

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

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
May 22, 2019**

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Dr. Jim Distelhorst, Commissioner
Commissioner Excused	Karianna Wilson, Secretary
Staff	Dr. Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Karen Goto, Executive Assistant
Staff Excused	Lisa King, Finance Director Nancy Budd, Community Social Worker
Guests	Brad Berg, Foster Pepper Howard Thomas, Thomas & Associates Consulting (via telephone) Sarah Zabel, Swedish Edmonds Lisa Dobson Gould, Providence St. Joseph (via telephone)
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Knutsen.
Approval of Minutes	Motion was made, seconded and passed unanimously to approve the minutes of the regular board meeting on April 24, 2019.
Executive Committee Report	The committee met on May 15, 2019 via telephone to review the agenda for the May 22, 2019 board meeting and the executive session topics. No action was taken. President Knutsen mentioned that two commissioners are running for election in November 2019 and reminded the commissioners that they cannot count

any election-related business towards their time working on behalf of the district and they cannot use the Verdant resources including the Community Wellness Center for election-related business.

Superintendent Report

Dr. Fenn reported on the following items:

1. Dr. Larry Schecter of WSU Medical School in Everett along with the Chief Medical Officer of Swedish Edmonds is interested in presenting an update on the activities between WSU and Swedish Edmonds to the board, if they are interested. All board members present indicated they are interested. Dr. Fenn will schedule this for the July or August regular board meeting.
2. Thank you to President Knutsen and Commissioner Distelhorst for their assistance in representing Verdant at the Mountlake Terrace City Council meeting to discuss homelessness on May 16, 2019 and the Lynnwood City Council stakeholders meeting on May 15, 2019.
3. Verdant will be awarded the Community Impact Award from UW Bothell on May 30, 2019. Mr. Kosovich will attend to accept the award on behalf of Verdant and commissioners are invited to attend also.
4. Dr. Fenn reported that the board needs to follow up on the request for a letter from South Snohomish County Fire & Rescue to County Council supporting a fireworks ban for the fire district. Commissioners discussed the drawbacks and benefits of supporting a fireworks ban.
Motion was made, seconded and passed unanimously to not approve a letter of support from the board of the Public Hospital District #2 to South Snohomish County Fire & Rescue.
5. Reminder that strategic planning will be done at the board mini retreat on Tuesday, June 11, 2019 at Verdant and that Dr. Fenn will not be in attendance at the regular board meeting on June 26, 2019 due to her attendance at the AWPHD conference.

Finance Committee Report

The committee met on May 15, 2019. Commissioner Langer reviewed the financial statements and cash activity for April 2019 (E:32:19). Commissioner Langer noted that there is \$1.6 million remaining for programs in 2019, an additional operating income of \$19,429 from the Kruger Clinic, and that the tenant space in the Kruger Clinic is still available for rent as the potential client recently backed out.

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 13532 through 13583 for April 2019 for payment in the amount of \$109,664.47 were presented for approval (E:33:19) by Commissioner Langer. **Motion was made, seconded and passed unanimously to approve.**

Program Committee Update

The Program Committee met on May 13, 2019 to review one program application and to follow-up on myStrength (E:34:19).

Commissioner Knowles asked if there were any conflicts of interest and none were reported by the commissioners present.

Mr. Kosovich presented a summary of the request from the South Snohomish County Consortium for the Back to School Health & Resource Fair on August 22, 2019 and Commissioner Knowles presented the committee recommendations to the board.

Motion was made, seconded and passed unanimously to approve the South Snohomish County Consortium Back to School Health & Resource Fair in the amount of \$12,000 on a one-time basis.

Mr. Kosovich presented the follow-up options for the decision by the board on the myStrength web/mobile-based behavioral health program (Exhibit: 35:19). Commissioners discussed and agreed that Verdant is not ready to commit since there is no primary care network to assist Verdant with this program, the amount of additional staff time would be significant, and the annual charge was higher than first anticipated. Commissioners agreed to reconsider this program in 2020.

Verdant Community Wellness Center Activities Update See Exhibit 36:19

Verdant Multicultural Program Update See Exhibit 37:19
Ms. Huber shared a video produced by the UW Bothell on the work of Community Health Workers in Snohomish County. Commissioner Langer thanked Ms. Huber in Spanish, for her work. Ms. Huber also mentioned the impact programs such as Cooking with Cops and a parenting program can have when building relationships with the community. President Knutsen commented that people in the community are impressed with the multicultural work that Verdant does. Dr. Fenn commented that the health outcomes from these programs are evident.

Marketing Report Ms. Piplic presented the Marketing report (E:38:19) for May 2019 which includes the upcoming Verdant Partner Roundtable on Friday, May 31, 2019, 2 to 4 p.m. at Verdant where Dr. Amit Singh will present an update on Edmonds Community College, the South County Walks info session and training event for volunteer walk leaders on Thursday, June 13, 2019, 5:30 p.m. at Verdant, the planning stages for the 2018 annual report, and the community mental health workshop tentatively set for Saturday, November 9, 2019. Commissioner Distelhorst suggested that for the annual report, the input and output amounts should match to avoid public confusion. Dr. Fenn commented that Verdant will try their best to explain any differences in amounts.

Public Comments Ms. Sarah Zabel of Swedish Edmonds commented that their Patient Family Advisory Council, currently comprised of six women, is seeking to expand to be representative of the community. Interested persons should refer to the Swedish website for more information.

Commissioner Comments President Knutsen commented that at the recent Community Services Advisory Council meeting, it was noted that the needs assessment and point-in-time count are complete and that food insecurity with food choice at the local food banks emerged as a topic to

pursue further.

Executive Session

President Knutsen recessed the regular meeting at 8:53 a.m. for a short break before the Executive Session where a discussion of the legal risks of a proposed action of the district will be held.

Mr. Brad Berg, and Mr. Howard Thomas (via telephone) participated in the Executive Session.

President Knutsen stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session. At 9 a.m. the Executive Session began.

At 9:20 a.m., President Knutsen extended the Executive Session for 10 minutes.

Open Session

The board reconvened into Open Session at 9:30 a.m. and Mr. Howard Thomas and Ms. Dobson Gould joined by telephone.

Ms. Zabel explained the reasons for the charity care policy changes including compliance with the RCW and IRS 501(r) regulations, and for efficiency and consistency in the policy across all affiliations and in translations into other languages.

Commissioner Langer expressed his desire that the board be included earlier in the process of review and discussion on items such as charity care rather than after a decision has already been made.

Ms. Zabel will advocate for the district to be informed earlier.

Commissioner Knowles also commented that the decision-making process could be improved.

President Knutsen commented that the charity care policy must be understandable by the community and that the communication process needs improvement so that misunderstandings do not occur. She also added that overall, the changes to the policy would have a positive impact for patients.

A two-pronged motion was made by Commissioner Langer 1) to accept the changes to the charity care policy in effect at Swedish Edmonds offered by the organization and 2) that a letter be drafted for the Board president's signature that expresses the Board's concern regarding the process moving forward when it comes to governance matters that are referenced within the lease. The letter should include specific


language requesting that any matter contemplated by Swedish/Providence that affects the Board's reserved governance should be provided well in advance of implementation to ensure that the needs of both organizations and the community are being considered.

Motion was made, seconded and passed unanimously to approve.

Adjournment

The meeting was adjourned at 9:44 a.m.

ATTEST BY:



President



Secretary

E:32:19
5.22.2019

Accrual Basis

Public Hospital District #2, Snohomish County

DRAFT

Balance Sheet
As of April 30, 2019

	A	B	C	D
	Dec 31, 2018	Apr 30, 2019	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,863,276	2,048,246	(815,029)	
4 Other Current Assets	47,865,697	49,858,183	1,992,485	Includes Investments
5 Total Current Assets	50,728,973	51,906,429	1,177,456	
6 Total Long-term & Fixed Assets	44,873,691	44,259,727	(613,964)	Includes Depreciation
7 TOTAL ASSETS	95,602,664	96,166,156	563,492	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,176,028	1,377,796	(798,232)	
11 Long-term Liabilities	1,073,890	1,053,213	(20,677)	2012 LTGO Bonds/BHCF
12 Total Liabilities	3,249,917	2,431,009	(818,908)	
13 Total Equity	92,352,746	93,735,147	1,382,400	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	95,602,664	96,166,156	563,492	

Profit & Loss
April 2019

	A	B	C	D	E	F
	Apr Actual	Apr Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	901,040	901,208	(168)	3,644,264	3,624,630	19,634
3 EXPENSES						
4 Operating Expenses	209,037	208,201	(836)	769,001	791,519	22,518
5 Depreciation Expense	148,453	148,453	-	595,713	595,713	0
6 Program Expenses	598,012	681,490	83,479	2,301,641	2,753,962	452,321
7 Total Expenses	955,502	1,038,144	82,642	3,666,355	4,141,194	474,839
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	289,331	241,828	47,503	1,404,491	967,311	437,180
10 NET INCOME/(LOSS)	234,868	104,891	129,977	1,382,400	450,747	931,653

Monthly Highlights
April 2019

Verdant received dividends payments of \$98,655.55 and a unrealized loss of \$547 on our investment portfolio in April which closed with an ending market value of \$49,144,557.

Program grant commitments total \$6,141,009 for 2019*. \$1,608,991 remains available to spend in 2019, \$100,000 of which is designated as Co-funding Opportunities. *Excludes BHCF

Revenue of \$108,438 and expenses of \$89,009 from the Kruger Clinic were incurred, netting to an additional operating income of \$19,429 in April.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
13532	04/03/2019	AA Dispatch, LLC	55.00	Taxi Service 3/8/19 (#66760) 3/12/19 (#66855) 3/13/19 (#78332)
13533	04/03/2019	Azose	3,240.00	April Property Management
13534	04/03/2019	Consolidated Landscape Maintenance, Inc.	440.50	Apr 2019 Landscaping maintenance
13535	04/03/2019	Margot Helphand	1,125.00	Superintendent Performance Evaluation
13536	04/03/2019	Parsi Properties LLC	2,634.00	July 2018 - Parking lot lease
13537	04/03/2019	Puget Sound Energy	56.64	Natural Gas
13538	04/03/2019	Snohomish County PUD	1,502.39	Electricity
13539	04/03/2019	Sound Publishing, Inc.	39.20	Legal Notice 3/27 Board Meeting
13540	04/03/2019	Laura Miramontes	127.50	Childcare for Positive Discipline for Teens 3/11, 3/18 & Parenting Support
13541	04/03/2019	Seattle Visiting Nurse Association	5,360.00	Award 283 - Flu Shots
13542	04/03/2019	Susana Flores	127.50	Childcare for Positive Discipline for Teens 3/11 & Parenting Support
13543	04/03/2019	WA Department of Revenue	19,560.26	Q1 2019 Leasehold Excise tax return
13544	04/03/2019	Waste Management	336.52	Garbage/Recycle
13545	04/03/2019	US Postal Service	14,586.84	Spring 2019 Canopy Mailing
13546	04/03/2019	Matthew Brouwer	1,200.00	WC 235 - Bringing Your World Alive with Words 2-day workshop
13547	04/03/2019	AmeriFlex Business Solutions	23.00	Mar 2019 FSA Administration
13548	04/03/2019	ELTEC Systems, LLC	277.68	Apr 2019 Elevator Maintenance
13549	04/03/2019	Pacific Medical Centers(PacMed)	349.09	WC 230 - Living Well Alliance
13550	04/03/2019	Sound Dietitians	4,766.99	WC 222 - Nutrition Consulting/ WC 223 -Healthy Living Coaching Group
13551	04/10/2019	Cascade Security Corporation	512.00	April 2019 Parking Lot Security
13552	04/10/2019	Comcast	328.80	Internet/Telephone
13553	04/10/2019	Lani Miller	338.61	WC 228 - Instructor reimbursement Nutrition Program 3/18
13554	04/10/2019	Armstrong Maintenance, LLC	1,709.67	Janitorial
13555	04/10/2019	Ash Consulting	444.00	Accounting Consulting
13556	04/10/2019	Jason Becker Creative	1,552.50	Provider materials, Canopy Spring 2019 and 2 photo assignments
13557	04/10/2019	Lighthouse (formerly Discovia)	3,088.88	Feb 2019
13558	04/10/2019	Moss Adams - Audit	1,100.00	2018 Financial Audit
13559	04/10/2019	Thomas & Associates	3,813.80	Consulting Jan-Feb 2019
13560	04/10/2019	Tulalip Resort Casino	444.00	Deposit for Dec 6-7, 2019 Board Retreat
13561	04/10/2019	Dataworks	378.08	IT Support
13562	04/10/2019	Reidel Roofing, Inc.	469.20	Leak repair above RF's desk
13563	04/10/2019	WSSCSW	100.00	CEU Approval Application Fee
13564	04/10/2019	Comcast	528.73	Internet/Telephone
13565	04/10/2019	Dimensional Communication, Inc	8,890.38	Conference Call line and Web Camera
13566	04/10/2019	Payden & Rygel	7,958.00	3/1-3/31/19 Investment Advisory Services
13567	04/10/2019	Verizon	516.46	Mar 2 - Apr 1, 2019 and iPad Purchase
13568	04/10/2019	WA State Department of Retirement Systems	25.00	Old Age Survivor Benefit
13569	04/15/2019	YMCA of Greater Seattle.	983.00	Award 284c - 2017-2020 Drowning Prevention Program
13570	04/17/2019	Ana Evelin Garcia	600.00	WC 234 - Writing for Healing
13571	04/17/2019	Ankrom Moisan	2,118.82	Kruger Clinic Demising Wall Consultation and Floor plan dev
13572	04/17/2019	Dynamic Language	144.06	ASL Interpreter for EBT Cooking Demo Class
13573	04/17/2019	My Neighborhood News Network	2,240.00	April-Dec 2019 Advertising in My Edmonds News/Lynnwood Today/MLT News
13574	04/17/2019	Sara Prato, RD	488.58	WC 224 - Learn & Taste and Med for Life
13575	04/17/2019	Seattle Food Nut	373.71	WC 229 - Nutrition Programming

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
13576	04/17/2019	Staples	58.49	Supplies
13577	04/24/2019	Wells Fargo	948.68	Misc
13578	04/24/2019	Wells Fargo	2,543.02	Misc
13579	04/24/2019	Wells Fargo	3,307.94	Misc
13580	04/24/2019	Electronic Business Machines	44.12	4/22-5/21/19 Copy Machine
13581	04/24/2019	Neopost	206.95	Postage
13582	04/24/2019	Principal	1,855.57	EE Life Insurance
13583	04/24/2019	Regence BlueShield	5,745.31	May 2019 Health Insurance
		Total Warrants	109,664.47	

Wire/ACH Activity:

4/12/2019	Payroll	21,831.23	ACH payroll transfer
4/12/2019	Department of Treasury/State of WA	9,979.72	Payroll taxes for 4/6/19 pay period ending
4/12/2019	Valic	3,844.73	Payroll 401(a)/457 Deposit
4/12/2019	ADP	85.78	Fee for payroll processing
4/26/2019	Payroll	21,878.80	ACH payroll transfer
4/26/2019	Department of Treasury/State of WA	8,708.23	Payroll taxes for 4/20/19 pay period ending
4/26/2019	Valic	3,833.42	Payroll 401(a)/457 Deposit
4/10/2019	Wells Fargo Merchant Services	91.64	Merchant Services
4/15/2019	Alzheimer's Association Western & Central	7,209.16	Program Payment
4/15/2019	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
4/15/2019	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
4/15/2019	Center for Human Services	32,279.16	Program Payment
4/15/2019	ChildStrive	50,150.16	Program Payment
4/15/2019	City of Lynnwood	8,718.33	Program Payment
4/15/2019	Compass Health	14,857.80	Program Payment
4/15/2019	Domestic Violence Services Snohomish Co	13,566.50	Program Payment
4/15/2019	Edmonds School District No. 15	131,215.25	Program Payment
4/15/2019	Edmonds Senior Center	9,666.67	Program Payment
4/15/2019	Homage Senior Services	60,586.67	Program Payment
4/15/2019	Kinderling	11,862.67	Program Payment
4/15/2019	Korean Women's Association	5,000.00	Program Payment
4/15/2019	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
4/15/2019	Medical Teams International	8,100.00	Program Payment
4/15/2019	Prescription Drug Assistance Foundation	4,166.67	Program Payment
4/15/2019	Project Access Northwest	10,416.67	Program Payment
4/15/2019	Puget Sound Christian Clinic	47,162.17	Program Payment
4/15/2019	South Snohomish County Fire & Rescue	36,103.34	Program Payment
4/15/2019	Therapeutic Health Services	20,833.33	Program Payment
4/15/2019	Volunteers of America Western WA	6,750.42	Program Payment
4/15/2019	WA Poison Center	27,588.00	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	4/15/2019	Wonderland Development Center	28,839.58	Program Payment
	4/15/2019	Puget Sound Kidney Centers Foundation	12,500.00	Program Payment
	4/15/2019	City of Mountlake Terrace	2,810.00	Program Payment
	4/25/2019	WA Department of Revenue	812.38	B&O/Retailing Sales Tax for Mar 2019
	4/22/2019	WA State Dept of Labor & Industries	613.37	1Q19 L&I - State Fund
	4/11/2019	Superior Press, Inc.	113.62	Envelopes
	4/5/2019	Ameriflex	58.76	EE FSA Payments
	4/12/2019	Ameriflex	120.00	EE FSA Payments
	4/19/2019	Ameriflex	69.03	EE FSA Payments
	4/29/2019	Ameriflex	7.14	EE FSA Payments
		Total Wires/ACH Transactions	<u>653,430.40</u>	
Kruger Clinic Activity:				
1146-1164	misc	Various Claimants/Vendors	<u>38,684.27</u>	Administered by Azose
Work Comp Activity:				
305420-421	misc	Various Claimants/Vendors	<u>583.34</u>	Administered by Eberle Vivian
		Total Disbursements	<u>\$ 802,362.48</u>	
Deposits:				
	4/1/2019	Swedish/Edmonds	850,938.01	Monthly leases
	4/1/2019	Raymond Liu, D.D.S.	3,747.90	Kruger Clinic monthly lease
	4/1/2019	Seattle Skin & Laser	7,355.79	Kruger Clinic monthly lease
	4/1/2019	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	4/1/2019	Puget Sound Gastro	28,333.29	Kruger Clinic monthly lease
	4/1/2019	Value Village	27,614.77	Monthly lease
	4/23/2019	Swedish Edmonds Children's Clinic	80.00	WO for Kruger Clinic
	4/29/2019	Swedish Edmonds Children's Clinic	511.57	WO for Kruger Clinic
	4/10/2019	Snohomish County	81,840.77	Levy
	4/24/2019	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	4/24/2019	WA State Health Care Authority	130,070.00	Revised 2008 CPE Settlement
	Misc	VCWC Class Registrations	440.00	Misc. Class Registration
	4/17/2019	ADP	1,255.63	Reimbursement for ADP error
		Total Deposits	<u>\$ 1,136,936.08</u>	

E: 33:19
5.22.2019

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 13532 through 13583 have been issued for payment in the amount of \$109,664.47. These warrants are hereby approved.

Attest: 

Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	4-1-19 – 4-30-19		\$109,664.47
Work Comp Claims Pd:	4-1-19 – 4-30-19		583.34
Kruger Clinic Processed:	4-1-19 – 4-30-19		38,684.27
Payroll:	3-24-19 – 4-6-19	21,831.23	
	4-7-19 – 4-20-19	<u>21,878.80</u>	
			43,710.03
Electronic Payments:	Payroll Taxes	18,687.95	
	ADP	85.78	
	Valic Retirement	7,678.15	
	FSA Payments	254.93	
	Bank Fees	91.64	
	WA State Dept Revenue	812.38	
	Dept of L&I	613.37	
	Superior Press	113.62	
	Program Expenditures	<u>581,382.55</u>	
			<u>609,720.37</u>
	Grand Total		<u>\$802,362.48</u>

Program Oversight Committee Summary Report May 2019

- One program application up for discussion this month
- Follow-up on myStrength: web/mobile-based behavioral health program

Funding Requests

South Snohomish County Consortium (fiscal agent Turning Point)— Back to School Health & Resource Fair	Request Year 1	Request Year 2	Request Year 3
	\$12,000		
Program Description: a renewal request for the annual school resource & health fair in August at Cedar Valley Elementary. The fair provides health exams, vision checks, immunizations and oral exams/fluoride varnish, as well as school and other supplies.			
Expected Results	Last year, the program set the goal to increase attendance to 900 children and youth, and ultimately served 1,000. The expected health services and screenings were provided, and they added a safety and physical activity component (bike helmets and bike rodeo). In 2019, event the is seeking to reach 1,500 students.		
Use of Funds & Costs	In 2018 Verdant provided \$12,000 in funding. Turning Point is the non-profit fiscal agent for the project, which continues to receive support from CHC of Snohomish County and the Edmonds School District. The event leverages significant funding from other private foundations and includes donated school and other supplies (\$18.5k).		

Program Committee Recommendations (Commissioners Knowles & Wilson)

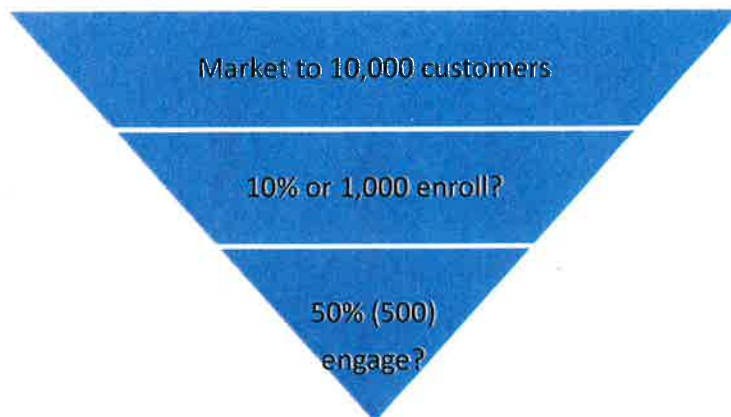
- **South Snohomish County Consortium (fiscal agent Turning Point) Back to School Health & Resource Fair:** the committee is recommending fully funding the request on a one-time basis at \$12,000. The committee felt that the event meets a community need, serves a large number of students and families, and was a good use of Verdant funds.

Follow-up on myStrength: Web/mobile-based behavioral health program

At the April board meeting, myStrength demonstrated the website/app and we have received some follow-up information about the research base for the program and site security.

What Would Implementation Take?

1. License fee for myStrength (\$72k annual license fee)
2. Marketing & Outreach Plan and Budget
 - Direct to consumer outreach through existing Verdant channels (e-mail, mailings, media)? Would need to develop messaging and outreach strategy.
 - Partnership with mental health providers to communicate to their clients?
 - Partnership with one or more managed care plans?
3. Customer Engagement Funnel:

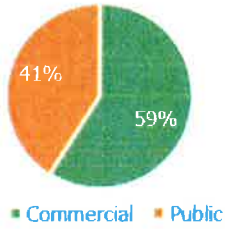


Options for board to consider now:

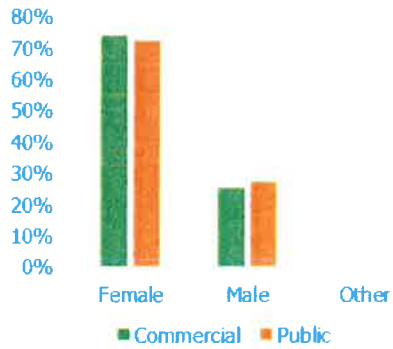
- A. It's a "go", let's contract with the vendor and line up partnerships needed for success. Set a marketing and communications budget?
- B. Invest some more time on researching exploring partners, marketing and outreach opportunities. Possibly set some funding boundaries.
- C. Not interested right now

MyStrength User Snapshot

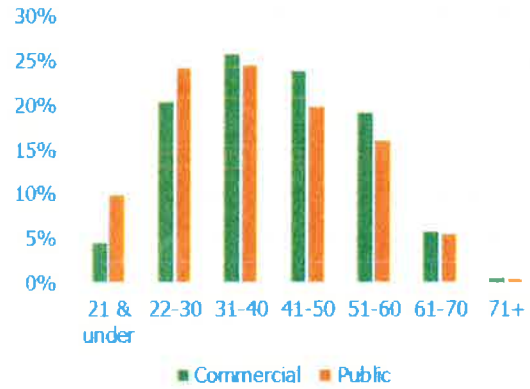
Total users



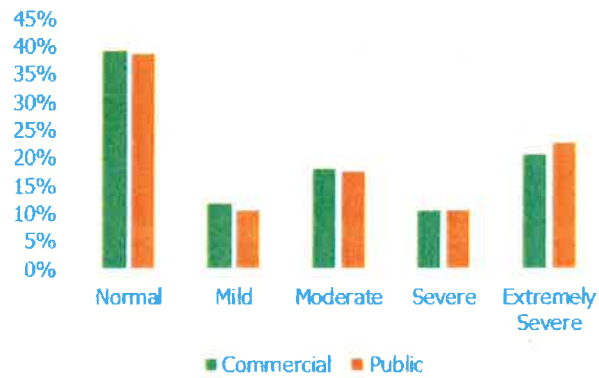
Gender



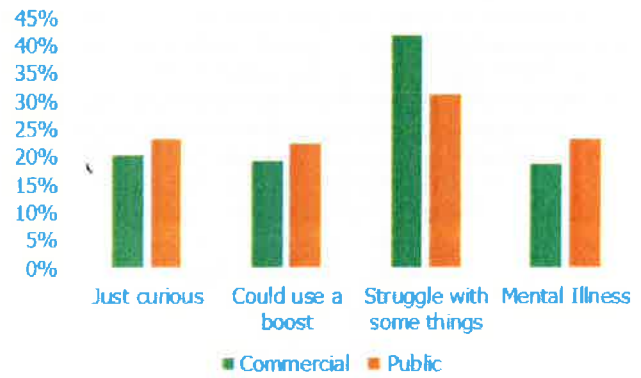
Age



Baseline Depression Scores



Motivations for myStrength



E: 36: 19
5.22.2019

**Verdant Community Wellness Center Summary
May 2019**

Completed Programs (April/May)

1. General Community and Provider Events	Attendance
1. Leadership Snohomish County Presentations (4/22, 5/6)	13/session
2. Monthly Hero's Café for Veterans (4/23; 5/28)	100+/session
3. Wonderland Staff Meeting (4/23; 5/28)	20
4. Homage Aging & Disability Staff Retreat (4/26)	10
5. Family & Kinship Caregiver Support Group (5/2)	6-8
6. Korean Women's Association Everyday Prevention Workshops (5/2)*	35
7. League of Women Voter's Children's Committee (5/3)	6-10
8. ARC Mothers of Children with Disabilities Monthly Support Network (5/4)	18
9. Parkinson's Disease Support Group (5/6)	5-6
10. SHIBA Updates Training (5/7)	24
11. Opportunity Council Childcare Provider Trainings (5/7, 9)	8/session
12. Snohomish County Early Intervention Providers Meeting (5/9)	16
13. Childstrive Restorative Practice Planning Session	25
14. Sensory Processing Challenges in Children (5/15)	17
15. MTI Mobile Dental – Root Canal Clinic (5/17)	By appt.
16. Welcome to Medicare Monthly Workshops (5/17)	20
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	Varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	Varies

2. Nutrition and Healthy Behaviors	Attendance
1. Diabetes-friendly Living Series (4/10 – 5/1)*	7/session
2. Mediterranean for Life 6 Week Series (4/16 – 5/21)*	12/session
3. Cooking with Confidence (4/24-5/8)*	5/session
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (4/25)*	22
5. Cooking Demo: Tasty Breakfast Option (4/29)*	21
6. Weekly Healthy Living Coaching Group (4/30; 5/6, 13, 20, 27)*	8-16/session
7. Diabetes Support Group (5/8)	3-5
8. Learn & Taste: Nutrition & Brain Health (5/9, 16, 23)*	11/session
9. Cooking Demo: Flavorful Ways to Prepare Fish (5/9)*	24
10. SHD Harvest for Healthy Kids Childcare Provider Trainings (5/18)	18
11. Getting to Goal Weight Reduction Program (1:1 Appts with an RDN)*	varies

3. Behavioral Health & Substance Use	Attendance
1. Understanding Anxiety & Depression (3/12 – 4/30)*	8-10/session
2. NAMI Connections Mental Health Support Group (4/25; 5/9, 23)	6-8/session
3. UW Memory & Brain Wellness Resource Day (4/27)	33
4. AAPPN Psychiatric Nurse Practitioner Training (4/27)	10
5. Gender Diversity Family Support Group (5/12)	2-6/session
6. Using Mindfulness to Manage Stress (5/15)*	23
7. Adult Children of Alcoholics Weekly Support Group (weekly)	Varies
8. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	Varies

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

Verdant Community Wellness Center Summary May 2019

Upcoming Programs (May/June)

A. General Community and Provider Events

1. PEPs – Baby Peppers (April 4 – June 20)*
2. Behavioral Health Integration Meeting (May 22; June 26)
3. Monthly Hero's Café for Veterans (May 28, June 25)
4. Wonderland Staff Meeting (May 28, June 25)
5. N. Seattle Progressives Public Forum (May 30)
6. Swedish Edmonds Leadership Retreat (May 30)
7. ARC Mothers of Children with Disabilities Monthly Support Network (June 1)
8. Parkinson's Disease Support Group (June 3)
9. SHIBA Updates Training (June 4)
10. Snohomish County CBITS Training (June 4, 5)
11. Family & Kinship Caregiver Support Group (June 6)
12. Korean Women's Association Everyday Prevention Workshops (June 6)*
13. League of Women Voter's Children's Committee (June 7)
14. Resource Connectors (June 11)
15. Evergreen Home Health Staff Meeting (June 11, 12)
16. Snohomish County Early Intervention Providers Meeting (June 13)
17. South County Walks Volunteer Walk Leader Training (June 13)
18. Red Flags in Child Development (June 15)
19. Swedish Edmonds Provider Lunch (June 17)
20. Welcome to Medicare (June 21)

B. Nutrition and Healthy Behaviors

1. Learn & Taste: Nutrition & Brain Health (May 9, 16, 23)*
2. Weekly Healthy Living Coaching Group (May 20, 27; June 4, 11, 18, 25)*
3. Cooking Demo: Optimal Eating on the Go (May 20)*
4. Osteoporosis & Bone Health: Facts and Food with a Doc & Dietitian (May 21)*
5. Survive & Thrive with Chronic Kidney Disease (May 22 – June 26)*
6. Getting to Goal Weight Reduction Class (May 23)*
7. Cooking Demo for Adults on SNAP – Monthly FINI Training (May 23; June 27)*
8. Diabetes-friendly Living Series (June 10 – July 1)*
9. Diabetes Support Group (June 12)
10. Teens in the Kitchen – Delicious Berry Desserts (June 15)*
11. Learn & Taste: Eye Health & Vision Changes in the Aging Eye (June 19)*
12. Cooking Demo: Spring into Summer with Seasonal Produce (June 20)*
13. Cooking Demo: Eating Well to Reduce Fatigue (June 26)*

C. Behavioral Health & Substance Use Focus

1. Using Mindfulness to Manage Stress (May 22- June 27)*
2. NAMI Connections Mental Health Support Group (May 23; June 13, 27)
3. Gentle Yoga (May 23 - June 27)*
4. Gender Diversity Family Support Group (June 9)
5. Understanding Perinatal Mood & Anxiety Disorder (June 18)
6. UW Memory & Brain Wellness Education Day (June 20)
7. Brain Injury Alliance of WA Classes (June 13)
8. Adult Children of Alcoholics Weekly Support Group (weekly)
9. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

* = Grant / Program Funded Partners

April 2019 Multicultural Program & Outreach Report

- **De Corazon a Corazon:** This 6-month series will offer Spanish speaking community members education and information to be more aware of what they are eating and how to choose healthy foods; to be more aware of the amount of activity they do in a day; to stop self-destructive thoughts and replace them with positives and to manage stress, social events and other people that make it difficult for them to change.
- **Meeting among parents with children with disabilities:** an opportunity for families to gather to talk about issues facing them and how to work through them as a group.
- **Art class for All:** Trained professionals engage with families with children with disabilities through art expression.
- **Bringing your world alive with words** This 2-day workshop provided a demonstration and facilitation of how to use basic writing skills as a tool for relaxation and stress reduction and healing. Facilitation is aimed at heightening awareness of the relationship between body and mind, and thus enhancing experiences of healing during the workshops. An opportunity of connecting classroom composition practices to healing to their social context to help students, and indeed the larger public, experience the full benefits of writing.
- **Promotoras: Social Justice and Policy Advocates for Women April 11th, 2019. Community Health Worker Conference-Wenatchee, WA**
Session presented by Sandra Huber: Latinx lay health promotores are primarily women who play an important role in their communities by promoting individual and population health. This presentation highlighted the results of a study that examined Promotoras' lived experiences in Washington and explored factors influencing their self-identity, sense of purpose, confidence, collective efficacy, social consciousness, civic engagement and pursuit of education.
- **Promotoras/Community Grant Writing Class:** Learn basic strategies of writing proposals to obtain financing, or "Grant Writing". One of the goals was to support the creation of potential "grant writers" in order to develop the skills and abilities required by the discipline and to strengthen participants capacities to write a proposal. The focus was that at the end of the program the participants have become familiar with the technical language used in the field of "Grantsmanship."

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May 2019 Marketing Report

Verdant Partner Roundtable

- VPR will feature an update from Edmonds Community College President Dr. Amit Singh on Friday, May 31, 2-4 p.m. at Verdant.

South County Walks

- South County Walks info session and training event for volunteer walk leaders is Thursday, June 13, 5:30-6:30 p.m. at Verdant.
- Partnership between the cities of Edmonds, Lynnwood, Mountlake Terrace, the Edmonds Senior Center, and Verdant for the 4th year. Sponsors/prize donors currently include The Everett Clinic, IRG Physical Therapy, Althea's Footwear Solutions, Community Transit, and Brooks Outlet.
- Walks from Verdant take place on Mondays at 6:00 p.m. from June 24-September 30.

Events & Publications

- Early planning stages for the 2018 annual report
- Community mental health workshop is tentatively set for Saturday, Nov. 9, 2019