

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
May 22, 2019
8:00 a.m. to 9:45 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) April 24, 2019 Board Meeting	Action	8:01	1-5
C. Executive Committee Report	Information	8:02	---
D. Superintendent Report			
a) Request for letter from South County Fire supporting fireworks ban	Action	8:05	---
E. Finance Committee Report			
a) Financial statements and cash activity	Information	---	6-9
b) Authorization for payment of vouchers and payroll	Action	8:10	10
F. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:15	---
b) Program investment recommendations	Action	8:17	11
c) MyStrength follow-up	Action	8:30	12-13
d) Verdant community wellness center update	Information	8:35	14-15
e) Verdant multicultural program update: Community Health Worker Video	Information	8:40	16
G. Marketing Report	Information	8:55	17
H. Public Comments (please limit to three minutes per speaker)	---	9:00	---
I. Commissioner Comments	---	9:05	---
J. Executive Session	---	9:10	---
a) To consider the legal risks of a proposed action of the district			
K. Open Session			
a) Charity Care Policy	Action	9:30	---
L. Adjournment	---	9:45	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center

April 24, 2019

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Dr. Jim Distelhorst, M.D., Commissioner Fred Langer, Commissioner (7:00 p.m. depart)
Commissioners Via Zoom Meeting	Karianna Wilson, Secretary (6:10 p.m. call-in; 7:30 p.m. depart)
Staff	Dr. Robin Fenn, PhD, 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
Guests	Mary Wright, Moss Adams Mathew Stopa, Moss Adams Jeff Ketchel, Snohomish Health District Dr. Mark Beatty, M.D., MPH, Snohomish Health District Lisa Fansler, myStrength via Zoom Meeting 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 6:02 p.m. by President Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on March 27, 2019.
Executive Committee Report	The committee met on April 17, 2019 via telephone to review the agenda for the April 24, 2019 board meeting including the presenters, and upcoming events including the DVS Open House on April 25, 2019. No action was taken.

**Moss Adams 2018
Financial Audit
Presentation**

Ms. Mary Wright & Mr. Mathew Stopa of Moss Adams presented the board with the financial audit as of December 31, 2018 (E:21:19).

**Snohomish Health
District Burden of
Disease Report**

Mr. Jeff Ketchel introduced the *Opioid Use Disorder and Opioid Misuse in Snohomish County: Using Capture-Recapture to Estimate the Burden of Disease* study to the board and introduced Dr. Mark Beatty who presented the findings (E:22:19 and E:23:19). Commissioners asked questions on how the data are broken down for south county and whether Narcan is covered by insurance. Commissioner Knowles expressed interest in a comparison of opioid deaths to deaths from other means such as alcohol. Dr. Beatty responded that deaths caused by alcohol are difficult to track in the data, however opioid deaths exceeded car accident deaths in the data he reviewed.

**MyStrength Website
Demonstration**

Ms. Lisa Fansler from myStrength presented a company overview and a demonstration of the online program (E:24:19). Commissioners asked questions about the peer reviewed data and security. Ms. Fansler will obtain the answers to these questions and provide them to Mr. Kosovich to give to the Commissioners.

**Superintendent
Report**

Dr. Fenn reported on the following items:

1. A list of upcoming events requiring registration was emailed to the commissioners. These events include ChildStrive luncheon on May 2, 2019; DVS Open House and Edmonds Chamber lunch on April 25, 2019; and the Step Up conference on April 26, 2019. Also mentioned were the Lynnwood City Council meeting on May 15, 2019, and Mountlake Terrace City Council meeting on May 16, 2019.
2. Dr. Fenn acknowledged Ms. King for her work on the Moss Adams financial audit.
3. Verdant has been asked by a member of the Edmonds City Council to convene a group in south county around the homelessness issue with officials from other cities.

4. South County Fire & Rescue is seeking support from the board for the Regional Fire Authority ban on fireworks in south county.
5. Superintendent's 2019 goals were given to the board in February and March 2019 board meetings. These need to be approved at tonight's meeting (E:25:19). ***Motion was made, seconded and passed unanimously to approve with three commissioners present.***
6. Northpoint Washington Recovery will have an open house on April 26, 2019.

Finance Committee Report

The committee met on April 18, 2019. Ms. King reviewed the financial statements and cash activity for March 2019 (E:26:19). Commissioner Knowles inquired on the status of the remaining Kruger Clinic space for lease. Ms. King reported that the potential leasor is still in the process of deciding on the space. Ms. King also called out two deposits from the WA State Health Care Authority for 2009 and 2010 CPE settlements.

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 13475 through 13531 for March 2019 for payment in the amount of \$66,813.75 were presented for approval (E:27:19) by Commissioner Distelhorst. ***Motion was made, seconded and passed unanimously to approve.***

Program Committee Update

The Program Committee met on April 15, 2019 to review three programs, follow-up on myStrength's web/mobile-based behavioral health program, and next steps on hunger and health program ideas (E:28:19).

Commissioner Knowles asked if there were any conflicts of interest. 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 partial funding of the Alzheimer's Association Direct Client Services in the amount of \$60,000 for one year. Commissioner Distelhorst asked if there are sustainability issues and Mr. Kosovich reported that the Alzheimer's Association does have other

sources of funding and can fundraise as well. Commissioner Knutsen expressed her opinion that Verdant should have conversations with applicants about sustainability when they are coming up for renewal. Dr. Fenn noted that the topic of sustainability and strategic planning will be discussed at the June 11, 2019 board mini retreat.

Not Recommended for Funding:

1. CampFire Healthy Initiative which supports children ages 5 to 18 in school and after school to make healthy choices.
2. Assessing Needs of Sexual and Gender Minority (SGM) Seniors in South Snohomish County. Commissioner Knutsen asked if this topic can be included in the next Verdant needs assessment. Mr. Kosovich explained that no data currently exists and that the senior centers do not collect this data as well.

MyStrength Next Steps

Before any decision is made, Commissioner Knutsen would like to receive feedback from Commissioners Langer & Wilson. Commissioner Distelhorst would like questions on the peer review and website security answered first. Commissioner Knowles cautioned the board about over-analyzing the program before a decision is made.

Update on Hunger & Health Opportunities

Mr. Kosovich presented the next steps for this topic (E:28:19). Commissioner Knutsen was interested in a tour of any model food banks.

Verdant Community Wellness Center Activities Update

See Exhibit 29:19

Verdant Multicultural Program Update

See Exhibit 30:19

Marketing Report

Ms. Piplic presented the Marketing report (E:31:19) for April 2019 which includes information on The Canopy, Bike2Health Community Education programming, and

upcoming events. One upcoming event not listed is the Verdant Partner Roundtable which has been re-scheduled from May 3 to May 31, 2019, 2 to 4 p.m. at Verdant.

Public Comments

Ms. Toby Brown & Ms. Kena Jean Masonholder of CampFire advocated for the Healthy Initiative program and noted that it fulfills a need in schools where there is no other health and nutrition program. Long-term health impacts are difficult for CampFire to measure but comments from participants reflect how children are changing their eating habits because of the program. They shared "thank you" notes and examples of the curriculum.

Mr. Kevin Harris of the William D. Ruckelshaus Center and the Edmonds Economic Development Commission commented that he has worked with both Dr. Fenn and Mr. Kosovich in the past and is very impressed with their oversight and consensus-building skills.

Commissioner Comments

Commissioner Knutsen commented that there is a Public Hospital District #2 election this year and both Commissioners Distelhorst and Knowles indicated that they will be running.

Adjournment

The meeting was adjourned at 8:15 p.m.

ATTEST BY:

President

Secretary

Balance Sheet
As of April 30, 2019

	A	B	C	D
	Dec 31, 2018	Apr 30, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	2,048,246	(815,029)	
4 Other Current Assets	47,865,697	49,858,183	1,992,485	Includes Investments
5 Total Current Assets	50,728,973	51,906,429	1,177,456	
6 Total Long-term & Fixed Assets	44,873,691	44,259,727	(613,964)	Includes Depreciation
7 TOTAL ASSETS	95,602,664	96,166,156	563,492	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,377,796	(798,232)	
11 Long-term Liabilities	1,073,890	1,053,213	(20,677)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,431,009	(818,908)	
13 Total Equity	92,352,746	93,735,147	1,382,400	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	95,602,664	96,166,156	563,492	

Profit & Loss
April 2019

	A	B	C	D	E	F
	Apr Actual	Apr Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	901,040	901,208	(168)	3,644,264	3,624,630	19,634
3 EXPENSES						
4 Operating Expenses	209,037	208,201	(836)	769,001	791,519	22,518
5 Depreciation Expense	148,453	148,453	-	595,713	595,713	0
6 Program Expenses	598,012	681,490	83,479	2,301,641	2,753,962	452,321
7 Total Expenses	955,502	1,038,144	82,642	3,666,355	4,141,194	474,839
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	289,331	241,828	47,503	1,404,491	967,311	437,180
10 NET INCOME/(LOSS)	234,868	104,891	129,977	1,382,400	450,747	931,653

Monthly Highlights
April 2019

Verdant received dividends payments of \$98,655.55 and a unrealized loss of \$547 on our investment portfolio in April which closed with an ending market value of \$49,144,557.

Program grant commitments total \$6,141,009 for 2019*. \$1,608,991 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$108,438 and expenses of \$89,009 from the Kruger Clinic were incurred, netting to an additional operating income of \$19,429 in April.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13532	04/03/2019	AA Dispatch, LLC	55.00	Taxi Service 3/8/19 (#66760) 3/12/19 (#66855) 3/13/19 (#78332)
13533	04/03/2019	Azose	3,240.00	April Property Management
13534	04/03/2019	Consolidated Landscape Maintenance, Inc.	440.50	Apr 2019 Landscaping maintenance
13535	04/03/2019	Margot Helphand	1,125.00	Superintendent Performance Evaluation
13536	04/03/2019	Parsi Properties LLC	2,634.00	July 2018 - Parking lot lease
13537	04/03/2019	Puget Sound Energy	56.64	Natural Gas
13538	04/03/2019	Snohomish County PUD	1,502.39	Electricity
13539	04/03/2019	Sound Publishing, Inc.	39.20	Legal Notice 3/27 Board Meeting
13540	04/03/2019	Laura Miramontes	127.50	Childcare for Positive Discipline for Teens 3/11, 3/18 & Parenting Support
13541	04/03/2019	Seattle Visiting Nurse Association	5,360.00	Award 283 - Flu Shots
13542	04/03/2019	Susana Flores	127.50	Childcare for Positive Discipline for Teens 3/11 & Parenting Support
13543	04/03/2019	WA Department of Revenue	19,560.26	Q1 2019 Leasehold Excise tax return
13544	04/03/2019	Waste Management	336.52	Garbage/Recycle
13545	04/03/2019	US Postal Service	14,586.84	Spring 2019 Canopy Mailing
13546	04/03/2019	Matthew Brouwer	1,200.00	WC 235 - Bringing Your World Alive with Words 2-day workshop
13547	04/03/2019	AmeriFlex Business Solutions	23.00	Mar 2019 FSA Administration
13548	04/03/2019	ELTEC Systems, LLC	277.68	Apr 2019 Elevator Maintenance
13549	04/03/2019	Pacific Medical Centers(PacMed)	349.09	WC 230 - Living Well Alliance
13550	04/03/2019	Sound Dietitians	4,766.99	WC 222 - Nutrition Consulting/ WC 223 -Healthy Living Coaching Group
13551	04/10/2019	Cascade Security Corporation	512.00	April 2019 Parking Lot Security
13552	04/10/2019	Comcast	328.80	Internet/Telephone
13553	04/10/2019	Lani Miller	338.61	WC 228 - Instructor reimbursement Nutrition Program 3/18
13554	04/10/2019	Armstrong Maintenance, LLC	1,709.67	Janitorial
13555	04/10/2019	Ash Consulting	444.00	Accounting Consulting
13556	04/10/2019	Jason Becker Creative	1,552.50	Provider materials, Canopy Spring 2019 and 2 photo assignments
13557	04/10/2019	Lighthouse (formerly Discovia)	3,088.88	Feb 2019
13558	04/10/2019	Moss Adams - Audit	1,100.00	2018 Financial Audit
13559	04/10/2019	Thomas & Associates	3,813.80	Consulting Jan-Feb 2019
13560	04/10/2019	Tulalip Resort Casino	444.00	Deposit for Dec 6-7, 2019 Board Retreat
13561	04/10/2019	Dataworks	378.08	IT Support
13562	04/10/2019	Reidel Roofing, Inc.	469.20	Leak repair above RF's desk
13563	04/10/2019	WSSCSW	100.00	CEU Approval Application Fee
13564	04/10/2019	Comcast	528.73	Internet/Telephone
13565	04/10/2019	Dimensional Communication, Inc	8,890.38	Conference Call line and Web Camera
13566	04/10/2019	Payden & Rygel	7,958.00	3/1-3/31/19 Investment Advisory Services
13567	04/10/2019	Verizon	516.46	Mar 2 - Apr 1, 2019 and iPad Purchase
13568	04/10/2019	WA State Department of Retirement Systems	25.00	Old Age Survivor Benefit
13569	04/15/2019	YMCA of Greater Seattle.	983.00	Award 284c - 2017-2020 Drowning Prevention Program
13570	04/17/2019	Ana Evelin Garcia	600.00	WC 234 - Writing for Healing
13571	04/17/2019	Ankrom Moisan	2,118.82	Kruger Clinic Demising Wall Consultation and Floor plan dev
13572	04/17/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13573	04/17/2019	My Neighborhood News Network	2,240.00	April-Dec 2019 Advertising in My Edmonds News/Lynnwood Today/MLT News
13574	04/17/2019	Sara Prato, RD	488.58	WC 224 - Learn & Taste and Med for Life
13575	04/17/2019	Seattle Food Nut	373.71	WC 229 - Nutrition Programming

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13576	04/17/2019	Staples	58.49	Supplies
13577	04/24/2019	Wells Fargo	948.68	Misc
13578	04/24/2019	Wells Fargo	2,543.02	Misc
13579	04/24/2019	Wells Fargo	3,307.94	Misc
13580	04/24/2019	Electronic Business Machines	44.12	4/22-5/21/19 Copy Machine
13581	04/24/2019	Neopost	206.95	Postage
13582	04/24/2019	Principal	1,855.57	EE Life Insurance
13583	04/24/2019	Regence BlueShield	5,745.31	May 2019 Health Insurance
		Total Warrants	<u>109,664.47</u>	
Wire/ACH Activity:				
	4/12/2019	Payroll	21,831.23	ACH payroll transfer
	4/12/2019	Department of Treasury/State of WA	9,979.72	Payroll taxes for 4/6/19 pay period ending
	4/12/2019	Valic	3,844.73	Payroll 401(a)/457 Deposit
	4/12/2019	ADP	85.78	Fee for payroll processing
	4/26/2019	Payroll	21,878.80	ACH payroll transfer
	4/26/2019	Department of Treasury/State of WA	8,708.23	Payroll taxes for 4/20/19 pay period ending
	4/26/2019	Valic	3,833.42	Payroll 401(a)/457 Deposit
	4/10/2019	Wells Fargo Merchant Services	91.64	Merchant Services
	4/15/2019	Alzheimer's Association Western & Central	7,209.16	Program Payment
	4/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	4/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	4/15/2019	Center for Human Services	32,279.16	Program Payment
	4/15/2019	ChildStrive	50,150.16	Program Payment
	4/15/2019	City of Lynnwood	8,718.33	Program Payment
	4/15/2019	Compass Health	14,857.80	Program Payment
	4/15/2019	Domestic Violence Services Snohomish Co	13,566.50	Program Payment
	4/15/2019	Edmonds School District No. 15	131,215.25	Program Payment
	4/15/2019	Edmonds Senior Center	9,666.67	Program Payment
	4/15/2019	Homage Senior Services	60,586.67	Program Payment
	4/15/2019	Kinderling	11,862.67	Program Payment
	4/15/2019	Korean Women's Association	5,000.00	Program Payment
	4/15/2019	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
	4/15/2019	Medical Teams International	8,100.00	Program Payment
	4/15/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	4/15/2019	Project Access Northwest	10,416.67	Program Payment
	4/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	4/15/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	4/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	4/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	4/15/2019	WA Poison Center	27,588.00	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	4/15/2019	Wonderland Development Center	28,839.58	Program Payment
	4/15/2019	Puget Sound Kidney Centers Foundation	12,500.00	Program Payment
	4/15/2019	City of Mountlake Terrace	2,810.00	Program Payment
	4/25/2019	WA Department of Revenue	812.38	B&O/Retailing Sales Tax for Mar 2019
	4/22/2019	WA State Dept of Labor & Industries	613.37	1Q19 L&I - State Fund
	4/11/2019	Superior Press, Inc.	113.62	Envelopes
	4/5/2019	Ameriflex	58.76	EE FSA Payments
	4/12/2019	Ameriflex	120.00	EE FSA Payments
	4/19/2019	Ameriflex	69.03	EE FSA Payments
	4/29/2019	Ameriflex	7.14	EE FSA Payments
		Total Wires/ACH Transactions	<u>653,430.40</u>	
Kruger Clinic Activity:				
1146-1164	misc	Various Claimants/Vendors	<u>38,684.27</u>	Administered by Azose
Work Comp Activity:				
305420-421	misc	Various Claimants/Vendors	<u>583.34</u>	Administered by Eberle Vivian
		Total Disbursements	<u>\$ 802,362.48</u>	

	Transaction Date	Payer	Amount	Purpose
Deposits:				
	4/1/2019	Swedish/Edmonds	850,938.01	Monthly leases
	4/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
	4/1/2019	Seattle Skin & Laser	7,355.79	Kruger Clinic monthly lease
	4/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	4/1/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
	4/1/2019	Value Village	27,614.77	Monthly lease
	4/23/2019	Swedish Edmonds Children's Clinic	80.00	WO for Kruger Clinic
	4/29/2019	Swedish Edmonds Children's Clinic	511.57	WO for Kruger Clinic
	4/10/2019	Snohomish County	81,840.77	Levy
	4/24/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	4/24/2019	WA State Health Care Authority	130,070.00	Revised 2008 CPE Settlement
	Misc	VCWC Class Registrations	440.00	Misc. Class Registration
	4/17/2019	ADP	<u>1,255.63</u>	Reimbursement for ADP error
		Total Deposits	<u>\$ 1,136,936.08</u>	

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 13532 through 13583 have been issued for payment in the amount of \$109,664.47. These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Warrants Processed:	4-1-19 – 4-30-19		\$109,664.47
Work Comp Claims Pd:	4-1-19 – 4-30-19		583.34
Kruger Clinic Processed:	4-1-19 – 4-30-19		38,684.27
Payroll:	3-24-19 – 4-6-19	21,831.23	
	4-7-19 – 4-20-19	<u>21,878.80</u>	
			43,710.03
Electronic Payments:	Payroll Taxes	18,687.95	
	ADP	85.78	
	Valic Retirement	7,678.15	
	FSA Payments	254.93	
	Bank Fees	91.64	
	WA State Dept Revenue	812.38	
	Dept of L&I	613.37	
	Superior Press	113.62	
	Program Expenditures	<u>581,382.55</u>	
			<u>609,720.37</u>
	Grand Total		<u>\$802,362.48</u>

Program Oversight Committee Summary Report May 2019

- One program application up for discussion this month
- Follow-up on myStrength: web/mobile-based behavioral health program

Funding Requests

South Snohomish County Consortium (fiscal agent Turning Point)— Back to School Health & Resource Fair	Request Year 1	Request Year 2	Request Year 3
	\$12,000		
Program Description: a renewal request for the annual school resource & health fair in August at Cedar Valley Elementary. The fair provides health exams, vision checks, immunizations and oral exams/fluoride varnish, as well as school and other supplies.			
Expected Results	Last year, the program set the goal to increase attendance to 900 children and youth, and ultimately served 1,000. The expected health services and screenings were provided, and they added a safety and physical activity component (bike helmets and bike rodeo). In 2019, event the is seeking to reach 1,500 students.		
Use of Funds & Costs	In 2018 Verdant provided \$12,000 in funding. Turning Point is the non-profit fiscal agent for the project, which continues to receive support from CHC of Snohomish County and the Edmonds School District. The event leverages significant funding from other private foundations and includes donated school and other supplies (\$18.5k).		

Program Committee Recommendations (Commissioners Knowles & Wilson)

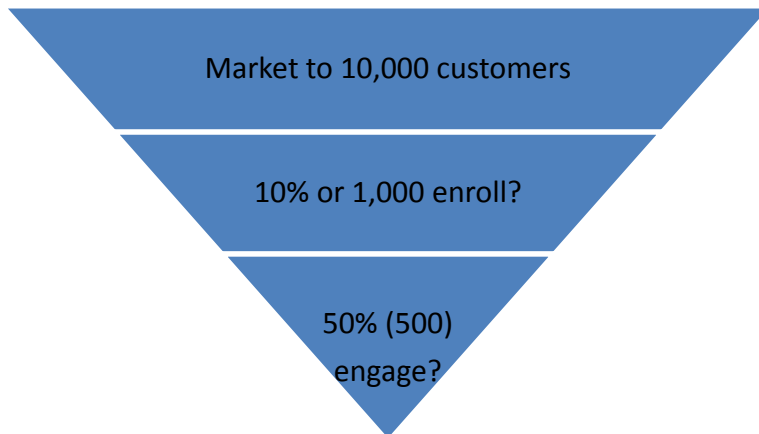
- **South Snohomish County Consortium (fiscal agent Turning Point) Back to School Health & Resource Fair:** the committee is recommending fully funding the request on a one-time basis at \$12,000. The committee felt that the event meets a community need, serves a large number of students and families, and was a good use of Verdant funds.

Follow-up on myStrength: Web/mobile-based behavioral health program

At the April board meeting, myStrength demonstrated the website/app and we have received some follow-up information about the research base for the program and site security.

What Would Implementation Take?

1. License fee for myStrength (\$72k annual license fee)
2. Marketing & Outreach Plan and Budget
 - Direct to consumer outreach through existing Verdant channels (e-mail, mailings, media)? Would need to develop messaging and outreach strategy.
 - Partnership with mental health providers to communicate to their clients?
 - Partnership with one or more managed care plans?
3. Customer Engagement Funnel:

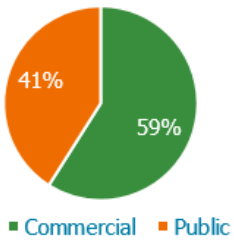


Options for board to consider now:

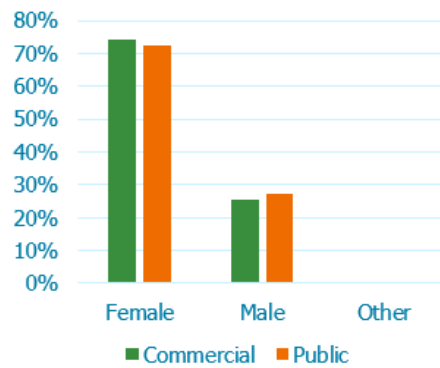
- A. It's a "go", let's contract with the vendor and line up partnerships needed for success. Set a marketing and communications budget?
- B. Invest some more time on researching exploring partners, marketing and outreach opportunities. Possibly set some funding boundaries.
- C. Not interested right now

MyStrength User Snapshot

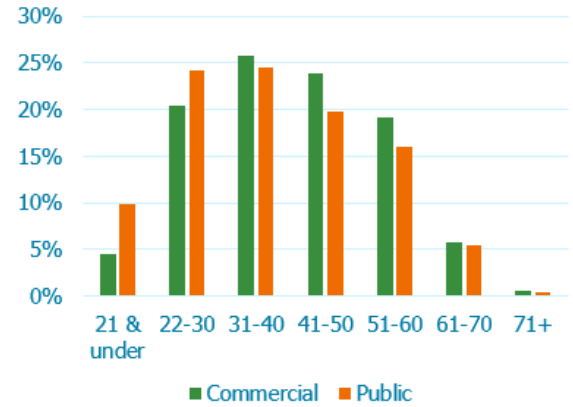
Total users



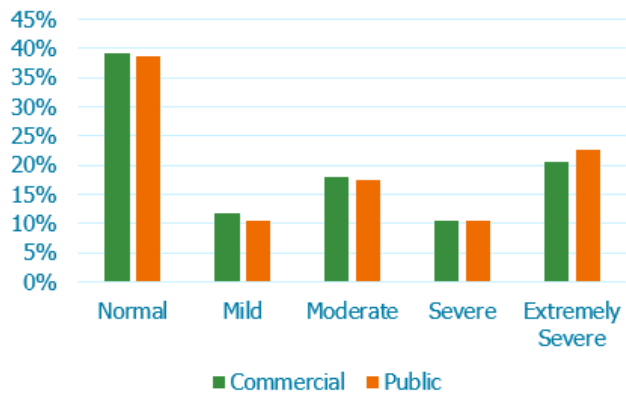
Gender



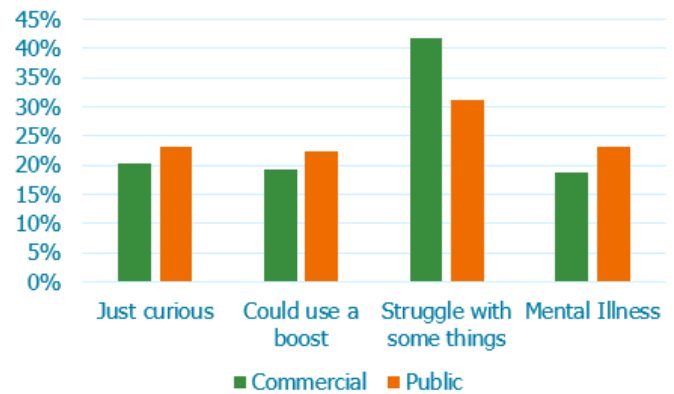
Age



Baseline Depression Scores



Motivations for myStrength



**Verdant Community Wellness Center Summary
May 2019**

Completed Programs (April/May)

1. General Community and Provider Events	Attendance
1. Leadership Snohomish County Presentations (4/22, 5/6)	13/session
2. Monthly Hero's Café for Veterans (4/23; 5/28)	100+/session
3. Wonderland Staff Meeting (4/23; 5/28)	20
4. Homage Aging & Disability Staff Retreat (4/26)	10
5. Family & Kinship Caregiver Support Group (5/2)	6-8
6. Korean Women's Association Everyday Prevention Workshops (5/2)*	35
7. League of Women Voter's Children's Committee (5/3)	6-10
8. ARC Mothers of Children with Disabilities Monthly Support Network (5/4)	18
9. Parkinson's Disease Support Group (5/6)	5-6
10. SHIBA Updates Training (5/7)	24
11. Opportunity Council Childcare Provider Trainings (5/7, 9)	8/session
12. Snohomish County Early Intervention Providers Meeting (5/9)	16
13. Childstrive Restorative Practice Planning Session	25
14. Sensory Processing Challenges in Children (5/15)	17
15. MTI Mobile Dental – Root Canal Clinic (5/17)	By appt.
16. Welcome to Medicare Monthly Workshops (5/17)	20
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Diabetes-friendly Living Series (4/10 – 5/1)*	7/session
2. Mediterranean for Life 6 Week Series (4/16 – 5/21)*	12/session
3. Cooking with Confidence (4/24-5/8)*	5/session
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (4/25)*	22
5. Cooking Demo: Tasty Breakfast Option (4/29)*	21
6. Weekly Healthy Living Coaching Group (4/30; 5/6, 13, 20, 27)*	8-16/session
7. Diabetes Support Group (5/8)	3-5
8. Learn & Taste: Nutrition & Brain Health (5/9, 16, 23)*	11/session
9. Cooking Demo: Flavorful Ways to Prepare Fish (5/9)*	24
10. SHD Harvest for Healthy Kids Childcare Provider Trainings (5/18)	18
11. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)*	varies

3. Behavioral Health & Substance Use	Attendance
1. Understanding Anxiety & Depression (3/12 – 4/30)*	8-10/session
2. NAMI Connections Mental Health Support Group (4/25; 5/9, 23)	6-8/session
3. UW Memory & Brain Wellness Resource Day (4/27)	33
4. AAPPN Psychiatric Nurse Practitioner Training (4/27)	10
5. Gender Diversity Family Support Group (5/12)	2-6/session
6. Using Mindfulness to Manage Stress (5/15)*	23
7. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
8. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies

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

Verdant Community Wellness Center Summary May 2019

Upcoming Programs (May/June)

A. General Community and Provider Events

1. PEPs – Baby Peppers (April 4 – June 20)*
2. Behavioral Health Integration Meeting (May 22; June 26)
3. Monthly Hero's Café for Veterans (May 28, June 25)
4. Wonderland Staff Meeting (May 28, June 25)
5. N. Seattle Progressives Public Forum (May 30)
6. Swedish Edmonds Leadership Retreat (May 30)
7. ARC Mothers of Children with Disabilities Monthly Support Network (June 1)
8. Parkinson's Disease Support Group (June 3)
9. SHIBA Updates Training (June 4)
10. Snohomish County CBITS Training (June 4, 5)
11. Family & Kinship Caregiver Support Group (June 6)
12. Korean Women's Association Everyday Prevention Workshops (June 6)*
13. League of Women Voter's Children's Committee (June 7)
14. Resource Connectors (June 11)
15. Evergreen Home Health Staff Meeting (June 11, 12)
16. Snohomish County Early Intervention Providers Meeting (June 13)
17. South County Walks Volunteer Walk Leader Training (June 13)
18. Red Flags in Child Development (June 15)
19. Swedish Edmonds Provider Lunch (June 17)
20. Welcome to Medicare (June 21)

B. Nutrition and Healthy Behaviors

1. Learn & Taste: Nutrition & Brain Health (May 9, 16, 23)*
2. Weekly Healthy Living Coaching Group (May 20, 27; June 4, 11, 18, 25)*
3. Cooking Demo: Optimal Eating on the Go (May 20)*
4. Osteoporosis & Bone Health: Facts and Food with a Doc & Dietitian (May 21)*
5. Survive & Thrive with Chronic Kidney Disease (May 22 – June 26)*
6. Getting to Goal Weight Reduction Class (May 23)*
7. Cooking Demo for Adults on SNAP – Monthly FINI Training (May 23; June 27)*
8. Diabetes-friendly Living Series (June 10 – July 1)*
9. Diabetes Support Group (June 12)
10. Teens in the Kitchen – Delicious Berry Desserts (June 15)*
11. Learn & Taste: Eye Health & Vision Changes in the Aging Eye (June 19)*
12. Cooking Demo: Spring into Summer with Seasonal Produce (June 20)*
13. Cooking Demo: Eating Well to Reduce Fatigue (June 26)*

C. Behavioral Health & Substance Use Focus

1. Using Mindfulness to Manage Stress (May 22- June 27)*
2. NAMI Connections Mental Health Support Group (May 23; June 13, 27)
3. Gentle Yoga (May 23 - June 27)*
4. Gender Diversity Family Support Group (June 9)
5. Understanding Perinatal Mood & Anxiety Disorder (June 18)
6. UW Memory & Brain Wellness Education Day (June 20)
7. Brain Injury Alliance of WA Classes (June 13)
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

* = Grant / Program Funded Partners

April 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.
- **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.
- **Bringing your world alive with words** This 2-day workshop provided a demonstration and facilitation of how to use basic writing skills as a tool for relaxation and stress reduction and healing. Facilitation is aimed at heightening awareness of the relationship between body and mind, and thus enhancing experiences of healing during the workshops. An opportunity of connecting classroom composition practices to healing to their social context to help students, and indeed the larger public, experience the full benefits of writing.
- **Promotoras: Social Justice and Policy Advocates for Women April 11th, 2019. Community Health Worker Conference-Wenatchee, WA**
Session presented by Sandra Huber: Latinx lay health promotores are primarily women who play an important role in their communities by promoting individual and population health. This presentation highlighted the results of a study that examined Promotoras' lived experiences in Washington and explored factors influencing their self-identity, sense of purpose, confidence, collective efficacy, social consciousness, civic engagement and pursuit of education.
- **Promotoras/Community Grant Writing Class:** Learn basic strategies of writing proposals to obtain financing, or "Grant Writing". One of the goals was to support the creation of potential "grant writers" in order to develop the skills and abilities required by the discipline and to strengthen participants capacities to write a proposal. The focus was that at the end of the program the participants have become familiar with the technical language used in the field of "Grantsmanship."

May 2019 Marketing Report

Verdant Partner Roundtable

- VPR will feature an update from Edmonds Community College President Dr. Amit Singh on Friday, May 31, 2-4 p.m. at Verdant.

South County Walks

- South County Walks info session and training event for volunteer walk leaders is Thursday, June 13, 5:30-6:30 p.m. at Verdant.
- Partnership between the cities of Edmonds, Lynnwood, Mountlake Terrace, the Edmonds Senior Center, and Verdant for the 4th year. Sponsors/prize donors currently include The Everett Clinic, IRG Physical Therapy, Althea's Footwear Solutions, Community Transit, and Brooks Outlet.
- Walks from Verdant take place on Mondays at 6:00 p.m. from June 24-September 30.

Events & Publications

- Early planning stages for the 2018 annual report
- Community mental health workshop is tentatively set for Saturday, Nov. 9, 2019