

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
March 23, 2016
8:00 a.m. to 9:35 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) February 24, 2016 Board Meeting	Action	8:01	1-4
C. Executive Committee Report	Information	8:04	---
D. Finance Committee Report			
a) Financial statements and cash activity	Information	8:12	5-9
b) Authorization for payment of vouchers and payroll	Action	8:17	10
E. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:18	---
b) Program Investment Recommendations	Action	8:19	11-12
c) Verdant Community Wellness Center activities update	Information	8:30	13-14
d) Program Presentation on Bike2Health	Information	8:35	
F. Marketing Report	Information	8:50	15
G. Superintendent's Report	Information	8:55	---
H. Public Comments (please limit to three minutes per speaker)	---	9:00	---
I. Commissioner Comments	---	9:10	---
J. Executive Session			
a) Review and consider proposed property acquisition	---	9:15	---
b) Discuss superintendent performance			
K. Open Session	---	9:29	---
L. Adjournment	---	9:35	---

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

BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
March 23, 2016

Commissioners Present	Fred Langer, President J. Bruce Williams, M.D., Commissioner Bob Knowles, Commissioner Karianna Wilson, Commissioner (8:06 a.m. arrival)
Commissioners Absent	Deana Knutsen, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Assistant Superintendent & Program Director Sandra Huber, Outreach Specialist Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Lisa King, Finance Director (via conf. call at 9:00 a.m.) Members of the community
Guests	Brad Berg, Attorney (via conf. call at 9:00 a.m.) Sarah Olson, City of Lynnwood David Mach, City of Lynnwood Sessyle Asato, KPG, Inc.
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 Langer.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on February 24, 2016.
Executive Committee	President Langer reported that the Executive Committee met on March 18, 2016 to review the March 23, 2016 board meeting agenda, and to complete the Superintendent performance appraisal. No action was taken.
Board Finance Committee	The committee met on March 17, 2016. Superintendent Zapora reviewed the financial statements and cash activity for February 2016 (E:16:16). Warrants #11550, 11574, and 11578 were called out.

Authorization for
Payment of
Vouchers &
Payroll

Warrant Numbers 11538 through 11579 for February 2016 for payment in the amount of \$82,283.59 were presented for approval (E:17:16). *Motion was made, seconded and passed unanimously to approve.*

Program
Oversight
Committee
Update

The Program Committee met on March 18, 2016 to review three requests (E:18:16).

No conflicts of interest were reported by any of the commissioner present.

Motion was made, seconded and passed unanimously to approve the American Red Cross Home Fire Preparedness Campaign in the amount of \$5,000 per year for three years.

Commissioners would like staff to put together a mental health program review for programs funded by Verdant and present at the April 2016 board meeting. The Compass Health Crisis Prevention & Intervention Teams program and the Snohomish County Fire District 1/Operation Military Family Verdant for Veteran's program will be tabled for further discussion at the April 2016 board meeting.

Mr. Kosovich introduced Ms. Sandra Huber, the Community Outreach Specialist for Verdant who comes to Verdant from Lutheran Community Services with past experience at ChildStrive.

Ms. Waldin presented an update on activities in the Verdant Community Wellness Center for March (E:19:16) and called out the Latino Health Fair on March 12, 2016, the Therapeutic Health Services (THS) parent coaching group and youth counseling sessions. There were a total of 42 sessions held at the Wellness Center in February 2016 by THS and of the 42, 5 were medication management sessions and 37 were counseling sessions.

Presentation by
City of
Lynnwood
Bike2Health

Ms. Sarah Olson & Mr. David Mach of the City of Lynnwood and Ms. Sessyle Asato of KPG Inc. provided an update to the board on the Bike2Health project and thanked Verdant for the grant of \$1.9 million (E:20:16). Commissioners asked if the signage on the bike trail can include Verdant's logo. The City of Lynnwood will follow-up on this and will provide information about the cities' contribution to complementary infrastructure projects.

Commissioner Langer requested the Program Committee follow-up with Bike2Health on statistics for ridership when they are available.

Marketing
Report

Ms. Piplic presented the Marketing report (E:21:16) which includes a summary of the Verdant Healthier Community Conference on February 29, 2016. Ms. Piplic will share the demographics of the 310 registered attendees with the commissioners via email.

Superintendent's
Report

Superintendent Zapora reported on two items:

1. The hiring of Ms. Sandra Huber as Community Outreach Specialist for Verdant.
2. The success of the Verdant Healthier Community Conference and the reach of community partners and general public.

Public
Comments

Mr. Mike Echelbarger of Edmonds spoke on behalf of the Boys & Girls Club wanting to know the status of Verdant's interest in the Alderwood property.

Commissioner
Comments

None

Executive
Session

President Langer recessed the regular meeting at 9:00 a.m. into Executive Session to review and consider proposed property acquisition and discuss the Superintendent performance.

President Langer stated that the board would reconvene in 25 minutes and no action would be taken in Executive Session.

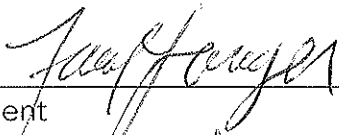
Open Session

The board reconvened into Open Session at 9:25 a.m. *Motion was made, seconded and passed unanimously to approve Resolution 2016:02 approving the terms and conditions of an amendment to the employment agreement with the Superintendent of the District with a 3% pay increase.*

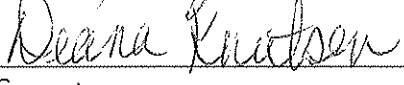
Adjourn

There being no further business to discuss, the meeting was adjourned at 9:26 a.m.

ATTEST BY:



President



Secretary

Public Hospital District #2 Board Special Meeting Agenda

MARCH 28, 2016
8:00 to 9:00 a.m.

Verdant Community Wellness Center

- | | | | |
|----|--|--------------------------|------|
| 1. | Call to Order | Fred Langer | 8:00 |
| 2. | Strategic Long-Range Plan for the District | All | 8:05 |
| | • Strategic alignment | | |
| | • Reserve plan / Property development | | |
| | • Community Infrastructure | | |
| 3. | Public Comment | Members of
the Public | 8:55 |
| 4. | Adjourn | Fred Langer | 9:00 |

Balance Sheet
As of February 29, 2016

	A	B	C	D
	Dec 31, 2015	Feb 29, 2016	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,054,982	1,389,102	(665,880)	
4 Other Current Assets	35,307,530	35,859,067	551,537	Includes Investments
5 Total Current Assets	37,362,511	37,248,168	(114,343)	
6 Total Long-term & Fixed Assets	46,893,130	46,460,097	(433,033)	Depreciation
7 TOTAL ASSETS	<u>84,255,642</u>	<u>83,708,266</u>	<u>(547,376)</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,061,693	1,297,018	(764,675)	
11 Long-term Liabilities	3,989,978	3,979,640	(10,338)	2012 LTGO Bonds
12 Total Liabilities	6,051,671	5,276,658	(775,014)	
13 Total Equity	78,203,970	78,431,608	227,638	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	<u>84,255,642</u>	<u>83,708,266</u>	<u>(547,376)</u>	

Profit & Loss
Feb 2016

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary income	848,428	832,430	15,997	1,692,716	1,660,777	31,939
3 EXPENSES						
4 Operating Expenses	145,579	184,442	38,864	145,579	184,442	38,864
5 Depreciation Expense	207,236	208,830	1,594	415,286	418,443	3,156
6 Program Expenses	414,054	525,500	111,446	1,453,606	1,677,000	223,394
7 Total Expenses	766,869	918,772	151,903	2,172,444	2,470,296	297,852
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	220,529	226,468	(5,938)	707,365	452,935	254,430
10 NET INCOME	<u>302,087</u>	<u>140,126</u>	<u>161,962</u>	<u>227,638</u>	<u>(356,584)</u>	<u>584,222</u>

Monthly Highlights
Feb 2016

Verdant received dividends payments of \$40,471 on our investment portfolio in February and closed with an ending market value of \$34,810,316.

Annual program commitments total \$6,082,703 and \$3,412,905 for 2016 and 2017, respectively. \$1,617,297 remains available to spend in 2016, of which \$44,387 is earmarked as Superintendent Discretionary.

Additional income of \$115,131 and expenses of \$73,578 from the Kruger Clinic were incurred, netting to an additional operating income of \$41,554 in February.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11538	02/03/2016	Aukema & Associates	329.00	Dec 2015 website
11539	02/03/2016	Department of Labor and Industries	141.60	Elevator Inspection
11540	02/03/2016	Puget Sound Energy	62.81	Natural Gas
11541	02/03/2016	Snohomish County PUD	1,442.50	Electricity
11542	02/03/2016	Sound Publishing, Inc.	39.20	1/27 Board Meeting Legal Notice
11543	02/03/2016	W. Colston Leigh Inc.	6,250.00	Final Payment for Speaker at VHCC
11544	02/03/2016	Beth Rodriguez, LLC	913.43	Jan 2016 Marketing Consulting for VHCC
11545	02/03/2016	Waste Management	234.44	Gargbage/Recycle
11546	02/03/2016	Eventbrite	175.76	Jan 2016 Fees
11547	02/03/2016	SCFOA	25.00	2016 Membership Dues
11548	02/03/2016	YMCA of Snohomish Co	200.00	Refund for deposit
11549	02/10/2016	Ash Consulting	364.00	Jan 2016 Accounting Consulting
11550	02/10/2016	Bonewitz LLC	18,000.00	Kruger Clinic Swedish TI Project Management
11551	02/10/2016	Comcast	271.86	Internet/Telephone
11552	02/10/2016	Sound Dietitians	1,053.37	Instructor Fee - VCWC
11553	02/10/2016	Armstrong Services	900.00	Janitorial Jan 2016
11554	02/10/2016	Comcast	520.18	Internet/Telephone
11555	02/10/2016	City of Lynnwood	1,161.63	Jan 2016 After Hours Support (78.5 hrs)
11556	02/10/2016	Dataworks	175.00	IT Support
11557	02/10/2016	Lowe Graham Jones PLLC	75.00	Jan 2016 trademark watch
11558	02/10/2016	Seattle Food Nut	1,712.79	Instructor Fee - VCWC
11559	02/10/2016	Sound Publishing, Inc.	576.68	Print & Web Display Ads for VHCC
11560	02/10/2016	Edmonds Community College	612.90	Superintendent Discretionary - ASEdCC Food Choice Goal Committee
11561	02/10/2016	Void	0.00	Void
11562	02/17/2016	Virginia Mason Medical Center-Lynnwood	200.00	Refund for VCWC deposit
11563	02/17/2016	AmeriFlex Business Solutions	117.25	Annual Administration Fee & Monthly Administration Fee
11564	02/17/2016	Enduris	822.00	Insurance 12/21/15-8/31/16 due to appraised value increase
11565	02/17/2016	Healthcare Realty	5,446.69	Property Management
11566	02/17/2016	McKinstry Co., LLC	2,736.95	February 2016 HVAC Maintenance Contract VCWC
11567	02/17/2016	State Auditor's	1,629.25	2013/14 State Audit
11568	02/17/2016	Staples	220.20	Supplies
11569	02/23/2016	EPromos	1,493.00	Branded Marketing Materials
11570	02/23/2016	Foster Pepper PLLC	7,134.00	Aug 2015 Legal for Kruger Clinic
11571	02/23/2016	Premera Blue Cross	3,808.62	March 2016 Employee Medical & Dental Insurance
11572	02/23/2016	Principal Financial Group	982.60	March 2016 Employee Life Insurance
11573	02/23/2016	Refugee & Immigrant Services NW	87.50	Translation of diabetes info for VCWC
11574	02/23/2016	Lynnwood Convention Center	13,116.76	Convention Center Food & AV for VHCC 2/29/16
11575	02/25/2016	Wells Fargo	1,846.37	Misc.
11576	02/25/2016	Wells Fargo	1,770.37	Misc.
11577	02/25/2016	Awards Service Inc	595.68	Awards for VHCC
11578	02/25/2016	Edmonds Senior Center	5,000.00	Superintendent Discretionary - CAFE Project
11579	02/25/2016	Sound Publishing, Inc.	39.20	Legal Notice 2/24 Board Meeting
Total Warrants			82,283.59	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	1/8/2016	Payroll	17,347.38	ACH payroll transfer
	1/8/2016	Department of Treasury	7,506.17	Payroll taxes for 1/30/16 pay period ending
	1/8/2016	Valic	2,747.23	Payroll 401(a)/457 Deposit
	1/8/2016	Paychex	96.65	Fee for payroll processing
	2/19/2016	Payroll	16,489.87	ACH payroll transfer
	2/19/2016	Department of Treasury	7,290.65	Payroll taxes for 2/13/16 pay period ending
	2/19/2016	Valic	2,721.23	Payroll 401(a)/457 Deposit
	2/19/2016	Paychex	94.45	Fee for payroll processing
	2/10/2016	Wells Fargo	118.98	Jan 2016 Client Analysis Bank Fee
	2/11/2016	Wells Fargo Merchant Services	209.13	Jan 2016 Merchant Account
	2/15/2016	Alpha Supported Living Services	5,416.67	Program Payment
	2/15/2016	Alzheimer's Association Western & Central	7,209.16	Program Payment
	2/15/2016	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
	2/15/2016	Brain Injury Association of WA	12,500.00	Program Payment
	2/15/2016	CampFire	4,166.67	Program Payment
	2/15/2016	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	2/15/2016	Center for Human Services	13,750.00	Program Payment
	2/15/2016	ChildStrive	23,333.33	Program Payment
	2/15/2016	City of Lynnwood	6,144.08	Program Payment
	2/15/2016	Community Health Center of Snohomish Co	27,083.33	Program Payment
	2/15/2016	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	2/15/2016	Edmonds Community College	4,974.50	Program Payment
	2/15/2016	Edmonds Community College Foundation	4,396.33	Program Payment
	2/15/2016	Edmonds School District No. 15	68,533.25	Program Payment
	2/15/2016	Edmonds Senior Center	9,166.67	Program Payment
	2/15/2016	Kindering	7,500.00	Program Payment
	2/15/2016	Korean Women's Association	5,000.00	Program Payment
	2/15/2016	Lutheran Community Services NW	7,837.58	Program Payment
	2/15/2016	Medical Teams International	5,500.00	Program Payment
	2/15/2016	PEPS	2,987.50	Program Payment
	2/15/2016	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	2/15/2016	Project Access Northwest	7,500.00	Program Payment
	2/15/2016	Puget Sound Christian Clinic	13,966.66	Program Payment
	2/15/2016	Puget Sound Kidney Centers Foundation	4,166.67	Program Payment
	2/15/2016	Senior Services of Snohomish County	57,936.67	Program Payment
	2/15/2016	Snohomish County Fire District 1	28,666.67	Program Payment
	2/15/2016	Snohomish County Music Project	2,416.67	Program Payment
	2/15/2016	Therapeutic Health Services	16,666.67	Program Payment
	2/15/2016	Volunteers of America Western WA	6,362.92	Program Payment
	2/15/2016	Wonderland Development Center	11,250.00	Program Payment
	2/15/2016	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	2/15/2016	Mary Porter, RDN	570.00	Program Payment

<u>Warrant Number</u>	<u>Transaction Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Purpose</u>
Wire/ACH Activity:				
	2/1/2016	AmeriFlex Business Solutions	10.00	FSA Payments
	2/22/2016	AmeriFlex Business Solutions	20.00	FSA Payments
	2/29/2016	AmeriFlex Business Solutions	10.00	FSA Payments
	2/24/2016	WA Department of Revenue	765.73	B&O tax
		Total Wires/ACH Transactions	<u>444,034.97</u>	
Kruger Clinic Activity:				
468-483	Feb 2016	Various Claimants/Vendors	<u>18,478.45</u>	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305289-292	Feb 2016	Various Claimants/Vendors	<u>5,160.37</u>	Administered by Eberle Vivian
		Total Disbursements	<u>\$ 549,957.38</u>	

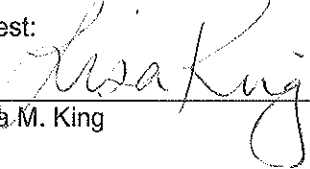
Transaction Date	Payer	Amount	Purpose
2/1/2016	Value Village	25,490.56	Monthly lease
2/1/2016	Brian Tagaki, MD	75.00	Kruger Clinic monthly lease
2/4/2016	Puget Sound Gastro	27,647.12	Kruger Clinic monthly lease
2/1/2016	Raymond Liu, D.D.S.	3,487.73	Kruger Clinic monthly lease
2/7/2016	Kean Lawlor	19,681.80	Kruger Clinic monthly lease
2/1/2016	Swedish/Edmonds	742,149.88	Monthly lease
2/10/2016	Snohomish County	4,602.91	Levy
2/4/2016	Eventbrite Class Registration	15.00	Registration for cooking class
2/29/2016	VHCC Registration	7,448.00	Registration for conference
2/22/2016	AmeriFlex Business Solutions	535.50	Refund for overcharge
2/4/2016	Falkin Associates, Inc.	4,000.00	Reimbursement for Legal Fees
2/4/2016	Empire Health	292.83	Reimbursement for Meals
	Total Deposits	\$ 835,426.33	

E:17-16
3.29.2016

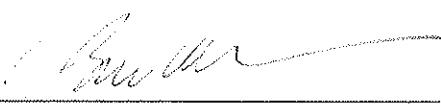
VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT #2
SNOHOMISH COUNTY, WASHINGTON


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 11538 through 11579 have been issued for payment in the amount of \$82,283.59. These warrants are hereby approved.

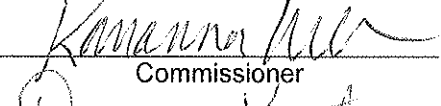
Attest:



Lisa M. King



Commissioner


Commissioner


Commissioner


Commissioner


Commissioner

Warrants Processed:	2-1-16 – 2-29-16		\$82,283.59
Work Comp Claims Pd:	2-1-16 – 2-29-16		5,160.37
Kruger Clinic Processed:	2-1-16 – 2-29-16		18,478.45
Payroll:	1-17-16 – 1-30-16	17,347.38	
	1-31-16 – 2-13-16	<u>16,489.87</u>	
			33,837.25
Electronic Payments:	Payroll Taxes	14,796.82	
	Paychex	191.10	
	Valic Retirement	5,468.46	
	AmeriFlex FSA	40.00	
	Bank Fees	328.11	
	WA State Dept Revenue	765.73	
	Program Expenditures	<u>388,607.50</u>	
			<u>410,197.72</u>
	Grand Total		<u>\$549,957.38</u>

March 2016 Program Summary

Three new application requests are up for discussion:

1. **American Red Cross - Home Fire Preparedness Campaign:** a request to support the installation of smoke detectors in vulnerable residents' homes. The program is run in partnership with Senior Services, Red Cross volunteers, fire departments and others to go door-to-door to install smoke detectors and complete home safety checklists. The primary focus of the effort is reaching mobile home parks, and especially senior mobile home parks. **The program committee is recommending fully funding the project at \$5,000 per year for three years.**
2. **Compass Health - Crisis Prevention & Intervention Teams (CPIT):** a multi-year request to support a 24-hour crisis prevention and intervention team that would serve adults, adolescents, and teens. The team would work in a transitional role by attempting to move people in crisis to appropriate mental health services at either Compass Health or at another agency or hospital. Funds would be used for 1 FTE licensed clinician and 1 FTE certified peer counselor. The two Compass staff would be dedicated to South County and would be co-located at Fire District 1 offices.

The program has been funded in Snohomish, Whatcom, and Skagit Counties by North Sound Mental Health. **The program committee is interested in the project, but would like to see funding leveraged from North Sound Mental Health or other sources.**

3. **Snohomish County Fire District 1/Operation Military Family (OMF) - Verdant for Veteran's Program:** a multi-year request to serve veterans in our area and to engage volunteer veterans. OMF and Fire District 1 will train students and volunteers in entry-level community paramedic interventions as well as provide services for veterans in need of services.

The request includes budget for student leader/veteran stipends as well as \$40,000 for volunteer coordination management. **The program committee is recommending partial funding of the project at \$35,000 per year for two years, which would support the student/veteran stipends, but less volunteer coordination and agency overhead.**

Verdant Health Commission Proposal Summary March 2016

A		B	C	D	E	F
New Funding Requests			Request for funding			Priorities
#	Name	Description	Year 1	Year 2	Year 3	
1	American Red Cross - Home Fire Preparedness Campaign	A multi-year request that is focused on installing smoke detectors in vulnerable resident's homes. The program is run in partnership with Senior Services, Red Cross volunteers, fire departments and others to go door-to-door to install smoke detectors and complete home safety checklists. The primary focus of the effort is reaching mobile home parks, and especially senior mobile home parks.	\$5,000	\$5,000	\$5,000	Education & Empowerment, Prevention
2	Compass Health - Crisis Prevention & Intervention Teams (CPIT)	A multi-year request to support a 24 hour community-based outreach team (CPIT) with the ability to provide mental health services in the community. The two Compass staff would be dedicated to South County and would be co-located at the Fire District offices. Funds would be used for 1 FTE licensed clinician and 1 FTE certified peer counselor.	\$255,870	\$222,870	\$222,870	Prevention, Access to Healthcare
3	Snohomish County Fire District 1/Operation Military Family - Verdant for Veteran's Program	A multi-year request to serve veterans in our area and engage volunteer veterans. Operation Military Family would like to build a branch of the Community Paramedic program and focus on a advocacy and outreach. OMF would establish a pool of veteran volunteers to serve in the program. OMF and Fire District 1 will train students and volunteers in successful entry-level community paramedic interventions as well as special services only available to veterans.	\$89,240	\$89,240	\$89,240	Prevention, Access to Healthcare

E. 19: 16
3.23.2016

Verdant Community Wellness Center Summary March 2016

Completed Programs

A. General Community and Provider Events	Attendance
1. PEPS – Second Time Around (1/14 – 3/24)*	6-8
2. Little Wonders Group for Parents of Special Needs Infants (2/23 – 5/24)*	4-6
3. DSHS – WA Healthplanfinder Meeting (2/23)	25
4. MTI Specialty Dental Clinic (2/27)*	varies
5. SHIBA Monthly Update Meetings (3/1)	30
6. SAEYC Childcare Provider Training (3/2)	24
7. Senior Services Social Worker Training (3/2)	30
8. Korean Women’s Association: Everyday Nutrition (3/3)*	50
9. Mothers of Children with Disabilities Monthly Support Network (3/5)	18
10. Resource Connectors (3/8)	40
11. Evergreen Home Health (3/9, 3/16)	60
12. LCSNW Latino Health Fair (March 12)*	100+
13. Immunity Community Parent Orientation (3/18)	12
14. Early Achievers Childcare Provider Training (3/18)	8
15. Ongoing – Community Support for Prescription Assistance (weekly)	varies
16. Ongoing – WAHA Health Insurance Enrollment & Support	varies
B. Nutrition and Healthy Behaviors	Attendance
1. Surviving & Thriving with Chronic Kidney Disease (1/13 - 2/17)*	16
2. Spanish Language Cooking Matters for Families (2/1 – 3/7)*	26
3. Lower Blood Pressure & Cholesterol with the DASH Diet (2/26)	15
4. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	6-10
5. Getting to Goal Program (Weight Management Consultations)*	10-12 clients
C. Behavioral Health & Substance Use	Attendance
1. YWCA Men’s Support Group (2/2 – 3/22)*	3-5
2. YWCA Women’s Art Therapy Group (2/2 – 3/22)*	8
3. Spanish Positive Discipline Parenting Class & Childcare (2/19 - 4/1)*	26
4. For the Kid’s Sake – for Parents Going Through Divorce (2/24)	34
5. National Alliance on Mental Illness “Connections” Group (2/25, 3/10)	4-10
6. Medical Reserve Corp Psychological First Aid (2/27)*	12
7. Behavioral Health Provider Trainings on NEAR and SBIRT (3/1, 3/8, 3/15)	4-8
8. Snohomish County Caregiver & Kinship Support Groups (3/3, 3/15, 3/17)	varies
9. Brain Health Study Group (3/4, 3/18)	3-6
10. THS Parent Coaching Group (3/8, 3/22)	6-8
11. Brain Health and Wellness Classes (3/8, 3/15, 3/22) *	2-6
12. Bereavement Information and Support Monthly Workshop (3/9)	varies
13. NAMI Presents: Fear of Mental Health Medications and Loss of Self (3/17)*	29
14. Veterans Drop-In Support (weekly – County & City of Lynnwood)	varies
15. Adult Children of Alcoholics Weekly Support Group (ongoing)	4-10
16. THS Youth Counseling & Medication Management Sessions in February	42
D. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	15-30

**Verdant Community Wellness Center Summary
March 2016**

Upcoming Programs

E. General Community and Provider Events

1. PEPS – Second Time Around (January 14 – March 24)*
2. Little Wonders Support Group for Parents of Special Needs Infants (February 23 – May 24)*
3. Medical Reserve Corp CPR Training (March 19)*
4. Medical Reserve Psychological First Aid Training (March 19)*
5. Russian Language Childhood Vaccines Workshop (March 21)*
6. Early Achievers Childcare Provider Training (March 26)
7. WAHA Regional Navigator Meeting (April 1)
8. Mothers of Children with Disabilities Monthly Support Network (April 2)
9. SHIBA Monthly Update Meetings (April 5)
10. Korean Women's Association: Liver Cancer Prevention (April 7)*
11. Evergreen Home Health (April 13, 20)
12. Edmonds School District Nurses/Health Services Meeting (April 19)
13. Financial Educators Network Training for Social Service Providers (April 21)
14. Early Achievers Strengthening Families Training (April 23, May 21, June 25)
15. SHIBA Welcome to Medicare / Anti-Fraud Event (April 30)

F. Nutrition and Healthy Behaviors

1. Nutrition in the Fast Lane (March 23)*
2. Exploring Vegetarian Options (March 29)*
3. Feet First Community Walk and Talk (April 2)
4. Teens in the Kitchen – Hands on Cooking Class (April 5 and April 7)*
5. Getting to Goal Weight Reduction Workshop (April 7)*
6. Whole Foods Challenge (April 13 – May 4)*
7. Hands on Family Cooking – Making Healthy Breakfasts (April 16)*
8. Spanish Language Cooking Matters for Families - Session 3 (April 18 – May 23)*

G. Behavioral Health & Substance Use Focus

1. YWCA Men's Support Group (February 2 – March 22)*
2. YWCA Women's Art Therapy Group (February 2 – March 22 plus April 12 – May 31)*
3. Spanish Language Positive Discipline Parenting Class (February 19 – April 1)*
4. For the Kid's Sake – for Parents Going Through Divorce (March 24, April 27)
5. National Alliance on Mental Illness "Connections" Support Group (March 24, April 14, 28)
6. Evergreen Hospice Volunteer Training (March 26, April 9)
7. NEAR / SBIRT Behavioral Health Provider Trainings (March 29, April 5, 12, 26)
8. Brain Health Study Group (April 1, 15, 29)
9. Brain Health and Wellness Classes (April 4, 11, 12, 18, 19) *
10. YWCA LGBTQIA Youth Support Group (April 5 – May 24)*
11. Snohomish County Caregiver and Kinship Support Groups (April 7, 19, 21)
12. WRAPS Provider Training (Wellness Recovery And Prevention Services – April 12)
13. YWCA Building Family Strengths Parenting Class with Childcare (April 13 – June 4)*
14. Stress Management Through Yoga Workshop (April 16)*
15. Survivors of Suicide Support Group (April 21 – June 9)
16. NAMI Presents: Youth Suicide Prevention (April 21)*

* = Grant/Program Funded Partner

BIKE·2·HEALTH

CONNECTING SOUTH SNOHOMISH COUNTY

FACT SHEET 

BACKGROUND

The cities of Lynnwood, Edmonds and Mountlake Terrace have launched Bike2Health, an effort to improve access to health and wellness choices, make bicycling safer, and increase connectivity in and among their communities. Through funding from the Verdant Health Commission, Bike2Health will complete 11 critical missing links of the regional bicycle network.

CONNECTING SOUTH SNOHOMISH COUNTY

Collectively, the cities have completed 23 miles of a bicycle network over the past decade; however, much of this construction has been done separately by each city. This has resulted in a non-continuous, segmented bicycle network. This segmentation is one reason cited by residents for choosing to use other methods of travel.

Once complete, Bike2Health will create a regional bicycle network which establishes several key north/south and east/west corridor routes. This network will connect major destinations (e.g., colleges, civic centers, employment centers, the Interurban Trail, etc.) and transit locations such as the Edmonds Ferry, Lynnwood and Mountlake Terrace transit centers, and *Swift* bus rapid transit stations. In total, roughly ten miles of bicycle network will be connected or improved by installing shared lane markings, bicycle route signage and about six miles of new bicycle lanes (see project map on reverse).



Bike2Health will connect or improve roughly ten miles of bicycle network.



By providing wayfinding signage and end-of-trip facilities like bicycle parking, Bike2Health will help reduce some barriers that currently exist.

DID YOU KNOW?

A 2013 survey of South Snohomish residents showed that only 13 percent of respondents bicycled as their regular form of transportation. About 70 percent of survey respondents indicated they would like to bike more.



BIKE·2·HEALTH

CONNECTING SOUTH SNOHOMISH COUNTY

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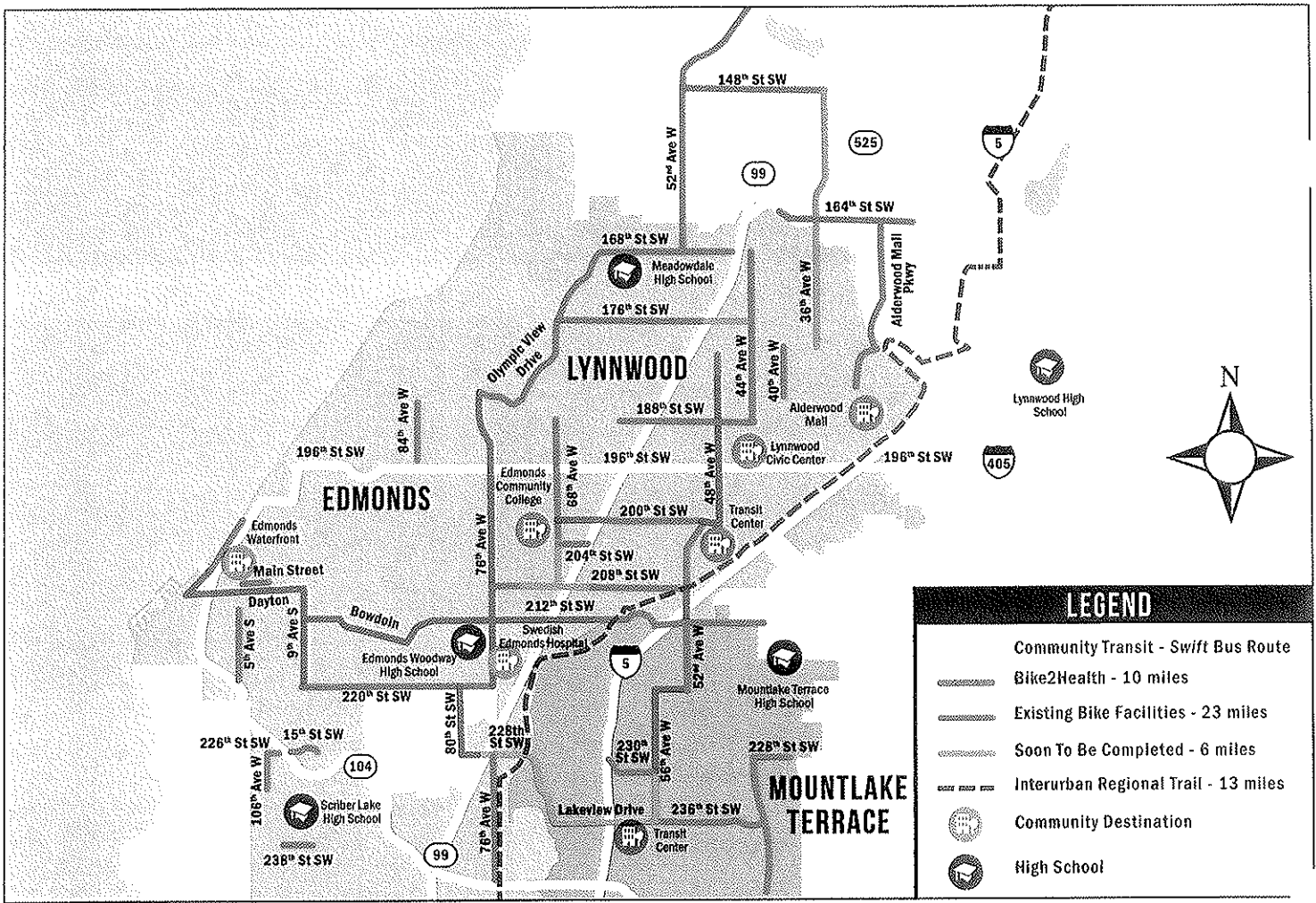
HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

Project Contact:

Sarah Olson
425.670.5503

Email: bike2health@verdanthealth.org

Web: verdanthealth.org/bike2health



PROJECT GOALS

- » Increase ridership and improve safety for bicyclists
- » Reduce existing barriers to bicycling
- » Raise awareness about the benefits of bicycling
- » Provide bicycle safety education to the community

ENGAGING THE COMMUNITY

A major component of Bike2Health will be engaging the communities throughout the design phase, while also conducting public education and outreach about bicycle safety, benefits and routes. Community members will be able to participate in a number of family-friendly activities such as organized bike rides, classes, and bicycle rodeos.

PROJECT SCHEDULE

Design of the project will begin in summer 2015 with construction slated to begin in 2016. The public will have opportunities to provide input during the design phase, as well as learn more about the improved bicycle network and bicycle safety throughout the program and into 2019.

Project partners hope that Bike2Health is just the beginning of many additional bike improvement projects. It is one piece of a larger effort to improve the region's bike mobility and provide opportunities for the community to stay physically active.



BIKE·2·HEALTH
CONNECTING SOUTH SNOHOMISH COUNTY



Project Contact:

Sarah Olson
425.670.5503

Email: bike2health@verdanthhealth.org
Web: verdanthhealth.org/bike2health

March 2016 Marketing Report

Verdant Healthier Community Conference

Attendees: 310

Survey Responses: 95

Survey Feedback Summary

Topic/Presentation	Average Rating (Scale of 1-5, 1=poor, 5=excellent)
Morning Keynote by Dr. Wendy Sue Swanson	4.81
Lunch Keynote by Verdant	3.97
Closing Keynote Panel	3.84
Breakout Sessions	4.09
Registration, check-in process, location, food	4.62

Budget

Revenue

Sponsorships	16,000.00
Registrations	12,103.00
Total Revenue	28,103.00

Expenses

Lynnwood Convention Center	24,693.71
Keynote Speaker Fee	12,500.00
Advertising/Printing	5,454.05
Consulting	6,000.82
Other	2,198.55
Total Expense	50,847.13

NET EXPENSE 22,744.13

Coming Events

- **Health & Fitness Expo:** Saturday, May 14, 9 a.m. – 12 p.m. at Edmonds School District Stadium