2018	Electronic Business Machines	873.67	2/22-3/21/18 Copy Machine; overage 11/22/17-2/21/18
12751	02/28/2018	Guardian Security Systems, Inc.	240.00	4/1-6/30/18 Elevator and AES Radio Monitoring
12752	02/28/2018	Moss Adams - Cost Report	6,000.00	2010 CPE revision (Susan Ruchin)
12753	02/28/2018	Parsi Properties LLC	2,555.00	Mar 2018 - Parking lot lease
12754	02/28/2018	Thomas & Associates	5,755.20	Consulting July - December 2017

<b>Warrant Number</b>	<b>Transaction Date</b>	<b>Payee</b>	<b>Amount</b>	<b>Purpose</b>
<b>Warrant Activity:</b>				
12755	02/28/2018	Waste Management	290.01	Garbage/Recycle
12756	02/28/2018	Wells Fargo	407.20	Misc.
12757	02/28/2018	Discovia	350.75	January 2018
12758	02/28/2018	Principal	1,484.59	EE Life Insurance
12759	02/28/2018	Wells Fargo	4,667.61	Misc.
12760	02/28/2018	Penny Heiss	25.00	Refund for Yoga 101 Class
12761	02/28/2018	Sound Publishing, Inc.	497.56	VHCC print web ads
12762	02/28/2018	Objekts	678.96	File Drawers for Social Worker Office
12763	02/28/2018	Dynamic Language	136.00	Translation Services
	02/28/2018	Harland Clarke Check	203.26	Check stock
		Total Warrants	<u>66,544.56</u>	

**Workers Compensation Claims Activity:**

305384-385	Feb-18	Various Claimants/Vendors	<u>760.22</u>	Administered by Eberle Vivian
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**Kruger Clinic Activity:**

3210-3220	Feb-18	Various Claimants/Vendors	<u>20,272.78</u>	Administered by PMNW
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Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	2/2/2018	Payroll	20,014.65	ACH payroll transfer
	2/2/2018	Department of Treasury	7,476.25	Payroll taxes for 1/27/18 pay period ending
	2/2/2018	Valic	2,875.62	Payroll 401(a)/457 Deposit
	2/2/2018	Paychex	117.29	Fee for payroll processing
	2/16/2018	Payroll	20,412.57	ACH payroll transfer
	2/16/2018	Department of Treasury	7,195.23	Payroll taxes for 2/10/18 pay period ending
	2/16/2018	Valic	3,411.42	Payroll 401(a)/457 Deposit
	2/16/2018	Paychex	114.59	Fee for payroll processing
	2/11/2018	Wells Fargo Merchant Services	233.41	Merchant Services
	2/11/2018	Wells Fargo	144.08	Bank Fees
	2/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	2/15/2018	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	2/15/2018	Brain Injury Association of WA	6,250.00	Program Payment
	2/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	2/15/2018	Center for Human Services	32,279.16	Program Payment
	2/15/2018	ChildStrive	50,150.16	Program Payment
	2/15/2018	City of Lynnwood	17,436.66	Program Payment
	2/15/2018	Cocoon House.	5,000.00	Program Payment
	2/15/2018	Community Health Center of Snohomish Co	12,376.80	Program Payment
	2/15/2018	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	2/15/2018	Edmonds School District No. 15	109,713.42	Program Payment
	2/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	2/15/2018	Homage Senior Services	59,420.00	Program Payment
	2/15/2018	Kindering	11,517.17	Program Payment
	2/15/2018	Korean Women's Association	5,000.00	Program Payment
	2/15/2018	Medical Teams International	5,500.00	Program Payment
	2/15/2018	PEPS	3,250.00	Program Payment
	2/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	2/15/2018	Project Access Northwest	7,500.00	Program Payment
	2/15/2018	Puget Sound Christian Clinic	33,750.00	Program Payment
	2/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	2/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	2/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	2/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	2/15/2018	Wonderland Development Center	12,458.33	Program Payment
	2/23/2018	WA Department of Revenue	902.44	B&O/Retailing Sales Tax for Jan 2018
		Total Wires/ACH Transactions	<u>547,603.92</u>	
		<b>Total Disbursements</b>	<u><u>\$ 635,181.48</u></u>	

	<b>Transaction Date</b>	<b>Payer</b>	<b>Amount</b>	<b>Purpose</b>
<b>Deposits:</b>				
	2/2/2018	Value Village	27,614.77	Monthly lease
	2/1/2018	Swedish/Edmonds	801,424.70	Monthly leases
	2/2/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
	2/2/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	2/16/2018	Kean Lawlor	20,035.37	Kruger Clinic monthly lease
	2/10/2018	Snohomish County	7,436.11	Levy
	2/24/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	2/2/2018	Kaiser Permanente	2,500.00	Sponsorship of VHCC
	2/12/2018	Coordinated Care	2,500.00	Sponsorship of VHCC
	2/1/2018	University of Washington Bothell	1,000.00	Sponsorship of VHCC
	2/1/2018	Edmonds School District #15	71,280.91	Refund for unspent grant funds
	2/1/2018	YWCA of Seattle, King & Snohomish Co	1,239.38	Refund for unspent grant funds
	2/28/2018	VCWC Classes	210.00	Registration for VCWC classes (9 registrations)
	2/28/2018	Conference Registration	5,455.00	Registration for VHC Conference (89 registrations)
		<b>Total Deposits</b>	<b>\$ 949,106.23</b>	

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 12710 through 12763 have been issued for payment in the amount of \$66,544.56. These warrants are hereby approved.

Attest:

\_\_\_\_\_  
Lisa M. King

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

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Commissioner

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Commissioner

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Warrants Processed:	2-1-18 – 2-28-18		\$66,544.56
Work Comp Claims Pd:	2-1-18 – 2-28-18		760.22
Kruger Clinic Processed:	2-1-18 – 2-28-18		20,272.78
Payroll:	1-14-18 – 1-27-18	20,014.65	
	1-28-18 – 2-10-18	<u>20,412.57</u>	
			40,427.22
Electronic Payments:	Payroll Taxes	14,671.48	
	Paychex	231.88	
	Valic Retirement	6,287.04	
	Bank Fees	377.49	
	WA State Dept Revenue	902.44	
	Program Expenditures	<u>484,706.37</u>	
			<u>507,176.70</u>
	Grand Total		<u>\$635,181.48</u>



**BHCF**  
**Ideas Discussed at the 14 March Board Study Session**

Consider seeking projects in two areas:

1. Capital projects that support and promote exercise and physical activity through built environment for residents of Public Hospital District #2
2. Capital projects that improve/increase access to preventive primary and/or dental care for vulnerable and underserved residents of Public Hospital District #2

Consider giving preference to projects that:

- Demonstrate collaboration between organizations and agencies within Public Hospital District #2
- Serve multiple communities within Public Hospital district #2
- Are directly tied to measurable health outcomes and can show evidence that these outcomes are being met
- Would not otherwise occur without funding from the Verdant Health Commission
- Do not have access to comparable facilities within their community
- Have not received prior Verdant funding

**Verdant Community Wellness Center Summary  
March 2018**

**Completed Programs (February/March)**

<b>1. General Community and Provider Events</b>	<b>Attendance</b>
1. Monthly Hero's Café for Veterans (2/27)	80-100
2. Family Caregiver Support Group (3/1, 15)	6-10
3. ARC Mothers of Children with Disabilities Monthly Support Network (3/3)	25
4. Foster Parent Core Training Series (3/3, 10, 22, 24, 31)	32/session
5. Parkinson's Disease AM & PM Support Group (3/5)	4-6/group
6. SHIBA Update Trainings (3/6)	25
7. Evergreen Home Health Team Meetings (3/7, 13)	25/session
8. Supporting Immigrants in Accessing Health Care Workshop (3/9)	42
9. Snohomish County Free Legal Clinic for Veterans (3/10)	15
10. Verdant Resource Connectors Meeting (3/13)	40
11. ESD Health Services Meeting (3/15)	35
12. Welcome to Medicare Monthly Workshops (3/16)	10
13. Homage Senior Services Staff Meeting (3/16, 20)	15/session
14. Brain Development & Behavioral Health Challenges in Child Care (3/17)	62
15. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
16. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

<b>2. Nutrition and Healthy Behaviors</b>	<b>Attendance</b>
1. Mediterranean for Life Health Coaching Class (1/25-3/29)*	15/session
2. Be Smart for your Heart: Learn & Taste with a Doc and Dietitian (2/26)*	25
3. Road Back to Life Kidney Support Group (2/27)	8-10/session
4. Diabetes Support Group (2/28)	4-6
5. Surviving & Thriving with Chronic Kidney Disease (3/21 – 4/25)*	15/session
6. Getting to Goal Weight Reduction Class (3/14)*	22
7. Colon Cancer Prevention/Screening – Facts & Food with a Doc & Dietitian (3/15)	21
8. Kids & Parents Cooking Class – Go Green for St. Patrick's Day (3/17)*	27
9. Strength Training for Better Health, Fitness & Weight Loss (3/19, 26)*	16
10. Soups & Stews Cooking Demo (3/22)*	22
11. Weekly Healthy Living Coaching Group	15-20/week

<b>3. Behavioral Health &amp; Substance Use</b>	<b>Attendance</b>
1. THS Parent Coaching Group (3/12- 5/7)*	4-8/session
2. Brain Health and Wellness Classes (2/26, 27; 3/1, 5, 6, 13, 15)*	varies
3. Yoga 101 for Beginners (February 27 – April 17)*	4-6/session
4. Managing Stress in Everyday Life – 8 week Support Group (3/1 – 4/19)*	8-10/session
5. NAMI Connections Support Group	4-8/session
6. Adult Children of Alcoholics Weekly Support Group (weekly)	8-12/week
7. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies

<b>4. Other Programs</b>	<b>Attendance</b>
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

## Verdant Community Wellness Center Summary March 2018

### Upcoming Programs

#### A. General Community and Provider Events

1. Snohomish Health Leadership Coalition Live Healthy 2020 (March 26)
2. Monthly Hero's Café for Veterans (March 27, April 24)
3. Community Foundation of Snohomish County (March 29)
4. Foster Parent Core Training Series (March 31)
5. Parkinson's Disease AM & PM Support Group (April 2)
6. SHIBA Update Trainings (April 3)
7. Korean Women's Association Everyday Prevention Workshops (April 5)\*
8. Family Caregiver Support Group (April 5, 19)
9. League of Women Voters Children's Committee (April 6)
10. ARC Mothers of Children with Disabilities Monthly Support Network (April 7)
11. Evergreen Home Health Team Meetings (April 11, 17)
12. Aging & Disability Resource Network Staff Training (April 12)
13. Community Narcan Training (April 19)
14. Welcome to Medicare Monthly Workshops (April 20)
15. National DPP Training by American Association of Diabetes Educators (April 21, 22)
16. Swedish Edmonds Core Leader Retreat (April 26)
17. ESD Health Services Meeting (April 27)

#### B. Nutrition and Healthy Behaviors

1. Strength Training for Better Health, Fitness & Weight Loss (March 19, 26)\*
2. Surviving & Thriving with Chronic Kidney Disease (March 21 - April 25)\*
3. Road Back to Life Kidney Support Group (March 27, April 23)
4. Diabetes Support Group (March 28; April 25)
5. Meal Planning & Prepping a Week at a Time (April 12)\*
6. Cutting Sugar in the Foods You Eat Cooking Demo (April 19)\*
7. Make-ahead Healthy Breakfast Options Cooking Demo (April 23)\*
8. Getting to Goal Weight Reduction Individual Consultations (by appt)\*

#### C. Behavioral Health & Substance Use Focus

1. Yoga 101 for Beginners (February 27 – April 17)\*
2. Managing Stress in Everyday Life – 8 Week Support Group (March 1 – April 19)\*
3. THS Parent Coaching Group (March 12- May 7)\*
4. Brain Health and Wellness Classes (March 26, 29; April 3, 4, 10, 16, 19, 23, 26)\*
5. Skills to Ease Chronic Pain Using Mindfulness & Other Techniques – 8 Week Class (April 10-May 29)\*
6. NAMI Connections Support Group (April 12, 26)
7. Art Therapy - Self Discovery & Expression – 8 Week Support Group (April 18 – May 23 )\*
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

\* = Grant/Program Funded Partners

## March 2018 Multicultural Program & Outreach Report

**Conclusion of the 7-week Spanish Language Strengthening Families Program for Parents and Youth 10-14 years.** The Strengthening Families Program is geared towards parents and youth 10-14 is a family skills training intervention designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds. Final participation count was 11 families with 18 youth.

### **Upcoming programs:**

**Introduction to Positive Discipline March 23rd:** Positive Discipline is based on the understanding that discipline must be taught and designed to teach young people to become responsible, respectful and resourceful members of their communities. Recent research tells us that children are hardwired from birth to connect with others, and that children who feel a sense of connection to their community, family, and school are less likely to misbehave

**Building Communities, Nurturing Relationships- Community Gang Prevention: March 30<sup>th</sup>** Lynnwood Police presents a compilation of current research on gangs, including data on the state of gang problems in South Snohomish county today, why youth join gangs, the risk factors and attractions that increase youth's propensity to join gangs, and how gangs form. The objectives for this community conversation are:

- Addressing elevated risk factors for joining a gang.
- Strengthening families.
- Reducing youth's conflicts.
- Improving community-level supervision of youth.

**Cooking with Cops:** This program is scheduled to start on Spring Break- April 2<sup>nd</sup>. As an extension of the Verdant Health Commission focus on health and wellness, the purpose of the Cooking with LPD Cops program is to create a sense of community and build trust and relationships between law enforcement and residents with an emphasis on nutrition education. It is a program that would pair Lynnwood Police Officers with diverse, interested and (potentially) at-risk youth from the Edmonds school district in an effort to positively change the culture and create positive interactions among young people and police.

**Multicultural Wellness Fair:** In partnership with Community Life Center and Puget Sound Christian Clinic we have scheduled for June 2<sup>nd</sup>, our first annual Community Multicultural Health fair. The objectives of this event are:

- Increase health awareness by providing health screenings, activities, materials, demonstrations, and information;
- Increase awareness of local, state, and national health services and resources;
- Motivate participants to make positive health behavior changes;
- Teach self-care practices;
- Identify topics and participants for future educational health programs

# March 2018 Marketing Report

## Verdant Healthier Community Conference

Attendees: 250

Survey Responses: 59

### Survey Feedback Summary

Topic/Presentation	Average Rating (Scale of 1-5, 1=poor, 5=excellent)
Morning Keynote by Dr. Pritpal Tamber	4.65
Lunch Presentation: Awards, Dr. Fenn	4.13
Closing Keynote: Shelly Virva, LCSW	3.22
Breakout Sessions	4.21
Registration, check-in process, location, food	4.9

### Approximate Budget Totals as of March 26, 2018

<b>Revenue</b>	
Sponsorships	20,500.00
Registrations	9,716.37
<b>Total Revenue</b>	<b>31,216.37</b>
<b>Expenses</b>	
Lynnwood Convention Center	23,431.33
Keynote/Breakout Speaker Fee	15,500.00
Advertising/Printing	2,038.52
Consulting	5,000.00
Other	1,800.00
<b>Total Expense</b>	<b>47,769.85</b>
<b>NET EXPENSE</b>	<b>16,553.48</b>

### Coming Events

- **Edmonds Senior Center Healthy Living Fair:** Friday, April 27, 10 a.m. – 2 p.m. at Edmonds Senior Center
- **Health & Fitness Expo:** Saturday, May 19, 9 a.m. – 12 p.m. at Edmonds School District Stadium