

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
March 28, 2018
8:00 a.m. to 9:15 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) February 28, 2018 Board Meeting	Action	8:01	1-5
b) March 12, 2018 Special Meeting	Action	8:02	6
c) March 14, 2018 Special Meeting	Action	8:03	7-8
C. Executive Committee Report	Information	8:04	---
D. Superintendent Report	Information	8:05	9
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:10	10-14
b) Authorization for payment of vouchers and payroll	Action	8:13	15
F. Washington State Graduate Medical Education presentation	Information	8:15	---
G. Building Healthy Communities Fund discussion	Information	8:30	16
H. Verdant Community Wellness Center activities update	Information	8:45	17-18
I. Verdant multicultural program update	Information	8:50	19
J. Marketing Report	Information	8:55	20
K. Public Comments (please limit to three minutes per speaker)	---	9:00	---
L. Commissioner Comments	---	9:05	---
M. Adjournment	---	9:15	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center
March 28, 2018

Commissioners Present	Deana Knutsen, President Karianna Wilson, Secretary (8:10 a.m. arrival) Fred Langer, Commissioner Bob Knowles, Commissioner J Bruce Williams, Commissioner (8:35 a.m. departure)
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Social Worker Karen Goto, Executive Assistant
Guests	Dr. Lawrence Schecter, Washington State University Elson Floyd College of Medicine Members of the public
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 February 28, 2018. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on March 12, 2018. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special board meeting on March 14, 2018.
Executive Committee Report	The committee met on March 21, 2018 to review the agenda for the March 28, 2018 board meeting and to discuss legal and personnel issues. No action was taken.

**Superintendent
Report**

- Superintendent Fenn reported on the following items:
1. April 2018 calendar (E:21:18) highlights the April 19th Narcan training, the April 17th Sno-Isle Teen Depression panel, the April 20th Step Up Racial Equity Conference, and the April 24th Hero's Café.
 2. A Herald reporter and photographer were in attendance at the March 27th Hero's Café.
 3. Governor Inslee signed HB 2539-2017-18 on March 21, 2018 which explicitly expands the authority of public hospital districts to include wellness and injury prevention.
 4. South Snohomish County CHART Program (CHronic Utilizer Alternative Response Team) held its first meeting at Verdant on March 13, 2018.

**Finance Committee
Report**

The committee met on March 21, 2018. Ms. King reviewed the financial statements and cash activity for February 2018 (E:22:18).

**Authorization for
Payment of
Vouchers & Payroll**

Warrant Numbers 12710 through 12763 for February 2018 for payment in the amount of \$66,544.56 were presented for approval (E:23:18). **Motion was made, seconded and passed unanimously to approve.**

**Program Committee
Update**

No report for the month of March 2018.

**Washington State
Graduate Medical
Education
Presentation**

Dr. Lawrence Schecter presented the undergraduate and graduate medical education program for Washington State University (WSU) which includes a cohort on the Everett campus. There are currently 60 students admitted to the program which emphasizes primary care in underserved and rural communities and the study of population health. Commissioner Williams said he would like to see Verdant work with WSU on parts of the program. WSU will continue to work with Dr. Fenn to explore connections with Verdant.

**Building Health
Communities Fund
(BHCF) Discussion**

Dr. Fenn presented the ideas discussed by the board at the March 14, 2018 Special Meeting (E:24:18) and asked commissioners if the document accurately reflects the board's desires. Commissioners agreed but also want to include behavioral health under the capital projects criteria for improving/increasing access

to preventive primary and/or dental care for vulnerable and underserved residents of Public Hospital District #2. They also agreed that sustainability in operations was important.

Dr. Fenn stated that the goal is to issue an RFP in 2018 with Verdant inclusion in the RFP responses and a decision by the board at the end of 2018. Intent is to distribute funds to the selected group(s) starting in early 2019.

Dr. Fenn also asked the commissioners if there is anything they do NOT want to fund and all agreed that there was no absolute decision without board consultation. Commissioner Wilson stated that this fund should not be used for ongoing operations. The regular grant program and Program Committee should be used to review those requests.

Dr. Fenn & Mr. Kosovich will continue to work on the RFP which will go to the Program Committee and then the full board for approval.

Mr. Kosovich clarified with the board that under the criteria, a physical place that provides clinical care and treatment is acceptable for the BHCF.

**Verdant Community
Wellness Center
Activities Update**

Ms. Waldin presented an update on activities at the Wellness Center in March 2018 (E:25:18). Verdant is working on partnering with local physicians and dietitians on preventive care and lifestyle education. Verdant is teaming up with the YMCA and Swedish Edmonds to offer the CDC Diabetes Prevention Program to district residents. In coordination with Swedish, Verdant is hosting a national DPP facilitator training on April 21 and 22, 2018.

**Verdant Multicultural
Report**

Ms. Huber presented an update on multicultural activities for March 2018 (E:26:18) including a Diabetes Prevention Program with the YMCA for the Latino community, the conclusion of the 7-week Strengthening Families program, Cooking with Cops in partnership with the Alderwood Boys & Girls Club and the Lynnwood Police Department, and the Multi-Cultural Health Fair on June 2, 2018 with Puget Sound Christian Clinic to be held at the Community Life Center in Lynnwood.

Commissioner Knutsen expressed her appreciation for the work done by Ms. Waldin and Ms. Huber.

Marketing Report

Ms. Piplic presented the Marketing report (E:27:18) with an appreciation to the commissioners for their attendance at the March 12, 2018 Verdant Healthier Community Conference. Commissioner Knutsen expressed her appreciation to the staff for the work on the conference.

Public Comments

Ms. Penny Yates of ChildStrive thanked the board for its support of ChildStrive and so many other partners in the community. Mr. Phil Smith of Volunteers of America commented on the successful RCW change and noted Verdant's hiring of Ms. Budd as VOA's loss and Verdant's gain.


Commissioner Comments

Commissioner Knutsen expressed her appreciation of the audience at today's board meeting.

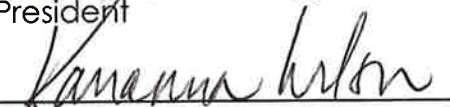
Adjourn

The meeting was adjourned at 9:00 a.m.

ATTEST BY:



President



Secretary

E: 21:18
3.28.2018

APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12 AWPHD Conference	12 AWPHD Conference	14 AWPHD Conference
15	16	17 Sno-Isle Edmonds Library: Issues That Matter - Teen Depression 6:30pm to 8:00pm	18	19 Community Narcan Training 6:00pm to 7:30pm (Verdant Wellness Center)	20 Step Up Racial Equity Conference, 9:00am to 5:00pm (Lynnwood Convention Center)	21
22	23 Hero's Café 10:00am to 2:00pm (Verdant Wellness Center)	24	25 Board Meeting 6:00pm to 8:00pm (Verdant Wellness Center)	26	27	28
29	30					



- April 19: Community Narcan Training, 6:00pm to 7:30pm, Verdant
- April 20: Step Up! Racial Equity Conference, 9:00am to 5:00pm, Lynnwood Convention Center
- April 25: Regular Board Meeting, 6:00pm to 8:00pm, Verdant

Balance Sheet
As of February 28, 2018

	A	B	C	D
	Dec 31, 2017	Feb 28, 2018	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,853,495	1,599,918	(253,577)	
4 Other Current Assets	43,125,273	43,143,452	18,179	Includes Investments
5 Total Current Assets	44,978,768	44,743,370	(235,398)	
6 Total Long-term & Fixed Assets	45,773,750	45,428,065	(345,684)	Includes Depreciation
7 TOTAL ASSETS	90,752,517	90,171,435	(581,082)	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,273,096	1,536,708	(736,388)	
11 Long-term Liabilities	2,150,919	2,140,581	(10,338)	2012 LTGO Bonds/BHCF
12 Total Liabilities	4,424,015	3,677,289	(746,726)	
13 Total Equity	86,328,502	86,494,147	165,644	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	90,752,517	90,171,435	(581,082)	

Profit & Loss
February 2018

	A	B	C	D	E	F
	Feb Actual	Feb Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	892,956	896,623	(3,667)	1,783,934	1,796,408	(12,475)
3 EXPENSES						
4 Operating Expenses	156,727	189,086	32,359	334,170	383,250	49,080
5 Depreciation Expense	166,513	166,481	(32)	332,113	332,049	(64)
6 Program Expenses	432,419	628,525	196,107	1,005,495	1,270,051	264,556
7 Total Expenses	755,659	984,093	228,434	1,671,778	1,985,350	313,572
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	97,801	234,813	(137,012)	53,489	469,626	(416,137)
10 NET INCOME/(LOSS)	235,098	147,343	87,755	165,644	280,684	(115,040)

Monthly Highlights
February 2018

Verdant received dividends payments of \$67,431 offset by a unrealized loss of \$162,506 on our investment portfolio in February which closed with an ending market value of \$42,701,647.

Program grant commitments total \$5,677,683 and \$2,836,398 for 2018 and 2019 respectively. \$1,312,317 remains available to spend in 2018, \$50,000 of which is designated as Superintendent Discretionary.

Revenue of \$117,182 and expenses of \$69,848 from the Kruger Clinic were incurred, netting to an additional operating income of \$47,334 in February.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12710	02/07/2018	Armstrong Services	1,380.01	Jan 2018 Janitorial
12711	02/07/2018	Ash Consulting	653.25	Public Records Request Document Search
12712	02/07/2018	Beth Rodriguez, LLC	807.66	Jan 2018 VHCC (21 hrs)
12713	02/07/2018	Comcast	291.10	Telephone/Internet
12714	02/07/2018	Corporate Security LLC	299.17	Feb 2018 Parking Lot Security
12715	02/07/2018	Dataworks	1,367.76	IT Support
12716	02/07/2018	Lynwood Chamber of Commerce	284.00	Annual Dues 2018
12717	02/07/2018	Mary Porter, RDN	330.00	WC 149 - Individual consult
12718	02/07/2018	Puget Sound Energy	62.50	Natural Gas
12719	02/07/2018	Roto-Rooter	223.56	Repair Toilet Clog
12720	02/07/2018	Snohomish County PUD	1,464.45	Electricity
12721	02/07/2018	StayWell Company, LLC	3,150.00	1Q18 installment of health content for website
12722	02/07/2018	Susana Flores	180.00	Childcare for Cooking Matters Classes 1/19, 1/31, 2/2
12723	02/07/2018	Total Health	1,900.00	WC 176 - Reimbursement for Mediterranean for Life
12724	02/07/2018	Waste Management	285.88	Garbage/Recycle
12725	02/07/2018	Yasaura Carvajal	180.00	Childcare for Cooking Matters Classes 1/19, 1/31, 2/2
12726	02/14/2018	Comcast	506.54	Telephone/Internet
12727	02/14/2018	Alice Guthrie	10.00	Refund for Cancelled Back Pain class
12728	02/14/2018	Sandra S Huber	110.66	Reimbursement for Cooking Matters Supplies
12729	02/14/2018	Lynwood Convention Center	6,219.00	2nd Deposit for Convention Center for VHCC 3/12/18
12730	02/14/2018	Sound Dietitians	2,745.10	Intructor Reimbursement
12731	02/21/2018	AmeriFlex Business Solutions	17.25	Feb 2018 FSA Administration
12732	02/21/2018	Ana L Bursch	300.00	Childcare-Strengthening Families 1/19, 1/26, 2/2, 2/9, 2/16
12733	02/21/2018	ANS of WA, Inc.	135.20	KG Notary Renewal 4-yr License #147293, Surety Bond, Stamp
12734	02/21/2018	Edmonds School District No. 15	1,032.06	Childcare, Presenters, Food for LGBTQ+ Community Event 1/18/18
12735	02/21/2018	Executive Speakers Bureau	5,500.00	VHCC 2018 Speaker Fees - Dr. Tamber
12736	02/21/2018	Juan Estrella Gonzalez	612.50	Instructor Services for Strengthening Families Program
12737	02/21/2018	Lowe Graham Jones PLLC	1,594.52	Jan 2018 Trademark watch
12738	02/21/2018	Regence Blueshield	4,658.11	March 2018 Health Insurance
12739	02/21/2018	Sara Prato, RD	1,001.59	WC 174 - Mediterranean for Life
12740	02/21/2018	Staples	109.80	Supplies
12741	02/21/2018	Susana Flores	240.00	Childcare for Strengthening Families 2/9, 2/16 Cooking Matters 2/7, 2/14
12742	02/21/2018	WA STATE HOSPITAL ASSOC	250.00	RF to attend 2018 Rural Hosp and PHD CEO Retreat
12743	02/21/2018	Yasaura Carvajal	240.00	Childcare Strengthening Families 2/9, 2/16 Cooking Matters 2/7, 2/14
12744	02/21/2018	Yolanda Gonzalez	612.50	Instructor for Strengthening Families Class
12745	02/28/2018	Lisa M King	363.34	Reimbursement for Mileage & Monitors for Social Worker Office
12746	02/28/2018	Awards Service Inc	23.74	Name Plate for Nancy Budd
12747	02/28/2018	City of Lynwood	1,409.00	Jan 2018 After Hours Support (93 hrs)
12748	02/28/2018	Dataworks	1,641.82	Social Worker Computer, Docking Station and user set up
12749	02/28/2018	Dimensional Communication, Inc	187.68	Service for loss of power to projector
12750	02/28/2018	Electronic Business Machines	873.67	2/22-3/21/18 Copy Machine; overage 11/22/17-2/21/18
12751	02/28/2018	Guardian Security Systems, Inc.	240.00	4/1-6/30/18 Elevator and AES Radio Monitoring
12752	02/28/2018	Moss Adams - Cost Report	6,000.00	2010 CPE Revision (Susan Ruchin)
12753	02/28/2018	Parsi Properties LLC	2,555.00	Mar 2018 - Parking lot lease
12754	02/28/2018	Thomas & Associates	5,755.20	Consulting July - December 2017

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12755	02/28/2018	Waste Management	290.01	Garbage/Recycle
12756	02/28/2018	Wells Fargo	407.20	Misc.
12757	02/28/2018	Discovia	350.75	January 2018
12758	02/28/2018	Principal	1,484.59	EE Life Insurance
12759	02/28/2018	Wells Fargo	4,667.61	Misc.
12760	02/28/2018	Penny Heiss	25.00	Refund for Yoga 101 Class
12761	02/28/2018	Sound Publishing, Inc.	497.56	VHCC print web ads
12762	02/28/2018	Objekts	678.96	File Drawers for Social Worker Office
12763	02/28/2018	Dynamic Language	136.00	Translation Services
	02/28/2018	Harland Clarke Check	203.26	Check stock
		Total Warrants	<u>66,544.56</u>	

Workers Compensation Claims Activity:

305384-385	Feb-18	Various Claimants/Vendors	<u>760.22</u>	Administered by Eberle Vivian
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Kruger Clinic Activity:

3210-3220	Feb-18	Various Claimants/Vendors	<u>20,272.78</u>	Administered by PMNWX
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Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	2/2/2018	Payroll	20,014.65	ACH payroll transfer
	2/2/2018	Department of Treasury	7,476.25	Payroll taxes for 1/27/18 pay period ending
	2/2/2018	Valic	2,875.62	Payroll 401(a)/457 Deposit
	2/2/2018	Paychex	117.29	Fee for payroll processing
	2/16/2018	Payroll	20,412.57	ACH payroll transfer
	2/16/2018	Department of Treasury	7,195.23	Payroll taxes for 2/10/18 pay period ending
	2/16/2018	Valic	3,411.42	Payroll 401(a)/457 Deposit
	2/16/2018	Paychex	114.59	Fee for payroll processing
	2/11/2018	Wells Fargo Merchant Services	233.41	Merchant Services
	2/11/2018	Wells Fargo	144.08	Bank Fees
	2/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	2/15/2018	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	2/15/2018	Brain Injury Association of WA	6,250.00	Program Payment
	2/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	2/15/2018	Center for Human Services	32,279.16	Program Payment
	2/15/2018	ChildStrive	50,150.16	Program Payment
	2/15/2018	City of Lynnwood	17,436.66	Program Payment
	2/15/2018	Cocoon House	5,000.00	Program Payment
	2/15/2018	Community Health Center of Snohomish Co	12,376.80	Program Payment
	2/15/2018	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	2/15/2018	Edmonds School District No. 15	109,713.42	Program Payment
	2/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	2/15/2018	Homage Senior Services	59,420.00	Program Payment
	2/15/2018	Kindering	11,517.17	Program Payment
	2/15/2018	Korean Women's Association	5,000.00	Program Payment
	2/15/2018	Medical Teams International	5,500.00	Program Payment
	2/15/2018	PEPS	3,250.00	Program Payment
	2/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	2/15/2018	Project Access Northwest	7,500.00	Program Payment
	2/15/2018	Puget Sound Christian Clinic	33,750.00	Program Payment
	2/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	2/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	2/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	2/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	2/15/2018	Wonderland Development Center	12,458.33	Program Payment
	2/23/2018	WA Department of Revenue	902.44	B&O/Retailing Sales Tax for Jan 2018
		Total Wires/ACH Transactions	547,603.92	
		Total Disbursements	\$ 635,181.48	

Transaction Date	Payer	Amount	Purpose
2/2/2018	Value Village	27,614.77	Monthly lease
2/1/2018	Swedish/Edmonds	801,424.70	Monthly leases
2/2/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
2/2/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
2/16/2018	Kean Lawlor	20,035.37	Kruger Clinic monthly lease
2/10/2018	Snohomish County	7,436.11	Levy
2/24/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
2/2/2018	Kaiser Permanente	2,500.00	Sponsorship of VHCC
2/12/2018	Coordinated Care	2,500.00	Sponsorship of VHCC
2/1/2018	University of Washington Bothell	1,000.00	Sponsorship of VHCC
2/1/2018	Edmonds School District #15	71,280.91	Refund for unspent grant funds
2/1/2018	YWCA of Seattle, King & Snohomish Co	1,239.38	Refund for unspent grant funds
2/28/2018	VCWC Classes	210.00	Registration for VCWC classes (9 registrations)
2/28/2018	Conference Registration	5,455.00	Registration for VHC Conference (89 registrations)
Total Deposits		\$ 949,106.23	

E: 23:18
3.28.2018

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 12710 through 12763 have been issued for payment in the amount of \$66,544.56. These warrants are hereby approved.

Attest:


Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	2-1-18 – 2-28-18		\$66,544.56
Work Comp Claims Pd:	2-1-18 – 2-28-18		760.22
Kruger Clinic Processed:	2-1-18 – 2-28-18		20,272.78
Payroll:	1-14-18 – 1-27-18	20,014.65	
	1-28-18 – 2-10-18	<u>20,412.57</u>	
			40,427.22
Electronic Payments:	Payroll Taxes	14,671.48	
	Paychex	231.88	
	Valic Retirement	6,287.04	
	Bank Fees	377.49	
	WA State Dept Revenue	902.44	
	Program Expenditures	<u>484,706.37</u>	
			<u>507,176.70</u>
	Grand Total		<u>\$635,181.48</u>

BHCF
Ideas Discussed at the 14 March Board Study Session

Consider seeking projects in two areas:

1. Capital projects that support and promote exercise and physical activity through built environment for residents of Public Hospital District #2
2. Capital projects that improve/increase access to preventive primary and/or dental care for vulnerable and underserved residents of Public Hospital District #2

Consider giving preference to projects that:

- Demonstrate collaboration between organizations and agencies within Public Hospital District #2
- Serve multiple communities within Public Hospital district #2
- Are directly tied to measurable health outcomes and can show evidence that these outcomes are being met
- Would not otherwise occur without funding from the Verdant Health Commission
- Do not have access to comparable facilities within their community
- Have not received prior Verdant funding

E:25:18
3.28.2018

**Verdant Community Wellness Center Summary
March 2018**

Completed Programs (February/March)

1. General Community and Provider Events	Attendance
1. Monthly Hero's Café for Veterans (2/27)	80-100
2. Family Caregiver Support Group (3/1, 15)	6-10
3. ARC Mothers of Children with Disabilities Monthly Support Network (3/3)	25
4. Foster Parent Core Training Series (3/3, 10, 22, 24, 31)	32/session
5. Parkinson's Disease AM & PM Support Group (3/5)	4-6/group
6. SHIBA Update Trainings (3/6)	25
7. Evergreen Home Health Team Meetings (3/7, 13)	25/session
8. Supporting Immigrants in Accessing Health Care Workshop (3/9)	42
9. Snohomish County Free Legal Clinic for Veterans (3/10)	15
10. Verdant Resource Connectors Meeting (3/13)	40
11. ESD Health Services Meeting (3/15)	35
12. Welcome to Medicare Monthly Workshops (3/16)	10
13. Homage Senior Services Staff Meeting (3/16, 20)	15/session
14. Brain Development & Behavioral Health Challenges in Child Care (3/17)	62
15. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
16. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

2. Nutrition and Healthy Behaviors	Attendance
1. Mediterranean for Life Health Coaching Class (1/25-3/29)*	15/session
2. Be Smart for your Heart: Learn & Taste with a Doc and Dietitian (2/26)*	25
3. Road Back to Life Kidney Support Group (2/27)	8-10/session
4. Diabetes Support Group (2/28)	4-6
5. Surviving & Thriving with Chronic Kidney Disease (3/21 – 4/25)*	15/session
6. Getting to Goal Weight Reduction Class (3/14)*	22
7. Colon Cancer Prevention/Screening – Facts & Food with a Doc & Dietitian (3/15)	21
8. Kids & Parents Cooking Class – Go Green for St. Patrick's Day (3/17)*	27
9. Strength Training for Better Health, Fitness & Weight Loss (3/19, 26)*	16
10. Soups & Stews Cooking Demo (3/22)*	22
11. Weekly Healthy Living Coaching Group	15-20/week

3. Behavioral Health & Substance Use	Attendance
1. THS Parent Coaching Group (3/12- 5/7)*	4-8/session
2. Brain Health and Wellness Classes (2/26, 27; 3/1, 5, 6, 13, 15)*	varies
3. Yoga 101 for Beginners (February 27 – April 17)*	4-6/session
4. Managing Stress in Everyday Life – 8 week Support Group (3/1 – 4/19)*	8-10/session
5. NAMI Connections Support Group	4-8/session
6. Adult Children of Alcoholics Weekly Support Group (weekly)	8-12/week
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 March 2018

Upcoming Programs

A. General Community and Provider Events

1. Snohomish Health Leadership Coalition Live Healthy 2020 (March 26)
2. Monthly Hero's Café for Veterans (March 27, April 24)
3. Community Foundation of Snohomish County (March 29)
4. Foster Parent Core Training Series (March 31)
5. Parkinson's Disease AM & PM Support Group (April 2)
6. SHIBA Update Trainings (April 3)
7. Korean Women's Association Everyday Prevention Workshops (April 5)*
8. Family Caregiver Support Group (April 5, 19)
9. League of Women Voters Children's Committee (April 6)
10. ARC Mothers of Children with Disabilities Monthly Support Network (April 7)
11. Evergreen Home Health Team Meetings (April 11, 17)
12. Aging & Disability Resource Network Staff Training (April 12)
13. Community Narcan Training (April 19)
14. Welcome to Medicare Monthly Workshops (April 20)
15. National DPP Training by American Association of Diabetes Educators (April 21, 22)
16. Swedish Edmonds Core Leader Retreat (April 26)
17. ESD Health Services Meeting (April 27)

B. Nutrition and Healthy Behaviors

1. Strength Training for Better Health, Fitness & Weight Loss (March 19, 26)*
2. Surviving & Thriving with Chronic Kidney Disease (March 21 - April 25)*
3. Road Back to Life Kidney Support Group (March 27, April 23)
4. Diabetes Support Group (March 28; April 25)
5. Meal Planning & Prepping a Week at a Time (April 12)*
6. Cutting Sugar in the Foods You Eat Cooking Demo (April 19)*
7. Make-ahead Healthy Breakfast Options Cooking Demo (April 23)*
8. Getting to Goal Weight Reduction Individual Consultations (by appt)*

C. Behavioral Health & Substance Use Focus

1. Yoga 101 for Beginners (February 27 – April 17)*
2. Managing Stress in Everyday Life – 8 Week Support Group (March 1 – April 19)*
3. THS Parent Coaching Group (March 12- May 7)*
4. Brain Health and Wellness Classes (March 26, 29; April 3, 4, 10, 16, 19, 23, 26)*
5. Skills to Ease Chronic Pain Using Mindfulness & Other Techniques – 8 Week Class (April 10-May 29)*
6. NAMI Connections Support Group (April 12, 26)
7. Art Therapy - Self Discovery & Expression – 8 Week Support Group (April 18 – May 23)*
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

* = Grant/Program Funded Partners

March 2018 Multicultural Program & Outreach Report

Conclusion 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. Final participation count was 11 families with 18 youth.

Upcoming programs:

Introduction to Positive Discipline March 23rd: Positive Discipline is based on the understanding that discipline must be taught and designed to teach young people to become responsible, respectful and resourceful members of their communities. Recent research tells us that children are hardwired from birth to connect with others, and that children who feel a sense of connection to their community, family, and school are less likely to misbehave

Building Communities, Nurturing Relationships- Community Gang Prevention: March 30th

Lynnwood Police presents a compilation of current research on gangs, including data on the state of gang problems in South Snohomish county today, why youth join gangs, the risk factors and attractions that increase youth's propensity to join gangs, and how gangs form. The objectives for this community conversation are:

- Addressing elevated risk factors for joining a gang.
- Strengthening families.
- Reducing youth's conflicts.
- Improving community-level supervision of youth.

Cooking with Cops: This program is scheduled to start on Spring Break- April 2nd. 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.

Multicultural Wellness Fair: In partnership with Community Life Center and Puget Sound Christian Clinic we have scheduled for June 2nd, our first annual Community Multicultural Health fair. The objectives of this event are:

- Increase health awareness by providing health screenings, activities, materials, demonstrations, and information;
- Increase awareness of local, state, and national health services and resources;
- Motivate participants to make positive health behavior changes;
- Teach self-care practices;
- Identify topics and participants for future educational health programs

March 2018 Marketing Report

Verdant Healthier Community Conference

Attendees: 250

Survey Responses: 59

Survey Feedback Summary

Topic/Presentation	Average Rating (Scale of 1-5, 1=poor, 5=excellent)
Morning Keynote by Dr. Pritpal Tamber	4.65
Lunch Presentation: Awards, Dr. Fenn	4.13
Closing Keynote: Shelly Virva, LCSW	3.22
Breakout Sessions	4.21
Registration, check-in process, location, food	4.9

Approximate Budget Totals as of March 26, 2018

Revenue	
Sponsorships	20,500.00
Registrations	9,716.37
Total Revenue	31,216.37
Expenses	
Lynnwood Convention Center	23,431.33
Keynote/Breakout Speaker Fee	15,500.00
Advertising/Printing	2,038.52
Consulting	5,000.00
Other	1,800.00
Total Expense	47,769.85
NET EXPENSE	16,553.48

Coming Events

- **Edmonds Senior Center Healthy Living Fair:** Friday, April 27, 10 a.m. – 2 p.m. at Edmonds Senior Center
- **Health & Fitness Expo:** Saturday, May 19, 9 a.m. – 12 p.m. at Edmonds School District Stadium