

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
November 28, 2012  
8:00 AM to 9:45 AM

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order			
Pledge of Allegiance	---	8:00	
B. Approval of the Minutes			
a) October 24, 2012 Board Meeting	Action	8:02	2-6
b) November 20, 2012 Study Session	Action	8:02	7
C. Executive Committee Report			
a) No December 2012 board meeting	Information	8:05	
b) Next board meeting – January 23, 2013	Information	8:06	
D. Board Finance Committee Report			
a) Review financial statement and cash activity	Action	8:07	8-15
b) Authorization for payment of vouchers and payroll	Action	8:12	16
c) LGTO bond rating update	Information	8:15	
E. Program Oversight Committee Report & Recommendations			
a) Conflicts of Interest	Action	8:20	
b) Cascade Bicycle presentation	Information	8:21	17
c) Program investment recommendations	Action	8:40	17-23
F. Marketing Report			
a) "6 Weeks to a Healthier You" follow-up	Action	8:45	24-27
b) Website update	Information	8:52	24
c) Pertussis update	Information	8:55	24
G. Commissioner Comments	Information	9:00	
H. Superintendent's Report	Information	9:05	
I. Public Comments (please limit to three minutes per speaker)	---	9:10	---
J. Executive Session	---	9:25	---
K. Open Session	Action	9:40	---
L. Adjournment	---	9:45	---

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

*BOARD OF COMMISSIONERS*

*Regular Meeting*

*VHC Board Room*

October 24, 2012

Commissioners Present	Fred Langer, President Deana Knutsen, Commissioner J. Bruce Williams, M.D., Commissioner Karianna Wilson, Commissioner (8:50 to 9:45 am)
Others Present	Carl Zapora, Superintendent George Kosovich, Program Director Lisa King, Finance Director Howard Thomas, Consultant Brad Berg, Foster Pepper Sarah Zabel, Swedish/Edmonds Members of the community
Excused	Bob Knowles, Secretary Jennifer Piplic, Marketing Director Karen Goto, Executive Assistant Karianna Wilson, Commissioner (8:00 to 8:50 am)
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Langer.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on September 26, 2012. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on October 11, 2012.
Executive Committee	President Langer reported that he was not present for the meeting and deferred to Superintendent Zapora who stated the committee met on October 19 to review the October 24, 2012 board meeting agenda.
Swedish/Edmonds Charity Care	Sarah Zabel stated that Epic patient medical records system implementation was going well. In an attempt to bring individual policies into alignment with the greater Swedish

### Policy Revision

Healthcare system policies, Ms. Zabel asked that we approve Swedish/Edmonds' adoption of the Swedish Charity Care policy, which is equal to or more generous than the current policy. It would allow patients to avoid having to complete the application process twice if they require care at multiple Swedish locations. Commissioner Knutsen expressed concerns that this would reduce the active period from 12 months to 6 months and increase the patient time dedicated to paperwork. ***Motion was made, seconded and passed unanimously to approve*** the revised Charity Care policy(E:48:12).

### Board Finance Committee

Ms. King reported that the Finance Committee met on October 11, 2012 to review the financial statements and other ongoing issues.  
Ms. King reported on the financials for September (E:49:12).

### Authorization for Payment of Vouchers & Payroll

Warrant Numbers 10075 through 10100 for September 2012 for payment in the amount of \$192,345.49 were presented for approval (E:50:12). ***Motion was made, seconded and passed unanimously to approve.***

President Langer delayed the remainder of items D until Commissioner Wilson was present.

### Program Oversight Committee Update

Commissioner Knutsen reported that the Program Oversight Committee met on October 11, 2012 and reviewed three new proposals (E:51:12).  
No conflict of interest was reported by any of the commissioners.

One program was not recommended for funding – Seaview Elementary PTA.

Two programs were tabled for further discussion – Cascade Bicycle Club Advanced Basics of Bicycling – Edmonds School District and Cascade Bicycle Club – Advocacy/Policy Project. Commissioner Williams asked that Mr. Kosovich extend an invitation to the Cascade Club and any other bicycle club that is active in our district as well as the city parks departments to discuss issues relating to bicyclists in our area.

Pertussis Project Update – Mr. Kosovich reported that the Eliza Company will begin making pertussis calls after the elections are over and a newsletter is being developed that will focus on the pertussis campaign. He stated that the first

large vaccination clinic was successfully held at Edmonds Community College yesterday and additional clinics will be held soon. Mr. Kosovich stated that we are receiving good press coverage.

Community Needs Assessment – *Motion was made, seconded and passed unanimously to approve* moving forward with a needs assessment with Strategic Learning Resources, Snohomish Health District, et al. The cost of the needs assessment is \$133,150.

### Marketing Report

Mr. Kosovich reported on three items (E:52:12) –

1. 6 Weeks to a Healthier You follow up
2. Verdant website update - Commissioner Knutsen would like the website to be available in other languages.
3. Print newsletter – Commissioners would like copies to be provided to all S/E staff, fire departments, city halls and the community college. Commissioner Williams also recommended that a complete list of programs be printed in the newsletter.

### Commissioner Comments

Commissioner Knutsen expressed appreciation for staff members and is looking forward to embarking on some big projects in the future.

President Langer stated that the Commissioners received thank you letters from the school district.

### Superintendent's Report

Superintendent Zapora reported on four items:

1. Following up on Dr. Williams' earlier comment, Mr. Zapora echoed the sentiments that South Snohomish County is becoming an urban community
2. Blue Zones - 17 attendees participated in the trip to Nashville, including 3 staff and 2 commissioners.
3. Pertussis – Superintendent Zapora noted that the campaign is going well and the Lynnwood Fire Department has been a great partner.
4. 6 Weeks to a Healthier You – Superintendent Zapora is pleased that 25% of our original participants are registered for the reunion event.

### Public Hearing on 2013 Budget & Revenue

President Langer called the hearing to order. Rowena Miller of the League of Women Voters stated that she would like to know what will be told to the average homeowner related to taxes and how this levy might affect her. She would like for

our levy to not be raised at this time. Ms. Miller also stated the importance of publicity and that the community does not know enough about Verdant Health Commission. Ms. Miller also asked about whether the public hearing was advertised in the newspaper. Ms. King confirmed that the meeting notice was published in two consecutive Everett Herald advertisements.

Resolution 2012-07 adopting 2013 Budget

*Motion was made, seconded and passed unanimously to approve* Resolution 2012-07 adopting the 2013 Budget

Resolution 2012-08 adopting 2013 Property Tax Levy

*Motion was made, seconded and passed unanimously to approve* Resolution 2012-08 adopting the 2013 Property Tax Levy

Public Hearing on 1999 LTGO Bond Refinance

Public Hearing was opened by President Langer. Rowena Miller asked for clarification if this is new debt. Ms. King responded that this is a refinance of existing debt which is currently secured through a Bank of America letter of credit.

Resolution 2012-09 relating to 1999 LTGO Bond Refinance

*Motion was made, seconded and passed unanimously to approve* Resolution 2012-09 relating to 1999 LTGO Bond Refinance

Public Comments:

Rowena Miller commented that she supports the programs that Verdant is funding and has heard positive feedback from the individuals affected by them.

Executive Session

President Langer recessed the regular meeting at 9:15 a.m. into Executive Session to discuss ongoing litigation. President Langer stated that no action would be taken in this Executive Session and the board would reconvene in approximately 30 minutes.

Open Session

President Langer reconvened into open session at 9:45 a.m.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:45 a.m.

ATTEST BY:

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President

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Secretary

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON

SPECIAL MEETING/STUDY SESSION  
November 20, 2012  
Verdant Health Commission Board Room

Commissioners Present	Karianna Wilson, Commissioner Deana Knutsen, Commissioner J. Bruce Williams, MD, Commissioner
Commissioners Absent	Fred Langer, President Bob Knowles, Commissioner
Staff	Carl Zapora George Kosovich Lisa King Jennifer Piplic
Staff Excused	Karen Goto
Guests	Senior Services Staff
Call to Order	The Special Meeting/Study Session of the Board of Commissioners was called to order by Commissioner Knutsen @ 8:05 a.m.
Study Session	Commissioners conducted a study session with the guests on a proposed Center for Healthy Living. No decisions were made by the commissioners.
Adjourn	The meeting was adjourned at 9:15 a.m.
Attest By:	<hr/> President
	<hr/> Secretary

**Public Hospital District #2, Snohomish County**  
**Balance Sheet**  
 As of October 31, 2012

	<u>Dec 31, 2011</u>	<u>Oct 31, 2012</u>	<u>\$ Change</u>	<u>Comments:</u>	
<b>ASSETS</b>					
<b>Current Assets</b>					
1	Total Cash Balance	1,527,547	1,726,941	199,394	
2	Total Accounts Receivable	143	417,995	417,852	Projected Budget Neutrality Settlement
<b>Other Current Assets</b>					
3	Total Current Assets	4,167	-	(4,167)	BofA Unamortized Financing Costs
4	Total Investments	36,416,633	38,790,614	2,373,981	
5	Total Other Miscellaneous Receivables	580,358	1,140,991	560,633	M&O Tax Levy Recv
6	Total Prepaid Expenses & Others	27,033	50,257	23,224	
7	Total Other Current Assets	<u>37,028,190</u>	<u>39,981,861</u>	<u>2,953,671</u>	
8	Total Current Assets	38,555,880	42,126,797	3,570,917	
9	Total Fixed Assets	31,218,748	27,049,654	(4,169,094)	Depreciation Expense
10	Total Financing & Lease Costs	367,814	356,070	(11,744)	
11	Total Other Assets	<u>3,762,072</u>	<u>3,762,072</u>	<u>-</u>	
<b>TOTAL ASSETS</b>		<u><b>73,904,514</b></u>	<u><b>73,294,593</b></u>	<u><b>(609,921)</b></u>	

\*Includes Moss Adams audit adjustments



**Public Hospital District #2, Snohomish County**  
**Balance Sheet**  
 As of October 31, 2012

	<u>Dec 31, 2011</u>	<u>Oct 31, 2012</u>	<u>\$ Change</u>	<u>Comments:</u>	
<b>LIABILITIES &amp; EQUITY</b>					
<b>Liabilities</b>					
<b>Current Liabilities</b>					
12	Total Accounts Payable	93,706	78,185	(15,521)	
13	Total Credit Cards	277	124	(153)	
<b>Other Current Liabilities</b>					
14	Total Accrued Salary & Benefits	1,240,384	38,732	(1,201,652)	
15	Total Estimated 3rd Party Settlements	1,619,754	720,000	(899,754)	
16	Total Other Payables & Accruals	813,792	151,808	(661,984)	P/L & W/C Settlements & Net S/E Payable
17	Current Portion of L-T Debt	2,114,247	1,000,000	(1,114,247)	Annual Bond Payment due Dec 1, 2012
18	<b>Total Other Current Liabilities</b>	<u>5,788,178</u>	<u>1,910,540</u>	<u>(3,877,638)</u>	
19	<b>Total Current Liabilities</b>	<u>5,882,161</u>	<u>1,988,849</u>	<u>(3,893,312)</u>	
<b>Long-term Liabilities</b>					
20	Total Long-term Debt - Operations	6,890,790	7,000,000	109,210	1999 LTGO Bonds
21	Total Other Long-term Liabilities	565,649	566,937	1,288	
22	<b>Total Long-term Liabilities</b>	<u>7,456,439</u>	<u>7,566,937</u>	<u>110,498</u>	
23	<b>Total Liabilities</b>	<u>13,338,600</u>	<u>9,555,786</u>	<u>(3,782,814)</u>	
24	<b>Total Equity</b>	<u>60,565,915</u>	<u>63,738,807</u>	<u>3,172,892</u>	Net Income
	<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><u>73,904,514</u></u>	<u><u>73,294,593</u></u>	<u><u>(609,921)</u></u>	

\*Includes Moss Adams audit adjustments

**Public Hospital District #2 of Snohomish County**

**Profit Loss**

October 2012

		<u>Sept 2012</u>	<u>Oct 2012</u>	<u>\$ Change</u>	<u>Comments:</u>
	<b>Ordinary Income/Expense</b>				
1	<b>Total Income</b>	835,063	836,257	1,195	
	<b>Expenses</b>				
	<b>Operating Expenses</b>				
2	<b>Total Salaries &amp; Benefits</b>	45,558	49,048	3,490	
3	<b>Total Workers Comp</b>	3,362	(3,729)	(7,091)	Indemnity Self Insurance Fund - L&I Refund
4	<b>Total Depreciation</b>	416,909	416,909	-	
5	<b>Total Insurance</b>	1,234	1,234	-	
6	<b>Total Interest Expense</b>	12,536	11,908	(628)	
7	<b>Total Other Amortization</b>	1,317	1,317	-	
8	<b>Total Professional Services</b>	19,698	25,650	5,952	Website Development
9	<b>Total Purchased Services</b>	11,974	6,896	(5,078)	
10	<b>Rent Expense</b>	2,900	2,900	-	
11	<b>Total Other Expenses</b>	2,678	5,752	3,074	
12	<b>Total Supplies</b>	828	226	(602)	
13	<b>Total Taxes</b>	-	-	-	
14	<b>Total Utilities</b>	477	478	1	
15	<b>Total Operating Expenses</b>	<u>519,471</u>	<u>518,589</u>	<u>(882)</u>	
	<b>Program Expenses</b>				
16	<b>Total Program Expenses</b>	<u>201,754</u>	<u>198,372</u>	<u>(3,382)</u>	
17	<b>Total Expense</b>	721,226	716,961	(4,265)	
18	<b>Net Ordinary Income</b>	113,837	119,296	5,459	
	<b>Other Income/Expense</b>				
	<b>Other Income</b>				
19	<b>Total General Obligation Bonds</b>	1,053	697	(356)	
20	<b>Total Non Operating Revenue</b>	<u>75,426</u>	<u>(135,447)</u>	<u>(210,873)</u>	Loss on Investment
22	<b>Total Other Income/Expense</b>	<u>76,480</u>	<u>(134,749)</u>	<u>(211,229)</u>	
	<b>Net Income</b>	<u><u>190,316</u></u>	<u><u>(15,453)</u></u>	<u><u>(205,770)</u></u>	

**Public Hospital District #2 of Snohomish County**  
**Profit Loss Budget vs. Actual**  
January - October 2012

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
	<u>Jan-Oct 2012</u>	<u>Jan-Oct Budget</u>	<u>Over/(Under) Budget</u>	<u>% of Budget</u>
<b>Operating Revenues</b>				
1 M&O Tax Levy	1,705,667	1,695,776	9,892	100.6%
2 Rental Income	6,449,470	6,442,783	6,687	100.1%
3 Pavilion Ground Lease Income	38,923	38,923	-	100.0%
4 Other Operating Income	17,493	-	17,493	100.0%
<b>5 Total Operating Revenues</b>	<b>8,211,553</b>	<b>8,177,481</b>	<b>34,072</b>	<b>100.4%</b>
<b>Operating Expenses</b>				
6 Salaries	476,597	476,650	(53)	100.0%
7 Benefits	68,956	110,702	(41,746)	62.3%
8 Workers Comp	49,766	44,376	5,390	112.1%
9 Insurance	18,628	23,368	(4,739)	79.7%
10 Interest Expense	151,638	193,791	(42,153)	78.2%
11 Amortization	13,167	13,167	-	100.0%
12 Rent Expense	29,000	29,000	-	100.0%
13 Consulting	156,737	150,000	6,737	104.5%
14 Legal	33,648	33,333	314	100.9%
15 Accounting/Auditing	30,209	60,000	(29,791)	50.3%
16 Other Professional Services	13,166	4,167	8,999	316.0%
17 Purchased Services	34,399	54,983	(20,585)	62.6%
18 Supplies	5,531	15,000	(9,469)	36.9%
19 License and Tax	25	417	(392)	6.0%
20 Utilities	5,909	4,483	1,425	131.8%
21 Miscellaneous Expenses	25,278	29,583	(4,305)	85.4%
<b>22 Total Operating Expenses</b>	<b>1,112,653</b>	<b>1,243,020</b>	<b>(130,367)</b>	<b>89.5%</b>
23 Community Program Investments	1,500,270	3,416,667	(1,916,396)	43.9%
<b>24 Net Ordinary Income</b>	<b>5,598,630</b>	<b>3,517,795</b>	<b>2,080,835</b>	<b>159.2%</b>
<b>Other Income/(Expense)</b>				
25 2003 GO Tax Levy	34,623	-	34,623	100.0%
26 Investment Income	858,360	900,000	(41,640)	95.4%
27 Unrealized G/L on Investment	228,957	-	228,957	100.0%
28 Other Income (Expense)	621,417	-	621,417	100.0%
<b>29 Total Other Income/(Expense)</b>	<b>1,743,357</b>	<b>900,000</b>	<b>843,357</b>	<b>193.7%</b>
<b>30 Net Income (Before Depreciation)</b>	<b>7,341,986</b>	<b>4,417,795</b>	<b>2,924,191</b>	<b>166.2%</b>
31 Depreciation	4,169,094	4,821,439	(652,345)	86.5%
<b>32 Net Income (After Depreciation)</b>	<b>3,172,892</b>	<b>(403,644)</b>	<b>3,576,536</b>	<b>-786.1%</b>

**Public Hospital District #2 of Snohomish County  
Summary of Cash Receipts and Disbursements  
October 2012**

	<b>Oct 2012 Amount</b>	
<b>Receipts:</b>		
Other Rental Income	26,222.92	Value Village
Swedish/Edmonds Rental Income	636,540.00	
Snohomish County Tax Levy	33,172.30	
Ground Lease Payments	4,166.67	
Misc. Reimbursements/Refunds	6,444.00	Reimbursements and Interest Income
<b>Total Receipts</b>	<b><u>706,545.89</u></b>	
<b>Disbursements:</b>		
Professional Services:		
Legal Fees	71,065.22	Litigation and Professional Liability Legal Fees
Accounting Fees	2,025.00	Ash Consulting
Professional Services	10,388.45	Benefit Solutions Administrator, IT support, Website Development
Purchased Services	182.30	Paychex
Payroll	29,453.71	2 pay periods Plus Benefit Solutions and United Way Contributions
Payroll Taxes	9,182.56	2 pay periods Plus 3Q12 L&I State Fund
Employee Insurance	3,725.57	Regence Medical & Dental, Principal Life
Employee Retirement Contributions	3,591.74	Valic
Program Expenditures	197,811.16	Includes Pertussis and 6WTHY
Workers Compensation	30,850.15	Payments Issued by BRAC & 3Q12 L&I Self Insurance
Leasehold Excise Tax	8,951.67	3Q12 Leasehold Excise Tax
Medicaid/Medicare Settlement	105,229.00	SFY2010 (July-August 2010)
Other Miscellaneous Expenses	42,781.22	Supplies, Rent, Canon Lease, Dues, Interest Expense, Bond Fees
<b>Total Disbursements</b>	<b><u>515,237.75</u></b>	

**Public Hospital District #2****Cash Activity**

<u>Warrant Number</u>	<u>Transaction Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Purpose</u>
<b>Warrant Activity:</b>				
10101	10/3/2012	Ace Internet Services, Inc.	376.95	IT Support
10102	10/3/2012	Comcast	317.14	Internet
10103	10/3/2012	Ash Consulting	1,425.00	Sept 2012 Consulting
10104	10/3/2012	WA Department of Revenue	8,951.67	Leasehold Excise Tax 3Q12
10105	10/10/2012	Lynnwood PFD	160.00	Janitorial
10106	10/10/2012	Washington Employers	472.50	Membership Dues 3Q12
10107	10/12/2012	Jennifer L Piplic	296.90	Rental Car Reimbursement
10108	10/15/2012	Morrow Kidman Tinker PLLC, IOLTA Trust	65,379.88	Legal Settlement
10109	10/17/2012	Foster Pepper	1,820.00	Legal
10110	10/17/2012	The Herald	347.20	Legal Publications for Public Hearings
10111	10/17/2012	UNITED WAY	411.00	3Q12 Employee Contributions
10112	10/17/2012	Benefit Solutions Inc.	11.50	FSA Administration Monthly Fee
10113	10/17/2012	Department of Labor and Industries	12,395.64	3Q12 Self Insurance
10114	10/17/2012	Lynnwood PFD	2,900.00	Rent
10115	10/24/2012	Wells Fargo	2,230.86	Miscellaneous
10116	10/24/2012	Canon Financial Services	301.13	Copy Machine Lease Payment
10117	10/24/2012	Foster Pepper	2,145.00	Legal
10118	10/24/2012	Principal Financial Group	600.27	Employee Life Insurance
10119	10/24/2012	Refugee & Immigrant Services NW	87.50	Translation - Pertussis Program
10120	10/24/2012	Regence BlueShield	3,125.30	Employee Medical/Dental Insurance
10121	10/24/2012	Staples	213.20	Office Supplies
10122	10/24/2012	Lynnwood Convention Center	1,020.00	6WTHY Program Expense
10123	10/31/2012	Wells Fargo	3,084.25	Miscellaneous
10124	10/31/2012	Ash Consulting	600.00	Oct 2012 Consulting
10125	10/31/2012	Comcast	317.78	Internet
10126	10/31/2012	Bank of America - LOC	25,873.64	Quarterly Fees for 1999 Bond LOC
10127	10/31/2012	Aukema & Associates	10,000.00	Website Development Deposit
10128	10/31/2012	Pacific Art Press Inc.	1,668.18	Pertussis Program Materials
10129	10/31/2012	Patrick James Hagerty	2,450.75	Marketing Photos for Newsletter
		Total Warrants	<u>148,983.24</u>	

**Workers Compensation Claims Activity:**

300065-300089	Oct 2012	Various Claimants/Vendors	<u>18,454.51</u>	Administered by Berkley Risk
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<u>Warrant Number</u>	<u>Transaction Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Purpose</u>
<b>Professional Liability Claims Activity:</b>				
380000451-0452	Oct 2012	Various Claimants/Vendors	1,720.34	Administered by Sedgwick
<b>Wire/ACH Activity:</b>				
	10/1/2012	US Bank	2,392.08	1999 LTGO bond interest (LOC)
	10/5/2012	Payroll	14,737.26	ACH payroll transfer
	10/5/2012	Department of Treasury	4,593.80	Payroll taxes for 9/29/12 pay period ending
	10/5/2012	Paychex	80.30	Fee for payroll processing
	10/5/2012	Valic	1,804.87	Payroll 401(a)/457 Deposit
	10/19/2012	Payroll	14,228.53	ACH payroll transfer
	10/19/2012	Department of Treasury	4,260.25	Payroll taxes for 10/13/12 pay period ending
	10/19/2012	Paychex	102.00	Fee for payroll processing
	10/19/2012	Valic	1,786.87	Payroll 401(a)/457 Deposit
	10/15/2012	Boys & Girls Club of Snohomish County	9,328.25	Program Payment
	10/15/2012	Center for Human Services	5,200.00	Program Payment
	10/15/2012	City of Lynnwood	73,262.67	Program Payment
	10/15/2012	Community Health Center of Snohomish Co	8,333.33	Program Payment
	10/15/2012	Domestic Violence Services Snohomish Co	1,621.08	Program Payment
	10/15/2012	Edmonds School District No. 15	28,056.82	Program Payment
	10/15/2012	Edmonds Senior Center	2,025.00	Program Payment
	10/15/2012	Little Red Schoolhouse	22,000.00	Program Payment
	10/15/2012	Medical Teams International	4,000.00	Program Payment
	10/15/2012	Parent Trust for WA Children	2,083.33	Program Payment
	10/15/2012	Project Access Northwest	6,666.67	Program Payment
	10/15/2012	Providence Hospice & Home Care Foundation	12,916.67	Program Payment
	10/15/2012	Puget Sound Christian Clinic	6,250.00	Program Payment
	10/15/2012	Senior Services of Snohomish County	11,208.33	Program Payment
	10/15/2012	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	10/24/2012	Benefit Solutions Inc.	38.46	FSA Payments
	10/10/2012	Benefit Solutions Inc.	38.46	FSA Payments
	10/11/2012	Wells Fargo	53.07	Bank Service Fee
	10/11/2012	Wells Fargo	337.06	Bank Service Fee
	10/11/2012	Wells Fargo	134.31	Bank Service Fee
	10/19/2012	Department of Labor and Industries	328.51	3Q12 State Fund
	10/15/2012	Bank of America - Fees	899.35	Bank Service Fee
	10/10/2012	WA State Health Care Authority	105,229.00	SFY2010 Settlement
		Total Wires/ACH Transactions	346,079.66	
		<b>Total Disbursements</b>	<b>\$ 515,237.75</b>	

<b>Date</b>	<b>Payer</b>	<b>Amount</b>	<b>Purpose</b>
10/1/2012	Swedish/Edmonds	636,540.00	Monthly lease
10/4/2012	Value Village	26,222.92	Monthly lease
10/10/2012	Snohomish County	33,172.30	Tax levy deposit
10/24/2012	Healthcare Realty Services, Inc.	4,166.67	Lease payment
10/2/2012	Department of Labor and Industries	5,164.05	Refund for Self Insurance
10/14/2012	PFD - Copies	130.00	Reimbursement for copies
10/23/2012	Safety National Casualty Corporation	1,136.45	Reimbursement for Insurance
10/31/2012	Comerica Interest	0.45	Interest Income
10/31/2012	Wells Fargo-interest	13.05	Interest Income
	<b>Total Deposits</b>	<b>\$ 706,545.89</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 10101 through 10129 have been issued for payment in the amount of \$148,983.24. These warrants are hereby approved.

Attest:

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

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

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Commissioner

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Commissioner

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Commissioner

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Warrants Processed:	10-1-12 – 10-31-12		148,983.24
Work Comp Claims Pd:	10-1-12 – 10-31-12		18,454.51
Payroll:	9-16-12 – 9-29-12	14,737.26	
	9-30-12 – 10-13-12	<u>14,228.53</u>	
			28,965.79
Electronic Payments:	Comerica Bank – Prof Liability	1,720.34	
	Payroll Taxes	9,182.56	
	Paychex	182.30	
	Valic Retirement	3,591.74	
	Benefit Solutions	76.92	
	Interest Payments – US Bank	2,392.08	
	Bank Fees	1,423.79	
	Program Expenditures	195,035.48	
	WA State Healthcare Authority	<u>105,229.00</u>	
			<u>318,834.21</u>
	Grand Total		<u>\$515,237.75</u>



## November 2012 Program Report

### Summary of Programs for Discussion

- Follow up on Cascade Bicycle Club Education Foundation Proposals (presentation from Cascade staff, pg. 17)
- Three new funding applications (pg. 18)
- Center for Healthy Aging Follow-up (pg. 19)
- Superintendent's Discretionary: Sobering Center Planning (pg. 20)

### Presentation from Cascade Bicycle Club Education Foundation

- **Cascade Bicycle Club Education Foundation – Advanced Basics of Bicycling Program:** funding would be used to expand the Advanced Basics of Bicycling (middle school program) to all schools within the Edmonds School District. Last year, Verdant provided a one-time grant to enable Cascade to buy the equipment/trailer and design the curriculum for the middle school program. The last time the multi-year request came in the program committee had reservations about funding this on an ongoing basis because the connection to health was not as strong as for other youth-wellness focused programs. The funded program completed its annual report and achieved its outcomes goals.

The proposed program outcomes include 1.) Increased knowledge of traffic rules and bike safety, 2.) Increased knowledge of bicycle riding and traffic skills, and 3.) Increased number of times per month that students ride bicycles.

Cascade is requesting \$32,000 per year for three years, most of which would support staff delivery of the program at the 6 middle schools in the Edmonds School District.

- **Cascade Bicycle Club Education Foundation – Policy and Advocacy Project:** a project focused on making it easier and safer for people to walk and ride bikes in South Snohomish County. Funds would be used to 1.) Conduct a bike assessment in each of the district's 6 jurisdictions; 2.) train municipal staff and elected officials on bike friendly transportation planning; 3.) encourage and empower businesses to become bike friendly workplaces; and 4.) train community advocates.

Cascade is requesting a total of \$70,000 (\$45,000 in first year, \$25,000 in second) to accomplish these goals.

## New Requests for Program Funding

### Recommended for Funding:

- **American Diabetes Association of WA - South Snohomish County Stop Diabetes:** a diabetes program/campaign targeting South Snohomish County. The program seeks to reach 1,000 residents a year through an awareness campaign, risk assessments, education, and biometric screenings. The program would kick off with advertising, door-to-door outreach, and social media, with the goal of encouraging residents to take a diabetes risk assessment, biometric screening, or enroll in a class. **The committee is recommending fully funding the request at \$50,000 per year for three years.**
- **Snohomish County Fall Prevention Coalition (Catholic Community Services as Fiscal Sponsor):** the Fall Prevention Coalition of Snohomish County is seeking funding for materials and exercise booklets to use at education seminars on fall prevention targeting older adults, their adult children, and the community at large. **The committee is recommending fully funding the request at \$3,000 on a one-time basis.**
- **Center for Human Services - Youth Counseling Program:** the Center for Human Services (CHS) has submitted a request to continue and expand funding for the youth counseling program (originally funded under Jeremiah Center). The request seeks funding for two counselors: one at the middle schools and another dedicated to the high schools.

Our agreement with the CHS expires on December 31, 2012. CHS has been operating the program for three months: feedback from the Edmonds School District is supportive of the program, and CHS has already exceeded their goal of students served for the four months of the contract. **The committee is recommending fully funding the request for two counselors at \$162,284 per year for three years.**

## Center for Healthy Living Proposal from Senior Services of Snohomish County

Senior Services attended a Verdant board study session on November 20th to present their proposal and answer board member questions. The proposal requests \$524,615 of annual funding. Programs include:

- A new physical location for Senior Services staff in the Verdant District, along with programs provided through partner sites like senior housing and senior centers.
- Medical and Dental Services: health screenings; mental health services; dental services
- Aging and Disability Resource Connection: information, referral, and awareness; Options Counseling and Assistance; Care Transitions.
- Health & Wellness Programs: chronic disease self-management; diabetes self-management; Meals on Wheels; multicultural services; family caregiver support; fall prevention; fitness programs.

### The Center for Healthy Living - Proposal Summary

- Serving individuals with disabilities and chronic health conditions 18+ years of age, and older adults
- Located in a 6,000 square foot facility within the Hospital District (Leased or Owned)
- Staffed with 11 employees
- Providing 14 programs in health, nutrition, multicultural, transportation and social services
- Taking services into the community – coordinating with 3 Senior Centers, 8 Low-Income housing communities, and other Community Based Organizations
- Serving 2,131 individuals within the first 12 months of operation



**We are asking the Verdant Board to make a decision on how to proceed with the Center for Healthy Living Proposal. Options include:**

- **Option A:** Decline or table proposal for a future date.
- **Option B:** Approve the project in concept and general scope, but have Verdant staff return with a draft agreement before a contract is approved or signed. This would move the project forward, but give the Verdant Board a final review on key items like contract term, site location, or any other critical issues for board members.
- **Option C:** Approve as presented: \$542,615 per year for five years. Note: the longest agreement Verdant has structured so far has been 3 years, but given the level of investment involved, Senior Services has requested a five year commitment. All of our funding agreements include the right to suspend or terminate payments at any time for performance or other reasons at our discretion.

**Superintendent's Discretionary Fund:**

A request of \$3,000 was approved from the Superintendent's Discretionary Fund to support a feasibility study for a South Snohomish County sobering center. Sobering Centers provide a safe environment for people under the influence of drugs or alcohol to return to a sober state in a safe environment outside of the Emergency Room. Other funders/partners of the project include Swedish, Providence, Snohomish County Human Services, and several area insurance companies. The study will include an analysis of the community need, a financial and operating analysis, and a review of possible funding sources for the center.

**Verdant Health Commission Proposal Summary November 2012**

	A	B	C	D	E	F	G	H	I	J
Programs for November Review			Request for funding			Priority Area				
New Program Funding Applications										
#	Name	Description	Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy	Primary Population Served
1	American Diabetes Association of WA - South Snohomish County Stop Diabetes	A diabetes program/campaign targeting South Snohomish County. The program seeks to reach 1,000 residents a year through an awareness campaign, risk assessments, education, and biometric screenings. The program would kick off with adverting, door-to-door outreach, and social media, with the goal of encouraging residents to take a diabetes risk assessment, biometric screening, or enroll in a class.	\$50,000	\$50,000	\$50,000	X	X	X		Women
2	Snohomish County Fall Prevention Coalition (Catholic Community Services as Fiscal Agent)	The Fall Prevention Coalition is seeking funding for materials and exercise booklets to use at education seminars on fall prevention targeting older adults, their adult children, and the community at large.	\$3,000			X	X			Older Adults
3	Center for Human Services - Youth Counseling Program	A request to continue and expand funding for the youth counseling program (originally funded under Jeremiah Center). The request seeks funding for two counselors: one at the middle schools and another dedicated to the high schools.	\$162,284	\$162,284	\$162,284			X		Youth
<b>Total</b>			<b>\$215,284</b>	<b>\$212,284</b>	<b>\$212,284</b>					

#	Name	Description	Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy	Primary Population Served
<b>Follow-up on Previous Proposals</b>										
4	Cascade Bicycle Club - Advanced Basics of Bicycling - Edmonds School District	Funding would be used to expand the Advanced Basics of Bicycling (middle school program) to all schools within the Edmonds School District. Last year, Verdant provided a one-year grant to enable Cascade to buy the equipment/trailer to get the program going.	\$32,000	\$32,000	\$32,000	X				Youth
5	Cascade Bicycle Club - Advocacy/Policy Project	A policy and advocacy project focused on making it easier and safer for people to walk and ride bikes in South Snohomish County. Funds would be used to 1.) Conduct a bike assessment in each of the district's 6 jurisdictions; 2.) train municipal staff and elected officials on bike friendly transportation planning; 3.) encourage and empower businesses to become bike friendly workplaces; and 4.) train community advocates.	\$45,000	\$25,000					X	Bicyclists & Pedestrians
6	Senior Services of Snohomish County	Funding would be used to develop a South County Center for Healthy Living. The center would include an enhanced fitness program, transportation, family caregiver support, mental health services, chronic disease self management, support groups, health screenings, and geriatric dental services. The proposal also suggests relocating the multicultural senior center from Everett to South County.	\$524,615	\$524,615	\$524,615	X	X	X		Seniors & Chronically Ill
<b>Total</b>			<b>\$601,615</b>	<b>\$581,615</b>	<b>\$556,615</b>					

Public Hospital District 2, Snohomish County

Draft

Program Payout Schedule

Account	Actual 2012	Budget 2013	Budget 2014
<b>7100 . Grants</b>			
<b>Total Committed</b>	\$ 1,706,500	\$ 1,970,145	\$ 1,325,044
<b>Not Committed (Available to Spend)</b>	\$ 2,050,000	\$ 3,835,855	\$ 3,404,956
<b>Total Grants</b>	<b>\$ 3,756,500</b>	<b>\$ 5,806,000</b>	<b>\$ 4,730,000</b>
<b>7300 . Internal Programs</b>			
<b>Board Approved</b>			
Whooping Cough	\$ 124,000	\$ 24,000	\$ -
6 Weeks to a Healthier You	\$ 14,500	\$ 80,000	unknown
<b>Total Board Approved</b>	<b>\$ 138,500</b>	<b>\$ 104,000</b>	<b>\$ -</b>
<b>Potential Internal Programs</b>			
Community Needs Assessment	\$ 25,000	\$ 75,000	\$ -
Blue Zones	\$ -	unknown	unknown
<b>Total Potential</b>	<b>\$ 25,000</b>	<b>\$ 75,000</b>	<b>\$ -</b>
<b>Total Internal Programs</b>	<b>\$ 163,500</b>	<b>\$ 179,000</b>	<b>\$ -</b>
<b>7200 . Discretionary</b>			
<b>Total Committed</b>	\$ 82,346	\$ -	\$ -
<b>Not Committed (Available to Spend)</b>	\$ 122,654	\$ 315,000	unknown
<b>Total Discretionary Programs</b>	<b>\$ 205,000</b>	<b>\$ 315,000</b>	<b>\$ -</b>
<b>TOTAL</b>	<b>\$ 4,100,000</b>	<b>\$ 6,300,000</b>	<b>\$ 4,730,000</b>
		(includes \$2 million rolled over from 2012)	
<b>Pending Requests</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
Center for Healthy Aging	\$ -	\$ 524,615	\$ 524,615
Advanced Basics of Bicycling	\$ -	\$ 32,000	\$ 32,000
Cascade Bicycling Club Policy Proposal	\$ -	\$ 45,000	\$ 25,000
American Diabetes Association	\$ -	\$ 50,000	\$ 50,000
Snohomish County Fall Prevention	\$ 3,000	\$ -	\$ -
Center for Human Services Youth Counsleing	\$ -	\$ 162,284	\$ 162,284
<b>Total</b>	<b>\$ 3,000</b>	<b>\$ 813,899</b>	<b>\$ 793,899</b>

# November 2012 Marketing Report

## Summary

- 6 Weeks to a Healthier You Update and Direction for 2013
- Website Update
- Pertussis Update

## 6 Weeks to a Healthier You Update and Direction for 2013

### Direction Needed From Commissioners

- **6 Weeks to a Healthier You in 2013:** In spring 2012, we hosted 6 Weeks to a Healthier You with Joe Piscatella, drawing 480 registered participants in the spring program, with nearly 400 people attending at least 4 of the 6 sessions. 228 people participated in the pre- and post-program biometrics in the spring. This fall, we hosted a reunion session and offered reunion biometrics to all of the spring registrants. 109 people attended the reunion session and 86 took advantage of the biometrics. The results and feedback on the reunion were impressive. Please see the next several pages for biometric aggregate results and reunion feedback. The spring program and reunion combined had a net expense of \$72,253.48. Planning for the 2012 program began in December 2011, so with that in mind, staff would like the commissioners' feedback on offering this program (spring sessions and fall reunion) again in 2013. **Action is required today if the commission chooses to offer the program in 2013.**

## Website Update

- Aukema & Associates has worked with staff on developing the basis for the website's site map.
- Content conversations continue to take place as we progress into the wireframes portion of the development.
- The timeline for completion is still being considered, while we discuss content and design elements during this initial discovery phase.

## Pertussis Update

- We hosted a Tdap vaccination clinic with the Snohomish Health District and Edmonds Community College for low-income and uninsured adults on Oct. 23, with almost 150 Tdap vaccines administered.
- Nearly 76,000 copies of The Canopy, Verdant's print newsletter, featuring information about whooping cough on its cover and inside spread, were delivered to residences and businesses the week of Nov. 12.
- As part of our outreach program, Eliza's phone calling began to residences on Nov. 13, with more than 26,000 residences called. We will receive more information about the success rates of these calls and data surrounding the responses to our questions later this week. The second round of calls for follow-up will take place beginning Dec. 12.





## 6 Weeks to a Healthier You Reunion

### Aggregate Biometrics Summary

(n=86 for participants who had pre-measurements in April and post in October)

Self-Reported Exercise	Min/week
Pre	127.1
6 month reunion	186.9
Change in minutes per week	59.8
Average % increase	47%

Triglycerides	Level
Average at start	117.7
Average at 6 month reunion	102.6
Average change	-15.1
% change	-12.8%

Weight	Pounds	%
Average pre weight	194.8	
Average weight at 6 month reunion	186.0	
Average lbs lost	-8.8	-5%
People who lost > 5 lbs	34	40%
People who lost > 10 lbs	26	30%

Total cholesterol	Level
Average at start	200.8
Average at 6 month reunion	199.6
Average change	-1.2
% change	-0.6%

Glucose	Level
Average at start	102.8
Average at 6 month reunion	96.9
Average change	-5.8
% change	-5.7%

Blood Glucose	People (Pre)	People (Reunion)
Normal blood sugar (<100)	61	68
Pre diabetic (100-125)	18	12
Diabetic (125+)	7	6
Total	86	86

HDL	Level
Average at start	57.6
Average at 6 month reunion	60.6
Average change	3.0
% change	5.2%

LDL	Level
Average at start	120.2
Average at 6 month reunion	115.0
Average change	-5.2
% change	-4.4%

# Survey Feedback Summary – Reunion Session

## General Comments

1	Periodic reunions are a fantastic idea. This helped get me back on track and reinforced the lifestyle information and habits I need to remember and cultivate. Very motivating for those who slip and slide away from their healthy goals after a time. Having Joe back is essential! Hope the biometrics results support how effective this kind of program is.
2	This was a wonderful program!!! Thank you. I hope you run the 6 Weeks again in the spring.
3	This is just about the most well done series/presentations I have ever been to. Quality throughout!
4	Leika in particular was very well informed and professional. We learn something new every time we attend a session.
5	There wasn't anything new, but it was very good to review all the key info.
6	Leika from the PCC was a joy. I knew everyone else would be good, but she was a great addition.
7	I appreciated receiving the six month biometric data. It really helped to see that the changes were impacting my long-term markers.
8	The nutritionist from PCC did a great job and she could have talked longer because she was so knowledgeable! She was a definite asset to the evening!
9	The review and reminders of the important points were very helpful and inspirational. I thought it was great that Terry spoke about not letting the doldrums of winter keep you from exercising.
10	I liked the conversion info for salt and sugar. I liked the examples of transfat and saturated fat. I can't keep that in my head! I also liked the exercise with the Monster Mash, even though it was a little embarrassing. It was fun and I found myself doing it when I got home!
11	Thank you for this excellent program. My husband really connected with Joe and that has helped us more than any words I have said or could say.
12	I have some friends that are really hoping the entire session will be run again next year.
13	I think you should consider having a "Level II" program for graduates of the first program. Continue to have reunion type events.
14	While in a perfect world I would LOVE to shop at PCC, for me, it is cost restrictive and I got overwhelmed trying to balance my family budget with what I wanted to buy. It would be helpful to review what foods are best to buy organic (at PCC or other) and what (may not be better, but have to) to buy elsewhere. Sort of a priority list, I focused on fruits but need to hit sales and stock up at other stores when I can. :)

## Success stories

1	My husband has lost 50 + pounds and I have lost 23 pounds since we started last spring. We are feeling great and have learned very smart life skills to continue living well.
2	We are working together as a couple since attending. Our progress is slow, but we are on the same page.
3	My blood pressure medication has been lowered, I have lost over 50 lbs since January. These sessions have helped me stay on track.
4	I lost 17 pounds and kept all but 3 off. I will continue to go from here. My blood levels were improved in every category.
5	My story is an example of VERY slow evolution of healthy habits. I have cut back some on rich foods and portion sizes (from gigantic "dishpan pasta" size helpings to just big servings). Only 5 pounds lost since taking the class, but, amazingly and against past history, no weight was gained on two vacations.
6	I slipped a bit on my Cholesterol since the spring so this class was a good reminder to get back on track. Also, I told Joe that I made the switch from 2% milk to 0% after the spring class & I like it. (That's just a tiny success.)

7	I lost 15 pounds and my triglycerides went down. It appears my cholesterol and LDL stayed same but did not go up, time to tweak.
8	This program was exceptional, and I have continued applying it to my life. To date I have lost 44 pounds since beginning the 6 weeks to a healthier you! So grateful and feel much more empowered than 6 months ago!!!
9	Lost 38 lbs, significant change in cholesterol and triglycerides, I am committed to a two year plan to get too close to my ideal weight - another 40 lbs or so.
10	I lost 25 lbs over 4 months, using the myfitnesspal.com site to record all my food Have kept it off for 2 more months w/out much trouble. Also took advantage of the 6-wk free membership at the Y. Enjoyed the water fitness class so much, decided to extend my YMCA membership.
11	My husband & I have both lost over 50 pounds, increased our exercise and been an inspiration to family, friends, and co-workers.
12	I have been gradually losing weight and adding variety to my exercise routine. I have been through a lot of stress this year and found this series very helpful.
13	Yes weight loss 40 lbs exercise more numbers were good at the beginning, so little change
14	I already ate well but was glad to lose 10 pounds mostly because I started eating smaller meals. I feel much better not having so much middle fat.
15	I was pleasantly surprised most of my #'s were better or very close to 6 months ago. What little changes I made are helping now, I just need to take it up a notch. :)
16	I found that drinking 2 8oz glasses of water with every meal really helped me to maintain and/or lose weight. I also started using the stretching equipment that we were given and found I had more strength and flexibility and had gotten rid of the pain in my arms & shoulders.
17	For 6 months now, I've been eating healthier and exercising regularly. My numbers keep improving. Thank you!