

VERDANT HEALTH COMMISSION
 PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
 BOARD OF COMMISSIONERS
 Regular Meeting
 A G E N D A
 June 28, 2017
 Verdant Community Wellness Center
 8:00 a.m. to 9:35 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) May 24, 2017 Board Meeting	Action	8:03	1-6
b) June 9, 2017 Special Meeting	Action	8:04	7-9
C. Executive Committee Report	Information	8:04	---
D. Finance Committee Report			
a) Review financial statements & cash activity	Information	8:10	10-13
b) Authorization for payment of vouchers and payroll	Action	8:12	14
E. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:25	---
b) Program investment recommendations	Action	8:26	15-17
c) Verdant Community Wellness Center activities update	Information	8:40	18-19
d) Presentation from City of Lynnwood Police Department	Information	8:45	---
F. Marketing Report	Information	9:05	20
G. Public Comments (please limit to three minutes per speaker)	---	9:10	---
H. Commissioner Comments	---	9:15	---
I. Executive Session	---	9:20	---
a) Consider the legal risks of a proposed action of the district			
J. Open Session	---	9:35	---
K. Adjournment	---	9:35	---

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

BOARD OF COMMISSIONERS

**Regular Meeting
Verdant Community Wellness Center
June 28, 2017**

Commissioners Present	Deana Knutsen, President J. Bruce Williams, M.D., Secretary Fred Langer, Commissioner
Commissioners Excused	Karianna Wilson, Commissioner Bob Knowles, Commissioner
Staff & Others Present	George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Outreach Specialist Karen Goto, Executive Assistant Members of the community
Staff Excused	Robin Fenn, Superintendent
Guests	Chief Tom Davis, City of Lynnwood Police Sgt. Cole Langdon, City of Lynnwood Police Brad Berg, Foster Pepper Howard Thomas, Thomas & Associates (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 8:00 a.m. by President Knutsen.
Approval of Minutes	Motion was made, seconded and passed unanimously to approve the minutes of the regular meeting on May 24, 2017. Motion was made, seconded and passed unanimously to approve the minutes of the special meeting on June 9, 2017.
Executive Committee	President Knutsen reported that the Executive Committee met on June 21, 2017 to review and approve the June 28, 2017 board meeting agenda,

and had a conversation around the legal risks of a proposed action of the district. No action was taken.

**Finance
Committee Report**

The committee met on June 22, 2017. Ms. King reviewed the financial statements and cash activity for May 2017 (E:46:17).

**Authorization for
Payment of
Vouchers &
Payroll**

Warrant Numbers 12265 through 12321 for May 2017 for payment in the amount of \$73,124.60 were presented for approval (E:47:17). **Motion was made, seconded and passed unanimously to approve.**

**Program
Committee
Update**

The Program Committee met on June 21, 2017 to review three new applications (E:48:17). Commissioner Langer presented the committee recommendations of the review to the board. No conflicts of interest were reported by any of the commissioners present.

Applications Recommended for Funding:

Institute for Veterans and Military Families (at Syracuse University) as fiscal agent for WA Serves – a multi-year request to create a navigation network for veterans including a web portal and call center that links request for services with a trained provider.

Motion was made, seconded and passed unanimously to approve partial funding of \$30,000 for one year with the option to renew for a second year.

Therapeutic Health Services (THS) Youth Integrated Cognitive Therapies Program – a renewal request for a youth cognitive therapy program that supports youth with substance use and mental health needs in the Edmonds School District or who live in South Snohomish County and have been involved in juvenile justice. THS is seeking renewed funding to expand the program.

Motion was made, seconded and passed unanimously to approve funding the request at \$250,000 per year for two more years.

Edmonds School District Family Resource Advocate – a request for an average of \$253,400 per year for three years to place Family Resource Advocates at four

elementary schools. Funding would be used to expand the capacity of an existing program.

Motion was made, seconded and passed unanimously to approve funding the request for two years at \$200,000 in the first year and \$190,000 in the second year and would be contingent on the school district identifying additional funds to support the program.

**Verdant
Community
Wellness Center
Activities Update**

Ms. Waldin presented an update on activities in the center for June 2017 (E:49:17).

**Presentation from
City of Lynnwood
Police
Department**

Sgt. Cole Langdon presented information about the Community Health & Safety unit of the Lynnwood Police Department.

The current unit includes Sgt. Langdon, two civilian crime prevention officers, and one code enforcement officer. They anticipate hiring another officer in Fall 2017.

Chief Tom Davis along with Sgt. Langdon shared about LEAD (Law Enforcement Assistance Diversion), the involvement of an embedded social worker for both the City of Lynnwood and the City of Edmonds, crisis intervention and de-escalation training and the need for case analysis and metrics. Dr. Williams would like Sgt. Langdon to share this presentation with the medical staff of Swedish Edmonds.

President Knutsen asked about collaboration with other cities in the hospital district (Mountlake Terrace, Brier, Woodway) and what assistance might be available there. Sgt. Langdon stated that the collaboration between the cities of Lynnwood and Edmonds is the start and with good results, could grow into a broader program, such as a south county task force unit.

Marketing Report

Ms. Piplic presented the Marketing report which included information on the South County Walks, and several upcoming events (E:50:17). The Evergreen Detox Center is holding an Open House today from 11 a.m. to 4 p.m. and President Knutsen will attend the ribbon-cutting ceremony.

Public Comments

None

**Commissioner
Comments**

Commissioner Langer shared about a Nursing CEU course he attended that focused on ACEs (Adverse Childhood Experiences).

Executive Session

President Knutsen recessed the regular meeting at 9:12 a.m. into Executive Session to consider the legal risks of a proposed action of the district. President Knutsen stated that the board would reconvene in 15 minutes and no action would be taken in Executive Session or Open Session.

**Extensions of
Executive Session**

At 9:27 a.m. President Knutsen extended the Executive Session for 10 minutes.
At 9:37 a.m. President Knutsen extended the Executive Session for an additional 10 minutes.

Open Session

The board reconvened into Open Session at 9:47 a.m. No action was taken.

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:47 a.m.

ATTEST BY:



President



Secretary

Balance Sheet
As of May 31, 2017

	A	B	C	D
	Dec 31, 2016	May 31, 2017	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	5,457,824	1,682,182	(3,775,643)	
4 Other Current Assets	34,822,481	39,542,385	4,719,905	Includes Investments
5 Total Current Assets	40,280,305	41,224,567	944,262	
6 Total Long-term & Fixed Assets	46,463,198	45,555,132	(908,067)	Includes Depreciation
7 TOTAL ASSETS	86,743,503	86,779,699	36,195	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	3,230,044	1,481,751	(1,748,293)	
11 Long-term Liabilities	3,087,949	3,062,103	(25,846)	2012 LTGO Bonds/BHCF
12 Total Liabilities	6,317,993	4,543,854	(1,774,138)	
13 Total Equity	80,425,511	82,235,844	1,810,334	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	86,743,503	86,779,699	36,195	

Profit & Loss
May 2017

	A	B	C	D	E	F
	May Actual	May Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	866,494	865,449	1,045	4,341,855	4,340,082	1,773
3 EXPENSES						
4 Operating Expenses	147,411	212,249	64,837	787,055	970,542	183,487
5 Depreciation Expense	182,987	180,130	(2,857)	930,851	917,532	(13,318)
6 Program Expenses	413,453	567,854	154,401	2,197,135	2,896,269	699,135
7 Total Expenses	743,851	960,233	216,382	3,915,040	4,784,343	869,303
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	276,080	228,229	47,851	1,383,518	1,141,144	242,374
10 NET INCOME	398,723	133,445	265,278	1,810,334	696,883	1,113,450

Monthly Highlights
May 2017

Verdant received dividends payments of \$48,941 and an unrealized gain of \$38,693 on our investment portfolio in May and closed with an ending market value of \$39,547,423.

Annual program commitments total \$6,034,985 for 2017. \$1,856,261 remains available to spend in 2017, of which \$35,966 is earmarked as Superintendent Discretionary.

Income of \$117,535 and expenses of \$64,095 from the Kruger Clinic were incurred, netting to an additional operating income of \$53,440 in May.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12265	05/03/2017	R. L. Schwerdtfeger	15.00	Refund for Cancelled Cooking Class
12266	05/03/2017	Consolidated Landscape Maintenance, Inc.	440.50	May 2017 Landscaping Maintenance
12267	05/03/2017	Consolidated Press Printing Company, Inc	10,303.72	Canopy Spring 2017 Printing and mail prep
12268	05/03/2017	Corporate Security LLC	284.00	May 2017 Parking Lot Security
12269	05/03/2017	Edmonds School District No. 15	575.00	WC 146 - Mental Health
12270	05/03/2017	Objekts	1,484.62	Storage/file unit for Superintendent's Office
12271	05/03/2017	Puget Sound Energy	58.57	Natural Gas
12272	05/03/2017	R&T Hood and Duct Services, Inc.	364.00	Semi-annual hood inspection
12273	05/03/2017	Waste Management	243.37	Garbage/Recycle
12274	05/03/2017	William Doran	600.00	Instructor Reimbursement for Yoga Classes April 2017
12275	05/03/2017	Ash Consulting	201.00	April 2017 Consulting
12276	05/03/2017	Dameon Hahn	370.00	Instructor Reimbursement - Workout & Life-style change check in April 2017
12277	05/03/2017	Latino Educational Training Institute	350.00	Family Health Fair
12278	05/10/2017	Zee Medical	67.01	First Aid Kit
12279	05/10/2017	AmeriFlex Business Solutions	17.25	May 2017 FSA Administration
12280	05/10/2017	Armstrong Services	1,759.37	April 2017 Janitorial
12281	05/10/2017	Automated Controls	797.09	Repair HVAC system on 2nd floor
12282	05/10/2017	Comcast	523.93	Internet/Telephone
12283	05/10/2017	Department of Retirement Systems	25.00	Old Age Survivor Benefit
12284	05/10/2017	Discovia	330.75	Public Records Request Software April 2017
12285	05/10/2017	Ferris-Turney General Contractors	2,276.51	Install Handrail at KC
12286	05/10/2017	McKinstry Co., LLC	2,322.27	HVAC Maint Contract & Water Heater Repair
12287	05/10/2017	Comcast	281.02	Internet/Telephone
12288	05/10/2017	City of Lynnwood - Utilities	421.26	Water/Sewer/Storm
12289	05/10/2017	Providence Health & Services	679.13	WC 138 - Instructor for Living Well Alliance
12290	05/10/2017	Sound Dietitians	605.77	WC 150 - Nutrition Programming/Multicultural programming
12291	05/10/2017	Philanthropy Northwest	937.50	Ted Lord, Facilitator on Community Engagement
12292	05/10/2017	City of Lynnwood - Utilities	200.98	Water/Sewer/Storm
12293	05/10/2017	MBI	9,992.35	Furniture at Kruger Clinic 2nd Floor
12294	05/17/2017	City of Lynnwood	1,487.00	Mar 2017 After Hours Support (99 hrs)
12295	05/17/2017	Susan Adkins	15.00	Refund for Cancelled Cooking Class
12296	05/17/2017	Lorene Lewandowski	15.00	Refund for Cancelled Cooking Class
12297	05/17/2017	Aukema & Associates	875.00	March & April 2017 Web & Graphics Support
12298	05/17/2017	Bulger Safe & Lock, Inc.	545.93	Basement Closet Door Handle Repair
12299	05/17/2017	Dataworks	371.84	IT Support
12300	05/17/2017	Edith Tinoco	150.00	Yoga instruction 5/2/17
12301	05/17/2017	Lowe Graham Jones PLLC	150.00	Trademark watch
12302	05/17/2017	Monica Baldoceda	175.00	WC 159 - Spanish Language Instruction on DV and Natural Leaders
12303	05/17/2017	State Auditor's Office	129.24	2015 Audit
12304	05/17/2017	Vanessa Barrios	60.00	4 hours of childcare
12305	05/17/2017	Dameon Hahn	400.00	WC 158 - Instructor Reimbursement for Exercise Consultation
12306	05/17/2017	Kathleen Preciado-Partida	350.00	WC 160 - Sexual Health Instructor in Spanish
12307	05/24/2017	Edith Tinoco	325.00	WC 161 - Yoga instruction 5/2/17
12308	05/24/2017	Staples	260.34	Supplies
12309	05/24/2017	Zapora Consulting, LLC	500.00	Consulting 4/18/17 - 2 hrs

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
12310	05/24/2017	Parsi Properties LLC	2,500.00	June 2017 - Parking lot lease
12311	05/24/2017	Regence Blueshield	4,658.11	June 2017 Health Insurance
12312	05/24/2017	Property Management NW	3,022.94	Kruger Clinic Property Management
12313	05/24/2017	Moss Adams - Audit	14,600.69	2016 Audit
12314	05/24/2017	Wells Fargo	380.20	Misc.
12315	05/24/2017	Wells Fargo	1,545.26	Misc.
12316	05/24/2017	Principal	1,370.07	EE Life Insurance June 2017
12317	05/24/2017	City of Lynnwood	1,305.00	Apr 2017 After Hours Support (85 hrs)
12318	05/24/2017	Ferris-Turney General Contractors	265.63	Sales tax for Kruger Clinic Restroom Project
12319	05/24/2017	Dataworks	35.00	IT Support
12320	05/24/2017	Sound Publishing, Inc.	39.20	Legal Notice 5/24 Board Meeting
12321	05/24/2017	Snohomish County PUD	1,066.18	Electricity
		Total Warrants	<u>73,124.60</u>	

Wire/ACH Activity:

5/12/2017	Payroll	18,677.10	ACH payroll transfer
5/12/2017	Department of Treasury	7,714.04	Payroll taxes for 5/6/17 pay period ending
5/12/2017	Valic	2,700.60	Payroll 401(a)/457 Deposit
5/12/2017	Paychex	111.35	Fee for payroll processing
5/26/2017	Payroll	17,955.61	ACH payroll transfer
5/26/2017	Department of Treasury	7,585.57	Payroll taxes for 5/20/17 pay period ending
5/26/2017	Valic	2,702.90	Payroll 401(a)/457 Deposit
5/26/2017	Paychex	111.35	Fee for payroll processing
5/10/2017	Wells Fargo Merchant Services	75.20	Merchant Services
5/10/2017	Wells Fargo	69.01	Bank Fees
5/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
5/15/2017	Brain Injury Association of WA	8,750.00	Program Payment
5/15/2017	CampFire	4,166.67	Program Payment
5/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
5/15/2017	Center for Human Services	21,708.33	Program Payment
5/15/2017	ChildStrive	23,333.33	Program Payment
5/15/2017	City of Lynnwood	6,144.08	Program Payment
5/15/2017	Cocoon House.	5,000.00	Program Payment
5/15/2017	Compass Health	18,572.50	Program Payment
5/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
5/15/2017	Edmonds Community College Foundation	4,396.33	Program Payment
5/15/2017	Edmonds School District No. 15	77,273.84	Program Payment
5/15/2017	Edmonds Senior Center	9,166.67	Program Payment
5/15/2017	Kinderling	11,517.17	Program Payment
5/15/2017	Korean Women's Association	5,000.00	Program Payment
5/15/2017	Medical Teams International	5,500.00	Program Payment
5/15/2017	PEPS	3,250.00	Program Payment
5/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
5/15/2017	Project Access Northwest	7,500.00	Program Payment
5/15/2017	Puget Sound Christian Clinic	25,361.11	Program Payment
5/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	5/15/2017	Senior Services of Snohomish County	64,086.67	Program Payment
	5/15/2017	Snohomish County Fire District 1	36,103.34	Program Payment
	5/15/2017	Therapeutic Health Services	16,666.67	Program Payment
	5/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	5/15/2017	Wonderland Development Center	12,458.33	Program Payment
	5/15/2017	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	5/15/2017	Alzheimer's Association Western & Central Mary Porter, RDN	7,209.16	Program Payment
	5/15/2017	AmeriFlex Business Solutions	120.00	Program Payment
	5/15/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	5/30/2017	AmeriFlex Business Solutions	178.46	FSA Payments
	5/25/2017	WA Department of Revenue	817.10	B&O Tax Apr 2017
		Total Wires/ACH Transactions	474,184.99	
Workers Compensation Claims Activity:				
305354-356	May-17	Various Claimants/Vendors	1,730.78	Administered by Eberle Vivian
Kruger Clinic Activity:				
3083-3090	May-17	Various Claimants/Vendors	15,419.64	Administered by PMNW
		Total Disbursements	\$ 564,460.01	
Deposits:				
	5/1/2017	Swedish Edmonds	782,278.54	Monthly leases
	5/1/2017	Value Village	26,552.66	Monthly lease
	5/1/2017	Raymond Liu, D.D.S.	3,578.68	Kruger Clinic monthly lease
	5/1/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	5/1/2017	Kean Lawlor	20,382.21	Kruger Clinic monthly lease
	5/1/2017	Puget Sound Gastro	27,641.97	Kruger Clinic monthly lease
	5/10/2017	Snohomish County	856,625.61	Levy
	5/25/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	5/4/2017	T-mobile	1,365.82	Cell tower at the hospital
	5/10/2017	Community Health Center of Snoh Co	10,000.00	Refund for unused grant funds
	5/11/2017	Swedish Edmonds	5,000.00	Sponsorship of VHCC
	5/1/2017	Swedish Edmonds	490.00	Table for 10 at VHCC
	5/1/2017	Exercise classes at VCWC	170.00	15 Registrations for VCWC Class
	5/17/2017	Kristi Marion	100.00	Deposit for use of VCWC
		Total Deposits	\$ 1,738,933.84	

E:47:17
6.28.2017

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 12265 through 12321 have been issued for payment in the amount of \$73,124.60 These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	5-1-17 – 5-31-17		\$73,124.60
Work Comp Claims Pd:	5-1-17 – 5-31-17		1,730.78
Kruger Clinic Processed:	5-1-17 – 5-31-17		15,419.64
Payroll:	4-23-17 – 5-6-17	18,677.10	
	5-7-17 – 5-20-17	<u>17,955.61</u>	
			36,632.71
Electronic Payments:	Payroll Taxes	15,299.61	
	Paychex	222.70	
	Valic Retirement	5,403.50	
	AmeriFlex FSA	535.38	
	Bank Fees	144.21	
	WA State Dept Revenue	817.10	
	Program Expenditures	<u>415,129.78</u>	
			<u>437,552.28</u>
	Grand Total		<u>\$564,460.01</u>

E:48:17
6.28.2017

June 2017 Program Oversight Committee Summary

- Three new applications for review
- City of Lynnwood Police Department presentation: informational only; not tied to a funding request

Program Funding Requests

Applications Recommended for Funding

1. **Institute for Veterans and Military Families (at Syracuse University) as fiscal agent for WA Serves:** a multi-year request to create a navigation network for veterans. The project includes a web portal and call center that directly links requests for services with a trained provider. The program supports multiple domains including mental health, health access, housing/basic needs and other social supports.

The applicant requested \$100,000 per year for two years. **The program committee is recommending partial funding at \$30,000 for one year with the option to renew for a second year.** The committee members were interested in the unique service model, which matches requests for help with service existing providers and tracks whether each veteran's need is met. However, the committee is recommending partial funding because the program will reach beyond Verdant's district with 130 of the 800 veterans served per year expected to come from South Snohomish County.

2. **Therapeutic Health Services (THS): Youth Integrated Cognitive Therapies Program:** a renewal request for a youth cognitive therapy program that supports youth with substance use and mental health needs in the Edmonds School District or who live in South Snohomish County and have been involved in juvenile justice. The program has been funded for nearly two years and THS is seeking renewed funding to expand the program that includes: individual counseling, individual parent support, and support groups.

The program has developed partnerships and a referral network with schools and Juvenile Justice. The program has served 104 teens served to date with individual counseling (goal was 100) with 74% adherence to program/completion rate (goal was 70%). THS has had some difficulty with recruiting parents to support groups and for parent education.

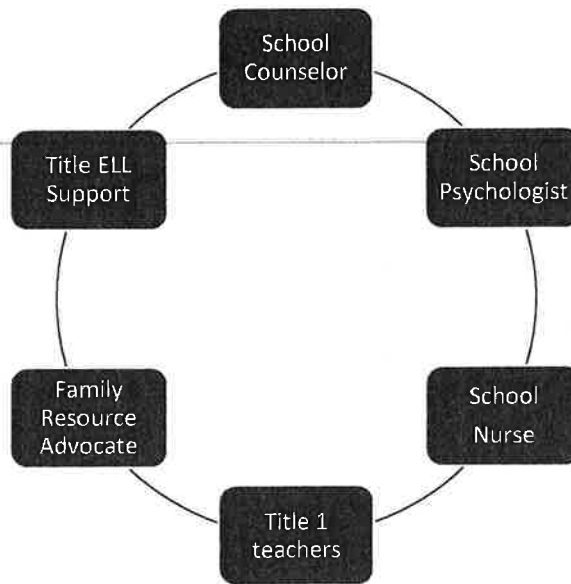
THS has requested a significant increase in funding from \$200,000 per year to an average of \$390,000 per year. **The committee is recommending funding the program at \$250,000 per year for two more years, which is well below the request, but was more in line with the expected 20% increase in youth expected to be served by the program.**

3. **Edmonds School District Family Resource Advocate:** a request for an average of \$253,400 per year for three years to place Family Resource Advocates at 4 elementary schools. Funding would be used to expand the capacity of an existing program that is currently staffed part-time using school district funding. The focus of the program would be to meet immediate needs like food and housing, advocate for health services, assist with transition to middle school and do home visits with families in crisis.

The program committee discussed follow-up information provided by the school around two areas:

- **Expanded program outcomes:** the school district clarified that the program would provide more intensive services (3 or more contacts) to 120 families per year, but would also serve at least twice as many with less intensive support like referrals to health care, food, and other services.
- **An explanation of how this program fits into larger family/student support plans.** The main focus of the program would be to reach the 250+ elementary students who are homeless (McKinney Vento students). The school district also provided information about different staff roles and where the family advocates fit in at a typical school—the following page includes a description of these staff roles.

The program committee members talked at length about Verdant’s role in supporting homeless families. Ultimately, the committee is recommending partially funding the program because it will support children that are experiencing homelessness and the schools are a consistent place to reach families with services and reduce adverse childhood experiences (ACES). **The committee is recommending funding the program at \$200,000 in the first year and \$190,000 in the second year and would be contingent on the district identifying additional funds to support the program.**



School Counselor:

1.0 FTE 2017-18 school year

- Runs Problem Solving Team to see what supports a student struggling with grades, behavior or attendance might need.
- Creates and supports student groups “social group learning”
- Meets with families around concerns for grades and behavior.
- Observes students in class
- Classroom presentations

School Psychologist:

0.5 FTE 2017-18 school year

- Runs Disability Evaluation Team around behavior or academic support
- Does Individual Education Plans
- Meets with some students individually

School Nurse

0.2 FTE 2017-18 school year

- Provides 504 plan support

Title 1 teachers:

4.0 FTE 2017-18 school year

- Pulls students to meet and support Individual Education Plans

Title ELL Support:

2.0 FTE 2017-18 school year

- Provides classroom support for English language learners

Family Resource Advocate:

Currently 0.5 FTE 2017-18 school year

- Support families to access resources (more than just providing the number)
- Support families in accessing health care and mental health
- Create in school food bank/pantry to provide easy access to families
- Create support to families during crisis
- Create systemic building support for all McKinney Vento families
- Help to build partnerships to provided needed access to mental health, and other resources

**Verdant Community Wellness Center Summary
June 2017**

Completed Programs

1. General Community and Provider Events	Attendance
1. PEPS: Baby Peppers Weekly Support Group (April 6 – June 22)*	6-8
2. It Takes Two to Talk Parent Education Program (5/19-6/23)	12
3. Monthly Hero's Café for Veterans (5/30)	100+
4. Korean Women's Association: Everyday Prevention Program (6/1)*	50
5. ARC Mothers of Children with Disabilities Monthly Support Network (6/3)	22
6. City of Lynnwood Free CPR Training Day (6/3)	68
7. WABS Natural Leader Training (6/5)	20
8. SHIBA Monthly Training with OIC (6/6)	25
9. Alzheimer's Association Staff Retreat (6/7)	24
10. WA Serves Veterans Training (6/8)	15
11. Foster Parent Core Training Series (6/10, 17)	45
12. Childcare Provider STARS Training: Red Flags in Child Development (6/10)*	40
13. South County Walks – Walk Leader Info Session (6/12)	19
14. Resource Connector Meeting (6/13)	30
15. Evergreen Home Health (6/14, 20)	25
16. Understanding Medicare Monthly Workshops (6/16)	16
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment	varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	varies
2. Nutrition and Healthy Behaviors	Attendance
1. Spanish Language Weekly Women's Health Series (5/2-30)*	16
2. Surviving & Thriving with Chronic Kidney Disease (5/3- 6/7)*	15
3. Farmers Market Cooking Demo: Spring into Local Eating (5/22)*	22
4. Cooking Demo: Meal in a Bowl (6/1)*	23
5. Feeding your Gut Microbiome – Pre & Probiotics (6/8)*	36
6. Childcare Provider STARS Training: A Healthy Dose of Delicious (6/10)*	13
7. Cooking Demo: Summer Salads (6/13)*	24
8. Using Apps & Devices to Track Your Steps, Nutrition & Weight Loss (6/19)*	15
9. Sit, Sleep and Move to Improve Your Mild Back Pain (6/20, 22, 27, 29)*	9
10. Cooking Demo: Delicious Smoothies for Adults (6/22)*	21
11. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	Varies
12. Getting to Goal Program (Weight Management/Activity Consultations)*	8-12 Clients
3. Behavioral Health & Substance Use	Attendance
1. YWCA Intro to Mindfulness (4/11 – 5/30)*	10-12
2. YWCA Managing Difficult Emotions (4/26 – 6/14)*	Varies
3. Powerful Tools for Caregivers Workshop Series (5/17 – 6/21)	14
4. Brain Health and Wellness Classes (5/22, 25; 6/1, 5, 10, 15, 19, 22)*	6-8
5. National Alliance on Mental Illness "Connections" Group (5/25)	3-6
6. Snohomish Co. Caregiver & Kinship Caregiver Support Groups (6/1, 15, 20)	Varies
7. Adult Children of Alcoholics Weekly Support Group (weekly)	12-20
8. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	30+

**Verdant Community Wellness Center Summary
June 2017**

Upcoming Programs

A. General Community and Provider Events

1. South County Walks – (June 26, July 3, 10, 17, 24, 31)
2. Monthly Hero's Café for Veterans (June 27, July 26)
3. SCAEYC Board Meeting (June 27)
4. ARC Mothers of Children with Disabilities Monthly Support Network (July 1)
5. Bloodworks NW Blood Drive (July 3)
6. Korean Women's Association: Everyday Prevention Program (July 6)*
7. Freedom from Smoking Facilitator Training (July 10, 11)
8. SHIBA Monthly Training with OIC (July 11)
9. Not on Tobacco Program (July 12)
10. Evergreen Home Health (July 12, 18)
11. Head Start/Early Head Start Training (July 13)
12. Understanding Medicare Monthly Workshops (July 21)
13. Sno-King Longterm Care Ombudsman Training (July 26)
14. Lifespan Respite of WA Summit (July 27)

B. Nutrition and Healthy Behaviors

1. Sit, Sleep and Move to Improve Your Mild Back Pain (June 20, 22, 27, 29)*
2. Surviving & Thriving with Chronic Kidney Disease (June 28 – August 2)*
3. Farmers Market Cooking Demo: Getting Picnic Ready (June 26)*
4. Type 2 and You Workshop (July 8)*
5. Zumba (July 11-August 29)
6. Foods that Improve Digestive Health (July 10)*
7. AHA Teens Cook with Heart (July 11, 13, 18, 20, 25, 27)
8. Cooking Demo: Summer Grilling (July 15)*
9. Farmers Market Cooking Demo: All About Herbs (July 24)*
10. Road Back to Life Kidney Support Group (June 27, July 25)

C. Behavioral Health & Substance Use Focus

1. YWCA Grief and Loss (July 11 – August 29)*
2. YWCA Managing Difficult Emotions (July 10 – August 28)*
3. Brain Health and Wellness Classes (June 26, 29; July 10, 11, 13, 17, 18, 20, 24, 25, 28, 31)*
4. National Alliance on Mental Illness "Connections" Support Group (July 13, 27)
5. Snohomish County Caregiver Support Group (July 6, 18, 20)
6. Snohomish County SBIRT Training (July 24)
7. Adult Children of Alcoholics Weekly Support Group (weekly)
8. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partner**

June 2017 Marketing Report

South County Walks

- Verdant hosted a South County Walks info session two weeks ago, recruiting 22 volunteer community members who will lead walks throughout the summer.
- The program includes 40 walks total, and we will have 2 or more walk leaders per walk.
- Community Transit sponsored t-shirts for walk leaders this summer, so each person who volunteered to lead walks received a South County Walks-branded t-shirt with all partner logos on the back.
- Community members who participate in 8 or more walks can enter to win these prizes:
 - Pair of running/walk shoes of their choosing, donated by Brooks Outlet in Bothell
 - Discovery Family Membership to the Woodland Park Zoo, donated by Edmonds Family Medicine
 - Fitbit, donated by Proliance Surgical Specialists of Edmonds
 - Commuter Prize Pack including \$50 ORCA card and other items donated by Community Transit

Coming Events

- **Meet Me at the Park:** Tuesdays, July 11 (Wilcox Park), July 18 (South Lynnwood Park), July 25 (North Lynnwood Park) from 6:30-8 p.m.
- **National Night Out:** Tuesday, Aug. 1 at Community Life Center in Lynnwood (host site for PSCC Dental Clinic) from 5-8 p.m.
- **Back to School Health & Resource Fair:** Thursday, August 24, 5-8 p.m. at Cedar Valley Community School