

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
April 24, 2019  
6:00 p.m. to 8:00 p.m.

---

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	6:00	---
B. Approval of the Minutes			
a) March 27, 2019 Board Meeting	Action	6:01	1-5
C. Executive Committee Report	Information	6:02	---
D. Moss Adams 2018 Financial Audit presentation	Information	6:03	---
E. Snohomish Health District Burden of Disease Report	Information	6:15	6-7
F. MyStrength website demonstration	Information	6:45	---
G. Superintendent Report			
a) Approve 2019 Goals	Action	7:15	8-9
H. Finance Committee Report			
a) Review financial statements and cash activity	Information	7:20	10-13
b) Authorization for payment of vouchers and payroll	Action	7:25	14
I. Program Committee Report and Recommendations			
a) Conflicts of interest	---	7:30	---
b) Program investment recommendations	Action	7:35	15-16
c) MyStrength next steps	Action	7:45	---
d) Update on hunger/health opportunities	Information	7:50	17
e) Verdant community wellness center update	Information	---	18-19
f) Verdant multicultural program update	Information	---	20
J. Marketing Report	Information	7:45	21
K. Public Comments (please limit to three minutes per speaker)	---	7:50	---
L. Commissioner Comments	---	7:55	---
M. Adjournment	---	8:00	---

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

**BOARD OF COMMISSIONERS**

**Regular Meeting**

**Verdant Community Wellness Center**

**March 27, 2019**

<b>Commissioners Present</b>	Deana Knutsen, President Karianna Wilson, Secretary Bob Knowles, Commissioner Jim Distelhorst, M.D., Commissioner
<b>Commissioners Absent</b>	Fred Langer, Commissioner
<b>Staff</b>	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
<b>Guests</b>	Farrell Fleming, Edmonds Senior Center Members of the community
<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 February 27, 2019.
<b>Superintendent Report</b>	Dr. Fenn reported on the following items: <ol style="list-style-type: none"><li>1. Domestic Violence Services will hold an open house at their new facility on April 25, 2019, 3 to 6 p.m. at 4232 198<sup>th</sup> St. SW, Lynnwood and the commissioners are invited.</li><li>2. The Lynnwood City Council decided not to move forward with the purchase of the Rodeo Inn. City Council may consider other properties for this project.</li><li>3. The Snohomish Health District is recognizing Ms. Waldin as a health champion for infant and</li></ol>

maternal health (E:11:19). The health district's burden of disease report has been released and Dr. Fenn will invite Jeff Ketchel of the Snohomish Health District to the April 24, 2019 board meeting to present the report to the board.

4. The commissioners present approved December 6 to 7, 2019 for a board retreat at Tulalip Resort Casino and confirmed they will all be available to attend. Staff will secure the reservations.
5. The Provider Open House at Verdant was held on March 21, 2019.

**Executive  
Committee Report**

The committee met on March 20, 2019 via telephone to review the agenda for the March 27, 2019 board meeting and the executive session topic which includes public employee evaluation. This evaluation will include board surveys, then a time for the board to summarize the evaluation, then meet with the public employee in Executive Session, and finally the board will approve the public employee compensation in Open Session.

**Finance Committee  
Report**

The committee met on March 19, 2019. Ms. King reviewed the financial statements and cash activity for February 2019 (E:12:19) and called out the receipt of a 2004 Medicare settlement in the amount of \$10,702. Commissioner Knowles inquired on the status of the space for rent at the Kruger Clinic. Ms. King reported that the potential tenant is still considering the space.

**Authorization for  
Payment of  
Vouchers & Payroll**

Warrant Numbers 13430 through 13474 for February 2019 for payment in the amount of \$65,509.67 were presented for approval (E:13:19) by Commissioner Distelhorst. ***Motion was made, seconded and passed unanimously to approve.***

**Program Committee  
Update**

The Program Committee met on March 18, 2019 to review three programs, follow-up on myStrength web/mobile-based behavioral health program, and follow-up on sustainability discussion from the board retreat (E:14:19).

Commissioner Knowles asked if there were any conflicts of interest. Commissioner Distelhorst commented that he served on the board of the Edmonds Senior Center

and resigned after he was appointed to the board of PHD #2. No conflicts of interest were identified.

Mr. Kosovich presented a summary of each of the three programs and Commissioner Knowles presented the committee recommendations to the board.

***Motion was made, seconded and passed unanimously to approve \$15,585*** for one year for the Compass Health Youth Mental Health Partnership, a program that will provide youth mental health training to families at the Alderwood and Edmonds Boys & Girls Club sites. The program includes youth mental health first aid and other behavioral health presentations on topics such as anxiety, bullying and signs of suicide.

***Motion was made, seconded and passed unanimously to approve \$52,250*** for one year for the Compass Health Emergency Voucher Program Expansion, a program that provides short-term motel assistance to individuals and families. The program has been operating for 12 years and would specifically target South County individuals being discharged from the hospital with no shelter to provide short-term (two weeks) motel vouchers. Domestic violence issues would be referred to DVS for assistance but if their shelter is full, DVS would provide these motel vouchers as well. Commissioners would like the program to specifically target people with significant health needs, mental health needs, and/or people who are being discharged from Swedish Edmonds.

***Motion was made, seconded and passed unanimously to approve*** the Edmonds Senior Center nutrition program in the amount of \$21,000 in Year 1, \$165,000 in Year 2, and \$9,000 in Year 3. Commissioners discussed with Edmonds Senior Center Director Farrell Fleming the funding amount needed to meet the health department requirements for the temporary meal program to operate out of Holy Trinity Church during the senior center construction. Director Fleming clarified that the Edmonds Senior Center will now be working with Homage Senior Services to cater the meals out of their Everett kitchen including three hot meals and two box lunches per week. Approximately \$10,000 would be

used for equipment, vehicle use and driver costs and not for upgrades to the Holy Trinity Church kitchen.

**Follow-up on myStrength**

A presentation on this program will be given at the April 24, 2019 board meeting (E:15:19). Commissioner Distelhorst commented that this program attracts very few males, however mental health topics in general draw fewer men to in-person programs.

**Grant Sustainability Criteria**

Mr. Kosovich presented the summary (E:16:19) and the commissioners are comfortable with this summary.

**VCWC Connection to Medical Providers**

Ms. Waldin presented the Program Guide and health & wellness prescription pad to the board and explained how since 2015 Verdant has been developing and expanding programs for the broader population to support referrals from local health providers. Programs focus on lifestyle modification, weight management, and diabetes/pre-diabetes (E:17:19). Commissioner Knutsen commented that items such as veterans' services should be included in the wellness navigation materials. Commissioner Wilson commented that this program is best advertised through the local clinics and their medical assistants/nurses. She suggested lunch meetings at site clinics.

**Verdant Community Wellness Center Activities Update**

See Exhibit 18:19

**Verdant Multicultural Program Update**

See Exhibit 19:19

**Marketing Report**

Ms. Piplic presented the Marketing report (E:20:19) for March 2019 which included information on the program materials for providers and the Spring/Summer issue of The Canopy which is currently under production.

**Public Comments**

Ms. Vivian Olson, candidate for Edmonds City Council and a swim instructor, introduced herself and thanked the board for funding swim lessons, and asked for the board's assistance with the issue of vaping among teens in the area.

**Commissioner  
Comments** None

**Executive Session** President Knutsen recessed the regular meeting at 9:20 a.m. into Executive Session to review the performance of a public employee. President Knutsen stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session.  
At 9:40 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 9:45 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 9:50 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 9:55 a.m., President Knutsen extended the Executive Session for 5 minutes.  
At 10:00 a.m., President Knutsen extended the Executive Session for 5 minutes.

**Open Session** The board reconvened into Open Session at 10:05 a.m. President Knutsen reported that the board will review the Superintendent's 2019 goals at a later date.

**Resolution 2019:03  
Amending  
Superintendent  
Compensation** *Motion was made, seconded and passed unanimously to approve Resolution 2019:03* amending the Superintendent compensation to \$189,437 effective January 1, 2019.

**Adjournment** The meeting was adjourned at 10:06 a.m.

**ATTEST BY:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary

**JANUARY  
2019**

# Opioid Use Disorder & Opioid Misuse in Snohomish County

Using Capture-Recapture to Estimate the Burden of Disease

## OBJECTIVES

- Understand the difficulty of opioid surveillance
- Explain methods to mitigate the problem
- Review use of surveillance for disease burden
- Report capture-recapture and disease burden results.

## RESULTS:

The Snohomish Health District believes that the range of residents in Snohomish County with opioid use disorder is likely between 5,000 and 10,000 individuals. Furthermore, those who misuse opioids is likely in the range of 35,000 to 80,000 people.

## NEXT STEPS:

Moving forward, there are a few key tasks that would be worth completing:

- Refining the estimate of people expressing interest in entering treatment of any kind.
- Determining the availability of treatment based on a survey of the current treatment landscape.
- Determining if a gap exists by comparing the estimate of interest to the availability of treatment services
- Exploring gaps in case management and the need for more wrap-around services.

## OPIOID MISUSE

*Intermittent use of any of the following that does not meet the definition of opioid use disorder:*

- An illicit opioid, such as heroin
- Someone else's prescription opioid
- One's own prescription opioid other than as prescribed (e.g., higher dose, more frequent, for a different reason than prescribed).

## OPIOID USE DISORDER

*Must meet two or more of the following criteria:*

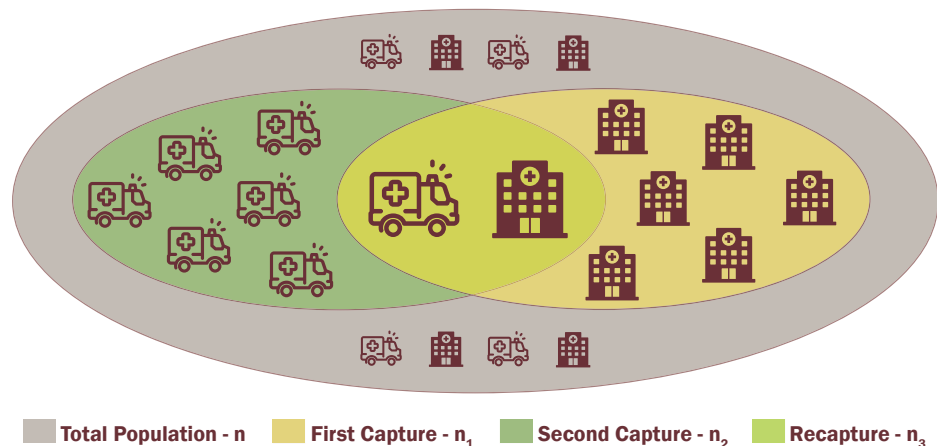
- Impaired control, such as using for longer periods of time or larger amounts than intended, or wanting to reduce use but being unable to do so.
- Social impairment, including repeated use despite substantial harm to relationships.
- Risky use, including use in physically dangerous situations.
- Pharmacological indicators such as increasing tolerance of opioids and withdrawal symptoms when not using.

## THE CAPTURE-RECAPTURE PROCESS

Disease burden estimates are challenging to complete in populations that are difficult to identify or pinpoint. The capture-recapture method was originally developed to estimate population size in wildlife studies and had been adapted for studies of human conditions.

This method requires overlapping datasets that are presumably incomplete but intersecting. It is particularly effective for estimations of elusive populations.

### Capture-Recapture



Where:

- $n$  = Size of population
- $n_1$  = Number cases in FirstWatch = 73
- $n_2$  = Number cases in PRMCE ED = 29
- $n_3$  = Number of matches = 18

$$n = \frac{n_1 \times n_2}{n_3}$$

# SNOHOMISH OVERDOSE PREVENTION

**A COMMUNITY COMING TOGETHER TO STOP  
SNOHOMISH COUNTY'S OPIOID EPIDEMIC**

# JANUARY 2019

# Opioid Use Disorder & Opioid Misuse in Snohomish County

Using Capture-Recapture to Estimate the Burden of Disease

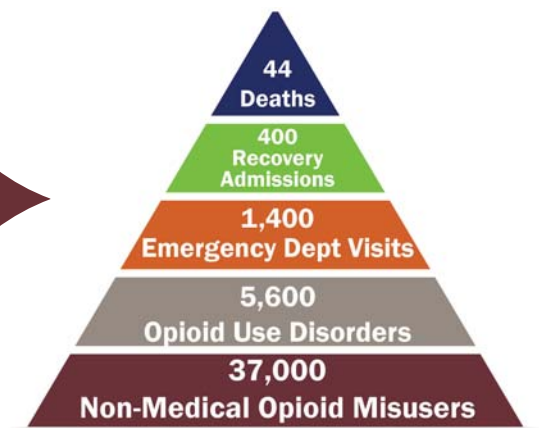
## CDC MODEL

The Centers for Disease Control and Prevention (CDC) published a policy impact report that included a diagram with the relationship between different opioid crisis outcomes. This relationship indicates that for every death, there are 10 treatment recovery admissions, 32 emergency department visits, 132 people with opioid use disorder, and 825 people misusing opioids.



## ESTIMATES FOR SNOHOMISH COUNTY

The capture-recapture method estimates 1,400 emergency room visits annually for opioid related overdoses in Snohomish County. Applying CDC model estimates, the result is an estimate of 5,600, or 0.8%, of people over 11 years of age in Snohomish County having opioid use disorder. This is consistent with other independent data sources.



## CROSS-VALIDATION OF RESULTS

In order to validate the results of this process, other independent datasets were utilized to test the model and develop ranges.

Data from those sources were applied to the CDC model used in the burden of disease calculations. The results are shown in the adjacent table.

This analysis validates the final burden of disease estimates when using the capture-recapture method applied to the CDC model.

Dataset	Deaths	Recovery Admissions	Emergency Dept. Visits	Opioid Use Disorder	Opioid Misusers
<b>Burden of Disease with Capture-Recapture Method</b>	<b>44</b>	<b>400</b>	<b>1,400</b>	<b>5,600</b>	<b>37,000</b>
2016 National Survey on Drug Use and Health	41	400	1,300	5,400	34,000
2017 Washington Syringe Exchange Health Survey	70	700	2,300	9,400	59,000
2017 Snohomish County Opioid-related Death Data	100	1,000	3,000	13,000	83,000
2018 Point-in-Time Study	90	900	3,000	12,000	80,000

# SNOHOMISH OVERDOSE PREVENTION

**A COMMUNITY COMING TOGETHER TO STOP SNOHOMISH COUNTY'S OPIOID EPIDEMIC**



## **Draft Superintendent Goals for 2019**

### **Specific 2019 Superintendent Goals**

- Develop and implement strategy for assuring that Verdant Health Commission's strategic priorities are met with regards to programming, grants and other activities. **\*\*Align these strategies with the priority areas that arise from the June 2019 Strategic Planning session\*\***
- Partner with academia to create a culture in PHD2 of best health and medical care
- Increase presence and awareness of Verdant Health Commission within PHD2
- Increase Verdant Health Commission's media presence
- Develop and implement a strategy for evaluating Verdant Health Commissions internal programs
- Develop and implement a strategy for providing technical assistance to grantees
- Increase use of data by PHD2 to inform decision making and program planning including the use of qualitative data (stories)
- Influence priority areas in PHD2 district (including legislative/policy)
- Continue implementation of strategy for partnership with other funders serving Public Hospital District #2 in order to align investments and determine community funding gaps
- Serve as a primary convener of relevant stakeholders and partners within PHD2 to address mutual community health related issues
- Increase presence with social service, allied health and medical providers in relation to programming, continued education and collaboration
- Maintain and enhance communication and partnerships with cities within our district

### **Leadership, Board Relations and Community Engagement**

- Provide the Board of Commissioners with monthly updates of all activities of superintendent and Verdant Health Commission staff.
- Invitation to/inclusion of Commissioners at community meetings as appropriate.
- Provide the Board of Commissioners with monthly updates on upcoming events, meetings and other relevant opportunities.
- Maintain strong professional relationships with each of the Commissioners
- Proactively seek input from Commissioners on key strategic issues and/or opportunities facing the organization
- Chair the South County CEO Roundtable meeting for the purpose of sharing community concerns, collaborative planning and relationship building.
- Serve in a leadership role in the community (boards, committees, etc.) that aligns with the mission and vision of the Verdant Health Commission.
- Present on behalf of the Verdant Health Commission at community events, public meetings, conferences, etc. as requested.

- Initiate presentations on behalf of the Verdant Health Commission at community events, public meetings, conferences, etc. as necessary.
- Work with local and state elected officials and representatives on issues and policies that affect the work of the Verdant Health Commission and/or Swedish Edmonds.
- Develop and host meetings with key community partners at least twice per year

### **Ethical and Regulatory Requirements**

- Ensure that Verdant Health Commission achieved a clean financial audit and no significant issues have developed with respect to the State Auditor's Office related to the financial audit
- Ensure that Verdant Health Commission achieved a clean performance/accountability audit and no significant issues have developed with respect to the State Auditor's Office related to the performance/accountability audit
- Ensure that Verdant Health Commission remains compliant with State laws governing public hospital districts
- Ensure that Verdant Health Commission adheres to policies to avoid gifting of public funds
- Treat organizational and personal integrity as core values of the organization and not just a matter of legal compliance

### **Operational Goals**

- Delegate tasks and responsibilities effectively and maintains an appropriate level of oversight
- Clear and attainable performance measures are established for staff
- Develop and manage a realistic annual budget
- Develop and maintain a working knowledge of all Verdant Health Commission programs and finances.
- Monitor and address legal issues specific to Public Hospital District #2 and keep Board of Commissioners updated on all actions taken.
- Develop and maintain a working knowledge of the lease agreement between Swedish Edmonds and the Verdant Health Commission.
- Continue to monitor issues related to the lease with Swedish Edmonds
- Oversee the design and development of the Verdant Health Commission's annual report

**Balance Sheet**  
As of March 31, 2019

	A	B	C	D
	Dec 31, 2018	Mar 31, 2019	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	2,863,276	2,713,673	(149,603)	
<b>4 Other Current Assets</b>	47,865,697	48,808,512	942,814	Includes Investments
<b>5 Total Current Assets</b>	50,728,973	51,522,185	793,212	
<b>6 Total Long-term &amp; Fixed Assets</b>	44,873,691	44,414,965	(458,726)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<b>95,602,664</b>	<b>95,937,150</b>	<b>334,486</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,176,028	1,378,076	(797,952)	
<b>11 Long-term Liabilities</b>	1,073,890	1,058,382	(15,507)	2012 LTGO Bonds/BHCF
<b>12 Total Liabilities</b>	3,249,917	2,436,458	(813,459)	
<b>13 Total Equity</b>	92,352,746	93,500,691	<b>1,147,945</b>	Annual Net Income/(Loss)
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>95,602,664</b>	<b>95,937,150</b>	<b>334,486</b>	

**Profit & Loss**

March 2019

	A	B	C	D	E	F
	Mar Actual	Mar Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	913,090	901,208	11,882	2,743,225	2,723,423	19,802
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	177,507	193,492	15,985	559,673	583,318	23,645
<b>5 Depreciation Expense</b>	148,535	148,535	-	447,260	447,260	0
<b>6 Program Expenses</b>	592,141	681,490	89,349	1,703,507	2,072,471	368,964
<b>7 Total Expenses</b>	918,184	1,023,518	105,334	2,710,440	3,103,049	392,609
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	493,315	241,828	251,487	1,115,160	725,483	389,677
<b>10 NET INCOME/(LOSS)</b>	<b>488,221</b>	<b>119,518</b>	<b>368,703</b>	<b>1,147,945</b>	<b>345,856</b>	<b>802,089</b>

**Monthly Highlights**

March 2019

Verdant received dividends payments of \$103,182 and a unrealized gain of \$196,061 on our investment portfolio in March which closed with an ending market value of \$48,046,448.

Program grant commitments total \$6,123,509 for 2019\*. \$1,626,419 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. \*Excludes BHCF

Revenue of \$120,552 and expenses of \$67,997 from the Kruger Clinic were incurred, netting to an additional operating income of \$52,554 in March.

**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>				
13475	03/06/2019	AA Dispatch, LLC	141.75	Taxi Service 1/31/19 (#77435 & 72358) 2/18/19 (#65410)
13476	03/06/2019	AWPHD	5,100.00	2019 Annual membership Dues
13477	03/06/2019	Cascade Security Corporation	512.00	March 2019 Parking Lot Security
13478	03/06/2019	Community Life Center / NW Church	900.00	Facility rental 2-day Community Health Worker Conf 3/14-15/19
13479	03/06/2019	Consolidated Press Printing Company, Inc	790.34	Print 2019 VHCC Programs
13480	03/06/2019	Eberle Vivian	4,398.44	2Q19 Self Insurance Work Comp Claims Administration
13481	03/06/2019	ELTEC Systems, LLC	277.68	Mar 2019 Elevator Maintenance
13482	03/06/2019	Guardian Security Systems, Inc.	729.89	Annual Fire and Sprinkler Alarm Testing
13483	03/06/2019	Lani Miller	327.90	WC 225 - Instructor reimbursement Nutrition Program 2-27-19
13484	03/06/2019	Puget Sound Energy	55.08	Natural Gas
13485	03/06/2019	Snohomish County PUD	1,613.16	Electricity
13486	03/06/2019	City of Lynnwood	1,551.00	Jan 2019 After Hours Support (96.5 hrs)
13487	03/06/2019	Consolidated Landscape Maintenance, Inc.	440.50	Mar 2019 Landscaping maintenance
13488	03/06/2019	Sound Publishing, Inc.	42.00	Legal Notice 2/27 Board Meeting
13489	03/13/2019	Alexander Printing Co, Inc	79.18	Provider Open House invites
13490	03/13/2019	Armstrong Maintenance, LLC	1,414.94	Janitorial
13491	03/13/2019	City of Lynnwood - Utilities	562.53	Water/Sewer
13492	03/13/2019	Comcast	528.61	Internet/Telephone
13493	03/13/2019	Laura Miramontes	45.00	Childcare for Thai Cooking 2/27 (3hrs)
13494	03/13/2019	Maria G Casey	500.00	Instructor Fee for Art Class 2/22/19
13495	03/13/2019	Nariman Weaver	1,000.00	Logo Design for 2019 Latina Health Conference
13496	03/13/2019	Sound Dietitians	2,263.78	WC 222 Nutrition Consulting/ WC 223 Health Living Coaching Group
13497	03/13/2019	Susana Flores	210.00	Childcare for Positive Discipline 2/18, 2/25, 3/4 (11hrs) & Thai Cooking 2/27 (3hrs)
13498	03/13/2019	Verizon	100.90	Feb 2 - Mar 1, 2019
13499	03/13/2019	Comcast	340.79	Internet/telephone
13500	03/13/2019	ANS of WA, Inc.	135.00	KG Notary Seminar 3-19-19 in Lynnwood
13501	03/13/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13502	03/13/2019	Guardian Security Systems, Inc.	240.00	Security Patrol
13503	03/13/2019	Dataworks	992.16	VHCC Support; IT Support
13504	03/13/2019	Elvira T. Alanis	1,100.00	Meal for 3/14 - 3/15 Workshop
13505	03/13/2019	Yasaura Carvajal	202.50	Childcare for Positive Discipline 2/18, 2/25, 3/11 (11hrs) & Thai Cooking 2/27 (2.5hrs)
13506	03/20/2019	Backflows Northwest, Inc	198.30	Repair Backflow
13507	03/20/2019	City of Lynnwood	1,215.00	Feb 2019 After Hours Support (72.5 hrs)
13508	03/20/2019	Executive Speakers Bureau	2,435.72	VHCC 2019 Expense Reimbursement for Eric Klinenberg
13509	03/20/2019	Katherine Williams	408.47	WC 231 - Nutrition Programming
13510	03/20/2019	Payden & Rygel	7,948.00	1/1-1/31/19 Investment Advisory Services
13511	03/20/2019	Sara Prato, RD	1,828.42	WC 224 - Mediterranean for Life
13512	03/20/2019	Lowe Graham Jones PLLC	1,334.54	Jan-Feb 2019 Trademark monitoring; Annual Service Fee
13513	03/20/2019	Litho Craft	1,814.98	Printing of Program Guide (Qty 2000)
13514	03/20/2019	Moss Adams - Audit	1,747.25	2018 Financial Audit
13515	03/20/2019	Neopost	150.00	Postage
13516	03/20/2019	Staples	249.99	Supplies
13517	03/20/2019	FastSigns	72.90	Posters for provider open house
13518	03/20/2019	Lani Miller	858.89	WC 225 - Instructor reimbursement Nutrition Program 3/9 & 3/16

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
13519	03/20/2019	Principal	2,008.78	EE Life Insurance
13520	03/20/2019	Connie Nelson, RN	450.00	WC 212 - Yoga 6-week series
13521	03/27/2019	Wells Fargo	147.65	Misc.
13522	03/27/2019	Alexander Printing Co, Inc	1,162.30	Printing Provider Rx Pads
13523	03/27/2019	Electronic Business Machines	44.08	3/22-4/21/19 Copy Machine
13524	03/27/2019	Lani Miller	-	VOID: WC 228 - Instructor reimbursement Nutrition Program 3/18
13525	03/27/2019	Regence Blueshield	5,745.31	Apr 2019 Health Insurance
13526	03/27/2019	Roto-Rooter	276.00	Repair Toilet Clog
13527	03/27/2019	Wells Fargo	1,160.92	Misc.
13528	03/27/2019	Wells Fargo	3,135.83	Misc.
13529	03/27/2019	Dataworks	113.97	IT Support
13530	03/27/2019	Leadership Snohomish County	5,000.00	Award 322 - Step-up Equity Event - Superintendent Discretionary
13531	03/27/2019	Maria G Casey	567.26	Vincent Van Gogh Art Class 3/18-2/19
		Total Warrants	<u>66,813.75</u>	

**Wire/ACH Activity:**

3/1/2019	Payroll	21,530.83	ACH payroll transfer
3/1/2019	Department of Treasury	8,385.13	Payroll taxes for 2/23/19 pay period ending
3/1/2019	Valic	3,835.74	Payroll 401(a)/457 Deposit
3/1/2019	Paychex	122.10	Fee for payroll processing
3/15/2019	Payroll	22,601.75	ACH payroll transfer
3/15/2019	Department of Treasury	8,644.55	Payroll taxes for 3/9/19 pay period ending
3/15/2019	Valic	3,819.18	Payroll 401(a)/457 Deposit
3/15/2019	Paychex	124.95	Fee for payroll processing
3/29/2019	Payroll	23,461.58	ACH payroll transfer
3/29/2019	Department of Treasury	8,656.79	Payroll taxes for 3/23/19 pay period ending
3/29/2019	Valic	3,880.91	Payroll 401(a)/457 Deposit
3/29/2019	Paychex	280.00	Fee for payroll processing
3/12/2019	Wells Fargo Merchant Services	295.42	Merchant Services
3/11/2019	Wells Fargo	23.39	Service Charge
3/15/2019	Alzheimer's Association Western & Central	7,209.16	Program Payment
3/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
3/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
3/15/2019	Center for Human Services	32,279.16	Program Payment
3/15/2019	ChildStrive	50,150.16	Program Payment
3/15/2019	City of Lynnwood	14,448.33	Program Payment
3/15/2019	Compass Health	14,857.80	Program Payment
3/15/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
3/15/2019	Edmonds School District No. 15	112,465.25	Program Payment
3/15/2019	Edmonds Senior Center	9,666.67	Program Payment
3/15/2019	Homage Senior Services	60,586.67	Program Payment
3/15/2019	Kinderling	11,862.67	Program Payment
3/15/2019	Korean Women's Association	5,000.00	Program Payment
3/15/2019	Medical Teams International	8,100.00	Program Payment
3/15/2019	Parent Trust for WA Children	5,000.00	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	3/15/2019	PEPS	3,250.00	Program Payment
	3/15/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	3/15/2019	Project Access Northwest	10,416.67	Program Payment
	3/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	3/15/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	3/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	3/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	3/15/2019	Wonderland Development Center	28,839.58	Program Payment
	3/15/2019	Community Health Center of Snohomish Co	42,976.77	Program Payment
	3/25/2019	WA Department of Revenue	911.44	B&O/Retailing Sales Tax for Jan 2019
	3/8/2019	Ameriflex	86.54	EE FSA Payments
	3/15/2019	Ameriflex	31.67	EE FSA Payments
		Total Wires/ACH Transactions	<u>674,066.79</u>	
<b>Kruger Clinic Activity:</b>				
1130-1145	misc	Various Claimants/Vendors	<u>19,791.08</u>	Administered by Azose
		<b>Total Disbursements</b>	<b><u>\$ 760,671.62</u></b>	

	Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>				
	3/1/2019	Swedish/Edmonds	826,827.77	Monthly leases
	3/1/2019	Raymond Liu, D.D.S.	3,389.83	Kruger Clinic monthly lease
	3/1/2019	Seattle Skin & Laser	6,734.00	Kruger Clinic monthly lease
	3/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	3/1/2019	Puget Sound Gastro	25,771.81	Kruger Clinic monthly lease
	3/1/2019	Value Village	27,614.77	Monthly lease
	3/1/2019	Swedish Edmonds Childrens Clinic	176.00	WO for Kruger Clinic
	3/10/2019	Snohomish County	54,064.31	Levy
	3/24/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	3/5/2019	WA State Health Care Authority	10,702.00	Partial Revised 2009 CPE Settlement
	3/27/2019	WA State Health Care Authority	91,307.00	Revised 2010 CPE Settlement
	Misc	VCWC Class Registrations	327.50	Misc. Class Registration
	Misc	VHCC Registration	<u>49.00</u>	2019 Conference Registration
		<b>Total Deposits</b>	<b><u>\$ 1,051,712.34</u></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 13475 through 13531 have been issued for payment in the amount of \$66,813.75. These warrants are hereby approved.

Attest:

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

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

-----			
Warrants Processed:	3-1-19 – 3-31-19		\$66,813.75
Kruger Clinic Processed:	3-1-19 – 3-31-19		19,791.08
Payroll:	2-10-19 – 2-23-19	21,530.83	
	2-24-19 – 3-9-19	22,601.75	
	3-10-19 – 3-23-19	<u>23,461.58</u>	67,594.16
Electronic Payments:	Payroll Taxes	25,686.47	
	Paychex	527.05	
	Valic Retirement	11,535.83	
	FSA Payments	118.21	
	Bank Fees	318.81	
	WA State Dept Revenue	911.44	
	Program Expenditures	<u>567,374.82</u>	
	Grand Total		<u>\$760,671.62</u>

**Program Oversight Committee Summary Report April 2019**

- Three program applications up for discussion this month
- Follow-up on myStrength: web/mobile-based behavioral health program
- Next Steps on Hunger and Health

**Funding Requests**

1.) Alzheimer’s Association – Direct Services Program	Request Year 1	Request Year 2	Request Year 3
	\$88,204	\$90,249	
<b>Program Description:</b> a renewal request from the Alzheimer's Association for its direct services program, which includes one-on-one care consultations in the home, 24/7 Helpline access, support groups for caregivers and those diagnosed with Alzheimer's and other dementias, early stage memory loss programs, and educational trainings and a caregiver conference.			
<b>Expected Results</b>	The program tracks calls to the helpline, care consultations, support groups, and other program attendance. The direct services reached 659 participants in 2018, with total outreach activities estimated at 11,000 individuals. The program tracks participation in support groups, education events, and early stage memory loss programs, and after the last round of funding, AA staff made some improvements to better standardize their results using national assessments.		
<b>Use of Funds &amp; Costs</b>	The funding request supports a direct service care consultant FTE and program coordinator, and the program leverages \$164k of county funding as well as private fundraising support.		

2.) CampFire – Healthy Initiative	Request Year 1	Request Year 2	Request Year 3
	\$30,000	\$30,000	\$30,000
<b>Program Description:</b> a renewal request for CampFire's "Healthy Initiative," which supports children ages 5-18 in school and after school to make healthy choices. Through the program, children learn and practice nutrition and healthy physical activities. The program would expect to reach 600 children in Verdant's service area, and the program tracks improved commitment to health and decision-making skills.			
<b>Expected Results</b>	The program would serve 600 children, with 88% from South County. The program uses a curriculum that has been adopted by the Edmonds School District, with knowledge questions and self-reported behavior. Examples include: <ol style="list-style-type: none"> <li>1. Youth applying energy balance in their lives</li> <li>2. Youth reading food &amp; drink labels</li> <li>3. Youth choosing to drink more water</li> </ol>		
<b>Use of Funds &amp; Costs</b>	Verdant opted not to renew program in January 2018, and CampFire was able to sustain the program using other funding sources, and is now asking Verdant to support a smaller program request (\$30,000 vs. prior level of \$50,000). The budget includes several other funding sources, including a \$5,000 grant from Hazel Miller foundation, \$50,000 from one-time trust disbursement, and \$6,000 from other foundations.		



3.) Assessing Needs of Sexual and Gender Minority (SGM) Seniors in South Snohomish County	Request Year 1	Request Year 2	Request Year 3
		\$22,750	
<p><b>Program Description:</b> a researcher named Karen Fredriksen Goldsen, PhD drew up a proposal for a needs assessment of Sexual and Gender Minority (SGM) Seniors in South Snohomish County. Nationally, Healthy People 2020 designated SGM populations, including older adults, as an at-risk group for health disparities, but there is little local data available on the health needs of LGBTQ seniors in Snohomish County.</p>			
<p><b>Expected Results</b></p>	<p>The end result of the project would be a written report highlighting the health and wellness needs of SGM Seniors in South Snohomish County. In all, 100 individuals would be surveyed, and an advisory committee would be established to support the project.</p>		
<p><b>Use of Funds &amp; Costs</b></p>	<p>Funds would be used to establish an advisory committee, conduct outreach &amp; recruitment, field a survey, conduct data analysis and write and disseminate a written report of findings.</p>		

**Program Committee Recommendations (Commissioners Knowles & Wilson)**

**Recommended for Funding:**

- Alzheimer’s Association Direct Client Services:** the committee is recommending partial funding of the program for one year at \$60,000. After some discussion about program sustainability, the committee is recommending partial funding because the Verdant has funded the program since 2013 and it is not tied to a top Verdant priority area.

**Not Recommended for Funding**

- Camp Fire – Healthy Initiative:** the committee is not recommending funding the program for similar reasons as when Verdant opted not to renew the program in 2018. The committee members felt that the nutrition education was similar to many other nutrition education programs aimed at children, and committee members had questions about the long-term health impacts of the program.
- Assessing Needs of Sexual and Gender Minority (SGM) Seniors in South Snohomish County:** the committee members noted that the project would expend all of Verdant’s needs assessment funds budgeted in 2019, and they were not interested in doing so on an assessment of a relatively narrow population.

## Follow-up on Hunger & Health

The program committee had a follow-up discussion on possibilities to address the needs of people experiencing hunger/food insecurity.

### What Needs are we Seeking to Address?

- Expand Verdant programs to reach more community members, including at food banks and community clinic locations.
- Target high need populations: research shows a link between food insecurity and chronic diseases like hypertension and diabetes. For example, one large national study found a 50% higher rate of clinical diabetes among food insecure households.<sup>1</sup> Supplemental food system doesn't necessarily support individuals with chronic diseases.
- Increase the fruit and vegetable consumption and nutrition knowledge for individuals living with chronic diseases or other health conditions.

### Next Steps

- Reconnect with South County food banks and tour model foodbanks that support health
- Release an RFP that supports improvements for food banks that:
  - Supports nutrition education and health screening
  - Provides for a baseline assessment and identifies improvements
  - Supports food banks to make long-term improvements that support health
- Check in with other funders to see if they have interest in joining the project

---

<sup>1</sup> Food Insecurity Is Associated with Chronic Disease among Low-Income NHANES Participants, Hilary K. Seligman Barbara A. Laraia Margot B. Kushel, *The Journal of Nutrition*, Volume 140, Issue 2, February 2010,

**Verdant Community Wellness Center Summary  
April 2019**

**Completed Programs (March/April)**

<b>1. General Community and Provider Events</b>	<b>Attendance</b>
1. Monthly Hero's Café for Veterans (3/26; 4/23)	100+/session
2. Wonderland Staff Meetings (3/26)	30
3. ESD Health Services Meeting (3/29)	20
4. Parkinson's Disease Support Group (4/1)	6-8
5. SHIBA Updates Training (4/2)	25
6. Family & Kinship Caregiver Support Group (4/4)	6-10
7. Korean Women's Association Everyday Prevention Workshops (4/4)*	30
8. PEPs – Baby Peppers (4/4 - 6/20)*	5-6
9. League of Women Voter's Children's Committee (4/5)	10
10. ARC Mothers of Children with Disabilities Monthly Support Network (4/6)	20
11. Snohomish County Early Intervention Providers Meeting (4/11)	16
12. Basic Food Education Forum (4/17)	54
13. Toddler 101 with a Pediatrician (4/17)	9
14. Community Foundation Racial Equity 101 Training (4/18)	36
15. Welcome to Medicare Monthly Workshops (4/19)	15
16. STARS Childcare Provider Training for Russian Speakers (4/20)	6
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

<b>2. Nutrition and Healthy Behaviors</b>	<b>Attendance</b>
1. Survive & Thrive with Chronic Kidney Disease (2/27 – 4/3)*	20+/session
2. Weekly Healthy Living Coaching Group (3/26; 4/2, 9, 16,)*	8-15/session
3. Meal Planning 3 part series (3/26 – 4/16)*	8-12/session
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (3/28)*	22
5. Learn & Taste: Using Herbs & Spices to Flavor Food (3/28)*	24
6. Diabetes Support Group (4/10)	4
7. Diabetes-friendly Living Series (4/10– 5/1)*	7/session
8. Cooking Demo: A Taste of India (4/10)*	21
9. Cooking Demo: Flavors of Greece (4/11)*	19
10. Mediterranean for Life 6 Week Series (4/16 – 5/21)*	13/session
11. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)*	varies

<b>3. Behavioral Health &amp; Substance Use</b>	<b>Attendance</b>
1. Understanding Anxiety & Depression (3/12 – 4/30)*	6-8/session
2. Art Therapy – Self Discovery & Reflections (3/21 - 4/25)*	8-10/session
3. Behavioral Health Integration Meeting (3/27)	12-16
4. NAMI Connections Mental Health Support Group (3/28, 4/11)	6
5. Brain Health and Wellness Classes (4/2, 11, 22)	2-6/session
6. Gender Diversity Family Support Group (4/14)	17
7. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
8. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies

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

## Verdant Community Wellness Center Summary April 2019

### Upcoming Programs (April/May)

#### A. General Community and Provider Events

1. PEPs – Baby Peppers (4/4 - 6/20)\*
2. Leadership Snohomish County Presentations (April 22, May 6)
3. Monthly Hero's Café for Veterans (April 23; May 28)
4. Homage Aging & Disability Staff Retreat (April 26)
5. Family & Kinship Caregiver Support Group (May 2)
6. Korean Women's Association Everyday Prevention Workshops (May 2)\*
7. League of Women Voter's Children's Committee (May 3)
8. ARC Mothers of Children with Disabilities Monthly Support Network (May 4)
9. Parkinson's Disease Support Group (May 6)
10. SHIBA Updates Training (May 7)
11. Opportunity Council Childcare Provider Trainings (May 7, 9)
12. Snohomish County Early Intervention Providers Meeting (May 9)
13. Pulmonary Hypertension Support Group (May 10)
14. MTI Mobile Dental – Root Canal Clinic (May 17)
15. Welcome to Medicare Monthly Workshops (May 17)
16. Wonderland Staff Meeting (May 28)
17. N. Seattle Progressives Public Forum (May 30)
18. Swedish Edmonds Leadership Retreat (May 30)

#### B. Nutrition and Healthy Behaviors

1. Diabetes-friendly Living Series (April 10 – May 1)\*
2. Mediterranean for Life 6 Week Series (April 16 – May 21)\*
3. Cooking with Confidence (April 24-May 8)\*
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (April 25, May 23)\*
5. Cooking Demo: Tasty Breakfast Option (April 29)\*
6. Weekly Healthy Living Coaching Group (April 30; May 6, 13, 20, 27)\*
7. Diabetes Support Group (May 8)
8. Learn & Taste: Nutrition & Brain Health (May 9, 16, 23)\*
9. Cooking Demo: Flavorful Ways to Prepare Fish (May 9)\*
10. SHD Harvest for Healthy Kids Childcare Provider Trainings (May 18)
11. Cooking Demo: Optimal Eating On-the-Go (May 20)\*
12. Osteoporosis & Bone Health: Facts and Food with a Doc & Dietitian (May 21)\*
13. Survive & Thrive with Chronic Kidney Disease (May 22 – June 26)\*
14. Getting to Goal Weight Reduction Class (May 23)\*
15. Core Strength & Balance Class (May 23)\*

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

1. Understanding Anxiety & Depression (March 12 – April 30)\*
2. NAMI Connections Mental Health Support Group (April 25; May 9, 23)
3. UW Memory & Brain Wellness Resource Day (April 27)
4. AAPPN Psychiatric Nurse Practitioner Training (April 27)
5. Gender Diversity Family Support Group (May 12)
6. Using Mindfulness to Manage Stress (May 15)\*
7. Gentle Yoga (May 23 - June 27)\*
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

\* = Grant / Program Funded Partners

## February/March 2019 Multicultural Program & Outreach Report

- **De Corazon a Corazon:** This 6-month series will offer Spanish speaking community members education and information to be more aware of what they are eating and how to choose healthy foods; to be more aware of the amount of activity they do in a day; to stop self-destructive thoughts and replace them with positives and to manage stress, social events and other people that make it difficult for them to change.
- **King County Promotoras Network:** Meeting of the group in King County that supports the efforts of the work of CHW (Promotoras) in Snohomish County. The Promotora model is a culturally sensitive, lay health educator for the Latina community.
- **7-week Spanish Language Positive Discipline Program for Parents and Youth 10-14 years.** The Positive Discipline Program is geared towards parents and youth 10-14 teaching family skills designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds. The first class started this month and we have 20 families enrolled.
- **Skill Building Training with Dr. America Bracho:** training for Community Health Workers, community members interested in learning how to enrich their capacity to transform the health and well-being of their communities by learning to involve stakeholders (individuals, families, agencies within and outside those communities) in the process of positive change. This training is designed to use popular education, the generation of topics and non-traditional methodologies where participants can express their thoughts and feelings while reducing their levels of anxiety and intimidation
- **Meeting among parents with children with disabilities:** an opportunity for families to gather to talk about issues facing them and how to work through them as a group.
- **Art class for All:** Trained professionals engage with families with children with disabilities through art expression.

# April 2019 Marketing Report

## **The Canopy**

- Delivered in mid-April to 81,000 homes and businesses.
- Content focused on engaging community and highlighting spring and summer programs including VCWC classes and programs, Bike2Health South County Rides, South County Walks, Meet Me at the Park, and more.

## **Bike2Health Community Education Programming**

- Launching South County Rides in 2019 – regular opportunities to participate in group rides in Edmonds, Lynnwood, and Mountlake Terrace. This approach was based off of the South County Walks program model. Rides are offered monthly in spring and will be weekly in summer.

## **Upcoming Events**

- Step Up conference organized by Leadership Snohomish County on Friday, April 26, 2019 at the Lynnwood Convention Center.
- Health & Fitness Expo on Saturday, May 18, 2019 from 9 a.m. – 12 p.m. at the Edmonds School District stadium.