

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

*BOARD OF COMMISSIONERS*

*Regular Meeting  
VHC Board Room  
March 26, 2014*

Commissioners Present	Bob Knowles, President J. Bruce Williams, M.D., Commissioner Fred Langer, Commissioner Deana Knutsen, Commissioner
Commissioner Excused	Karianna Wilson, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Program Director Lisa King, Finance Director Karen Goto, Executive Assistant Scott Falkin, Project Manager Rick Hartman, Representative from M.J. Takisaki, Inc. Members of the community
Staff Excused	Jennifer Piplic, Marketing Director
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:56 a.m. by President Knowles.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve the minutes of the regular meeting on February 26, 2014.</i>
Executive Committee	President Knowles reported that the Executive Committee met on March 20, 2014 to review the March 26, 2014 board meeting agenda and the Superintendent evaluation. No action was taken.
Board Finance Committee	The committee met on March 21, 2014. Ms. King reviewed the cash activity for February 2014 (E:13:14).

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 10575 through 10607 for February 2014 for payment in the amount of \$103,742.89 were presented for approval (E:14:14). *Motion was made, seconded and passed unanimously to approve.*

Resolution 2014:02 Health & Wellness Center Construction Contract

Project Manager Scott Falkin explained that the construction bid process opened on February 14, 2014 and closed on March 14, 2014. Eight bids were received and qualified. The lowest base bid was \$1,565,700 and the highest was \$1,799,000. Alternate 1 includes replacing the roof; Alternate 2 includes replacing the existing mechanical units with similar units; Alternate 3 includes replacing the entire mechanical system with a VAV (Variable Air Volume) system. M.J. Takisaki, Inc. is the lowest bidder. *Motion was made, seconded and passed unanimously to approve* Resolution 2014:02 authorizing the letting of a construction contract to the lowest responsible bidder with respect to the construction of improvements to property of the district known as the Verdant Community Wellness Center. M.J. Takisaki is awarded the contract to include Alternates 1 and 3. Mr. Hartman states the time frame for completion of the project is 275 days.

Program Oversight Committee Update

The Program Oversight Committee met on March 10, 2014 to review five new program funding applications (E:15:14).

No conflicts of interest were reported by the commissioners.

New Funding Applications:  
*Motion was made, seconded and passed unanimously to approve* \$100,000 for one year with the option to renew for a second and/or third year depending on demand and performance of the Community Health Center of Snohomish County's Dental Care Coordination and Direct Patient Services project to provide dental services to uninsured adults.

*Motion was made, seconded and passed unanimously to approve* \$5,000 on a one-time basis to the Edmonds Community College Celebration of Food event in May 2014 at the Lynnwood Convention Center.

*Motion was made, seconded and passed unanimously to approve* \$11,000 on a one-time basis to the Sight Connection Low Vision Expo in May 2014 at the Lynnwood Convention Center.

*Motion was made, seconded and passed unanimously to approve* \$492,128 in the first year, \$511,813 in the second

year, and \$532,286 in the third year for the Edmonds School District Move 60 program.

Commissioners discussed the need in the proposal for two full-time certified teachers as opposed to the current model with one full-time teacher and one teaching assistant. Ms. Jenni McCloughan of the Edmonds School District explained that with 50 children, the group is split into two and there is a good deal of actual teaching occurring on cardio and muscular strength. In the future, they want to focus on including families in the program. Commissioners also would like to see the school district seek funding from other sources and return to a future program committee meeting with the results.

**Not Recommended for Funding at this time:**

Rotary Club of Edmonds – Waterfront Festival as the event does not have a strong health and wellness connection.

**For additional board discussion later in the meeting:**

Puget Sound Kidney Center Foundation – chronic kidney disease education and prevention program

Marketing  
Report

In lieu of Ms. Piplic, Mr. Kosovich presented the Marketing Report (E:16:14) which includes an update on the registration for the 2014 "6 Weeks to a Healthier You," upcoming events, and examples of the current use of the Verdant logo in the community.

Executive  
Session

President Knowles recessed the regular meeting at 8:30 a.m. into Executive Session to discuss ongoing litigation, possible real estate acquisition and review the Superintendent's performance.

President Knowles stated that the board would reconvene in approximately 15 minutes and no action would be taken in Executive Session.

Commissioner Williams extended the session by 5 minutes.

Open Session

Commissioner Williams reconvened into open session at 8:50 a.m.

*Motion was made, seconded and passed unanimously to approve the Superintendent's performance evaluation and goals.*

*Motion was made, seconded and passed unanimously to approve Resolution 2014:03 approving the terms and conditions of an amendment to the employment agreement with the district Superintendent. The resolution authorizes the execution, delivery and performance of such*

amendment on behalf of the District and the First Amendment to the 2013 Employment Agreement, which states that effective April 1, 2014 Employee's base salary shall be \$208,668 per year with a supplemental salary of \$92.60 per pay period through December 31, 2014.

Commissioner  
Comments

Commissioner Williams presented the latest rendering of the Swedish/Edmonds campus renovation.

Superintendent's  
Report

Superintendent Zapora reported on three items:

1. Verdant has hired Ms. Sue Waldin as the Community Wellness Program Manager who will work on programming for the Verdant Community Wellness Center. Ms. Waldin's first day will be April 14, 2014 (E:17:14)
2. \$2,000 from the Superintendent Discretionary Fund was awarded to the Edmonds School District for their Health & Wellness Expo on May 17, 2014
3. Verdant has joined the Washington Health Alliance

Public  
Comments

Mr. Al Rutledge commented on the 17.7% drop-out rate in the Edmonds School District and that the district should help out with the mudslide in Oso.

Ms. Rowena Miller of the League of Women Voters asked for consistency in the usage of the name of the building for the community wellness center. Ms. Miller also asked for the criteria used in the disbursement of funds from the Superintendent's Discretionary Fund. Ms. King will provide this criteria to Ms. Miller.

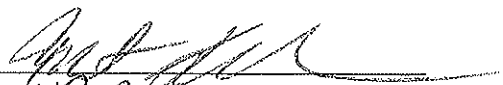
Presentation by  
Puget Sound  
Kidney Center


Jane Nakagawa, Dr. Tim McNamara, Dan Blatnick, and Kathy Harvey from the Puget Sound Kidney Center explained their proposal for funds (E:18:14) and answered questions from the commissioners present.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:34 a.m.

ATTEST BY:

  
\_\_\_\_\_  
President

  
\_\_\_\_\_  
Secretary

**Balance Sheet**  
As of February 28, 2014

	A	B	C	D
	Dec 31, 2013	Feb 28, 2014	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
3 Cash Balance	2,579,704	2,359,617	(220,087)	
4 Other Current Assets	30,374,687	31,656,246	1,281,559	Includes Investments
5 Total Current Assets	32,954,391	34,015,863	1,061,472	
6 Total Long-term & Fixed Assets	46,262,507	45,692,212	(570,295)	Depreciation
<b>7 TOTAL ASSETS</b>	<b>79,216,897</b>	<b>79,708,075</b>	<b>491,178</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
10 Current Liabilities	2,860,458	2,798,814	(61,644)	
11 Long-term Liabilities	5,689,038	5,678,699	(10,339)	2012 LTGO Bonds
12 Total Liabilities	8,549,496	8,477,513	(71,983)	
13 Total Equity	70,667,402	71,230,562	563,161	Annual Net Income
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>79,216,897</b>	<b>79,708,075</b>	<b>491,178</b>	

**Profit & Loss**  
February 2014

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
2 Ordinary Income	766,970	681,177	85,793	1,533,556	1,362,354	171,202
<b>3 EXPENSES</b>						
4 Operating Expenses	117,873	113,058	(4,815)	249,044	237,117	(11,927)
5 Depreciation Expense	327,612	251,728	(75,884)	655,780	503,456	(152,324)
6 Program Expenses	399,869	389,584	(10,285)	720,957	779,167	58,210
7 Total Expenses	845,354	754,370	(90,984)	1,625,781	1,519,740	(106,041)
<b>8 OTHER INCOME/(EXPENSE)</b>						
9 Total Other Income/(Expense)	238,936	266,402	(27,466)	655,387	532,943	122,444
<b>10 NET INCOME</b>	<b>160,551</b>	<b>193,209</b>	<b>(32,657)</b>	<b>563,161</b>	<b>375,557</b>	<b>187,604</b>

**Monthly Highlights**  
February 2014

Verdant received dividends payments of \$42,424 and an unrealized gain of \$21,338 on our investment portfolio in February for an ending market value of \$29,577,224.

Annual program commitments total \$5,005,641 and \$3,659,509 for 2014 and 2015, respectively. \$744,359 remains available to spend in 2014, of which \$232,500 is earmarked as Superintendent Discretionary.

Additional income of \$85,409 and expenses of \$17,099 from the Kruger Clinic were incurred, netting to an additional operating income of \$68,310 in February.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
10575	02/05/2014	Camden Gardens, Inc.	1,231.88	Kruger Clinic - Horticulture Services
10576	02/05/2014	Falkin Associates, Inc.	7,612.50	January 2014 Project Management
10577	02/05/2014	Synergy Building Services, Inc.	3,812.01	Kruger Clinic - HVAC
10578	02/05/2014	Swedish/Edmonds	-	VOID
10579	02/05/2014	Swedish/Edmonds	-	VOID
10580	02/05/2014	Ash Consulting	4,867.50	Jan 2014 Consulting
10581	02/05/2014	Swedish/Edmonds	12,039.82	Refund for overpayment- Feb 2014 S/E Hospital Rent
10582	02/05/2014	Swedish/Edmonds	12,070.84	Refund for overpayment- Jan 2014 S/E Hospital Rent
10583	02/12/2014	Ankrom Moisan	34,257.71	Architecture Design
10584	02/12/2014	Frontier Communications	152.77	Kruger Clinic - Phone
10585	02/12/2014	Guardian Security Systems	29.50	Kruger Clinic - Fire Alarm Monitoring 3/1-3/31/14
10586	02/12/2014	Republic Services	1,194.37	Kruger Clinic - Waste Removal
10587	02/12/2014	Benefit Solutions Inc	34.50	FSA Administration
10588	02/12/2014	Institute for Fitness and Health	88.37	6WHY- Joe Piscatella - 1/27/14 Travel
10589	02/12/2014	Jason Becker Creative	540.00	Poster & Cards development & Design 6WHY
10590	02/12/2014	Pacific Art Press Inc	1,459.71	Printed promotional materials for 6WHY
10592	02/12/2014	Ace Internet Services, Inc.	304.00	Jan 2014 IT Support
10591	02/12/2014	Lynnwood PFD	173.98	Jan & Feb 2014 Janitorial Services and Supplies
10593	02/24/2014	Aardvark Sweeping	87.60	Kruger clinic - Feb 2014 Parking Lot Sweeping
10594	02/24/2014	Canon Financial Services	301.13	Copy Machine Lease
10595	02/24/2014	Staples	184.11	Supplies
10596	02/24/2014	State Auditor's	2,547.20	2012 State Audit
10597	02/24/2014	Carney Badley Spellman	201.00	Legal for Kruger Clinic
10598	02/24/2014	Principal Financial Group	623.04	Employee Life Insurance
10599	02/24/2014	The Daily Herald	582.40	Legal Notice
10600	02/28/2014	Assoc of WA PHD	2,980.00	Membership Dues
10601	02/28/2014	McKinstry Lockbox	4,510.31	Kruger Clinic - Jan 2014 HVAC Maintenance Contract
10602	02/28/2014	Moss Adams - Audit	2,772.75	Progress Billing for 2013 Financial Audit
10603	02/28/2014	Regence Blueshield	3,167.55	Employee Medical & Dental Insurance
10604	02/28/2014	Wells Fargo	5,028.39	Misc
10605	02/28/2014	Daily Journal of Commerce	718.20	Legal Notice
10606	02/28/2014	Consolidated Landscape Maintenance, Inc.	127.75	March 2014 Landscaping Maintenance
10607	02/28/2014	The Daily Herald	42.00	Legal Notice
<b>Total Warrants</b>			<b>103,742.89</b>	

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	2/7/2014	Payroll	14,681.83	ACH payroll transfer
	2/7/2014	Department of Treasury	6,116.53	Payroll taxes for 1/4/14 pay period ending
	2/7/2014	Paychex	67.22	Fee for payroll processing
	2/7/2014	Valic	1,962.19	Payroll 401(a)/457 Deposit
	2/21/2014	Payroll	14,110.96	ACH payroll transfer
	2/21/2014	Department of Treasury	5,966.40	Payroll taxes for 1/18/14 pay period ending
	2/21/2014	Paychex	65.08	Fee for payroll processing
	2/21/2014	Valic	1,947.04	Payroll 401(a)/457 Deposit
	2/10/2014	Wells Fargo	444.68	Bank Service Fee
	2/10/2014	Wells Fargo	73.86	Bank Service Fee
	2/10/2014	Wells Fargo	53.72	Bank Service Fee
	2/10/2014	Wells Fargo	19.83	Bank Service Fee
	2/15/2014	Bank of America - Fees	7,209.17	Program Payment
	2/15/2014	Alzheimer's Association Western & Central	4,166.67	Program Payment
	2/15/2014	American Diabetes Association	2,500.00	Program Payment
	2/15/2014	American Red Cross	9,328.25	Program Payment
	2/15/2014	Boys & Girls Club of Snohomish County	4,166.67	Program Payment
	2/15/2014	CampFire	4,750.00	Program Payment
	2/15/2014	Cascade Bicycle Club Education Foundation	13,523.67	Program Payment
	2/15/2014	Center for Human Services	22,660.00	Program Payment
	2/15/2014	ChildStrive	39,513.00	Program Payment
	2/15/2014	City of Edmonds Parks & Recreation	14,085.67	Program Payment
	2/15/2014	City of Lynnwood	8,333.33	Program Payment
	2/15/2014	Community Health Center of Snohomish Co	1,621.08	Program Payment
	2/15/2014	Domestic Violence Services Snohomish Co	11,712.25	Program Payment
	2/15/2014	Edmonds Community College	65,315.50	Program Payment
	2/15/2014	Edmonds School District No. 15	4,518.00	Program Payment
	2/15/2014	Edmonds Senior Center	1,767.42	Program Payment
	2/15/2014	Free Range Health	4,000.00	Program Payment
	2/15/2014	Medical Teams International	2,083.33	Program Payment
	2/15/2014	Parent Trust for WA Children	4,166.67	Program Payment
	2/15/2014	Prescription Drug Assistance Foundation	3,333.33	Program Payment
	2/15/2014	Program for Early Parent Support	6,666.67	Program Payment
	2/15/2014	Project Access Northwest	12,916.67	Program Payment
	2/15/2014	Providence Hospice & Home Care Foundation	8,750.00	Program Payment
	2/15/2014	Puget Sound Christian Clinic	46,686.67	Program Payment
	2/15/2014	Senior Services of Snohomish County	5,416.67	Program Payment
	2/15/2014	Smithwright Services	12,035.50	Program Payment
	2/15/2014	Snohomish County Fire District 1	8,187.50	Program Payment
	2/15/2014	Team Child	18,000.00	Program Payment
	2/15/2014	Washington CAN! Education & Research Fund	11,250.00	Program Payment
	2/15/2014	Wonderland Development Center	25,000.00	Program Payment
	2/15/2014	YMCA of Snohomish County	4,166.66	Program Payment
	2/15/2014	YWCA of Seattle, King and Snohomish Co	10,000.00	Program Payment
	2/15/2014	First Baptist Church		

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	2/4/2014	Benefit Solutions Inc	194.98	FSA Payments
	2/4/2014	Benefit Solutions Inc	20.00	FSA Payments
	2/7/2014	Benefit Solutions Inc	25.37	FSA Payments
	2/11/2014	Benefit Solutions Inc	6.14	FSA Payments
	2/14/2014	Benefit Solutions Inc	206.89	FSA Payments
	2/20/2014	Benefit Solutions Inc	750.74	FSA Payments
	2/22/2014	Benefit Solutions Inc	10.00	FSA Payments
	2/26/2014	Benefit Solutions Inc.	176.92	FSA Payments
	2/26/2014	Benefit Solutions Inc.	9.97	FSA Payments
	2/26/2014	WA Department of Revenue	789.07	8&O tax
		Total Wires/ACH Transactions	445,529.77	

**Workers Compensation Claims Activity:**

305110-305114 Feb 2014 Various Claimants/Vendors 1,918.05 Administered by Eberle Vivian

**Professional Liability Activity:**

380000478 Feb 2014 Various Claimants/Vendors 971.09 Administered by Sedgwick

**Total Disbursements**  
\$ **552,161.80**

**Deposits:**

Date	Payer	Amount	Purpose
2/3/2014	Raymond Liu, D.D.S.	3,109.05	Monthly lease Kruger Clinic
2/3/2014	John Headley MD PS	17,086.88	Monthly lease Kruger Clinic
2/3/2014	Value Village	24,428.45	Monthly lease
2/6/2014	Department of Labor and Industries	921.58	Refund for 4Q13 Self Insurance Fund
2/1/2014	Puget Sound Gastro	25,353.08	Reimbursement for attendance of S/E Gala
2/6/2014	Brian Tagaki, MD	225.00	Monthly storage fee Kruger Clinic
2/7/2014	Puget Sound Gastro	25,353.08	Monthly lease Kruger Clinic
2/10/2014	Snohomish County	7,207.69	Tax Levy
2/11/2014	John Headley MD PS	717.00	Monthly lease Kruger Clinic
2/11/2014	PFD - Copies	99.45	Copies
2/21/2014	Eventbrite	383.85	6WHY
2/24/2014	Healthcare Realty Services, Inc.	4,166.67	Monthly ground lease
2/28/2014	5781 - Investment Income - Op	18.64	Interest Income
2/28/2014	5781 - Investment Income - Op	0.41	Interest Income
	<b>Total Deposits</b>	<b>\$ 109,070.83</b>	




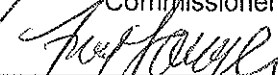
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3.26.2014

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 10575 through 10607 have been issued for payment in the amount of \$103,742.89. These warrants are hereby approved.

Attest:  
  
\_\_\_\_\_  
Lisa M. King

  
\_\_\_\_\_  
Commissioner  
  
\_\_\_\_\_  
Commissioner  
  
\_\_\_\_\_  
Commissioner  
  
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Commissioner  
  
\_\_\_\_\_  
Commissioner

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Warrants Processed:	2-1-14 – 2-28-14		\$103,742.89
Work Comp Claims Pd:	2-1-14 – 2-28-14		1,918.05
Professional Liability Pd:	2-1-14 – 2-28-14		971.09
Payroll:	1-26-14 – 2-8-14	14,681.83	
	2-9-14 – 2-22-14	<u>14,110.96</u>	
			28,792.79
Electronic Payments:	Payroll Taxes	12,082.93	
	Paychex	132.30	
	Valic Retirement	3,909.23	
	Benefit Solutions	1,401.01	
	Bank Fees	592.09	
	WA State Dept Revenue	789.07	
	Program Expenditures	<u>397,830.35</u>	
			<u>416,736.98</u>
	Grand Total		<u>\$552,161.80</u>

## March 2014 Program Summary

### Summary of Programs for Discussion

- Five new funding applications
- Puget Sound Kidney Centers scheduled for a presentation and Q&A at 9:15 a.m.

### Recommended for Funding

- **Community Health Center of Snohomish County – Dental Care Coordination and Direct Patient Services:** a multi-year request to provide dental services to uninsured adults. Part of the funding (\$25,000) would support a dental care coordinator to ensure care treatment plans are in place and that patients get appropriate follow-up care. The remaining grant (\$75,000) would fund direct patient care for CHC at the approved Medicaid rate CHC has with WA State. The program would expect to serve 200 patients and the goal would be to have 88% of patients receive follow-up/preventative care within 9 months of their visit. **The program committee is recommending fully funding the request at \$100,000 for one year with the option to renew for a second and/or third year depending on demand and performance of the program.**
- **Edmonds Community College – Celebration of Food:** a request to fund the 3rd annual Healthy Eating/Celebration of Food Event. The May 2014 event at the Lynnwood Convention Center includes cooking demonstrations and booths from local farmers and gardeners. In 2013 Verdant provided \$5,000 in funding and the event was attended by approximately 1,700 people. **The program committee is recommending fully funding the request at \$5,000 on a one-time basis.**
- **Sight Connection – Low Vision Expo:** a funding request for the annual 'Low Vision Expo' in May 2014 at the Lynnwood Convention Center. The purpose of the event is to raise low vision individuals' awareness about resources available. The event will include speakers, discussion, and an Assistive Technology Lab, with 300 attendees expected. In 2013, Verdant provided \$10,000 in funding for the event. **The program committee is recommending partially funding the request at \$11,000 on a one-time basis.**
- **Edmonds School District – Move 60:** a renewal request for an elementary activity program that gets children moving at least 60 minutes per day. The program is active in each of the Edmonds School District's schools, and the program tracks improvement in fitness and BMI. The program would expect to serve 2,200 children per year.

The school district requested a 19% increase in funding compared with current levels. Most of the requested increase would be used to change the staffing model from 1 teacher and 1 assistant to two teachers. The committee felt that the school district should explore other funding sources or internal resources to make the staffing change. **The program committee is recommending funding the request at a 4% increase from current levels: \$492,128 in the first year, \$511,813 in the second year, and \$532,286 in the third year.**

**Not Recommended for Funding**

- **Rotary Club of Edmonds --Waterfront Festival:** a request to fund the annual Edmonds Waterfront Festival. Through sponsorship support, Verdant would be provided with a prominent presence and other means (program, print media, etc.) to share its programs and priorities. **The program committee is not recommending funding this request; although it is a large community event, the festival does not have a strong health and wellness connection.**

Verdant Health Commission Proposal Summary March 2014

A		B		C			D			E			F			G			H			I		
New Funding Requests				Request for funding										Priority Area										
#	Name			Year 1	Year 2	Year 3							Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy								
1	Community Health Center of Snohomish County – Dental Care Coordination and Direct Patient Services	A multi-year request to provide dental services to uninsured adults. Part of the funding (\$25,000) would support a dental care coordinator to ensure care treatment plans are in place and that patients get appropriate follow-up care. The remaining grant (\$75,000) would fund direct patient care for CHC at the approved Medicaid rate CHC has with WA State, currently around \$200 per visit. The program would expect to serve 200 patients and the goal would be to have 88% of patients receive follow-up/preventative care within 9 months of their initial visit.		\$100,000	\$100,000	\$100,000							X	X	X									
2	Edmonds Community College Celebration of Food Festival	Edmonds Community College/Food Revolution Snohomish County is seeking funding for a 3rd annual Healthy Eating/Celebration of Food Event. The May 2014 event at the Lynnwood Convention Center includes cooking demonstrations and booths from local farmers and gardeners. In 2013 Verdant provided \$5,000 in funding and the event was attended by approximately 1,700 people.		\$5,000									X	X										
3	Sight Connection (formerly Community Services for the Blind and Partially Sighted) - A Low Vision Expo	Sight Connection is seeking funding for its annual 'Low Vision Expo' in May 2014 at the Lynnwood Convention Center. The purpose of the event is to raise low vision individuals' awareness about resources available. The event will include speakers, discussion, and an Assistive Technology Lab. 300 attendees are expected. In 2013, Verdant provided \$10,000 in funding for the event.		\$15,000									X	X	X									
4	Edmonds School District -- Move 60!	A renewal request for the an elementary activity program that gets children moving at least 60 minutes per day. The program is active in each of the Edmonds School District's schools, and the program tracks improvement in fitness and BMI. The program would expect to serve 2,200 children per year.		\$563,200	\$585,200	\$608,200							X	X										

Verdant Health Commission Proposal Summary March 2014

#	Name	Year 1	Year 2	Year 3	Education & Empowerment	Prevention	Access to Healthcare	Policy & Advocacy
5	Rotary Club of Edmonds -- Waterfront Festival	\$7,500			X	X		

### **Follow-Up on Previous Applications**

#### **For Additional Board Discussion:**

- **Puget Sound Kidney Center Foundation – Chronic Kidney Disease Education and Prevention Program:** a revised request for a new program focused on helping to reduce the progression of kidney disease. The request would fund 1.1 FTE positions for a program manager, social worker, dietician, and a nurse. The program would expect to serve 50 individuals per year out of the organization's Mountlake Terrace office, and outcomes would be focused on keeping patients off of dialysis and increasing use of home therapy options. The revised request (\$70k in year 1, \$50k in year 2, \$40k in year 3) was more consistent with the program committee member's thinking than the original request, but there were still some concerns about the education model and relatively narrow population served.

**The applicant was asked to provide a summary of the program and explain how it fits in with the organization's other programs and services as well as how it connects to other health education programs in the community.**

Addendum

**Puget Sound Kidney Centers  
Chronic Kidney Disease (CKD) Education and Prevention Program**

**Proposed Bi-Weekly Class Schedule**

Class schedule would vary depending on participants' age, stage of CKD, comorbid conditions

**Healthy Living Options (with MSW and RN)**

Kidneys, how they work, how they fail, what you can do

Habits for healthy living with CKD (exercise, stress, smoking, ETOH, etc.)

Medication balance – diabetes, cardiac, blood pressure, etc.

Financial issues of CKD – working, insurance, retirement, vocational rehab, etc.

Family relation issues

Mentor groups

**Nutrition Options: (with RD)**

Overview of nutrition and how it affects kidney function

Low sodium cooking and eating

Maintaining health with adequate protein and calories

Mineral health: phosphorus, calcium, potassium

Healthy meal planning, making this all work

Balancing kidney disease with diabetes, cardiac disease, other conditions

Shopping field trips – how to shop for healthy eating

Cooking classes - the kidney healthy way

Navigating the restaurant menu

<b>Budget Projection - PSKCF CKD Education and Prevention Program</b>				
	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>3 Year Total</b>
<b>STAFFING:</b>				
Program Management - .20 of \$70,000 FTE	\$ 14,000	\$ 14,000	\$ 14,000	\$ 42,000
Social Worker - .30 of \$60,000 FTE	\$ 18,000	\$ 18,000	\$ 18,000	\$ 54,000
Renal dietician experience in diabetes and dialysis - .30 of \$60,000 FTE	\$ 18,000	\$ 18,000	\$ 18,000	\$ 54,000
Registered nurse - .30 of \$65,000 FTE	\$ 19,500	\$ 19,500	\$ 19,500	\$ 58,500
<b>Program Staffing Subtotal:</b>	<b>\$ 69,500</b>	<b>\$ 69,500</b>	<b>\$ 69,500</b>	<b>\$ 208,500</b>
Benefits based on 33% of program staff salary costs (PSKC - In-kind)	\$ 22,935	\$ 22,935	\$ 22,935	\$ 68,805
<b>Subtotal:</b>	<b>\$ 92,435</b>	<b>\$ 92,435</b>	<b>\$ 92,435</b>	<b>\$ 277,305</b>
<b>FACILITIES:</b>				
Utilities (@ \$50 per month)	\$ 600	\$ 600	\$ 600	\$ 1,800
Facilities (@ \$200 per month )	\$ 2,400	\$ 2,400	\$ 2,400	7,200
Maintenance (@ \$100 per month)	\$ 1,200	\$ 1,200	\$ 1,200	3,600
Supplies: printing, paper, office supplies	\$ 2,500	\$ 2,500	\$ 2,500	7,500
Equipment: computers, copier, medical equipment, furniture	\$ 5,000	\$ 1,500	\$ 1,500	8,000
<b>Subtotal: (PSKC - In-Kind)</b>	<b>\$ 11,700</b>	<b>\$ 8,200</b>	<b>\$ 8,200</b>	<b>\$ 28,100</b>
<b>EDUCATION PROGRAM:</b>				
<b>NKDEP Materials:</b>				
NKDEP-50 Chronic Kidney Disease - What Does it Mean for Me? \$2.00 per pamphlet - limit 100	\$ 200	\$ 200	\$ 200	\$ 600
NKDEP-34 Family Reunion Health Guide: Make Kidney Health a Family Affair - 100 @ \$2.00 each	\$ 200	\$ 200	\$ 200	600
NKDEP-56 Eating Right for Kidney Health: Tips for People with Chronic Kidney Disease - \$2.00 per pamphlet limit 100	\$ 200	\$ 200	\$ 200	600
<b>Subtotal:</b>	<b>\$ 600</b>	<b>\$ 600</b>	<b>\$ 600</b>	<b>\$ 1,800</b>
<b>Educational Curriculum and Materials:</b>				
CKD Brochure: "Kidney Disease and You" PSKC creation - design	\$ 2,400	\$ -	\$ -	\$ 2,400
CKD Brochure: "Kidney Disease and You" PSKC Printing - 3,000	\$ 2,500	\$ 2,500		5,000
Education materials & curricula - content development	\$ 20,000	\$ 5,000	\$ 2,500	27,500
Teaching tools	\$ 5,000			5,000
<b>Subtotal:</b>	<b>\$ 29,900</b>	<b>\$ 7,500</b>	<b>\$ 2,500</b>	<b>\$ 39,900</b>
<b>Subtotal Education Program:</b>	<b>\$ 30,500</b>	<b>\$ 8,100</b>	<b>\$ 3,100</b>	<b>\$ 41,700</b>
<b>PATIENT SUPPORT:</b>				
Mentor training, stipends, meetings	\$ 1,500	\$ 1,500	\$ 1,500	\$ 4,500
Lifestyle support tools: recipes, tracking forms, patient updates	2,500	2,500	2,500	7,500
Nutritional supplements	10,000	10,000	10,000	30,000
<b>Subtotal:</b>	<b>\$ 14,000</b>	<b>\$ 14,000</b>	<b>\$ 14,000</b>	<b>\$ 42,000</b>
<b>MARKETING:</b>				
Program Flyers	\$ 2,000	\$ -	\$ 1,000	\$ 3,000
Mailings	1,500	1,000	1,000	3,500
<b>Subtotal:</b>	<b>\$ 3,500</b>	<b>\$ 1,000</b>	<b>\$ 2,000</b>	<b>\$ 6,500</b>
<b>TOTAL CKD Education and Prevention Costs:</b>	<b>\$ 152,135</b>	<b>\$ 123,735</b>	<b>\$ 119,735</b>	<b>\$ 395,605</b>



# March 2014 Marketing Report

## 6 Weeks to a Healthier You Update

### Dates

As a reminder, all sessions are scheduled to run from 6:30-8:00 p.m. at the Lynnwood Convention Center, on the following Tuesdays:

April 15	April 22	April 29	May 6	May 13	May 20
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### Registration

- Registration total as of March 25: 140
- Registration closes this Sunday, March 30
- Cities represented by registrants:

City of Residence	Number
Edmonds	31
Everett	28
Lynnwood	23
Mukilteo	7
Mountlake Terrace	6
Shoreline	6
Arlington	5
Lake Stevens	5
Marysville	5
Seattle	5
Snohomish	5
Bothell	4
Stanwood	2
Burlington, Kingston, Kirkland, Monroe, Mount Vernon, Sultan, Tulalip, Woodinville	1 each

### More Statistics on Registrants

- 46% (n=64) live in-district.
- At least another 22% (n=31) work in-district, but do not live in-district. Not all registrants list their employer.
- At least 68% live and/or work in-district.

### Upcoming Events

- March 27, 5 p.m. Mountlake Terrace Senior Center Open House and Ribbon Cutting
- April 9-10, 9 a.m. – 2 p.m. (partially staffed) 2014 Health and Wellness Fair at the Mountlake Terrace Recreation Pavilion
- May 17, 9-11:30 a.m. Health & Fitness Expo at Edmonds School District Stadium
- May 18, 11 a.m. – 4 p.m. Celebration of Food Festival at the Lynnwood Convention Center

**Sue Waldin**

Snohomish County resident since 1996

**Career Objective:** Promote health and wellness through education and community partnerships to improve access to resources, services and quality health care for members of the diverse community.

### **Skills Summary**

**Program Development** – Proven skills in developing and managing community and professional programs. Developed multiple community targeted health and wellness programs aimed at youth and families.

**Community Outreach** – Strong communication and interpersonal skills developed through years of outreach at health fairs, community events and conferences targeting diverse communities and organizations that support improved health.

**Partnerships** – Experienced in cultivating relationships with key stakeholders. Developed effective partnerships in professional and volunteer settings with health, social services, government, schools and faith-based organizations.

### **Related Professional Experience**

**Partnership Development and Training Coordinator** WithinReach, Seattle, WA

Connect and build relationships with community, government and non-profit organizations to improve health care access

- Provide trainings on the ACA, health insurance and accessing health resources to community members and key groups (i.e. Snohomish County Human Services Executives, Everett DSHS, nurses in multiple school districts)
- Coordinate community outreach through conferences, health fairs and community events
- Facilitate the Washington Coalition on Medicaid Outreach through partnerships with state health and social service agencies, community health centers, community advocates and health insurance plans

**Family Advocate** Garfield Elementary School, Everett, WA

Developed programs and activities for students and parents to support health and school success

- Participated on a multi-disciplinary team with the nurse, counselor, classroom and ELL teachers
- Managed bilingual “Natural Leader Parents” in a cultural partnership with the school’s Spanish speaking families

**Health Educator - Kids Get Care Oral Health Initiative** Snohomish County Health District

Developed and implemented an oral health education campaign on the importance of early and regular dental care

- Coordinated with Latino and Russian outreach specialists for greater cultural impact
- Developed a Snohomish County Resource Guide of medical and dental services as the culminating grant project and convened over 100 stakeholders to inform referrals and improve health outcomes for kids

**Wellness Program Director** Frankford Hospital, Philadelphia PA

Developed a health and wellness program featuring community classes, outreach events and trainings for local groups

- Managed program implementation - instructors, scheduling, registration and promotion
- Offered classes on topics such as healthy eating, active lifestyles, reducing stress and chronic disease management
- Facilitated outreach to hospital employees, community groups, schools and local businesses

### **Work History**

**Partnership Development and Training Coordinator** WithinReach, Seattle, WA (2008 - current)

**Family Advocate** Garfield Elementary School, Everett, WA (2007 – 1 year grant)

**Health Educator - Kids Get Care Oral Health Initiative** Snohomish Health District (2005-2007 – 2 year grant)

**Physical Capacity Testing and Clinical Intern Coordinator** EPI Rehab, Everett, WA (2002-2005)

**Wellness Program Director** Frankford Hospital, Philadelphia PA (1980-1982)

**Cardiac Clinic Manager** Anthropometrics, Inc Haddonfield, NJ (1978-1980)

### **Education**

**Master of Science in Community Health Education** plus 30 additional Graduate Credits equivalent to a second Master’s degree in Cardiac Rehab and Adult Fitness, University of Wisconsin-LaCrosse

**Bachelor of Science in Physical Education and Exercise Science**, Springfield College

## **Related Volunteer Experience in Snohomish County**

### **South Snohomish County Emergency Cold Weather Shelter**

- Co-manage an emergency shelter for the homeless run by 150+ volunteers
- Partner with 6 faith-based organizations, the cities of Lynnwood and Edmonds and local community groups

### **Neighbors in Need Community Outreach Program - Trinity Lutheran Church, Lynnwood, WA**

- Provide health resources and training to volunteers
- Participate in the leadership team coordinating the Saturday Community Breakfast, Food Bank, Clothing Bank and Neighborhood Youth Alliance and Cold Weather Shelter programs

### **Edmonds Food Bank - Edmonds United Methodist Church, Edmonds, WA**

- Partner with the food bank to promote food assistance programs (Basic Food, WIC, Summer Meals)
- Brought in multi-lingual community health resources while working at Snohomish Health District
- Volunteered to pack and serve food to community members seeking assistance
- Coordinated Holiday Toy Shop – organized community donation/distribution of gifts to 700 local children

### **Children and Poverty Task Force - Cedar Cross United Methodist Church, Mill Creek, WA**

- Developed programs for church / community volunteers to engage with children as mentors and caring adults
- Partnered with staff at Mercy Housing's Family Tree affordable housing complex in South Everett

### **Everett Public Schools – Parent Leadership Roles**

- **District Council** – advisory council of parents, community organizations and local businesses
- **Strategic Planning Committee** – leadership from schools, community and business looking 5-10 years out
- **PTA President, Cedarwood Elementary** – parent programs, student enrichment and fundraising
- **Site Council Chair, Heatherwood Middle School** – school based leadership team

### **Everett Public Schools - Developed Parent Involvement Programs**

- **Reading Mentors** - trained parents to develop relationships and work with students needing reading support
- **Computer Lab Volunteers** – provided support to students in using technology in a lab setting
- **School Office Volunteers** – provided daily support in the office as a way to reduce the impact of staff cuts

Addendum

**Puget Sound Kidney Centers  
Chronic Kidney Disease (CKD) Education and Prevention Program**

**Proposed Bi-Weekly Class Schedule**

Class schedule would vary depending on participants' age, stage of CKD, comorbid conditions

**Healthy Living Options (with MSW and RN)**

Kidneys, how they work, how they fail, what you can do

Habits for healthy living with CKD (exercise, stress, smoking, ETOH, etc.)

Medication balance – diabetes, cardiac, blood pressure, etc.

Financial issues of CKD – working, insurance, retirement, vocational rehab, etc.

Family relation issues

Mentor groups

**Nutrition Options: (with RD)**

Overview of nutrition and how it affects kidney function

Low sodium cooking and eating

Maintaining health with adequate protein and calories

Mineral health: phosphorus, calcium, potassium

Healthy meal planning, making this all work

Balancing kidney disease with diabetes, cardiac disease, other conditions

Shopping field trips – how to shop for healthy eating

Cooking classes - the kidney healthy way

Navigating the restaurant menu

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## **Puget Sound Kidney Centers**

### **Chronic Kidney Disease (CKD) Education and Prevention Program**

**Goal: Reduce the progression of kidney disease and stabilize kidney function**

- We'd like to reach patients before they reach stage 5 – kidney failure
- Educate and empower patients to manage their health and lifestyle to promote kidney health and prevent the progression of chronic kidney disease
- Partner with medical professionals and community based organizations to reach and support patients
- Interventions:
  - Nutrition
  - Healthy Lifestyle
  - Clinical Management
  - Social Services
  - Support Group
  - Periodic Assessments
  - Education Program
- Outcome 1: Enroll 50 to 60 patients with stage 3 and 4 CKD
- Outcome 2: Successful engagement and retention
- Outcome 3 : Increase patient knowledge and adoption of preventative measures
- Outcome 4: Increase patients prepared in advance for renal replacement therapy