

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
February 28, 2018
8:00 a.m. to 9:40 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) January 24, 2018 Board Meeting	Action	8:01	1-5
C. Superintendent Report	Information	8:02	6
D. Resolution 2018:01- Approve Amended Bylaws	Action	8:05	7-22
E. Resolution 2018:02 - Approve 2018 Board Meeting and Retreat Schedule	Action	8:06	23-25
F. Executive Committee Report	Information	8:07	---
G. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:10	26-29
b) Authorization for payment of vouchers and payroll	Action	8:13	30
c) Resolution 2018:03 – Approve Surplus of Fixed Assets	Action	8:14	31-34
H. Program Committee Report and Recommendations			
a) Conflicts of Interest	---	8:15	---
b) Program investment recommendations	Action	8:16	35-36
c) Verdant Community Wellness Center activities update	Information	8:30	37-38
d) Verdant multicultural program update	Information	8:35	39
I. Marketing Report	Information	8:40	40
J. Public Comments (please limit to three minutes per speaker)	---	8:45	---
K. Commissioner Comments	---	8:50	---
L. Executive Session	---	8:55	---
a) Discuss Superintendent performance			
b) Discuss possible real estate acquisition			
M. Open Session	---	9:35	---
N. Adjournment	---	9:40	---

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

BOARD OF COMMISSIONERS

Regular Meeting

**Verdant Community Wellness Center
February 28, 2018**

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary (8:03 a.m. arrival) Fred Langer, Commissioner (via telephone) Bob Knowles, Commissioner J Bruce Williams, Commissioner
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Karen Goto, Executive Assistant
Staff Excused	Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement
Guests	Marcus Yamamoto, CBRE
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 Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on January 24, 2018.
Superintendent Report	Superintendent Fenn reported on the following items: 1. March 2018 calendar (E:11:18) highlights the March 12 th Verdant Healthier Community Conference, the March 14 th board study session, and the March 28 th regular board meeting. Other events for March include Understanding Student Homelessness by the Housing Consortium of Everett & Snohomish County on March 8 th , 7:30 to 9 a.m., Supporting Immigrants in Accessing Health Care on March 9 th at Verdant from 1 to 3 p.m., Verdant's quarterly Resource Connector meeting on March 13 th at Verdant from 8 to 9:30 a.m., and the Hero's Café on March 27 th at Verdant from 9 a.m. to 1 p.m. Dr. Fenn asked for commissioner feedback on the value of the calendar as a planning tool.

2. There were approximately 100 in attendance at the Hero's Café on February 27th. The group acknowledged Ms. Waldin for her support.
3. Value Village binder list of proposed contents (E:12:18). Please give any additional items to Dr. Fenn.
4. Status of HB 2539-2017-18 – the bill is moving forward in the House. It had gone back to the Senate where Representative Strom Peterson testified in favor of the bill.
5. Verdant Healthier Community Conference – keynote speaker was at the AWPMD conference in June 2017 and is excellent. Commissioners will introduce workshop speakers and participate in the lunch-time awards ceremony and photos.
6. The Lynnwood Police Chief spoke with Dr. Fenn about several cities which are exploring policy about safe injection sites and suggested that Verdant may be asked for its position on this topic at a later date.
7. Commissioner Williams and Dr. Fenn participated in a discussion about the WSU Medical School in Everett and a possible future partnership. Commissioner Williams will discuss this topic further at the March 14th study session. Dr. Fenn also suggested bringing Larry Schechter, who provides oversight of clinical programs at WSU, to the March 28th board meeting to meet the commissioners. Commissioner Langer expressed his excitement about a potential partnership. Commissioner Wilson asked that the presentation by Larry Schechter include who WSU has partnered with in our district.

**Resolution 2018:01
Approve Amended
Bylaws**

Motion was made, seconded and passed unanimously to approve Resolution 2018:01 approving the Amended Bylaws of the District.

**Resolution 2018:02
Approve 2018 Board
Meeting & Retreat
Schedule**

Motion was made, seconded and passed unanimously to approve Resolution 2018:02 approving the 2018 board meeting and retreat schedule.

**Executive
Committee**

President Knutsen reported that the Executive Committee met on February 21, 2018 to review and approve the February 28, 2018 board meeting agenda

and discuss personnel matters and property acquisition. No action was taken.

Finance Committee Report

The committee met on February 21, 2018. Ms. King reviewed the financial statements and cash activity for January 2018 (E:13:18).

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 12661 through 12709 for January 2018 for payment in the amount of \$71,857.08 were presented for approval (E:14:18). **Motion was made, seconded and passed unanimously to approve.**

Resolution 2018:03 Approve Surplus of Fixed Assets

Motion was made, seconded and passed unanimously to approve Resolution 2018:03 approving the surplus of fixed assets.

Program Committee Update

The Program Committee met on February 21, 2018 to review one new request from the Washington Poison Center and one request to re-allocate unspent funds from Homage Senior Services on Health Homes Project (E:15:18). Commissioner Knowles reported a conflict of interest with the request from Homage Senior Services and will recuse himself from the discussion as he is employed by a managed care organization. No conflicts of interest were reported by the other commissioners present.

Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations on the Washington Poison Center to the board while Mr. Kosovich presented on the Homage Senior Services request.

Applications Recommended for Funding:

Washington Poison Center – request for \$26,080 in Year 1 and \$27,588 in Year 2 for the development and implementation of a marijuana education and prevention program reaching 200 South County individuals who interact with parents.

Motion was made, seconded and passed unanimously to approve \$26,080 in year 1 and \$27,588 in Year 2.

Applications Not Recommended for Funding:

Homage Senior Services – a request to apply \$25,000 of unspent funds from the Care Coordination Program to the Health Homes start-up. Program Committee initially

did not recommend the funding. Commissioner Wilson shared that she felt the request was appropriate because there was a clear need and funds would go to an established non-profit partner. Commissioners discussed further and decided to approve the funding with follow-up results to the board at a later date.

Motion was made, seconded and passed with one abstention to approve \$25,000 of unspent funds from Homage Senior Service's Care Transition Program to Homage Senior Service's Health Homes Program.

**Verdant Community
Wellness Center
Activities Update**

Mr. Kosovich presented an update on activities at the Wellness Center in February 2018 (E:16:18).

**Verdant Multicultural
Report**

Mr. Kosovich presented an update on multicultural activities for February 2018 (E:17:18).

Commissioner Williams asked about the 2nd field at Edmonds-Woodway. Mr. Kosovich explained that Verdant funded Phase 1 of the project and that Phase 2 has not happened yet due to funding and that there is a moratorium on crumb rubber by the City of Edmonds.

Commissioner Langer left the call at 8:45 a.m.

Marketing Report

Ms. Piplic presented the Marketing report (E:18:18) with a schedule for the March 12, 2018 Verdant Healthier Community Conference. Four awards will be presented at lunch. With speaker agreement, Verdant will look in to videotaping the morning keynote speaker and making the video available to share.

Public Comments

None

**Commissioner
Comments**

Commissioner Williams reported that the hospital's 2017 finances are net positive. The census in February was up to 184 beds occupied. There are no plans to build out the 2nd floor of the ED. Perhaps Swedish & Providence can address the board on this. President Knutsen asked for clarification on the Nutrition Budget discussion with Congressman Rick Larson held at Verdant and listed on the wellness center update.

Executive Session

President Knutsen recessed the regular meeting at 9:00 a.m. into Executive Session to discuss a proposed property acquisition and to discuss the Superintendent's 2017 performance review. Marcus Yamamoto participated in the Executive Session on the proposed property acquisition. President Knutsen stated that the board would reconvene in 35 minutes and no action would be taken in Executive Session.

Open Session

The board reconvened into Open Session at 9:35 a.m.

Adjourn

The meeting was adjourned at 9:35 a.m.

ATTEST BY:

Deana Knutsen
President

Kayanna Wilson
Secretary

E: 11:18
2.28.2018

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	
4	5	6	7	8	9	10
				Non-Verdant event: Understanding Student Homelessness (7:30am-9am, Everett Station) *must register*	Supporting Immigrants in Accessing Health Care: a training for health and human services providers (1pm -3pm at Verdant)	
11	12	13	14	15	16	17
	Verdant Conference	Quarterly Resource Connector Meeting for health, school and social service professionals serving clients in South Snohomish County (8am -9:30am at Verdant)	Board Study Session (8am-10am)			
18	19	20	21	22	23	24
25	26	27	28	29	30	31
		Heroes' Café (9am -1pm at Verdant)	Regular Board Meeting (8am - 10am)			



- March 12: Verdant Healthier Communities Conference, 8:00-4:00, Lynnwood Convention Center**
- March 14: Board Study Session, 8:00-10:00, Verdant**
- March 28: Regular Board Meeting, 8:00-10:00, Verdant**

E 12:18
2.28.2018

Value Village Property

Board of Commissioners Decision Making Binder

- Current lease with Value Village
- Bond information (including current bonds and our potential for future bonds)
- M & O Levy information (including M & O graphs from budget presentation)
- Community data
- Summary of community conversations about property held in 2017
- Summary of Commissioner survey conducted in summer 2017
- MOB maps
- Information from the Ankrom Moisan feasibility study
- Highway 99 Plan summary
- Zoning/restrictions on the property
- Information on eminent domain/condemnation process
- Information/review of potential programs and uses (including those suggested by Commissioners)

Decision Making Timeline

February 2018: Binder contents and timeline reviewed at Board meeting

April 2018: Binder given to all Commissioners

June 2018: Decision making exercise and discussion at Board study session

July 2018-
August 2018: Continued discussion at regular Board meetings

September 2018: Decision made at Board study session

November 2018: Begin planning (including hiring architect, etc.)

Balance Sheet
As of January 31, 2018

	A	B	C	D
	Dec 31, 2017	Jan 31, 2018	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,853,236	1,285,315	(567,922)	
4 Other Current Assets	43,127,455	43,063,420	(64,035)	Includes Investments
5 Total Current Assets	44,980,691	44,348,734	(631,957)	
6 Total Long-term & Fixed Assets	45,771,939	45,599,554	(172,386)	Includes Depreciation
7 TOTAL ASSETS	90,752,630	89,948,288	(804,342)	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	1,397,836	1,543,130	145,294	
11 Long-term Liabilities	3,025,919	2,145,750	(880,169)	2012 LTGO Bonds/BHCF
12 Total Liabilities	4,423,755	3,688,880	(734,875)	
13 Total Equity	86,328,875	86,259,408	(69,467)	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	90,752,630	89,948,288	(804,342)	

Profit & Loss
January 2018

	A	B	C	D	E	F
	Jan Actual	Jan Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	890,953	899,785	(8,832)	890,953	899,785	(8,832)
3 EXPENSES						
4 Operating Expenses	177,431	194,164	16,732	177,431	194,164	16,732
5 Depreciation Expense	165,600	165,568	(32)	165,600	165,568	(32)
6 Program Expenses	573,076	641,525	68,449	573,076	641,525	68,449
7 Total Expenses	916,107	1,001,257	85,150	916,107	1,001,257	85,150
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	(44,312)	234,813	(279,125)	(44,312)	234,813	(279,125)
10 NET INCOME/(LOSS)	(69,466)	133,341	(202,807)	(69,466)	133,341	(202,807)

Monthly Highlights
January 2018

Verdant received dividends payments of \$69,740 offset by a unrealized loss of \$309,381 on our investment portfolio in January which closed with an ending market value of \$42,796,722.

Program grant commitments total \$5,651,603 and \$2,808,810 for 2018 and 2019 respectively. \$1,338,397 remains available to spend in 2018, \$50,000 of which is designated as Superintendent Discretionary.

Revenue of \$117,158 and expenses of \$90,925 from the Kruger Clinic were incurred, netting to an additional operating income of \$26,233 in January.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12661	01/01/2018	Parsi Properties LLC	2,555.00	Jan 2018 Parking Lot Lease
12664	01/10/2018	AmeriFlex Business Solutions	17.25	Jan 2018 FSA Administration
12665	01/10/2018	Corporate Security LLC	299.17	Jan 2018 Parking Lot Security
12666	01/10/2018	Davidson-Macri Sweeping, Inc.	790.48	De-ice parking VCWC parking lot
12667	01/10/2018	Puget Sound Energy	60.46	Natural Gas
12668	01/10/2018	ThyssenKrupp Elevator Company	839.58	1/1-3/31/18
12669	01/10/2018	VOID:	0.00	VOID:
12670	01/10/2018	Homage Senior Services.	200.00	Damage Deposit Refund
12671	01/10/2018	Armstrong Services	2,403.06	Dec 2017 Janitorial
12672	01/10/2018	Comcast	506.54	Telephone/Internet
12673	01/10/2018	Lowe Graham Jones PLLC	150.00	Dec 2017 Trademark watch
12674	01/10/2018	ChildStrive.	100.00	Deposit for VCWC Refund
12675	01/10/2018	WA Department of Revenue	22,344.36	Q4 2017 Leasehold Excise tax return
12676	01/10/2018	Swedish/Edmonds	1,365.82	T-mobile Cell Tower Lease Jan 2018
12677	01/10/2018	Beth Rodriguez, LLC	576.90	Dec 2017 VHCC Support (15 hrs)
12678	01/10/2018	Lynnwood Convention Center	3,109.50	Convention Center Deposit for VHCC 3/12/18
12679	01/10/2018	Comcast	290.91	Telephone/Internet
12680	01/10/2018	Dataworks	264.96	IT Support
12681	01/10/2018	Discovia	1,295.75	December 2017
12682	01/17/2018	Archbright	1,788.00	2018 Annual Dues
12683	01/17/2018	City of Lynnwood - Utilities	833.83	Water/Sewer/Storm
12684	01/17/2018	Department of Labor and Industries	141.60	Elevator Inspection
12685	01/17/2018	My Neighborhood News Network	1,120.00	Advertising in My Edmonds News/Lynnwood Today/MLT News 12/27/17-4/27/18
12686	01/17/2018	Seattle Food Nut	441.52	WC 179 - Nutrition Programming
12687	01/24/2018	AWPHD	5,000.00	2018 Annual membership Dues
12688	01/24/2018	Staples	682.95	Supplies
12689	01/24/2018	Department of Labor and Industries	493.13	4Q17 Self Insurance Fund
12690	01/24/2018	City of Lynnwood	1,175.00	Dec 2017 After Hours Support (75 hrs)
12691	01/24/2018	Principal	1,400.09	EE Life Insurance
12692	01/24/2018	Property Management NW	5,158.40	Jan 2018 Management, Sept & Oct Maint, Dec postage
12693	01/24/2018	Regency Blueshield	4,658.11	Feb 2018 Health Insurance
12694	01/24/2018	Sara Prato, RD	300.00	WC 174 - Mediterranean for Life - Dec 2017 & Jan 2018
12695	01/24/2018	Velia Lara	152.81	Instructor for Strengthening Families Program for Parents and Youth
12696	01/24/2018	Washington State Department of Health	50.00	SW & SH Registration for Community Health Worker Conference
12697	01/24/2018	Wells Fargo	87.26	Misc.
12698	01/24/2018	Dataworks	142.42	IT Support
12699	01/24/2018	Wells Fargo	1,725.47	Misc.
12700	01/24/2018	Electronic Business Machines	40.08	1/22/18-2/21/18 Copy Machine
12701	01/24/2018	Sound Publishing, Inc.	42.00	Legal Notice 1/24/18 Board Meeting
12702	01/31/2018	Parsi Properties LLC	2,555.00	Feb 2018 - Parking lot lease
12703	01/31/2018	AmeriFlex Business Solutions	100.00	2018 Annual Renewal of EE FSA
12704	01/31/2018	Consolidated Landscape Maintenance, Inc.	440.50	Feb 2018 landscaping maintenance
12705	01/31/2018	Jason Becker Creative	472.50	Mediterranean for Life design and editing
12706	01/31/2018	Julie Carlos	200.00	VHCC 2018 Sponsorship Flyer Design
12707	01/31/2018	Property Management NW	5,006.67	Feb 2018 Management, Nov & Dec 2017 Maint, Jan 2018 postage

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12708	01/31/2018	Susana Flores	240.00	Childcare for Spanish Language Parenting Classes 1/10, 1/17, 1/24, 1/19
12709	01/31/2018	Yasaura Carvajal	240.00	Childcare for Spanish Language Parenting Classes 1/10, 1/17, 1/24, 1/19
		Total Warrants	<u>71,857.08</u>	
Wire/ACH Activity:				
	1/5/2018	Payroll	17,726.15	ACH payroll transfer
	1/5/2018	Department of Treasury	7,560.23	Payroll taxes for 12/30/17 pay period ending
	1/5/2018	Valic	2,690.95	Payroll 401(a)/457 Deposit
	1/5/2018	Paychex	117.48	Fee for payroll processing
	1/19/2018	Payroll	19,286.36	ACH payroll transfer
	1/19/2018	Department of Treasury	7,385.48	Payroll taxes for 1/13/18 pay period ending
	1/19/2018	Valic	2,844.13	Payroll 401(a)/457 Deposit
	1/19/2018	Paychex	316.62	Fee for payroll processing
	1/11/2018	Wells Fargo Merchant Services	116.62	Merchant Services
	1/11/2018	Wells Fargo	74.39	Annual Fees
	1/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	1/15/2018	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	1/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	1/15/2018	Center for Human Services	32,279.16	Program Payment
	1/15/2018	ChildStrive	50,150.16	Program Payment
	1/15/2018	City of Edmonds Parks & Recreation	5,810.00	Program Payment
	1/15/2018	Cocoon House.	5,000.00	Program Payment
	1/15/2018	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	1/15/2018	Edmonds School District No. 15	122,213.42	Program Payment
	1/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	1/15/2018	Homage Senior Services	59,420.00	Program Payment
	1/15/2018	Kindering	11,517.17	Program Payment
	1/15/2018	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
	1/15/2018	Medical Teams International	5,500.00	Program Payment
	1/15/2018	PEPS	3,250.00	Program Payment
	1/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	1/15/2018	Project Access Northwest	7,500.00	Program Payment
	1/15/2018	Puget Sound Christian Clinic	33,750.00	Program Payment
	1/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	1/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	1/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	1/15/2018	Wonderland Development Center	12,458.33	Program Payment
	1/15/2018	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	1/15/2018	Community Health Center of Snohomish Co	89,436.37	Program Payment
	1/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	1/15/2018	Korean Women's Association	5,000.00	Program Payment
	1/22/2018	Department of Labor and Industries	372.35	4Q17 L&I - State Fund
	1/25/2018	WA Department of Revenue	812.19	B&O/Retailing Sales Tax for Dec 2017
		Total Wires/ACH Transactions	<u>621,525.56</u>	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Workers Compensation Claims Activity:				
305381-305383	Jan-18	Various Claimants/Vendors	2,660.37	Administered by Eberle Vivian
Kruger Clinic Activity:				
3192-3209	Jan-18	Various Claimants/Vendors	39,953.65	Administered by PMNW
Total Disbursements			\$ 735,996.66	

Transaction Date	Payer	Amount	Purpose
Deposits:			
1/1/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
1/1/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
1/1/2018	Puget Sound Gastro	83,033.43	Kruger Clinic monthly lease (Jan-Mar 2018)
1/1/2018	Kean Lawlor	20,035.37	Kruger Clinic monthly lease
1/10/2018	Snohomish County	10,561.61	Levy
1/20/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
1/1/2018	T-mobile	1,365.82	Cell tower at the hospital
1/30/2018	Safety National Casualty Corporation	37,747.29	Insurance reimbursement for Work Comp Claim
1/10/2018	EdCC	1,000.00	Sponsorship of VHCC
1/17/2018	Foster Pepper	1,000.00	Sponsorship of VHCC
1/17/2018	Puget Sound Kidney Centers	1,000.00	Sponsorship of VHCC
1/31/2018	VCWC Classes	457.50	Registration for VCWC classes (Yoga, Thai Chi)
1/18/2018	Mediterranean for Life	1,224.00	16 Registrations
1/31/2018	VCWC Classes	2,090.00	Registration for VHC Conference
1/1/2018	Terje Loklingholm	150.00	Donation
Total Deposits			\$ 168,075.01

E: 14:18
2.28.2018

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 12661 through 12709 have been issued for payment in the amount of \$71,857.08. These warrants are hereby approved.

Attest:

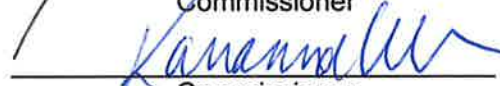

Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	1-1-18 – 1-31-18		\$71,857.08
Work Comp Claims Pd:	1-1-18 – 1-31-18		2,660.37
Kruger Clinic Processed:	1-1-18 – 1-31-18		39,953.65
Payroll:	12-17-17 – 12-30-17	17,726.15	
	12-31-17 – 1-13-18	<u>19,286.36</u>	
			37,021.51
Electronic Payments:	Payroll Taxes	14,945.71	
	Paychex	434.10	
	Valic Retirement	5,535.08	
	Bank Fees	191.01	
	WA State Dept Revenue	812.19	
	Dept of L&I	372.35	
	Program Expenditures	<u>562,222.61</u>	
			<u>584,513.05</u>
	Grand Total		<u>\$735,996.66</u>

E: 15:18
2.28.2018

Program Oversight Committee Summary Report

- One new request for funding from the Washington Poison Center
- One request to re-allocate unspent funds from Homage Senior Services on Health Homes Project

Information about Funding Requests

1. Feet First – Washington Poison Center	Request Year 1	Request Year 2	Request Year 3
	\$26,080	\$27,588	-
Project Description: a program to develop and implement a marijuana education and prevention program using a “train-the-trainer” model. The project would include the development of an education toolkit and delivery of education sessions with the goal of reaching 200 South County influential individuals (e.g. home visitors and early childhood educators) who interact with parents. The goal of the program is to decrease the exposure of young children to marijuana. The Washington Poison Control Center notes that there has been a large increase in the number of calls related to marijuana exposure since legalization took effect.			
Expected Results	The project would seek to train 200 individuals using the new materials and toolkit. In a similar model the center implemented for e-cigarettes, the program ultimately reached ~2,400 end users. The project would follow-up with attendees at 6 and 12 months to track implementation.		
Use of Funds & Costs	Funds would be used to develop the toolkit and deliver 12 training sessions. Costs include staff salaries, printing, marketing, and outreach. Verdant would be the sole funder on the program.		

2. Homage Senior Services – Care Coordination Program Unspent funds	Request Year 1	Request Year 2	Request Year 3
	\$25,000 (unspent funds)		
Program Description: In December, Verdant renewed Homage Senior Service’s Care Transition Program. The previously funded Care Coordination program is expected to have \$25,000 in unspent funds, which Homage has proposed applying to the development of a Health Homes (HH) program. The HH program is designed for residents that have Medicaid or Medicaid/Medicare aka dual coverage. Referrals for the program come from HH lead agencies (including Managed Care Organizations) to contracted providers. HH eligible clients must have one or more chronic conditions such as diabetes, heart disease, or a mental health condition, and must be at risk for a second chronic condition, based on their medical history. Homage would work with Northwest Regional Council (NWRC), a HH Care Coordination Lead Agency for North Sound and Homage would fulfill referrals in the South County zip codes. There are an estimated 714 eligible individuals in South County that Homage would seek to serve through the program.			
Expected Results	The goal would be to serve at least 50-55 individuals in the ramp up period (< 6 months). The program includes well-defined engagement and health measures.		
Use of Funds & Costs	Funds would be used for direct service salaries of Homage staff for the program while it reaches scale. The HH program contracts through NWRC would then provide performance-based payments to Homage as it met the program goals.		

Program Committee Recommendations

Applications Recommended for Funding

1. Washington Poison Center: the committee is recommending the project for funding as requested.

Although the project does not connect to a top Verdant priority, it does address both health education and prevention priorities. The program also would specifically reach Verdant's service area by partnering to train South County service providers.

Applications Not Recommended for Funding

2. Homage Senior Services – Health Homes Start-up: the committee discussed the request in both January and February and there was not interest in rolling the unspent funds into a Health Homes Start-up. There were two primary reasons:

- a. There are several other organizations operating HH programs in the larger region. There are at least 5 Care Coordination Organizations operating in Snohomish County and that would have interest in starting up programs. It is hard to justify Verdant choosing one HH program provider over another.
- b. Committee members did not feel it was Verdant's role to support the start-up of a WA Health Care Authority program, or in supporting care coordination services that could be provided by Managed Care Organizations.

E-16:18
2.28.2018

**Verdant Community Wellness Center Summary
February 2018**

Completed Programs (January/February)

1. General Community and Provider Events	Attendance
1. Powerful Tools for Caregivers Workshop (1/9 – 2/13)	16
2. Reality of Today's Marijuana and It's Impact on Our Youth (1/22)*	23
3. Monthly Hero's Café for Veterans (1/23; 2/27)	100
4. Childcare Aware Community Advocacy Training (1/24)	12
5. Swedish Core Leaders Retreat (1/30)	30
6. Korean Women's Association Everyday Prevention Workshops (2/1)*	40
7. Family Caregiver Support Group (2/1, 15)	6-8
8. ARC Mothers of Children with Disabilities Monthly Support Network (2/ 3)	22
9. Parkinson's Disease AM & PM Support Group (2/5)	4-6/group
10. SHIBA Update Trainings (2/6)	25
11. Basic Food Education Forum (2/8)	40
12. Evergreen Home Health Team Meetings (2/7, 13)	50
13. Community CPR Day offered by the City of Lynnwood (2/10)	21
14. VA Claims & Benefits Seminar for Providers (2/15)	30
15. Welcome to Medicare Monthly Workshops (2/16)	15
16. Nutrition Budget Discussion with Congressman Rick Larsen (2/22)	9
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

2. Nutrition and Healthy Behaviors	Attendance
1. Road Back to Life Kidney Support Group (1/23)	8-10/session
2. Surviving & Thriving with Chronic Kidney Disease (1/24 - 2/28)*	15/session
3. Diabetes Support Group (1/24; 2/28)	4-6
4. Mediterranean for Life Health Coaching Program (1/25 - 3/22)*	16/session
5. Healthy Living Coaching Group – weekly support (1/23, 30; 2/6, 13, 20, 27)*	15-25/week
6. Making Weight Loss Your New Year's Resolution (1/29)*	16
7. Menu Planning in Action STARS Training for Childcare providers (February 3)	46
8. Instant Pot & Pressure Cooking Demo (2/6)*	23
9. Seafood with a Chef and Dietitian Cooking Demo (2/12)*	25
10. CHC Diabetes Cooking Class (2/16)	10

3. Behavioral Health & Substance Use	Attendance
1. Understanding Relationships (1/23 – 6/25)	6-8/class
2. Tai Chi – 6 Week Series for Beginners (1/24 – 2/28)*	8-12/week
3. Intro to Social Skills for Young Adults with Developmental Disabilities (2/1)	9
4. Brain Health and Wellness Classes (1/23, 29, 30; 2/5, 7, 12)*	Varies
5. National Alliance on Mental Illness "Connections" Support Group (2/11, 25)	4-8
6. Adult Children of Alcoholics Weekly Support Group (weekly)	8-15
7. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies

4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20-30/week

Verdant Community Wellness Center Summary February 2018

Upcoming Programs

A. General Community and Provider Events

1. PEPS – Baby Peppers Parent Support Group (January 11 – March 22)*
2. Girls on the Run Coach Training (February 24)*
3. SnoTrac Coalition Partner Meeting (February 26)
4. Monthly Hero's Café for Veterans (February 27)
5. Korean Women's Association Everyday Prevention Workshops (March 1)*
6. Family Caregiver Support Group (March 1, 15)
7. League of Women Voters Children's Committee (March 2)
8. ARC Mothers of Children with Disabilities Monthly Support Network (March 3)
9. Foster Parent Core Training Series (March 3, 10, 22, 24, 31)
10. Parkinson's Disease AM & PM Support Group (March 5)
11. SHIBA Update Trainings (March 6)
12. Evergreen Home Health Team Meetings (March 7, 13)
13. ESD Student Services Director's Retreat (March 8)
14. Supporting Immigrants in Accessing Health Care Workshop (March 9)
15. Snohomish County Free Legal Clinic for Veterans (March 10)
16. Verdant Resource Connectors Meeting (March 13)
17. Childcare Director's Forum (March 13)
18. ESD Health Services Meeting (March 15)
19. Welcome to Medicare Monthly Workshops (March 16)
20. Homage Senior Services Staff Meeting (March 16, 20)
21. STARS Training: Brain Development & Behavioral Health Challenges in Child Care Settings (March 17)

B. Nutrition and Healthy Behaviors

1. Be Smart for your Heart: Learn & Taste with a Doc and Dietitian (February 26)*
2. Road Back to Life Kidney Support Group (February 27)
3. Surviving & Thriving with Chronic Kidney Disease (March 21 - April 25)*
4. Diabetes Support Group (February 28)
5. Mediterranean for Life Health Coaching Class (January 25-June 12)*
6. Getting to Goal Weight Reduction (March 14)*
7. Colon Cancer Prevention & Screening – Facts & Food with a Doc and Dietitian (March 15)*
8. Kids & Parents Cooking Class – Go green for St. Patrick's Day (March 17)*
9. Strength Training for Better Health, Fitness & Weight Loss (March 19, 26)*
10. Soups & Stews Cooking Demo (March 22)*
11. Living with Pulmonary Hypertension Support Group (March 23)
12. Learn & Taste: FODMAPs – A dietary approach to managing IBS (March 29)*

C. Behavioral Health & Substance Use Focus

1. Tai Chi – 6 Week Series for Beginners (January 24 – February 28)*
2. THS Parent Coaching Group (March 12- May 7)*
3. Brain Health and Wellness Classes (February 26, 27; March 1, 5, 6, 13, 15)*
4. Yoga 101 for Beginners (February 27 – April 17)*
5. Managing Stress in Everyday Life – 8 week Support Group (March 1 – April 19)*
6. Adult Children of Alcoholics Weekly Support Group (weekly)
7. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

* = Grant/Program Funded Partners

February 2018 Multicultural Program & Outreach Report

- **Continuation of the 7-week session of Spanish Language Cooking Matters for Diabetes.** This is a free 6-week bilingual course that teaches adults at risk of diabetes how to buy and prepare low cost healthy meals. Participants shared pictures of their healthier choices and dishes have shared pictures of their meals made at home using the tools and ingredients they've learned about in class. The final number of families impacted and reporting positive experiences in modifying their nutrition by participating in this program was 13.
- **Continuation of the 7-week Spanish Language Strengthening Families Program for Parents and Youth 10-14 years.** The Strengthening Families Program is geared towards parents and youth 10-14 is a family skills training intervention designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds. Current participation is 12 families with 18 youth.

Upcoming program:

Cooking with Cops: As an extension of the Verdant Health Commission focus on health and wellness, the purpose of the Cooking with LPD Cops program is to create a sense of community and build trust and relationships between law enforcement and residents with an emphasis on nutrition education. It is a program that would pair Lynnwood Police Officers with diverse, interested and (potentially) at-risk youth from the Edmonds school district in an effort to positively change the culture and create positive interactions among young people and police. The program is scheduled to start on Spring Break- April 2nd.

E: 18:18
2.28.2018

February 2018 Marketing Report

Time	Activity		
7:30-8 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8-9 a.m.	Breakfast Keynote Dr. Pritpal Tamber, Co-founder & CEO of Bridging Health & Community		
	Interest Tracks		
	The "Why" What theories inform effective community health practices?	The "How" What practices do we implement to improve community health?	The "Now What?" How do we advocate and drive policy in community health?
9:15-10:05 a.m.	Food, Hunger & Chronic Diseases: How Do They Relate? Introduction: Bob Knowles	Case Studies in Behavioral Health Integration	Navigating the Healthcare Alphabet Soup Presenter: Karianna Wilson
10:15-11:05 a.m.	Why Does Oral Health Matter?	Trauma Informed Practice in Schools	Social Determinants of Health: The Truth About Immigration & Health Outcomes
11:15 a.m. – 12:15 p.m.	Verdant Presentation & Community Awards Commissioners for photos/to congratulate recipients: Deana Knutsen, Bob Knowles, Bruce Williams, Fred Langer (?), Karianna Wilson (?)		
12:25-1:15 p.m.	What is Evidence-based Practice? Introduction: Bruce Williams	Non-opiate Treatment of Pain Introduction: Fred Langer	Case Studies in Advocacy Work
1:25-2:15 p.m.	Brain Health	Mindfulness for Preventing Burnout	The Many Voices of Community Health Introduction: Deana Knutsen
2:25-3:25 p.m.	Closing Keynote Shelly Virva, LCSW, National Center for Complex Health & Social Needs within the Camden Coalition of Healthcare Providers		