

VERDANT HEALTH COMMISSION
 PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
 BOARD OF COMMISSIONERS
 Regular Meeting
 A G E N D A
 September 25, 2019
 8:00 a.m. to 9:15 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) August 28, 2019 Board Meeting	Action	8:01	1-4
b) September 5, 2019 Special Board Meeting	Action	8:02	5-7
C. Executive Committee Report	Information	8:03	---
D. Discussion with Edmonds School District	Information	8:05	---
E. Superintendent Report	Information	8:20	---
F. Finance Committee			
a) Financial statements and cash activity	Information	8:25	8-11
b) Authorization for payment of vouchers and payroll	Action	8:30	12
G. Program Committee Report and Recommendations			
a) Verdant Community Wellness Center update	Information	---	13-14
b) Verdant Multicultural Program update	Information	8:35	15
H. Marketing Report	Information	8:45	16
I. Executive Session			
a) To consider the legal risks of a proposed action of the district	---	8:50	---
J. Open Session	---	9:00	---
K. Public Comments (please limit to three minutes per speaker)	---	9:05	---
L. Commissioner Comments	---	9:10	---
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

August 28, 2019

**Commissioners
Present**

Deana Knutsen, President
Karianna Wilson, Secretary (8:04 a.m. arrival)
Bob Knowles, Commissioner
Fred Langer, Commissioner
Dr. Jim Distelhorst, Commissioner

Staff

Dr. Robin Fenn, Superintendent
Jennifer Piplic, Marketing Director
Lisa King, Finance Director
Sue Waldin, Community Wellness Program Manager
Sandra Huber, Community Engagement
Nancy Budd, Community Social Worker
Karen Goto, Executive Assistant

Guests

Dr. Larry Schecter, WSU
Dr. Sandeep Sachdeva, Swedish Edmonds
Brad Berg, Foster Pepper

Call to Order

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Knutsen.

Approval of Minutes

Motion was made, seconded and passed unanimously to approve the minutes of the regular board meeting on July 24, 2019.

**Presentation from
WSU/Swedish
Edmonds**

Dr. Larry Schecter of WSU Medical School and Dr. Sandeep Sachdeva of Swedish Edmonds presented an update to the board (Exhibit:53:19) on the medical school and the obstacles to healthcare providers serving as faculty. Commissioners asked questions on student financing for medical school and where in south Snohomish County can primary care rotations be done.

**Executive
Committee Report**

The committee met on August 21, 2019 to review the agenda for the August 28, 2019 board meeting, discuss

the WSU presentation, and personnel issues.
No action was taken.

**Superintendent
Report**

Dr. Fenn reported on the following items:

1. Margo Helphand is facilitating the Special Board Meeting on September 5, 2019, 8 a.m. on the potential development of the Value Village property.
2. Staff are currently working on the 2020 budget.
3. City of Lynnwood's Human Services Commission needs assessment data is currently being analyzed by Verdant and the City.
4. Back to School Fair on August 22, 2019 and the Town of Woodway Fair on August 24, 2019 were both a success. Next community event is the Fair on 44th on September 7, 2019.
5. Legislative Listening Session on August 3, 2019 was very successful.

**Finance Committee
Report**

Commissioner Langer stated that the committee met on August 22, 2019. Ms. King reviewed the financial statements and cash activity for July 2019 (E:54:19).

**Authorization for
Payment of
Vouchers & Payroll**

Warrant Numbers 13716 through 13783 for July 2019 for payment in the amount of \$98,395.03 were presented for approval (E:55:19) by Commissioner Langer. **Motion was made, seconded and passed unanimously to approve.**

**Program Committee
Update**

The Program Committee met on August 14, 2019 to review one renewal and three new program applications (E:56:19).

Commissioner Knowles asked if there were any known or perceived conflicts of interest and none were reported by the commissioners.

Dr. Fenn provided an overview of the four programs that the Program Committee discussed and Commissioner Knowles provided the committee recommendations.

Motion was made, seconded and passed unanimously to approve Prescription Drug Assistance Foundation

prescription assistance program at \$55,000 per year for three years.

Motion was made, seconded and passed unanimously to approve Parent Trust outreach position at \$15,000 per year for three years.

Motion was made, seconded and passed unanimously to approve Latino Educational Training Institute wellness coordinator position with partial funding at \$65,000 for one year only.

Not recommended for approval:

Foundation for Sustainable Community dba Farmer Frog as the program does not tie directly to a Verdant priority area and the organization has not yet solidified the necessary relationship with the Edmonds School District for the program to succeed.

Verdant Multicultural Program Update

See Exhibit 57:19.

Verdant Community Social Worker Update

Ms. Budd provided the commissioners with an update on work being done with case management (Exhibit 58:19).

Marketing Report

Ms. Piplic presented the Marketing report (E:59:19) for August 2019 which included feedback from participants in the August 3, 2019 listening session with legislators. Ms. Piplic noted that Verdant is a convener in these types of gatherings.

Public Comments

Ms. Kristi Myers & Mr. Dave Jordan of Volunteers of America introduced themselves to the board.

Commissioner Comments

Commissioner Knutsen commented that she attended a site visit to the Maple Valley Foodbank along with Verdant, Lynnwood Foodbank, Mountlake Terrace Foodbank and Edmonds Foodbank to see a “model foodbank” in action.

Executive Session

President Knutsen recessed the regular meeting at 9:04 a.m. into Executive Session to discuss the legal risks of a proposed action of the district. Mr. Brad Berg participated in the Executive Session.

President Knutsen stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session.

At 9:24 a.m., President Knutsen extended the Executive Session for 10 minutes.

At 9:34 a.m., President Knutsen extended the Executive Session for 25 minutes.

At 10:00 a.m., President Knutsen extended the Executive Session for 5 minutes.

At 10:05 a.m., President Knutsen extended the Executive Session for 5 minutes.

Open Session

The board reconvened into Open Session at 10:10 a.m. No action was taken.

Adjournment

The meeting was adjourned at 10:12 a.m.

ATTEST BY:

President

Secretary

Verdant Health Commission
Meeting Summary
September 5, 2019

Attended by:

Commissioners: Deanna Knutsen, President; Fred Langer, Bob Knowles, Karianna Wilson, Dr. Jim Distlehorst

Staff: Dr. Robin Fenn, Superintendent; Lisa, King, Jennifer Piplic, Sue Waldin, Sandra Huber, Nancy Budd, Karen Goto

Facilitator: Margot Helphand

I. Meeting Goals

- To develop a shared view of the future purpose/use of the Value Village property and clear next steps and a timeline

II. Assumptions

- We are looking at the long-term needs of the community – 10-20 years out
- Verdant is uniquely positioned to operate in the community's best interest
- It is in the community's best interest to do something with the building to impact community health; not sell or renew the lease
- Verdant has many tools it uses to impact community health including grants, advocacy, partnerships, Community Wellness Center. The VV property is one additional "tool".

III. Context for Discussion/Questions

- Our population is growing, aging and becoming increasingly diverse
- The hospital will become more regional
- Our current wellness facility is well used but certain times are popular (T, W, TH, PMs) other times are not
- The proximity of the VV property to the hospital lends itself to partnering
- VOA Center being built
- Looking at other locations for workout/Physical activity space

IV. Shared Vision for VV Property

A. Overall Vision

- Verdant will provide adaptable, flexible space/s to facilitate the delivery of services to people who need help and improve health in our community.
- The property will be utilized to meet unmet health needs in the community
- Build two, four to six story buildings engineered for more stories on current footprint.
- Could consider wider footprint depending on needs being addressed
- We will provide space for services but not deliver the services

B. Community Issues/needs we want to address with the property; What community impact do we want to make?

- A Multi-Purpose Behavioral Health Center
 - In and outpatient
 - Initially to serve youth, could expand to adults

- Offer wrap around services
- Detox component
- Post-Acute Care for Adults; e.g. IV therapy, PT, Wound Care, Alzheimer’s
 - There is a lack of transition/transfer resources

C. Other

- Property not to be used for homeless, skilled nursing facility or step-down rehab
- We provide space for services. We do not deliver the services
- Providing services to meet unmet needs in the community will augment and protect the hospital

V. Next Steps

Talk to Swedish about Plan for VV, gauge appetite for partnership	1/20
Refine program plan	3/20
Talk to partners: e.g. CHC, Compass, Evergreen, Fairfax, CCS, UW	
Identify financing options	
Inform VV of Non-renewal of lease	12/20
Hire architect	
Develop, finalize and implement finance plan	
Secure general contractor	
Lease with VV ends	12/21
Break ground	2022
Open	2024

VI. Financial Status and Financing

There are several possible finance options that will be available that will depend on the scope of the project. The Board agreed to start discussing these prior to the work of the architect . They know that the specifics may not be available until the architect has scoped out the project but believed high-level discussions should happen sooner than later. Lisa reminded the commissioners of the work that had been completed by an architect in 2016 and shared the plan that had been developed then for a similar project.

VII. Parking Lot – Issues for Future Discussion

- Geographic distribution of clinic
- Revenue generating space
- Availability of Family Planning – Women’s/Children’s services
- Wait for primary care MDs
- Stipend providers, e.g. DMDs

APPENDIX

Raw Data from Yellow Sticker Exercise

- A multi-purpose behavioral health facility including clinical services, support services, addressing different ages, cultural language needs, barriers to care including transportation, stable housing, lack of insurance

- Behavioral Health Center with inpatient and outpatient services to treat youth, adults, and seniors in conjunction with Swedish Edmonds
- Work closely with Swedish to augment services; e.g. step-down transition, psych, geriatric
Ground floor has emergency psych facility and sobering center; 2nd floor has transitional housing for SE discharges; 3rd floor psych bridge program
- Addressing our most vulnerable residents with significant needs; high utilizers, Hawaii Model; Step down; psych
- Preserve value of existing building; May need for future hospital expansion; Support clinical needs in area; Transitional SNF beds
- Skilled nursing; transitional housing
- A building that partners with other organizations to address behavioral health, medical space and dental care
- Community kitchen and resource center; auditorium; WIC; medical space; teaching space; partnership with U of WA; garden;
- Geriatric Center of Excellence encompassing all services in one spot mental and physical
- Women's Center of Excellence encompassing multi-service in one spot mental and physical
- Place for homeless students in Edmonds School District

Balance Sheet
As of August 31, 2019

	A	B	C	D
	Dec 31, 2018	Aug 31, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	1,549,990	(1,313,286)	
4 Other Current Assets	47,865,697	52,513,720	4,648,022	Includes Investments
5 Total Current Assets	50,728,973	54,063,709	3,334,736	
6 Total Long-term & Fixed Assets	44,873,691	43,667,977	(1,205,713)	Includes Depreciation
7 TOTAL ASSETS	95,602,664	97,731,686	2,129,023	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,408,688	(767,340)	
11 Long-term Liabilities	1,073,890	1,032,537	(41,353)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,441,224	(808,693)	
13 Total Equity	92,352,746	95,290,462	2,937,716	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	95,602,664	97,731,686	2,129,023	

Profit & Loss
August 2019

	A	B	C	D	E	F
	Aug Actual	Aug Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	901,979	901,695	284	7,236,585	7,218,376	18,209
3 EXPENSES						
4 Operating Expenses	139,884	187,795	47,910	1,461,059	1,570,184	109,125
5 Depreciation Expense	145,229	145,229	-	1,181,879	1,181,879	(0)
6 Program Expenses	691,808	690,490	(1,317)	4,800,531	5,638,923	838,392
7 Total Expenses	976,921	1,023,514	46,593	7,443,470	8,390,987	947,517
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	607,483	241,828	365,655	3,144,601	1,934,621	1,209,979
10 NET INCOME/(LOSS)	532,541	120,008	412,533	2,937,716	762,010	2,175,705

Monthly Highlights
August 2019

Verdant received dividends payments of \$96,284 and a unrealized gain of \$318,206 on our investment portfolio in August which closed with an ending market value of \$52,140,554.

Program grant commitments total \$6,481,599 for 2019*. \$1,268,401 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$108,798 and expenses of \$56,748 from the Kruger Clinic were incurred, netting to an additional operating income of \$52,050 in August.

Public Hospital District #2

<u>Warrant Number</u>	<u>Transaction Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Purpose</u>
Warrant Activity:				
13784	08/02/2019	Pacific Medical Centers(PacMed)	450.07	WC 230 - Living Well Alliance
13785	08/02/2019	Cascade Security Corporation	512.00	Aug 2019 Parking Lot Security
13786	08/02/2019	Consolidated Landscape Maintenance, Inc.	440.90	Aug 2019 Landscaping maintenance
13787	08/02/2019	Parsi Properties LLC	2,718.00	Aug 2019 - Parking lot lease
13788	08/02/2019	Payden & Rygel	8,418.00	Place Holder 7/1-7/31/19 Investment Advisory Services
13789	08/02/2019	Ash Consulting	620.50	Accounting Consulting
13790	08/02/2019	Kathy Page Feek, Ed. D.	2,657.83	Art Consultaion VCWC
13791	08/02/2019	Seattle Food Nut	356.95	WC 229 - Nutrition Programming
13792	08/14/2019	AmeriFlex Business Solutions	23.00	Aug 2019 FSA Administration
13793	08/14/2019	Aukema & Associates	120.00	July 2019 Website maintenance and support
13794	08/14/2019	Comcast	330.22	Telephone / Internet
13795	08/14/2019	Dataworks	80.00	IT Support
13796	08/14/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13797	08/14/2019	ELTEC Systems, LLC	277.92	Aug 2019 Elevator Maintenance
13798	08/14/2019	Enduris	54,320.00	Annual Insuance Renewal
13799	08/14/2019	Sound Dietitians	4,672.14	One-time Provider Training / WC 223 Healthy Living Coaching / WC 222
13800	08/14/2019	Verizon	111.26	Jul 2 - Aug 1, 2019
13801	08/14/2019	Comcast	530.07	Telephone / Internet
13802	08/14/2019	Fenn, Robin	58.17	Reimbursement for July Mileage
13804	08/15/2019	YMCA of Greater Seattle.	7,310.00	Award 284c - 2017-2020 Drowning Prevention Program
13803	08/14/2019	Ankrom Moisan	1,872.49	Office furniture reconfig
13805	08/20/2019	Dimensional Communication, Inc	2,059.82	Bulb replacement
13806	08/20/2019	Emily Oomen	350.00	Photography at NNO
13807	08/20/2019	Lani Miller	100.00	WC 264 - NNO Cooking Demo
13808	08/20/2019	Milagros Lopez Nunez	300.00	WC 265 - NNO Face Painting
13809	08/20/2019	Neopost	185.12	Postage
13810	08/20/2019	Principal	1,985.30	EE Life Insurance
13811	08/20/2019	Sandra Carrera	100.00	WC 258 - NNO Zumba
13812	08/20/2019	Staples	184.64	Supplies
13813	08/21/2019	Juan Estrella Gonzalez	250.00	WC 265 - NNO Musical Entertainment
13814	08/21/2019	Rene de los Santos	100.00	WC 257 - Dance Demo at National Night Out
13815	08/21/2019	Regence Blueshield	5,783.01	Sept 2019 Health Insurance
13816	08/21/2019	Ana Evelin Garcia	1,400.00	WC 251 - Healthy Relationships Series
13817	08/21/2019	Jorge Ahuactzin	350.00	WC 256 - NNO Entertainment
13818	08/21/2019	Laura Miramontes	210.00	WC 261 - Childcare 8/9, 8/10; 8/14; 8/17
13819	08/21/2019	Yasaura Carvajal	105.00	WC 263 - Childcare 8/9; 8/14
13820	08/21/2019	Armstrong Maintenance, LLC	1,100.00	Janitorial
13821	08/21/2019	Dataworks	2,340.13	IT support
13822	08/21/2019	Payden & Rygel	172.00	Place Holder 7/1-7/31/19 Investment Advisory Services
13823	08/28/2019	Wells Fargo	4,388.50	Misc.
13824	08/28/2019	Wells Fargo	247.95	Misc.
13825	08/28/2019	Wells Fargo	365.10	Misc.
13826	08/28/2019	Daniella Valeska Ochoa	100.00	WC 267 - Cooking Demo for NNO
13827	08/28/2019	Encore Business Solutions	53.75	Dynamics support

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13828	08/28/2019	City of Lynnwood	1,229.00	July 2019 Staffing
13829	08/28/2019	Roto-Rooter	273.49	Repair Toilet Clog
13830	08/28/2019	Waste Management	376.87	Garbage / Recycle
13831	08/28/2019	Azose	3,240.00	Sept Property Management
13832	08/28/2019	Parsi Properties LLC	2,718.00	Sept 2019 - Parking lot lease
		Total Warrants	<u>116,091.26</u>	
Wire/ACH Activity:				
	8/2/2019	Payroll	22,061.54	ACH payroll transfer
	8/2/2019	Department of Treasury/State of WA	8,793.58	Payroll taxes for 7/27/19 pay period ending
	8/2/2019	Valic	3,838.44	Payroll 401(a)/457 Deposit
	8/2/2019	ADP	60.35	Fee for payroll processing
	8/5/2019	Payroll	10,909.13	ACH payroll transfer
	8/5/2019	Department of Treasury/State of WA	6,581.86	Payroll taxes for GK final payroll & vacation cash out
	8/5/2019	Valic	377.68	Payroll 401(a)/457 Deposit
	8/5/2019	ADP	20.00	Fee for payroll processing
	8/16/2019	Payroll	18,284.50	ACH payroll transfer
	8/16/2019	Department of Treasury/State of WA	7,322.11	Payroll taxes for 8/10/19 pay period ending
	8/16/2019	Valic	3,588.29	Payroll 401(a)/457 Deposit
	8/16/2019	ADP	35.00	Fee for payroll processing
	8/30/2019	Payroll	18,352.87	ACH payroll transfer
	8/30/2019	Department of Treasury/State of WA	7,267.72	Payroll taxes for 8/24/19 pay period ending
	8/30/2019	Valic	3,077.70	Payroll 401(a)/457 Deposit
	8/30/2019	ADP	60.35	Fee for payroll processing
	8/12/2019	Wells Fargo Merchant Services	70.00	Merchant Services
	8/11/2019	Wells Fargo	51.09	Service Charge
	8/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	8/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	8/15/2019	Center for Human Services	32,279.16	Program Payment
	8/15/2019	ChildStrive	50,150.16	Program Payment
	8/15/2019	City of Lynnwood	16,638.33	Program Payment
	8/15/2019	City of Mountlake Terrace	3,760.00	Program Payment
	8/15/2019	Community Health Center of Snohomish Co	31,636.03	Program Payment
	8/15/2019	Compass Health	17,386.50	Program Payment
	8/15/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
	8/15/2019	Edmonds School District No. 15	112,465.25	Program Payment
	8/15/2019	Edmonds Senior Center	9,666.67	Program Payment
	8/15/2019	Homage Senior Services	60,586.67	Program Payment
	8/15/2019	Kinderling	11,862.67	Program Payment
	8/15/2019	Korean Women's Association	5,000.00	Program Payment
	8/15/2019	Medical Teams International	122,100.00	Program Payment
	8/15/2019	Project Access Northwest	10,416.67	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	8/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
	8/15/2019	South Snohomish County Fire & Rescue	48,603.34	Program Payment
	8/15/2019	Therapeutic Health Services	20,833.33	Program Payment
	8/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
	8/15/2019	Wonderland Development Center	28,839.58	Program Payment
	8/23/2019	WA Department of Revenue	807.42	B&O/Retailing Sales Tax for July 2019
	8/2/2019	Ameriflex	10.12	EE FSA Payments
	8/9/2019	Ameriflex	332.31	EE FSA Payments
	8/16/2019	Ameriflex	82.50	EE FSA Payments
	8/23/2019	Ameriflex	296.62	EE FSA Payments
		Total Wires/ACH Transactions	<u>783,668.13</u>	
Kruger Clinic Activity:				
1216-1226	misc	Various Claimants/Vendors	<u>8,456.90</u>	Administered by Azose
Work Comp Activity:				
305429.00	8/6/2019	Various Claimants/Vendors	<u>201.34</u>	Administered by Eberle Vivian
		Total Disbursements	<u><u>\$ 908,417.63</u></u>	

	Transaction Date	Payer	Amount	Purpose
Deposits:				
	8/1/2019	Swedish/Edmonds	829,338.32	Monthly leases
	8/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
	8/1/2019	Allied Dermatology (formerly Seattle Skin & Laser)	7,355.79	Kruger Clinic monthly lease
	8/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	8/1/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
	8/1/2019	Value Village	27,614.77	Monthly lease
	8/10/2019	Snohomish County	6,710.19	Levy
	8/25/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	8/15/2019	Sunrise Dental	400.00	Sponsorship of Latina Health Conference Oct 2019
	8/16/2019	Cynthia Shaw	25.00	Donation
	Misc	VCWC Registration	620.00	Registration for VCWC Classes
	8/31/2019	Value Village	27,614.77	Sept 2019 monthly lease Prepayment
		Total Deposits	<u><u>\$ 936,508.38</u></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 13784 through 13832 have been issued for payment in the amount of \$116,091.26. These warrants are hereby approved.

Attest:

Lisa M. King

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Warrants Processed:	8-1-19 – 8-31-19		\$116,091.26
Work Comp Claims Pd:	8-1-19 – 8-31-19		201.34
Kruger Clinic Processed:	8-1-19 – 8-31-19		8,456.90
Payroll:	7-14-19 – 7-27-19	22,061.54	
	GK Final Ch & Vac Cash Out	10,909.13	
	7-28-19 – 8-10-19	18,284.50	
	8-11-19 – 8-24-19	<u>18,352.87</u>	
			69,608.04
Electronic Payments:	Payroll Taxes	29,965.27	
	Payroll Processing	175.70	
	Valic Retirement	10,882.11	
	FSA Payments	721.55	
	Bank Fees	121.09	
	WA State Dept Revenue	807.42	
	Program Expenditures	<u>671,386.95</u>	
			<u>714,060.09</u>
	Grand Total		<u>\$908,417.63</u>

Completed Programs (August/September)

1. General Community and Provider Events	Attendance
1. Live Out Loud Girl's Conference (August 24)	50
2. Monthly Hero's Café for Veterans (August 27)	100+
3. Arcora Foundation Partner Meeting (August 28)	8
4. SHIBA Update Training (September 3)	24
5. Korean Women's Association Everyday Prevention Workshops (September 5)*	40
6. League of Women Voters Children's Committee (September 6)	10
7. ARC Mothers of Children with Disabilities Support Network (September 7)	22
8. SEAC Parent Group Meeting (September 9)	6
9. Resource Connector Meeting (September 10)	29
10. South County Walk/Bike Coalition Meeting (September 11)	10
11. Snohomish County Early Intervention Program Providers Meeting (September 12)	20
12. Snohomish Co. Veteran Cultural Competency Training (September 17)	25
13. Community Narcan Training (September 18)	43
14. MTI Root Canal Clinic (September 18)	6
15. Welcome to Medicare (September 20)	15
16. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Weekly Healthy Living Coaching Group (August 27; September 3,10,17, 24)*	6-12/session
2. Cooking Demo: Exploring Vegetarian Options (August 28)*	23
3. Plant-powered Whole Foods Challenge (September 11 – October 9)*	9
4. Mediterranean for Life Program (September 12 – Oct 17)*	14
5. Cooking Demo: Heart-healthy Recipes for Managing Cholesterol (Sept. 18)*	20
6. Puget Sound Kidney Center Cooking Class (Sept. 18)*	18
7. Cooking Demo: Fall Harvest (Sept. 19)*	24
8. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	Varies

3. Behavioral Health & Substance Use	Attendance
1. Positive Discipline 7 week Parenting Series (July 18 – August 29)*	10-16/session
2. Post-Partum Mood & Anxiety Disorder Support Group (August 14-September 25)*	6-8/session
3. Behavioral Health Integration Meeting (August 28)	25
4. Caregiver Support Group (September 5)	8-10
5. NAMI Connections (September 12, 26)	6-8
6. Gender Diversity Family Support Group (September 8)	10-14
7. Understanding Relationships (weekly)	6/session
8. Adult Children of Alcoholics Weekly Support Group (weekly)	10-12/session
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies

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

Upcoming Programs (September/October)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (September 24)
2. Developmental Disabilities Trauma Training (September 25)
3. SHIBA Updates Training (October 1)
4. Provider Training: Public Charge – How will it affect immigrant clients? (October 2)*
5. Korean Women's Association Everyday Prevention Workshops (October 3)*
6. Family Caregiver Support Group (October 3)
7. Parkinson's Disease Support Group (October 4)*
8. ARC Mothers of Children with Disabilities Monthly Support Network (October 5)
9. UW Memory & Wellness Center Education & Resource Day (October 8)
10. CEO Roundtable (October 14)
11. MTI Dental Van – Root Canal Clinic (October 16)*
12. WithinReach Basic Food Forum (October 17)
13. Sea Mar Health Insurance Navigator's Meeting (October 17)
14. City of Lynnwood Arts Commission Meeting (October 17)
15. Welcome to Medicare (October 18)

B. Nutrition and Healthy Behaviors

1. Diabetes-friendly Living Series (September 23 – Oct 14)*
2. Cooking Demo for Adults on SNAP – Monthly FINI Training (September 26, October 24)*
3. Weekly Healthy Living Coaching Group (October 1, 8, 15, 22, 29)*
4. Survive and Thrive with Kidney Disease (Oct 9 – Nov 13)*
5. Teens in the Kitchen – Exploring Indian Flavors (October 12)*
6. Taking Care of You: Wellness for Childcare Providers (October 12)*
7. Cardio Pump+ Exercise for Fitness & Stress Reduction (October 14 – Nov 4)*
8. Cooking Demo: Vary your Vegetables (October 16)*
9. Energy & Metabolism (October 15)*
10. Info Session: Gentle Yoga Using Tune Up Therapy Balls (October 17)*
11. Cooking Demo: Food Preservation (October 17)*
12. Gentle Yoga Using Tune Up Therapy Balls – a 5 week series (October 24 – Nov 21)*
13. Metabolic Syndrome: Facts & Food with a Doc & a Dietitian (October 30)*

C. Behavioral Health & Substance Use Focus

1. Managing Difficult Emotions Support Group (September 24 – Nov 12)*
2. Grief and Loss Support Group (October 2 – Nov 20)*
3. NAMI Connections Mental Health Support Group (October 10, 24)
4. Behavioral Health Integration Meeting (October 23)
5. Drug Use in Teens: A Parent Session (October 24)
6. Nutrition for Behavioral Health Providers: Part 2 (October 25)*
7. Support Group for Parents with Children with ADHD (October 28 – Dec 16)*
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

* = Grant / Program Funded Partners

August 2019 Multicultural Program & Outreach Report

- **Latinx Executive Board Meeting 8/12/19:** each month community leaders get together to discuss emerging health issues for the Latino community, creating opportunities to inform policy decisions in Washington State. As a member, I get to bring the voice of Snohomish County to the table.
- **Back to School Health & Resource Fair-Cedar Valley Elementary Presented by the Back to School Consortium on 8/22:** Verdant sponsored and participated in this annual event supporting families during times of need by providing Edmonds School District families with free resources and services, including health screenings, backpacks, school supplies, community resources and more.
- **Positive Discipline in Spanish- Sept 13th through October 25th:** This is a 7-week series for Parenting with Positive Discipline for Spanish speaking community members. This series is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home and give parents a sense of accomplishment.
- **Monthly Women's support group:** Verdant is support the mental and emotional health of Latina women offering a place to meet, discover and move forward. Sometimes, women who are living through difficult experiences that increase their level of stress and impact their health, who seek to share the experiences, those who want to find a place of understanding meet at Verdant on the 3rd Tuesday of the month under the supervision of a certified mental health professional.
- **Healthy Families in Action- Packed Lunches 9/14:** When it comes to healthy eating habits and lifestyles, the responsibility doesn't fall on a single family member, but it is a group effort for each family member, led by the parents. This class lead by a community health educator and a registered dietitian teaches new recipes for breakfast, snacks and healthy lunches to enjoy with their families.
- **Healthy Families in Action Breakfasts and snacks 9/16:** When it comes to healthy eating habits and lifestyles, the responsibility doesn't fall on a single family member, but it is a group effort for each family member, led by the parents. This class lead by a community health educator and a registered dietitian teaches new recipes for breakfast, snacks and healthy lunches to enjoy with their families.

September 2019 Marketing Report

Mental Health Community Event

- Saturday, Nov. 9, 2019 from 10 a.m. – 1 p.m. at the Edmonds Center for the Arts
- Goal is to share the message that talking about life's issues is ok and helpful – seek help from friends, family, or professional
- All are welcome, no pre-registration required for the mental health conversation in the auditorium with 2 retired Seattle Seahawks players from 10-11 a.m.
- Pre-registration is required for first 100 participants to attend a suicide prevention workshop from 11:30 a.m. – 1 p.m. in the classroom spaces at the ECA
- Many sponsors from the Verdant Healthier Community Conference are also connected to this event, including: Coordinated Care, Amerigroup, Community Transit, Foster Pepper, Molina, Swedish Edmonds, The Herald, and Community Health Plan of WA

Canopy newsletter

- In development and design – will focus messaging on our mental health community event promotion
- Anticipated mailing is in mid-October

2018 Annual Impact Report

- Currently in the final round of editing and we will have copies at Verdant in the coming week. PDF to be posted on the website week of Sept. 23