

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
December 18, 2019
8:00 a.m. to 8:55 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) November 20, 2019 Board Meeting	Action	8:01	2-5
b) December 6 to 7, 2019 Special Meeting	Action	8:02	6-12
C. Executive Committee Report			
a) Approve revised Verdant mission, vision and values	Action	8:05	13
c) Resolution 2019:13 – 2020 Monthly Board Meeting Schedule	Action	8:07	14-16
c) Officers & Committees for 2020	Information	8:09	17
b) Selection of Superintendent Search Firm	Action	8:10	---
D. Superintendent/Marketing Reports	Information	8:15	
E. Finance Committee			
a) Financial statements and cash activity	Information	8:20	18-22
b) Authorization for payment of vouchers and payroll	Action	8:25	23
c) Resolution 2019:12 – Fixed Asset Disposition	Action	8:27	24-27
d) Kruger Clinic Profit Loss	Information	---	28
F. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:30	---
b) Program Investment Recommendations	Action	8:32	29-33
c) Verdant Community Wellness Center update	Information	---	34-35
d) Verdant Multicultural Program update	Information	---	36
G. Public Comments (please limit to three minutes per speaker)	---	8:45	---
H. Commissioner Comments	---	8:50	---
I. Adjournment	---	8:55	---

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

BOARD OF COMMISSIONERS

Regular Meeting
Verdant Community Wellness Center
November 20, 2019

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary (8:10 a.m. arrival) Bob Knowles, Commissioner Fred Langer, Commissioner (8:05 a.m. arrival) Dr. Jim Distelhorst, Commissioner
Staff	Jennifer Piplic, Superintendent Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Guests	Brad Berg, Foster Garvey Erica Ash, Ash Consulting
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:01 a.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 October 23, 2019. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on October 26, 2019.
Executive Committee Report	The committee met on November 13, 2019 to review the agenda for the November 20, 2019 board meeting, and the next steps in the Superintendent search. No action was taken.
Resolution 2019:10	Resolution 2019:10 was presented at the October 23, 2019 regular board meeting by Mr. Brad Berg. State statute was amended in 2018 around the appointment process for the district superintendent and Bylaws are being amended to be in compliance with the statute. <i>Motion was made, seconded and passed unanimously</i>

to approve Resolution 2019:10

Resolution 2019:11

Resolution 2019:11 was presented by President Knutsen. This resolution appoints Ms. Jennifer Piplic as the Superintendent of the hospital district.

Motion was made, seconded and passed unanimously to approve Resolution 2019:11.

**Superintendent/
Marketing Report**

Ms. Piplic reported on the following items (E:75:19):

1. The Community Mental Health event on November 9, 2019 went well.
2. The Verdant Healthier Community Conference for 2020 is postponed while the Superintendent search is being conducted.
3. The board retreat is scheduled for December 6 and 7, 2019 at the Tulalip Resort.
4. A Superintendent position description compiled by Waldron is being distributed today.
5. Three search firms have been contacted and two of the three have responded. One will have a proposal sent to Verdant, one is currently busy and cannot respond until the end of January 2020, and one has not responded to our inquiry yet.
6. Kruger Clinic Suite 280 is now under contract.
7. Thank you to the staff and Ash Consulting for their work during this time of transition.

**Finance Committee
Report**

Commissioner Langer stated that the committee met on November 18, 2019. Ms. Ash reviewed the financial statements and cash activity for October 2019 (E:76:19). Ms. Ash noted three warrants: one to the WA Department of Revenue for lease hold excise tax, one to Ace Internet Services for staff laptop replacements, and one to People Space for an office remodel. Ms. Piplic explained that the current open concept work space is being remodeled for more privacy especially during phone calls.

Commissioner Knowles asked Ms. Ash for the total operating income for the entire length of the Kruger Clinic lease and this will be provided at the next board meeting on December 18, 2019.

**Authorization for
Payment of
Vouchers & Payroll**

Warrant Numbers 13884 through 13961 for October 2019 for payment in the amount of \$120,360.43 were presented for approval (E:77:19) by Commissioner Langer. ***Motion was made, seconded and passed unanimously to approve.***

**Program Committee
Update**

The Program Committee met on November 13, 2019 and reviewed one renewal grant application and the process for future grant renewal requests (E:78:19). Commissioner Knowles asked if there were any known or perceived conflicts of interest and none were reported by the commissioners.

Ms. Piplic presented the renewal application from Homage and Commissioner Knowles presented the program committee recommendation.

Commissioner Knowles asked the Homage guests in attendance about the average number of contacts that individuals in the Care Coordination program receive and about other funding support. Ms. Vervitslotis from Homage indicated that the average number of contacts is two per individual per year. Mr. Rich Robinson from Homage indicated that currently, there is no other funding support but that they are working on strengthening their partnership with Swedish Edmonds.

Motion was made, seconded and passed unanimously to approve the Homage Care Coordination Program in the amount of \$139,437 for Year 1, \$143,614 for Year 2, and \$147,919 for Year 3.

Commissioner Knowles explained that the Program Committee intends to review renewal applications on an individual basis during this transition time and new grant requests have been put on pause. The committee expects to receive 4 or 5 renewal applications in December 2019.

**Verdant Community
Wellness Center
Update**

Ms. Waldin provided an update on programs in the Verdant Community Wellness Center (Exhibit 79:19) and also shared class flyers on Navigating Diabetes Today and Diabetes-Friendly Living.

**Verdant Multicultural
Program Update**

See Exhibit 80:19 on multicultural programs in the month of October 2019.

Executive Session

President Knutsen recessed the regular meeting at 8:32 a.m. into Executive Session to review the performance of an employee. Mr. Brad Berg participated in the Executive Session.

President Knutsen stated that the board would reconvene in 10 minutes and no action would be taken in Executive Session.

At 8:42 a.m., President Knutsen extended the Executive Session for 5 minutes.

Open Session

The board reconvened into Open Session at 8:47 a.m.

Public Comments

None.

**Commissioner
Comments**

Commissioners discussed topics for the upcoming board retreat in December 2019, the job descriptions for the three open positions (Superintendent, Finance Director and Programs Director), and how to identify potential search firms. Ms. Piplic will send the current job descriptions to the board. President Knutsen will contact Margot Helphand about her participation as facilitator of the board retreat and inform Mr. Langer of her answer. If Ms. Helphand is not available, Mr. Larry Pennings will be contacted.

Mr. Berg suggested contacting WSHA for their assistance with search firms for hospital executives. Ms. Ash reminded the board that the treasurer and auditor roles are legally required positions. The auditor reviews invoices and presents for payment; the treasurer authorizes the warrants to be paid and has a bond paid by the district on the person.

Adjournment

The meeting was adjourned at 9:30 a.m.

ATTEST BY:

President

Secretary

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

**BOARD SPECIAL MEETING
December 6 to 7, 2019
Tulalip Resort**

**Commissioners
Present**

Deana Knutsen, President
Karianna Wilson, Commissioner
Fred Langer, Commissioner
Jim Distelhorst, MD, Commissioner
Bob Knowles, Commissioner

Staff

Jennifer Piplic, Interim Superintendent
Sue Waldin, Community Wellness Program Manager
Sandra Huber, Community Engagement
Nancy Budd, Community Social Worker
Karen Goto, Executive Assistant

Guests

Margot Helphand, Facilitator
Erica Ash, Ash Consulting

Call to Order

On Friday, December 6 the Special Meeting of the Board of Commissioners was called to order at 12:15 p.m. by President Knutsen.

**Oath of Office for
Commissioner
Distelhorst**

Commissioner Langer administered the Oath of Office to Commissioner Distelhorst for his 2-year unexpired term. The board went into a planning discussion to prepare for the Superintendent search firm interviews.

**Interview
Superintendent Search
Firms**

The board and current superintendent conducted four interviews, two via video conference, one on the telephone, and one in person.

1. Scion
2. Korn Ferry
3. Reffett Associates
4. Herd Freed Hartz

No action was taken.

There being no further business to discuss, the meeting was recessed at 5:00 p.m.

A social gathering and dinner were held at 6:00 p.m. At 7 p.m., Ms. Margot Helphand facilitated a discussion with the board and staff on the retreat overview and expectations, confirming the vision, mission & values. Ms. Piplic shared the tools for impact with the board and staff

members presented brief notes on how they work to support the mission in a high-level way.

Call to Order

On Saturday, December 7 the Special Meeting of the Board of Commissioners was called to order at 8:10 a.m. by President Knutsen.

Ms. Margot Helphand facilitated a discussion with the board and current Superintendent on hiring strategy, qualities for the next Superintendent, update on Value Village next steps and timeline, and a key decision roadmap.

Board Leadership & Committees

The board selected officers and committee assignments for 2020 and reviewed the 2020 board meeting schedule (E:81:19).

Adjourn

There being no further business to discuss, the meeting was adjourned at 12:05 p.m.

ATTEST BY:

President

Secretary

December 6, 2019
Dinner Session

Attended by:

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

Staff: Jennifer Piplic, Interim Superintendent; Sue Waldin, Sandra Huber, Nancy Budd, Karen Goto, Erica Ash, Ash Consulting

Facilitator: Margot Helphand

I. Meeting Goals

- Confirm Mission, Vision and Values
- Review and Confirm Priority Areas
- Interview and Select Search Firm
- Determine Hiring Scenario/s
- Identify Essential Qualities of the Next Superintendent
- Update on Value Village
- Select 2020 Officers and Committee Assignments
- Determine Next Steps/Assignments

II. Mission, Vision and Values Review

- Mission, Vision and values are still relevant
- Recommended the following revisions: include the word “whole” before the word community in the Mission Statement and the “Stewardship” value

III. Staff Presentations – Key Points

Staff presented

A. Jennifer – Overview

- Staff focuses supporting the mission of the organization by identifying gaps and creating programs, partnerships, and collaborations that might not be possible through the traditional grant process. Of the 6 Priority Areas identified by the Commissioners, some areas are more heavily targeted through grants than staff-driven initiatives, in particular youth obesity. Staff work to creatively identify opportunities to further the mission and support the administrative needs of the organization.

B. Sandra

- We are committed to serve everyone!
- Our services are not a “one size fits all”
- We strive to meet people where they are in the community
- While we are heavily invested in working with the Latino community we are working to connect with leaders in diverse communities (Korean, LGBTQ, disability, etc.)

C. Nancy

- Services include case management for individuals with difficult, complex issues
- This program meets the Verdant mission by serving one person at a time
- Brings providers together to support individuals
- Offers joint provider trainings on a variety of topics, most recently including nutrition and behavioral health with recovery

D. Sue

- Community wellness addresses all the priority areas except homelessness
- Programs have evolved from “one-offs” to comprehensive programs that focus on commitment to behavior change
- Programs support long-term change, e.g. Healthy Living Coaching Group
- Working with school district to on obesity prevention; Able to leverage work through schools with parents
- The teaching kitchen and nutrition programming is often a way to get people in the door at Verdant and then connect them to other program areas and services

E. Karen

- Supports staff and board
- Assists with facility use

F. Jennifer, Marketing

- Marketing, promotion, and branding work falls in line with the program areas identified by Commissioners, initiatives organized by Verdant, and the grants offered by partners. This work has been mostly focused on the 4 priority areas that have been in place for several years.
- Additional focus in 2019 was put on behavioral health work, with the mental health community event around stigma reduction and the elected listening session that took place in August focused on the needs of people in substance use recovery.

G. Erica, Acting CFO

- Normal transactional work
- Compliance
- Legal auditor role
- Work with auditors

IV. Going Forward Discussion Board and Staff

Going forward.....

1. Are our priorities still on target? - Yes!
2. Are there any transformations we should consider?
 - May play a more active role in homelessness
 - More partnerships with providers
 - Expand outreach to diverse communities
3. What do these priorities say about what attributes we should seek in our next superintendent?
 - A background in health
 - An understanding of broad, big systems

- Background in government, e.g. understanding of public meetings and records laws
- Well-developed relationship-building skills
- Experience working with coalitions
- Experience building a cohesive team – (not a micro-manager)
- Excellent communication skills (to the board, public settings, etc.)

December 7, 2019

AM Session

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

Staff: Jennifer Piplic, Interim Superintendent; Erica Ash

Facilitator: Margot Helphand

V. Environmental Analysis

A. What's ahead – Major work

- Value Village
- New staff
- Bond decision 2020
- Healthy Communities Capital Fund – 20-21
- Strategic Grant Allocation process
- Board succession
- Swedish

^^

B. What's in place

- Strong program and admin staff
- Strong operational foundation
- Strong brand reputation
- Grants and grants process in place
- Growing partnerships
- Strong, committed board

VI. Hiring Scenario/s

The board reviewed options for filling the three vacant staff positions, Superintendent, Program Director and Finance Director. The following hiring scenario was agreed to:

- Superintendent search: immediately initiate search for new superintendent
- HR: Begin development of contract to outsource HR functions
- Finance/Operations Director: Develop job description for this position and initiate search
- Hold hiring of Program Director until Superintendent is hired

Depending on progress of the superintendent process, revisit this scenario.

VII. Superintendent Desired Attributes and Key functions

A. Attributes:

- Ability to supervise staff and build a team
- Ability to work with a public board; Communicate clearly with the board; work with consensus (Board has a responsibility “to speak with one voice” after vote)
- Demonstrate professional confidence
- Develop strong working relationships with partners and stakeholders
- Ability to advance our mission

B. Key Functions

- Implement board policies
- Oversee the accomplishment of the mission
- Supervise staff
- Report to public board

VIII. Value Village Update

- Milestones highlighted in the Sept. 2019 study session will be pushed back by a few months while the Superintendent search takes place. Jennifer will review lease terms and confirm any notification requirements.

IX. Officers and Committee Assignments

A. Officers: President – Bob; Secretary – Karianna

B. Committees

- Finance: Fred (Chair), Karianna
- Program: Jim (Chair), Deana
- Strategic Collaboration: Deana (chair), Bob

All committees will review their charters and work plans and present to board for approval.

X. Work Plan - Next Steps:

1. Hire Superintendent

Finalize search firm selection Karianna will do reference checks and communicate a thumbs up or down to the board with #1 choice If thumbs up Board will act at 12/18, meeting If thumbs down Karianna will continue reference checking with #2 choice	Karianna	12/19
Authorize interim superintendent to enter contract with selected search firm	Board	12/19
Complete contract	Jennifer	12/19

2. Develop contract to Outsource HR Functions

Craft options for HR contract - Report to superintendent with dotted line to board	Erica	1/20
Review options for HR contract	Finance Committee	1/20
Present recommendation to the board	Finance Committee	1/20

3. Develop Job Description for Finance/Operations Manager to prepare for search

Review/revise job description; .5 accounting; property management, public records request, IT liaison, contract oversight	Finance Committee/Erica	1/20
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• A go getter with a business degree; knowledge of accounting		
Present job description to the full board *Board to receive draft job description one week prior to the board meeting	Finance Comm	1/20
Begin search	Jennifer	

4. Revise Mission, Vision and Values

Add word “whole” before “community” in Mission and in “Stewardship” in Values	Jennifer	12/19
Board approve changes	Board	12/19

5. Develop Onboarding Process

Develop onboarding process	Executive Committee	By 2/20
Present process to the board	Board President	2/20

6. Explore Board Policies

Send sample policies to Board President	Margot	12/19
Discuss implementation of Board policies	Executive Committee	By 3/20



Verdant Mission, Vision and Values

Mission: To improve the health and well-being of our **whole** community.

Vision: To be a sustaining public resource improving the health and well-being of South Snohomish County, collaboratively and creatively working to meet the needs of our **whole** community.

Our Values

- **Compassion**
We act with compassion and care for our whole community.
- **Accountability**
We fulfill our responsibilities to our whole community and to each other with integrity and by investing in programs that demonstrate worthwhile results.
- **Respect**
We are inclusive and treat all with dignity, honesty and fairness.
- **Excellence**
We are leaders in investing, convening and empowering individuals to achieve health and well-being.
- **Stewardship**
We strive to use all resources wisely for the health improvement of our **whole** community.

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON
RESOLUTION NO. 2019-13

A RESOLUTION of the Board of Commissioners (the “Board”) of Public Hospital District No. 2, Snohomish County, Washington (the “District”), approving the schedule for the meetings of the Board during 2020.

WHEREAS, RCW 42.30.070 provides that the governing body of a public agency may provide the time for holding regular meetings of the governing body by ordinance, resolution, bylaws, or by whatever other rule is required for the conduct of business by that body; and

WHEREAS, Article II, Section 3.1, of the Amended and Restated Bylaws of Public Hospital District No. 2, Snohomish County, Washington, d/b/a Verdant Health Commission provides that the dates, times and locations for the regular meetings of the Board shall be established from time to time by resolution adopted by the Board; and

WHEREAS, the Board desires to approve the schedule for its regular meetings for 2020; NOW, THEREFORE,

BE IT RESOLVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, that the schedule for the regular meetings of the Board attached hereto as Exhibit A is hereby approved.

ADOPTED AND APPROVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, at a regular open public meeting thereof this 18th day of December, 2019, the following Commissioners being present and voting in favor of the adoption of the resolution.

President and Commissioner

Commissioner

Commissioner

Commissioner

Secretary and Commissioner

CERTIFICATE

I, the undersigned, Secretary of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2019-13 is a true and correct copy of the original resolution adopted on December 18, 2019, as that resolution appears on the Minute Book of the District.

DATED this 18th day of December, 2019.

Karianna Wilson
Secretary of the Board of Commissioners



Proposed 2020 Monthly Board Meetings

Subject to Approval By Resolution 2019:13

4th Wednesday of the month unless noted

Time: 8 - 10 a.m.

Location: Verdant Community Wellness Center

4710 196th St. SW

Lynnwood, WA 98036

January 22

February 26

March 25

April 22

May 27

June 24

July 22

August 26

September 23

October 28

November 18 (3rd Wednesday)

December 16 (3rd Wednesday)



2020 Officers & Committee Assignments

- President – Bob Knowles
- Secretary – Karianna Wilson
- Executive Committee – Bob Knowles (Chair)/ Karianna Wilson
- Finance Committee – Fred Langer (Chair) / Karianna Wilson
- Program Committee – Jim Distelhorst (Chair) / Deana Knutsen
- Strategic Collaboration Comm – Bob Knowles (Chair)/ Deana Knutsen
- Medical Advisory Committee – ad hoc/Jim Distelhorst

Balance Sheet
As of November 30, 2019

	A	B	C	D
	Dec 31, 2018	Nov 30, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	2,736,916	(126,360)	
4 Other Current Assets	47,865,697	52,268,742	4,403,045	Includes Investments
5 Total Current Assets	50,728,973	55,005,658	4,276,685	
6 Total Long-term & Fixed Assets	44,873,691	43,266,921	(1,606,770)	Includes Depreciation
7 TOTAL ASSETS	<u>95,602,664</u>	<u>98,272,579</u>	<u>2,669,915</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,384,173	(791,855)	
11 Long-term Liabilities	1,073,890	1,017,029	(56,861)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,401,202	(848,715)	
13 Total Equity	92,352,746	95,871,377	3,518,631	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	<u>95,602,664</u>	<u>98,272,579</u>	<u>2,669,915</u>	

Profit & Loss
November 2019

	A	B	C	D	E	F
	Nov Actual	Nov Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	923,854	924,580	(726)	10,012,664	9,992,032	20,632
3 EXPENSES						
4 Operating Expenses	204,056	186,959	(17,097)	2,037,834	2,168,136	130,302
5 Depreciation Expense	143,592	142,270	(1,322)	1,614,571	1,612,649	(1,922)
6 Program Expenses	719,440	1,233,990	514,551	6,716,748	8,543,695	1,826,947
7 Total Expenses	1,067,088	1,563,220	496,132	10,369,153	12,324,480	1,955,327
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	240,399	241,828	(1,429)	3,875,120	2,660,104	1,215,016
10 NET INCOME/(LOSS)	<u>97,164</u>	<u>(396,813)</u>	<u>493,977</u>	<u>3,518,631</u>	<u>327,656</u>	<u>3,190,975</u>

Monthly Highlights
November 2019

Verdant received dividend payments of \$88,989 and a unrealized loss of \$60,445 on our investment portfolio in November which closed with an ending market value of \$52,242,767.

Program grant commitments total \$6,508,707 for 2019 and \$4,647,004 for 2020 excluding BHCF.

Revenue of \$108,881 and expenses of \$91,383 from the Kruger Clinic were incurred, netting to an additional operating income of \$17,498 in November.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13962	11/01/2019	Parsi Properties LLC	2,718.00	November 2019 - Parking lot lease
13963	11/07/2019	AmeriFlex Business Solutions	11.50	Nov 2019 FSA Administration
13964	11/07/2019	Armstrong Maintenance, LLC	431.65	Janitorial
13965	11/07/2019	Ash Consulting	9,555.00	Accounting Consulting
13966	11/07/2019	Azose	3,240.00	Property Management for Kruger Clinic
13967	11/07/2019	Cascade Security Corporation	512.00	November 2019 Parking Lot Security
13968	11/07/2019	Comcast	330.22	Telephone/Internet
13969	11/07/2019	Consolidated Landscape Maintenance, Inc.	440.90	November 2019 Landscaping
13970	11/07/2019	ELTEC Systems, LLC	277.92	November 2019 Elevator Maintenance
13971	11/07/2019	J3 World Inc	5,000.00	Speaker for Mental Health Event 11/9/19
13972	11/07/2019	Lowe Graham Jones PLLC	150.00	September 2019 Trademark monitoring
13973	11/07/2019	Sean Locklear	5,000.00	Speaker for Mental Health Event 11/9/19
13974	11/07/2019	Snohomish County PUD	925.49	Electricity
13975	11/07/2019	Tulalip Resort Casino	444.00	Board Retreat Deposit - 12/5/19
13976	11/07/2019	Waste Management	338.93	Garbage
13977	11/07/2019	Sound Dietitians	6,392.39	WC 223 & WC 222 - Nutrition Consulting and Healthy Living Coaching Group
13978	11/14/2019	Alexander Printing Co, Inc	233.95	Event handouts
13979	11/14/2019	Ankrom Moisan	357.50	VCWC office furniture reconfiguration
13980	11/14/2019	Armstrong Maintenance, LLC	550.00	Janitorial
13981	11/14/2019	Comcast	533.10	Telephone/Internet
13982	11/14/2019	Dataworks	1,449.67	IT support
13983	11/14/2019	McKinstry Co., LLC	1,343.00	HVAC repair, Plumbing
13984	11/14/2019	Pacific Medical Centers(PacMed)	441.04	WC 230 - Living Well Alliance
13985	11/14/2019	Seattle Food Nut	543.22	WC 229 - Teen cooking class
13986	11/14/2019	TGB Architects	1,486.45	Kruger Clinic suite separation
13987	11/14/2019	Tulalip Resort Casino	2,791.89	Lodging and remaining foods costs for Board Retreat 12/5/19
13988	11/14/2019	Verizon	112.64	Cell phone
13989	11/18/2019	Armstrong Maintenance, LLC	912.10	Janitorial
13990	11/18/2019	Background Investigations	66.00	Background checks for childcare providers
13991	11/18/2019	CBRE, Inc.	11,221.88	50% commission for Kruger Clinic Suite Separation
13992	11/18/2019	Consolidated Landscape Maintenance, Inc.	2,256.41	Landscaping and mulch application
13993	11/18/2019	Jason Becker Creative	675.00	Design and photography for Mental Health event 11/9/19
13994	11/18/2019	Luz E Diaz	2,400.00	WC 268 - Planning and curriculum development for Latina health series
13995	11/18/2019	Neopost	185.12	Postage
13996	11/18/2019	Payden & Rygel	8,680.00	10/1-10/31/19 Investment Advisory Services
13997	11/18/2019	Principal	1,092.16	EE Insurance
13998	11/18/2019	Sound Publishing, Inc.	1,059.20	Legal Notice 11/20 Board Meeting and advertising for community events
13999	11/18/2019	Staples	1,248.79	Supplies and printing
14000	11/18/2019	State Auditor's Office	6,832.12	Progress Billing for 2018 State Audit
14001	11/18/2019	Thomas & Associates	3,213.80	Consulting - July thru October 2019

Warrant Number	Transaction Date	Payee	Amount	Purpose
14002	11/18/2019	YMCA of Greater Seattle.	655.00	Program Payouts
14003	11/22/2019	Parsi Properties LLC	2,718.00	December 2019 - Parking lot lease
		Total Warrants	88,826.04	

Wire/ACH Activity:	Transaction Date	Payee	Amount	Purpose
	11/01/2019	ADP	57.75	Fee for payroll processing
	11/01/2019	ADP	10.00	Fee for payroll processing
	11/04/2019	AmeriFlex Business Solutions	273.10	EE FSA Payments
	11/04/2019	Puget Sound Gastro	28,333.29	Bounced Check # 1322
	11/08/2019	Department of Treasury/State of WA	6,026.67	Payroll taxes for 11/2/19 pay period ending
	11/08/2019	Valic	2,068.37	Payroll 401(a)/457 Deposit
	11/08/2019	Payroll	19,091.40	ACH payroll transfer
	11/12/2019	Valic	736.39	401a payable on Lisa's PTO payout
	11/12/2019	AmeriFlex Business Solutions	52.70	EE FSA Payments
	11/12/2019	Wells Fargo	90.89	Client Analysis Service Charge
	11/13/2019	Wells Fargo	123.65	Merchant Services
	11/14/2019	Wells Fargo	16.79	Credit Card Payment
	11/18/2019	AmeriFlex Business Solutions	264.99	EE FSA Payments
	11/22/2019	Department of Treasury/State of WA	4,991.76	Payroll taxes for 11/16/19 pay period ending
	11/22/2019	Payroll	14,175.77	ACH payroll transfer
	11/22/2019	Valic	7,770.92	Payroll 401(a)/457 Deposit
	11/22/2019	ADP	10.00	Fee for payroll processing
	11/22/2019	Department of Treasury/State of WA	7,371.11	Payroll taxes for Robin Fenn PTO payout
	11/22/2019	Payroll	14,805.05	ACH payroll transfer - Robin Fenn PTO payout
	11/25/2019	AmeriFlex Business Solutions	115.74	EE FSA Payments
	11/25/2019	WA State Dept of Labor & Industries	609.93	Quarterly Labor and Industries return - 9/30/19
	11/26/2019	WA Department of Revenue	856.95	B&O/Retailing Sales Tax for Oct 2019
	11/29/2019	US Bank	943,050.00	Principal and Interest 2012 LTGO Bonds
	11/29/2019	ADP	57.75	Fee for payroll processing
	11/29/2019	ADP	77.72	Fee for payroll processing

Transaction Date	Payee	Amount	Purpose
11/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
11/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
11/15/2019	Center for Human Services	36,029.16	Program Payment
11/15/2019	ChildStrive	50,150.16	Program Payment
11/15/2019	Compass Health	17,386.50	Program Payment
11/15/2019	Domestic Violence Services Snohomish Co	8,000.00	Program Payment
11/15/2019	Edmonds School District No. 15	113,788.75	Program Payment
11/15/2019	Edmonds Senior Center	9,666.67	Program Payment
11/15/2019	Homage Senior Services	60,586.67	Program Payment
11/15/2019	Kinderling	11,862.67	Program Payment
11/15/2019	Korean Women's Association	5,000.00	Program Payment
11/15/2019	Latino Educational Training Institute	5,416.66	Program Payment
11/15/2019	Medical Teams International	8,100.00	Program Payment
11/15/2019	Prescription Drug Assistance Foundation	4,583.33	Program Payment
11/15/2019	Project Access Northwest	10,416.67	Program Payment
11/15/2019	Puget Sound Christian Clinic	47,495.50	Program Payment
11/15/2019	Therapeutic Health Services	20,833.33	Program Payment
11/15/2019	Wonderland Development Center	28,839.58	Program Payment
11/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
11/15/2019	South Snohomish County Fire & Rescue	48,603.34	Program Payment
11/15/2019	Community Health Center of Snohomish Co	128,647.85	Program Payment
11/15/2019	City of Lynnwood	30,228.33	Program Payment
11/15/2019	Alzheimer's Association Western & Central	7,500.00	Program Payment
Total Wires/ACH Transactions		<u>1,738,174.28</u>	

Transaction Date		Payee	Amount	Purpose
Kruger Clinic Activity:				
1260-1281	misc	Various Claimants/Vendors	29,558.49	Administered by Azose
Work Comp Activity:				
	misc	Various Claimants/Vendors	-	Administered by Eberle Vivian
Total Disbursements			\$ 1,856,558.81	

Transaction Date		Payer	Amount	Purpose
Deposits:				
11/01/2019		Swedish/Edmonds	69,276.27	Kruger Clinic monthly lease
11/01/2019		Value Village	27,614.77	Monthly lease
11/04/2019		Raymond Liu, D.D.S.	3,830.67	Kruger Clinic monthly lease
11/04/2019		Brian Takagi, MD	84.63	Kruger Clinic monthly lease
11/05/2019		Edmonds Medical Clinic	10,008.25	Kruger Clinic security deposit and partial rent payment
11/10/2019		Snohomish County	910,248.30	Levy
11/12/2019		Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease - Replacement of bounced check
11/14/2019		VCWC Registration	10.00	Registration for VCWC Classes
11/19/2019		Allied Dermatology	7,355.79	Kruger Clinic monthly lease
11/22/2019		Swedish/Edmonds	782,863.91	Monthly hospital lease
11/25/2019		Swedish/Edmonds	69,276.27	Kruger Clinic monthly lease
Total Deposits			\$ 1,908,902.15	

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 13962 through 14003 have been issued for payment in the amount of \$88,826.04. These warrants are hereby approved.

Attest:

Erica Ash

Commissioner

Commissioner

Commissioner

Commissioner

Commissioner

Warrants Processed:	11-1-19 – 11-30-19		\$88,826.04
Kruger Clinic Processed:	11-1-19 – 11-30-19		29,558.49
Payroll:	10-20-19 – 11-2-19	19,091.40	
	Robin Fenn PTO payout	14,805.05	
	11-3-19 – 11-16-19	<u>14,175.77</u>	
			48,072.22
Electronic Payments/ Adjustments:	Payroll Taxes	18,389.54	
	Payroll Processing	213.22	
	Valic Retirement	10,575.68	
	FSA Payments	706.53	
	Bank Fees & Credit Card	231.33	
	WA State Dept Revenue	856.95	
	WA State Dept of Labor & Ind	609.93	
	Returned Check	28,333.29	
	Bond Payment	943,050.00	
	Program Expenditures	<u>687,135.59</u>	
			<u>1,690,102.06</u>
	Grand Total		<u>\$1,856,558.81</u>

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2019-12

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington, determining certain personal property to be surplus and no longer required for public hospital district purposes of the District and authorizing the Superintendent or his designee to sell all or any part of such property on a negotiated basis upon the most favorable terms and conditions obtainable or to otherwise dispose of such property, and ratifying prior actions.

WHEREAS, certain personal property of the District is no longer required for District purposes and the Commission wishes to dispose of such property in a lawful manner as promptly as reasonably possible; NOW, THEREFORE,

BE IT RESOLVED BY THE COMMISSION OF PUBLIC HOSPITAL DISTRICT NO 2, SNOHOMISH COUNTY, WASHINGTON, as follows:

Section 1. It is hereby found, determined and declared that all of the personal property identified on Exhibit A hereto is no longer required for public hospital district purposes and such property therefore is surplus. It is further found and declared to be in the best interest of the District that such property (the "Surplus Property") be disposed of promptly as hereinafter provided.

Section 2. The Superintendent or his designee is hereby authorized and directed to sell on a negotiated basis upon the most favorable terms and conditions obtainable all or any part of the Surplus Property as soon as reasonably possible. Any Surplus Property not thus sold shall be disposed of and removed from the premises of Swedish Edmonds Hospital at the direction of the Superintendent or his designee at the least possible cost to the District.

ADOPTED AND APPROVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, this 18th day of December, 2019, the following commissioners being present and voting in favor of the resolution.

President and Commissioner

Commissioner

Commissioner

Commissioner

Secretary and Commissioner

CERTIFICATE

I, the undersigned, Secretary of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2019-12 is a true and correct copy of the original resolution adopted on December 18, 2019 as that resolution appears on the Minute Book of the District.

DATED this 18th day of December, 2019.

Karianna Wilson
Secretary of the Board of Commissioners

December 2019
Asset Surplus

Class	Number	Dept	Description	QTY	Life (months)	Acquisition Date	Cost	NBV 12/31/19	Disp Date
05	9103901	7020	ULTRASOUND G20 SLC	1	60	7/1/2009	50,295.95	-	12/31/2019
05	2000039	7050	STERRAD 100 GAS PLASMA STE	1	144	5/1/2000	104,646.96	-	12/31/2019
05	8911301	7153	ULTRASOUND ACUSON ANTARES	1	60	12/1/2008	92,565.02	-	12/31/2019
05	8907501	7154	DIGITAL MAMMOGRAPHY UNIT	1	60	11/1/2008	450,138.15	-	12/31/2019
							<u>697,646.08</u>	<u>-</u>	

KRUGER CLINIC

Profit Loss

January 2013 through November 2019

In Thousands

	2013	2014	2015	2016	2017	2018	2019	TOTAL	
Rental Income	35	1,330	1,366	1,387	1,420	1,260	1,196	7,994	Allied Derm rental space change 2018
Professional Services	54	52	60	75	39	38	41	359	Property Mgt, Legal, Consulting
Other Amortization	-	25	59	70	79	79	73	385	Tenant Improvement Amortization
Purchased Services	-	64	77	114	139	144	130	668	Janitorial, Landscaping, Security, Internet
Supplies	-	-	-	1	-	-	-	1	
Repairs and Maintenance	2	114	109	79	53	80	65	502	
Insurance	-	16	18	17	19	20	22	112	
Utilities	2	108	102	122	124	118	125	701	Electric, Water/Sewer, Garbage, Recycling
Taxes	14	47	54	53	53	42	37	300	Leasehold Excise Tax
Other Expenses	1	5	6	2	-	(1)	-	13	Postage
Depreciation	30	389	335	365	394	399	366	2,278	
Total Operating Expenses	<u>103</u>	<u>820</u>	<u>820</u>	<u>898</u>	<u>900</u>	<u>919</u>	<u>859</u>	<u>5,319</u>	
Net Ordinary Income	(68)	510	546	489	520	341	337	2,675	
Total Non Operating Rev/Exp	<u>-</u>	<u>-</u>	<u>-</u>	<u>49</u>	<u>(2)</u>	<u>-</u>	<u>-</u>	<u>47</u>	Insurance recovery (2016)
Net Income	<u>(68)</u>	<u>510</u>	<u>546</u>	<u>538</u>	<u>518</u>	<u>341</u>	<u>337</u>	<u>2,722</u>	

Program Oversight Committee Summary Report December 2019

- Five renewal application for discussion:

1. Lahai Health (formerly Puget Sound Christian Clinic)	Request Year 1	Request Year 2	Request Year 3
	\$138,000	\$183,000	\$188,000
<p>Program Name & Description: Mobile Medical Clinic</p> <p>A renewal request for a primary care mobile medical clinic for uninsured adults. The current program serves patients two times per month at the Community Life Center (CLC) location in Lynnwood. Lahai Health utilizes volunteer licensed/registered healthcare providers to deliver primary care to the uninsured/underinsured. In this renewal application, they propose expanding services beginning in 2020 with an additional mobile medical clinic site offered once per month in our district. This funding would expand the number of clinic days from 2 per month to 6 per month, beginning in September 2020, and it would support 4 staff Nurse Care Managers, who oversee the nursing line, deliver direct patient care, ensure follow-up care, oversee the individual clinic sites, and provide case management.</p>			
Expected Results	<p>The program tracks the number of unduplicated patients served, the number of patients who receive primary care at the clinic, and the number of patients seeking care of their chronic conditions at the clinic. They expect to serve 330 unduplicated patients per year. They served 258 patients in past reporting years.</p>		
Use of Funds & Costs	<p>Prior funding level was \$105,000 per year for 2 years. The renewal request is \$138,000 in Year 1; \$183,000 in Year 2; \$188,000 in Year 3. The increase from Year 1 to Year 2 reflects the expanded services, expected to begin Sept. 2020.</p> <p>Lahai leverages in-kind gifts (goods and volunteer time) and incorporates individual and church contributions, some program fees (\$5,500-8,000 annually), and other grants to support this program.</p>		

2. Edmonds School District	Request Year 1	Request Year 2	Request Year 3
	\$450,000	\$450,000	\$450,000
<p>Program Name & Description: Student Support Advocates</p> <p>A renewal request to support Student Support Advocates (SSAs) at 4 middle schools, 4 high schools, and 1 alternative high school in the Edmonds School District. The program aims to support students and families with basic needs that if unmet, present barriers to success. Staff are strongly focused on the early detection and treatment of substance use and mental health issues. SSAs case-manage clients and provide support and referrals to services, including to other Verdant programs like mental health counseling through Center for Human Services and Therapeutic Health Services.</p>			

Expected Results	<p>The program anticipates serving 456 participants and tracks needs and outcomes in 11 areas, including the following:</p> <ul style="list-style-type: none"> • # Connected to mental health resources and attended 3 or more sessions (n=375) • # Connected to housing resources and/or maintained or found stable housing with SSA support (n=184) • # Connected to medical insurance or services (n=85)
Use of Funds & Costs	<p>The current funding level has been \$395k per year for 3 years. The renewal request is for \$450k per year for 3 years. Salaries/benefits have increased recently, and the ESD budgeted for COLAs moving forward.</p> <p>This program does receive support from other sources: Government grants/contracts (Snohomish County Human Services) and the ESD provides financial support.</p>

3. South County Fire & Rescue	Request Year 1	Request Year 2	Request Year 3
	\$97,500	\$92,260	\$89,175
<p>Program Name & Description: Veterans in Prevention & Community Falls and Safety Program</p> <p>A request to renew funding the Veterans in Prevention program. For 3 years, Verdant has funded a program through SCF with support from Operation Military Families to hire veterans who connect vets in the community to services. This team of part-time staff and the SCF manager also provide support for at-risk older adults for falls prevention. They receive referrals through the Community Resource Paramedic program when a CRP identifies a potential client who fits within their target audience: is at-risk for falls and/or is a veteran.</p> <p>New in this application, SCF & OMF are interested in expanding their reach to younger veterans. They budgeted for the creation of PSAs in print, audio, and video to target these vets in an effort to connect them to benefits and services. They will utilize college interns (with a preference for vets) to support the public information campaign.</p>			
Expected Results	<p>The program has exceeded its goal for number of falls prevention clients served (100), with 119 served in the most recent year. The renewal request has additional outcomes included related to connecting veterans to benefits. Outcomes tracked will be:</p> <ul style="list-style-type: none"> • Falls prevention clients contacted and a year-over-year reduction/stabilization of older adult fall counts; • Increase the number of military vets registered with the VA for health services; • Increase the number of vets and eligible spouses receiving services and benefits from the VA. 		

Use of Funds & Costs	<p>The current funding level has been \$89,240/year for 3 years. The renewal request is for \$97,500 in Year 1; \$92,260 in Year 2; \$89,175 in Year 3.</p> <p>The budget includes a total number of hours for the part-time staff, funding for the PSAs, postage/printing/publications connected to mailed letters to falls patients, OMF support, and supplies.</p> <p>SCF provides financial support for the program through salary/benefits for supervision plus vehicle expenses and office space.</p>
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4. ChildStrive	Request Year 1	Request Year 2	Request Year 3
	\$288,400	\$297,052	\$305,964
<p>Program Name & Description: Nurse-Family Partnership</p> <p>A request to continue funding 2.0 FTEs of Community Health Nurses to provide intensive home-visiting support to at-risk families with target populations including teen mothers, mothers with history of substance use or mental health diagnosis, and mothers experiencing housing instability.</p> <p>This evidence-based community health program is delivered by BSNs with NFP model training who have assessment and intervention skills in the following areas: prenatal/pregnancy, childbirth education, postpartum, lactation, newborn care/assessment, growth and development (birth to 2), mental health assessment and crisis intervention, pregnancy planning/contraception, infant-mental health support, home and environmental safety promotion, educational support, job skill acquisition, community resource connector, and motivational interviewing. Community Health Nurses provide home visits twice/month throughout their time working together until the last few months, when they meet once/month.</p>			
Expected Results	<p>The program has exceeded its goals for number of families served (65) this year; with 68 served January-October 2019. The renewal request aims to reach 70 mothers per year and 55 babies. The program tracks outcomes in the following areas:</p> <ul style="list-style-type: none"> • Client demonstrates age-appropriate parenting as determined by developmental screenings and evaluations; • Mother initiates breastfeeding and keeps baby's immunizations up-to-date; • Preterm birth rate is at or lower than the national objective; • Low birthweight rate is less than or equal to the national objective; • Number of clients who report not smoking at 36 weeks <p>In outcomes published in Oct. 2019, ChildStrive's NFP program results exceed the National NFP results.</p>		

Use of Funds & Costs	<p>The current funding (\$280,000) supports 2.0 FTE salaries/benefits and other program costs, including equipment, training, transportation, etc.</p> <p>The renewal request covers the same salaries/benefits plus a COLA and other program costs. In all, ChildStrive has 9.0 FTE community health nurses serving the NFP program across Snohomish County.</p> <p>ChildStrive receives additional funding for NFP from the state, a private foundation, and development dollars raised by ChildStrive.</p>
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5. Wonderland Child & Family Services	Request Year 1	Request Year 2	Request Year 3
	\$150,000	\$150,000	\$150,000
<p>Program Name & Description: Early Intervention Programs</p> <p>A request to continue funding to provide home-based, intensive, tiered early intervention (EI) services to children 0-3 with a minimum 25% delay and their families. In addition to supporting Wonderland’s EI program (called The Next Level), funding also supports 2 weekly Play & Learn groups in our service area (at Verdant and MLT Library).</p>			
Expected Results	<p>The program has exceeded its goals for number of children served (150), with 161 served in the most recent year reported. Wonderland expects to serve 184 per year in the renewal grant. The program tracks outcomes in the following areas.</p> <ul style="list-style-type: none"> • Improve child’s skills/abilities to relate to adults and other children and follow rules related to groups or interacting with others; • Improve child’s skills/abilities related to thinking, reasoning, using problem solving, understanding symbols, and understanding physical/social worlds; • Improve child’s abilities to use appropriate behaviors to take care of basic needs and self-care, contribute to one’s health and safety, get from place to place (mobility), and use tools; • Parent/caregiver will be better able to cope with issues related to raising a child with a developmental delay and/or disability. 		
Use of Funds & Costs	<p>The current funding (\$149,500/year) supports both salaries/benefits and materials/supplies for the Next Level EI program. In the renewal application, the funding request of \$150k/year supports both the Next Level EI program and 2 weekly Play & Learn groups in our district.</p> <p>As explained in the application, school district contracts and insurance do not adequately cover the cost of additional services and staffing essential for the Next Level.</p>		

Program Committee Recommendations (Commissioners Knowles and Wilson)

Recommended for Funding:

- **Lahai Health Mobile Medical Clinic:** The committee is recommending funding the program in full and believes the program aligns with the Verdant priority area to increase access to services.

The committee requested information regarding the average number of visits per client per year (answer is 2.52) and how Lahai Health helps patients check for insurance eligibility. For insurance eligibility, Lahai requires income information for individuals and households annually, and they work with WithinReach or CHC if there are any questions. If children are not enrolled in Medicaid, they will be assisted to get that enrollment completed.

- **Edmonds School District Student Support Advocates:** The committee is recommending funding the program in full and sees value in the connections this program makes to our priority areas in supporting youth behavioral health.
- **South County Fire Veterans in Prevention and Community Falls & Safety Program:** The committee is recommending funding the program in full, recognizing that this program supports our efforts in injury prevention. It also serves an important demographic with older adults and veterans. The committee requested that SCF include the Verdant logo in its letters to falls prevention clients when it does outreach.
- **Childstrive Nurse-Family Partnership:** The committee recommends funding the program in full. This program supports Verdant's prevention work and behavioral health focus, particular around ACEs.
- **Wonderland Child & Family Services Early Intervention Programs:** The committee recommends fully funding the request. This support allows Wonderland to provide a deeper level of service in our priority area of prevention.

Verdant Community Wellness Center Summary
December 2019

Completed Programs (November/December)

1. General Community and Provider Events	Attendance
1. Hanen Parent Workshop for Kids with Speech Delays (11/6 – 12/11)	12/session
2. Monthly Hero's Café for Veterans (11/26; 12/17)	100+
3. MTI Dental Van – Root Canal Clinic (11/27; 12/11)*	4-6
4. City of Lynnwood Healthy Communities Retreat (12/3)	20
5. Foster Parent Core Training Series (12/5, 11, 12, 19)	12
6. Korean Women's Association Everyday Prevention Workshops (12/5)*	35
7. Family Caregiver Support Group (12/5)	10/session
8. Strategic Collaboration Meeting (12/4)	5
9. Parkinson's Disease Support Group (12/2)	8-10
10. ARC Mothers of Children with Disabilities Monthly Support Network (12/7)	16
11. Special Education Parent Group Meeting (12/9)	5
12. DDA Regional Training (12/9)	24
13. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Diabetes-friendly Living Series (11/6 – 11/27)*	12/session
2. Weekly Healthy Living Coaching Group (11/19, 26; 12/ 3, 10, 17)*	4-10
3. Navigating Diabetes Today Monthly Series: Holiday-friendly Recipes (11/20)*	14
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (11/21; 12/19)*	22
5. Cooking Demo: Making Holiday Pies (11/25)*	20
6. Puget Sound Kidney Center Holiday Cooking Class (12/4)	13
7. Managing Stress with Breathing, Gentle Yoga and Healing Nutrition (12/5)*	16
8. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)	Varies

3. Behavioral Health & Substance Use	Attendance
1. Grief and Loss Support Group (10/2 – 11/20)*	8/session
2. Survivors of Suicide Loss Day (11/23)	24
3. NAMI Connections Mental Health Support Group (11/28; 12/12)	8-10/session
4. Special Education Parents Group Monthly Meeting (12/9)	4-6
5. Brain Health & Wellness Workshop (12/12)	10
6. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
7. 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
December 2019**

Upcoming Programs (December/January)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (Dec 17; Jan 28)
2. Swedish Core Leadership Retreat (December 19)
3. Welcome to Medicare (December 20)
4. Sea Mar Regional Staff Meeting (December 20)
5. Bloodworks Northwest Blood Drive (December 28)
6. ARC Mothers of Children with Disabilities Monthly Support Network (January 4)
7. Family Caregiver Support Group (January 5)
8. Parkinson's Disease Support Group (December 6)
9. Opportunity Council Child Care Provider Training (January 7)
10. SHIBA Monthly Training (January 7)
11. MTI Dental Van – Root Canal Clinic (January 8)*
12. Snohomish County Early Intervention Program Providers Meeting (January 9)
13. Girls on the Run Coach Training (January 11, 22)
14. Special Education Parent Group Meeting (January 13)
15. Resource Connectors Meeting (January 14)
16. Operation Military Family (January 16)
17. South County Cold Weather Shelter Board Meeting (Jan 21)
18. Homage Family Caregiver Retreat (January 24)
19. ESD Health Services Retreat (January 27)

B. Nutrition and Healthy Behaviors

1. Weekly Healthy Living Coaching Group (Nov. 19, 26; Dec 3, 10, 17)*
2. Cooking Demo for Adults on SNAP – Monthly FINI Training (Nov. 21; Dec. 19)*
3. Cooking Demo: Making Holiday Sauces & Condiments (12/16)*
4. Navigating Diabetes Today: Managing Stress at the Holidays & Everyday 12/18*

C. Behavioral Health & Substance Use Focus

1. Grief and Loss Support Group (October 2 – Nov 20)*
2. Survivors of Suicide Loss Day (November 23)
3. NAMI Connections Mental Health Support Group (November 28; December 12)
4. Brain Health & Wellness Workshop (December 12)
5. Adult Children of Alcoholics Weekly Support Group (weekly)
6. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

*** = Grant / Program Funded Partners**

December 2019 Multicultural Program & Outreach Report

- **Latinx Executive Board Meeting 11/18/19:** each month community leaders get together to discuss emerging as current 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
- **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.
- **Community Mental Health Event** This event took place on Saturday, Nov. 9 at the Edmonds Center for the Arts at 410 4th Avenue N in Edmonds.
 - 1) The program included an appearance/talk focused on mental health stigma reduction in the auditorium of the ECA by two Seattle Seahawks Legends (Jordan Babineaux and Sean Locklear).
 - 2) A free workshop on suicide prevention took place to a limited number of people by registration only
- **King County Promotores Network Meetings 11/22/19** began in May of 2007 and 39 Promotores have been trained since then, 28 of whom continue to actively participate in the program to varying degrees. Promotores help families to navigate the complexities of publicly funded agencies that oversee the medical programs and the healthcare system in this country.