#### VERDANT HEALTH COMMISSION PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON BOARD OF COMMISSIONERS Regular Meeting A G E N D A November 18, 2015 8:00 AM to 9:50 AM

	ACTION	<u>TIME</u>	PAGE
A. Call to Order Pledge of Allegiance		8:00	
<ul><li>B. Approval of the Minutes</li><li>a) October 28, 2015 Board Meeting</li></ul>	Action	8:01	1-6
C. Executive Committee Report	Information	8:04	
<ul> <li>D. Board Finance Committee Report <ul> <li>a) Review financial statement and cash activity</li> <li>b) Authorization for payment of vouchers and payroll</li> <li>c) Resolution 2015:08 - Small Works Roster MRSC</li> </ul> </li> </ul>	Action Action Action	8:05 8:08 8:09	7-10 11 12-15
<ul> <li>E. Program Oversight Committee Report &amp; Recommendation</li> <li>a) Conflicts of interest</li> <li>b) Snohomish Health District grant proposal presentation</li> <li>c) Program investment recommendations</li> <li>d) VCWC update</li> </ul>	ns Action Information Action Information	8:11 8:12 8:27 8:35	  16-20 21-22
F. Marketing Report	Information	8:36	23
G. Indoor Recreation Facility presentation	Information	8:40	
H. Commissioner Comments	Information	9:10	
I. Superintendent's Report	Information	9:15	
J. Public Comments (please limit to three minutes per speake	er)	9:20	
<ul><li>K. Executive Session</li><li>a) To consider the legal risks of a proposed action of the d</li></ul>	listrict	9:30	
L. Open Session		9:45	
M. Adjournment		9:50	

#### PUBLIC HOSPITAL DISTRICT NO. 2 SNOHOMISH COUNTY, WASHINGTON

#### **RESOLUTION NO. 2015-08**

A resolution of the commission of Public Hospital District 2, Snohomish County, Washington, on the subjects of establishing a small public works roster process to award public works contracts.

WHEREAS, RCW 39.04.155 and other laws regarding contracting for public works by municipalities, allow certain contracts to be awarded by a small works roster process; and

WHEREAS, in order to be able to implement small works roster processes, the District is required by law to adopt a resolution establishing specific procedures;

WHEREAS, Ch. 39.80 RCW and other laws regarding contracting for consulting services by municipalities allow certain contracts to be awarded by a consultant roster process; NOW, THEREFORE,

BE IT RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, as follows:

Section 1. MRSC Rosters. The District wishes to contract with the Municipal Research and Services Center of Washington (MRSC) to have their official rosters hosted in the online database for District use for small public works contracts and consulting services, developed and maintained by MRSC through MRSC Rosters and authorizes the Superintendent of the District to sign that contract.

Section 2. Small Public Works Roster. The following small works roster procedures are established for use by the District pursuant to RCW 39.04.155:

- Cost. The District need not comply with formal sealed bidding procedures for the construction, building, renovation, remodeling, alteration, repair, or improvement of real property where the estimated cost does not exceed Three Hundred Thousand Dollars (\$300,000.00), which includes the costs of labor, material sales, or use taxes as applicable. Instead, the District may use the Small Public Works Roster procedures for public works projects as set forth herein. The breaking of any project into units or accomplishing any projects by phases is prohibited if it is done for the purpose of avoiding the maximum dollar amount of a contract that may be let using the small works roster process.
- 2. Publication. At least once a year, MRSC shall, on behalf of the District, publish in a newspaper of general circulation within the municipality's jurisdiction a notice of the existence of the small works roster and solicit the names of contractors for the small works roster. MRSC shall add responsible contractors to the small works roster at any

time that a contractor completes the online application provided by MRSC, and meets minimum State requirements for roster listing.

- Telephone, Written, or Electronic Quotations. The District shall obtain telephone, written, or electronic quotations for public works contracts from contractors on the appropriate small works roster to assure that a competitive price is established and to award contracts to a contractor who meets the mandatory bidder responsibility criteria in RCW 39.04.350(1). The District may establish supplementary bidder criteria under RCW 39.04.350(2) to be considered in the process of awarding a contract.
  - a) A contract awarded from a small works roster will not be advertised. Invitations for quotations shall include an estimate of the scope and nature of the work to be performed as well as materials to be furnished. However, detailed plans and specifications need not be included in the invitation.
  - b) Quotations may be invited from all appropriate contractors on the appropriate small works roster. As an alternative, quotations may be invited from at least five contractors on the appropriate small works roster who have indicated the capability of performing the kind of work being contracted, in a manner that will equitably distribute the opportunity among the contractors on the appropriate roster. "Equitably distribute" means that the District may not favor certain contractors on the appropriate small works roster over other contractors on the appropriate small works roster who perform similar services.

If the estimated cost of the work is from one hundred and fifty thousand dollars (\$150,000) to three hundred thousand dollars (\$300,000), the District may choose to solicit bids from less than all the appropriate contractors on the appropriate small works roster but must notify the remaining contractors on the appropriate small works roster that quotations on the work are being sought. The District has the sole option of determining whether this notice to the remaining contractors is made by:

- (i) publishing notice in a legal newspaper in general circulation in the area where the work is to be done;
- (ii) mailing a notice to these contractors; or
- (iii) sending a notice to these contractors by facsimile or email.
- c) At the time bids are solicited, the District representative shall not inform a contractor of the terms or amount of any other contractor's bid for the same project;
- d) A written record shall be made by the District representative of each contractor's bid on the project and of any conditions imposed on the bid. Immediately after an award is made, the bid quotations obtained shall be recorded, open to public inspection, and available by telephone inquiry.

4. Limited Public Works Process. If a work, construction, alteration, repair, or improvement project is estimated to cost less than thirty-five thousand dollars (\$35,000), the District may award such a contract using the limited public works process provided under RCW 39.04.155 (3). For a limited public works project, the District will solicit electronic or written quotations from a minimum of three contractors from the appropriate small works roster and shall award the contract to the lowest responsible bidder as defined under RCW 39.04.010. After an award is made, the quotations shall be open to public inspection and available by electronic request.

For limited public works projects, the District may waive the payment and performance bond requirements of chapter 39.08 RCW and the retainage requirements of chapter 60.28 RCW, thereby assuming the liability for the contractor's nonpayment of laborers, mechanics, subcontractors, material men, suppliers, and taxes imposed under Title 82 RCW that may be due from the contractor for the limited public works project. However, the District shall have the right of recovery against the contractor for any payments made on the contractor's behalf.

The District shall maintain a list of the contractors contacted and the contracts awarded during the previous 24 months under the limited public works process, including the name of the contractor, the contractor's registration number, the amount of the contract, a brief description of the type of work performed, and the date the contract was awarded.

- 5. Determining Lowest Responsible Bidder. The Commission shall award the contract for the public works project to the lowest responsible bidder provided that, whenever there is a reason to believe that the lowest acceptable bid is not the best price obtainable, all bids may be rejected and the Commission may call for new bids. A responsible bidder shall be a registered or licensed contractor who meets the mandatory bidder responsibility criteria established by Chapter 133, Laws of 2007 (SHB 2010) and who meets any supplementary bidder responsibly criteria established by the District under RCW 39.04.350.
- 6. Award. All of the bids or quotations shall be collected by the Superintendent or his designee. The Superintendent or his designee shall then present all bids or quotations and their recommendation for award of the contract to the Commission. The Commission shall consider all bids or quotations received, determine the lowest responsible bidder, and award the contract.

ADOPTED AND APPROVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, held this 18<sup>th</sup> day of November, 2015.

President and Commissioner

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Commissioner

Commissioner

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Secretary and Commissioner

I, Deana Knutsen, Secretary to the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2015-08 is a true and correct copy of the original resolution adopted on November 17, 2015, as that resolution appears on the Minute Book of the District.

DATED this 17<sup>th</sup> day of November, 2015.

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Deana Knutsen Secretary to the Board of Commissioners

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

#### BOARD OF COMMISSIONERS

# Regular Meeting Verdant Community Wellness Center November 18, 2015

Commissioners Present	Fred Langer, President (By Phone) Deana Knutsen, Secretary J. Bruce Williams, M.D., Commissioner Bob Knowles, Commissioner
Commissioners Excused	Karianna Wilson, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Assistant Superintendent/Program Director Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Mara Marano-Bianco RN, BSN, Snohomish Health District Steve Michener, Pinnacle Indoor Sports Members of the community
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:03 a.m. by Secretary Knutsen.
Approval of Minutes	Motion was made, seconded and passed unanimously to approve the minutes of the regular meeting on October 28, 2015.
Executive Committee	Secretary Knutsen reported that the Executive Committee did not meet in November.
Board Finance Committee	The committee met on November 16, 2015. Ms. King reviewed the financial statements and cash activity for October 2015 (E:70:15).
Authorization for Payment of	Warrant Numbers 11347 through 11390 for October 2015 for payment in the amount of \$96,829.99 were

Commissioners Meeting November 18, 2015 Page 2

Vouchers & Payroll	presented for approval (E:71:15). Motion was made, seconded and passed unanimously to approve.
Resolution 2015:08 Small Works Roster MRSC	Motion was made, seconded and passed unanimously to approve Resolution 2015:08 on the subjects of establishing a small public works roster process to award public works contracts.
Snohomish Health District Grant Proposal Presentation	Ms. Mara Marano-Bianco RN, BSN presented the Growing Healthy Together proposal from the health district. (E:72:15). Commissioners decided to send the proposal back to the Program Committee for further review.
Program Oversight Committee Update	The Program Oversight Committee met on November 10, 2015 and reviewed a total of eight application requests (E:73:15): three new requests and five renewal requests. No conflicts of interest were reported by any of the commissioners.
	<ul> <li>New Funding Applications: <ol> <li>Snohomish Health District – Russian Speakers Community Meeting – a request to support a community forum to engage Russian-speaking families and provide information about vaccines. The committee is recommending funding the request in full for \$2,660 on a one-time basis. Motion was made, seconded and passed unanimously to approve.</li> <li>Washington Alliance for Better Schools (WABS) – a request for \$60,000 for a two-year program that would use school "natural leaders" to educate immigrant and refugee parents about health issues. The committee is not recommending funding at this time as the health outcomes need to be stronger to justify \$60,000 in funding.</li> </ol> </li> <li>Snohomish County Medical Reserve Corps – MRC</li> </ul>

 Snohomish County Medical Reserve Corps – MRC Training Program – a one-time request of \$10,100 to fund First Aid/CPR and BLS classes and psychological first aid training in south Snohomish County for Medical Reserve Corps volunteers. Motion was made, seconded and passed unanimously to approve. Commissioners Meeting November 18, 2015 Page 3

	Renewal Requests:					
	<ol> <li>ChildStrive - Nurse Family Partnership. The committee is recommending renewing the program for an additional three years at \$280,000 per year. Motion was made, seconded and passed unanimously to approve.</li> <li>Puget Sound Christian Clinic - Mobile Medical Clinic. The committee is recommending renewing funding at \$99,300 per year for two additional years. Motion was made, seconded and passed unanimously to approve.</li> <li>Snohomish County Fire District 1 - Community Paramedic Program. The committee is recommending fully funding the renewal request at \$344,000 per year for three years. Motion was made, seconded and passed unanimously to approve.</li> <li>Cascade Bicycle Club Education Foundation - Advanced Basics of Bicycling Program. The committee is recommending renewing funding at the program's current level of \$32,000 per year for three years. Motion was made, seconded and passed unanimously to approve.</li> <li>Camp Fire Health Initiative. The committee did not reach consensus on this proposal and is bringing the project forward to the full board for discussion. Motion was made, seconded and passed unanimously to approve but commissioners would like to see objective feedback.</li> </ol>					
VCWC Update	See E:74:15					
Marketing Report	Ms. Piplic presented the report for November 2015 (E:75:15) highlighting the Verdant Healthier Community Conference agenda and the upcoming International Survivors of Suicide Loss Day on November 21, 2015 at the VCWC.					
Indoor Recreation Facility Presentation	Mr. Steve Michener of Pinnacle Indoor Sports presented the findings of the market feasibility study (E:78:15). A facility could also be used for other events; not just sports. Commissioners discussed the possibility of a bond issue to gauge the community interest. The full report is					

Commissioners Meeting November 18, 2015 Page 4	
	available if requested. Commissioners decided to discuss this further at the board retreat on December 5, 2015.
Commissioner Comments	Commissioner Williams presented the latest Joint Commission reports showing Swedish Edmonds ranking (E:79:15). He also mentioned that the Emergency Department at the hospital has opened.
Superintendent's Report	<ol> <li>Superintendent Zapora reported on the following items:         <ol> <li>He appreciates Pinnacle Indoor Sport's report today.</li> <li>Lynnwood Today article on their draft plan for a healthier community (E:80:15)</li> <li>State audit has begun. Commissioners will be invited to the entrance interview when a date is set.</li> <li>Verdant Healthier Community Conference will be held on Monday, February 29, 2016 from 8:30 a.m. to 4:30 p.m. at the Lynnwood Convention Center. Cost is \$49 per person and hopes are that the employees.</li> </ol> </li> </ol>
Public Comments	<ol> <li>Terry Clark, ChildStrive – thanked the board for the renewal funding and said that the program has great results.</li> <li>Sarah Olson, City of Lynnwood – thanked the board for the support from Verdant in partnering with the Healthy Community program. Ms. Olson also mentioned that the Bike-2-Health program is 30% through the design phase and thanked the board for funding this program.</li> <li>Chief Scott Cockrum, Lynnwood Fire Department – thanked the board for the renewal funding for the Community Paramedic program on behalf of Fire District 1 and the Lynnwood Fire Department.</li> </ol>
Executive Session	Secretary Knutsen recessed the regular meeting at 9:15 a.m. into Executive Session to discuss potential litigation. Secretary Knutsen stated that the board would reconvene at 9:45 a.m. and no action would be taken in Executive Session.

Commissioners Meeting November 18, 2015 Page 5

**Open Session** 

The board reconvened into Open Session at 9:40 a.m.

Adjourn

ATTEST BY:

There being no further business to discuss, the meeting was adjourned at 9:40 a.m.

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Secretary

E: 70:15 11 18.2015

#### Public Hospital District #2, Snohomish County

**Balance Sheet** 

As of October 31, 2015

		А	В	С	D
		Dec 31, 2014	Oct 31, 2015	\$ Change	Comments:
1	ASSETS				
2	Current Assets				
3	Cash Balance	2,840,919	1,358,247	(1,482,672)	
4	Other Current Assets	32,617,628	36,204,088	3,586,459	includes Investments
5	Total Current Assets	35,458,547	37,562,335	2,103,788	
6	Total Long-term & Fixed Assets	47,374,208	45,534,439	(1,839,769)	Depreciation
7	TOTAL ASSETS	82,832,755	83,096,775	264,019	
8	LIABILITIES & EQUITY				
9	Liabilities				
10	<b>Current Liabilities</b>	2,480,364	1,345,891	(1,134,473)	
11	Long-term Liabilities	4,857,008	4,805,317	(51,691)	2012 LTGO Bonds
12	Total Liabilities	7,337,372	6,151,208	(1,186,164)	
13	Total Equity	75,495,383	76,945,566	1,450,183	Annual Net Income
14	TOTAL LIABILITIES & EQUITY	82,832,755	83,096,775	264,019	

#### Profit & Loss Oct 2015

		A	В	С	D	E	F
		Oct Actual	Oct Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1	INCOME				•		
2	Ordinary Income	833,001	827,178	5,823	8,203,188	8,103,063	100,126
3	EXPENSES						
4	<b>Operating Expenses</b>	218,153	167,467	(50,686)	1,568,319	1,736,365	168,046
5	Depreciation Expense	183,516	212,133	28,617	2,223,528	2,246,660	23,132
6	Program Expenses	406,897	514,917	108,020	4,964,883	5,444,165	479,282
7	Total Expenses	808,567	894,518	85,951	8,756,730	9,427,190	670,460
8	OTHER INCOME/(EXPENSE)						
9	Total Other Income/(Expense)	181,085	212,096	(31,011)	2,003,726	2,120,960	(117,234)
10	NET INCOME	205,518	144,756	60,762	1,450,183	796,832	653,351

#### Monthly Highlights Oct 2015

Verdant received dividends payments of \$39,998 and an unrealized loss of \$127,066 on our investment portfolio in October and closed with an ending market value of \$34,606,726.

Annual program commitments total \$6,461,888 and \$5,205,810 for 2015 and 2016, respectively. \$638,112 remains available to spend in 2015, of which \$79,958 is earmarked as Superintendent Discretionary. \$2,502,836 remains available to spend in 2016, of which \$50,000 is earmarked as Superintendent Discretionary.

Additional income of \$108,524 and expenses of \$45,437 from the Kruger Clinic were incurred, netting to an additional operating income of \$63,087 in October.

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Amount		7 A27 EA	00:104/7 UV DCC 21	718.83	17.25	1,275.00	1,956.50	355.76	1.649.50	519.86	295.65	1,074.27	6,180.64	1,080.00	150.00	600.00	550.58	778.12	266.10	200.00	401.63	21,016.26	2,500.00	2,757.50	1,045.80	1,581.10	5,892.50	4,300.00	400.00	76.93	44.80	3,808.62	1,450.55	2,980.00	6,269.00	1,500.00	982.60	278.79	44.80	3,167.37	.835.40	133.59	72.16	1,804.10
Pavee		Marketing Solutions	US Postal Service	Waste Management	AmeriFlex Business Solutions	Armstrong Services	Ash Consulting	Beth Rodriguez, LLC	City of Lynnwood	Comcast	Consolidated Landscape Maintenance, Inc.	Electronic Business Machines	Healthcare Realty	Jason Becker Creative	Lowe Graham Jones PLLC	Providence Health & Services	Sound Dietitians	ThyssenKrupp Elevator Company	Comcast	Community Foundation of Snohomish County	Dataworks	WA Department of Revenue	Bank of America - Trust	Bonewitz LLC	Feet First	Foster Pepper	Lynnwood Convention Center	Mickee Appraisal	Sound Publishing, Inc.	Staples	Sound Publishing, Inc.	Premera Blue Cross	Department of Labor and Industries	Washington Alliance for Better Schools	Moss Adams - Cost Report	Parsi Properties LLC	Principal Financial Group	Snohomish County PUD	Sound Publishing, Inc.	Wells Fargo	Wells Fargo	Consolidated Landscape Maintenance, Inc.	Platt Electric	Foster Pepper
Transaction Date		10/02/2015	10/02/2015	10/02/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/14/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/21/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015	10/28/2015
Warrant Number	Warrant Activity:	11347	11348	11349	11350	11351	11352	11353	11354	11355	11356	11357	11358	11359	11360	11361	11362	11363	11364	11365	11366	11367	11368	11369	11370	11371	11372	11373	11374	11375	11376	11377	11378	11379	11380	11381	11382	11383	11384	11385	11386	11387	11388	11390

Public Hospital District #2

Number	Date	Payee	Amount	Purpose	
11389	10/28/2015	Camden Gardens	651.53	Downpayment for Planters for VCWC	
		Total Warrants	96,829.99		
Wire/ACH Activity:					
	10/2/2015	Payroli	17,795.93	ACH payroll transfer	
	10/2/2015	Department of Treasury	6,451.19	Pavroll taxes for 9/26/15 pav period ending	
	10/2/2015	Valic	2,752.72	Payroll 401(a)/457 Deposit	
	10/2/2015	Paychex	96.65	Fee for payroll processing	
	10/16/2015	Payroll	17,651.20	ACH pavroll transfer	
	10/16/2015	Department of Treasury	6,432.78	Pavroll taxes for 10/10/15 pay period ending	
	10/16/2015	Valic	2,722.55	Payroll 401(a)/457 Deposit	
	10/16/2015	Paychex	118.15	fee for pavroll processing	
	10/30/2015	Payroll	17.794.86	ACH pavroli transfer	
	10/30/2015	Department of Treasury	6,444.50	Pavroil taxes for 10/24/15 pay period ending	
	10/30/2015	Valic	2,733.13	Pavroli 401(a)/457 Deposit	
	10/30/2015	Paychex	96.65	Fee for bavroil processing	
	10/10/2015	Wells Fargo	226.61	Sept 2015 Client Analysis Bank Fee / Merchant Account	
	10/15/2015	Mary Porter, RDN	1.440.00	Program Payment	
	10/15/2015	Alzheimer's Association Western & Central	7.209.16	Program Payment	
	10/15/2015	American Diabetes Association	4,166.67	Program Payment	
	10/15/2015	American Red Cross	2,500.00	Program Payment	
	10/15/2015	Boys & Girls Club of Snohomish County	12,833.33	Program Payment	
	10/15/2015	CampFire	4,166.67	Program Payment	
	10/15/2015	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment	
	10/15/2015	Center for Human Services	13,523.67	Program Payment	
	10/15/2015	ChildStrive	23,113.25	Program Payment	
	10/15/2015	City of Lynnwood	15,165.66	Program Payment	
	10/15/2015	Community Heaith Center of Snohomish Co	27,083.33	Program Payment	
	10/15/2015	Domestic Violence Services Snohomish Co	1,855.50	Program Payment	
	10/15/2015	Edmonds Community College	4,974.50	Program Payment	
	10/15/2015	Edmonds Community College Foundation	4,396.33	Program Payment	
	10/15/2015	Edmonds School District No. 15	68,533.25	Program Payment	
	10/15/2015	Edmonds Senior Center	9,166.67	Program Payment	
	10/15/2015	Kindering	7,500.00	Program Payment	
	10/15/2015	Korean Women's Association	5,000.00	Program Payment	
	10/15/2015	Prescription Drug Assistance Foundation	4,166.67	Program Payment	
	10/15/2015	Program for Early Parent Support	2,987.50	Program Payment	
	10/15/2015	Project Access Northwest	7,500.00	Program Payment	
	10/15/2015	Puget Sound Christian Clinic	9,583.33	Program Payment	
	10/15/2015	Puget Sound Kidney Centers Foundation	5,833.33	Program Payment	
	10/15/2015	Senior Services of Snohomish County	57,936.67	Program Payment	
	10/15/2015	Snohomish County Fire District 1	12,035.50	Program Payment	
	10/15/2015	Snohomish County Music Project	2,416.67	Program Payment	
	10/15/2015	Therapeutic Health Services	16,666.67	Program Payment	
	10/15/2015	Volunteers of America Western WA	6,362.92	Program Payment	
	10/15/2015	Wonderland Development Center	11,250.00	Program Payment	

Purpose	Program Payment Program Payment Program Payment FSA Payments FSA Payments FSA Payments FSA Payments FSA Payments S&O tax	Administered by Healthcare Realty	Administered by Eberle Vivian	Purpose	Monthly lease Monthly lease Kruger Clinic monthly lease Kruger Clinic flood Befund for VCWC Use Levy Insurance recovery Kruger Clinic flood Refund for overpayment Deposit for VCWC Use Deposit for VCWC Use
Amount	11,000.00 2,600.00 29,780.00 217.99 135.00 178.46 30.00 10.00 348.29 751.39	26,888.06	9,831.59 \$ 616,118.27	Amount	754,825.56 24,428.45 75.00 18,949.07 3,334.37 26,843.75 200.00 32,763.78 417,897.78 287.00 100.00 7,762.33 200.00 59,244.00 59,244.00 59,244.00 59,244.00 59,244.00
Payee	Medical Teams International Mountlake Terrace Senior Center Senior Services of Snohomish County AmeriFlex Business Solutions AmeriFlex Business Solutions AmeriFlex Business Solutions AmeriFlex Business Solutions AmeriFlex Business Solutions ManeriFlex Business Solutions Total Wires/ACH Transactions	Various Claimants/Vendors	ivity: Various Claimants/Vendors Totai Disbursements	Payer	Swedish/Edmonds Value Village Brian Tagaki, MD John Headley MD PS Raymond Liu, D.D.S. Puget Sound Gastro Ellana Haffner Snohomish County Enduris Insurance Recovery Quality Reimbursement Services CARES CARES CARES Canmunity Health Center of Snohomish Co Edmonds Family Medicine Clinic Sound Steppers Volkssports Club Stilly Senior Center Swedish - Misc Receivables Healthcare Realty Services, Inc. Edmonds School District 15
Transaction Date	<pre>x: 10/15/2015 10/15/2015 10/15/2015 10/15/2015 10/19/2015 10/18/2015 10/30/2015 10/28/2015 10/28/2015</pre>	vity: Oct 2015	Workers Compensation Claims Activity: 305256-268 Oct 2015 Va To	Transaction Date	10/1/2015 10/1/2015 10/1/2015 10/1/2015 10/2/2015 10/15/2015 10/15/2015 10/15/2015 10/15/2015 10/15/2015 10/15/2015 10/15/2015 10/15/2015 10/26/2015 10/26/2015 10/26/2015 10/26/2015 10/26/2015
Warrant Number	Wire/ACH Activity	Kruger Clinic Activity: 383-403	Workers Compen 305256-268		Deposits:

E: 11.15 11.18.2015

#### 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 <u>11347</u> through <u>11390</u> have been issued for payment in the amount of <u>\$96,829.99</u>. These warrants are hereby approved.

Attest: Lisa M. King

Commissioner VIEWRA Commissione Commissioner Commissioner Commissioner

Warrants Processed:	10-1-15 – 10-31-15		\$96,829.99
Work Comp Claims Pd:	10-1-15 - 10-31-15		9,831.59
Kruger Clinic Processed:	10-1-15 10-31-15		26,888.06
Payroll:	9-13-15 – 9-26-15 9-27-15 – 10-10-15 10-11-15 – 10-24-15	17,795.93 17,651.20 <u>17,794.86</u>	53,241.99
Electronic Payments:	Payroll Taxes Paychex Valic Retirement AmeriFlex FSA Bank Fees WA State Dept Revenue Dept of L&I Program Expenditures	$\begin{array}{r} 19,328.47\\ 311.45\\ 8,208.40\\ 571.45\\ 266.61\\ 751.39\\ 348.29\\ \underline{399,580.58}\end{array}$	<u>429,326.64</u>
	Grand Total		<u>\$616,118.27</u>

E:72:15 11.18.2015



# P200A MULTI-YEAR HEALTH PROGRAM APPLICATION

### **Application Instructions**

Applications should be submitted via electronic mail to <u>info@verdanthealth.org</u>. They will be reviewed as they are received. If you have questions about your eligibility or the application, we encourage you to visit <u>www.verdanthealth.org</u>. You may also contact George Kosovich at 425-582-8572 or via <u>e-mail</u> with questions.

# **Application Checklist**

- 1. Completed application answering each question (P200A, this document)
- 2. Description of participants served (P200B Excel attachment, sheet 1)
- 3. Description of results and outcomes expected (P200B Excel attachment, sheet 2)
- 4. Budget (P200B Excel attachment, sheet 3)
- 5. List of your organization Board of Directors with their affiliations
- 6. If not recently submitted to the Verdant Health, two years of your organization's financial statements and audits (audit requirement may be waived for small organizations)

# **1.** Organization Information

Organization Name	Snohomish Health District
Federal Tax ID Number	911866899
Contact Person Name	Mara Marano-Bianco
Contact Person Phone Number	425-339-8615
Contact person e-mail	mmaranobianco@snohd.org
Website	www.snohd.org
Address	3020 Rucker Ave., Ste 203
City, State, Zip	Everett, WA

**Snohomish Health District** 

# A. Please tell us briefly about your organization's mission and background (limit 1200 characters).

Mission: To improve the health of individuals, families and communities through disease prevention, health promotion and protection from environmental threats.

Snohomish Health District (SHD) was created in 1959 under Washington State Law (RCW 70.46) as the municipal corporation responsible for public health in Snohomish County. A 15-member Board of Health oversees the budget and policies of the Health District. The Snohomish Health District provides a wide range of programs and services that protect and promote the public health, primarily under three Divisions: Environmental Health, Communicable Disease Control, and Community Health. A significant community health assessment was completed by SHD in 2012, identifying obesity and first trimester prenatal care as concerns for our county, including areas in the south. In addition, there is a new paradigm shift in public health throughout Washington State that intends to bring together community partners to improve health where people live, learn, work, and play. This project is a targeted, community driven, community-based approach to reduce the health disparities impacting maternal, child and family health.

#### 2. Program Description

A. Program Name: Growing Healthy Together

**B. Amount of funding requested:** 173096 (Annual amount if requesting multi-year funding)

**C.** Number of years requesting funding. If approved, programs may be funded for multiple years with annual renewals contingent on performance and the submission of annual reports.

$\boxtimes$	

One Year Two Years Three Years

**D.** Which of the Verdant Health priorities does this program address? You can find more detailed descriptions of these priority areas at <u>www.verdanthealth.org</u>.



Prevention

#### E. Is this a new program?

Yes, this is a new program. Provide a brief timeline of when and how you will implement your program services.

The project will begin with a staged implementation within the first month that funding is received.

Quarter 1: Hire staff and create a project timeline, health curriculum framework, education materials & resources. Develop partnerships with defined roles and responsibilities. Establish a plan to meet with partners on a regular basis. Create curriculum for education classes, and information launches for the local community.

Quarter 2: Begin outreach to recruit participants in specific targeted areas and volunteers. Purchase and distribute incentives. Print all education resource materials in languages needed such as English and Spanish and create evaluation documents. Begin group efforts.

Quarter 3: Full engagement in group efforts , offer educational classes, materials and incentives. Begin collecting relevant data.

Quarter 4: Review group efforts, make adjustments if needed. Provide progress report on development and preliminary data collection to Verdant. Explore other funding sources to expand programming.

Year 2: Explore options for partnerships and networking with other community partners in zip code 98043 within the Verdant catchment area. Review data collected including deliverables and outcomes, provide written summary report to Verdant.

Year 3: Optimize expansion options to other community locations. Review data collected including deliverables and outcomes, provide written summary report to Verdant.

] No, this is an existing program.

How many years has the program been providing services?

# F. Please describe your program. Be sure to explain how it connects to Verdant Health's priorities and describe any partnerships you have developed for the program (limit 2500 characters).

Growing Healthy Together is a program to reduce health disparities impacting maternal, child and family health. It connects neighbors by bringing them together and giving them information and a voice in their lives and communities. Multiple programs will co-locate together in the community, thereby strengthening the early childhood network. This action creates several points of entry and fosters collaboration in a known community. The Growing Healthy Together program will meet weekly near the local food banks and focus on supporting low-income families and their infants with healthy foods, education and peer support. Building blocks of this program include health counseling, increasing access to healthy food in low-income communities, food preparation training, referrals to local service agencies and systems, education and support on attachment, infant care and child development, and education on how disease in adulthood can begin with early life experiences. This work is a foundation in supporting women and young children at risk as a key strategy for preventing disease and promoting lifelong health.

### **Guiding Principles:**

•Community Builder: the well-being of mother and her baby are critically important in providing long lasting, protective interventions for good health for the rest of their life course. This program recognizes parents' strengths and helps them take an active role in their health and their child's education and development by incorporating ways for parents to interact with fellow parents and build peer supports.

•Door Opener: the program will welcome the most vulnerable into a system of support and meet the social, cultural and language needs of women and children in the community. Due to the demographic trends of diversity in south county, this will be a primary consideration in reducing barriers and supporting approaches to improve health.

•Convener: Food is a social convener. Good food has the power to build health and community, and inspire people. The focus is creating opportunities for children and parents to succeed together in their community. Partnerships will be sought from business, government, social and health services, faith communities, and area residents, to strengthen area capacity to support families in greatest need. Potential partners have been approached by SHD. These include Lynnwood Food Bank, Silver Creek Family Church, ChildStrive, ACA South County Assisters and Lutheran Community Services.

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G. What is the need for this program and who will you serve? Be sure to explain how the program serves residents of the Verdant Heath's <u>district</u> (limit 2500 characters). Also, please complete the Excel worksheet called participants served.

Growing Healthy Together is designed to target communities that have women and children experiencing a high prevalence of conditions that compromise their care and development, including insufficient family income, food insecurity and unstable housing. Inequity is linked to poorer health outcomes. Chronic diseases and diet related illnesses disproportionately affect people in low socio-economic status and their costs weigh heavily on our health care systems. The target area of program focus will be in four zip code areas: 98026, 98036, 98037, and 98087. These demographic areas fall in the north and east section of the Verdant District, and represent population areas with high percentages of families and individuals who are diverse in culture/ethnicity, live below the poverty level, have lower rates of accessing health care, and have a higher number of low-income single parents. Many of these families are the hard to reach in our traditional systems of care.

Data in 98087 zip code, indicates 23-24% of mothers do not get prenatal care in the first trimester, and 42% of families report they do not have a health care provider (Verdant Health Commission: Community Health and Wellness Assessment, July, 2013). Health data in all zip codes indicates singleton low birth weight is between 4.5 - 6.5% (2010-11), higher then state average 4.6%. Prenatal disparities based on poverty and access to services are at twice the rate in zip code 98087 in comparision to 98021. Almost one third (29%) of households with children are single parent homes, and 16% fall below the federal poverty level. Zip codes 98036 and 98037 also have the highest rates of homelessness and obesity rates in south county. 98037 has an age-adjusted mortality rate that is 60% higher and considerably higher than the County's overall rate.

This program will build infrastructure by integrating services into existing neighborhoods. Program personnel will work with community members on four key pillars of action: increasing confidence, knowledge and skill regarding nutrition and health care needs; reducing parental stress; increasing use of community supports; and implementing more supportive parenting practices. Programming will be offered primarily through group participation and if needed one on one support on site. Outreach workers will engage clients into services through schools, faith based organizations and local buisness. Childcare will be provided on site to encourage participation.

H. What are your short and long-term goals, objectives, and anticipated outcomes of the program? How will you measure the impact of the program (limit 2500 characters)? Also, please complete the Excel outcome worksheet in addition to your written description.

Long term goal: To improve the health outcomes of mothers and their children residing in the targeted zip code areas of the Verdant Health Commission. Shorter term goals include:

Goal 1: Increase knowledge and promotion of maternal health.

Objective 1: Provide referrals to all participating women to appropriate medical and community resources. Objective 2: Develop and provide a monthly group session on parental resilience, stress management and protective factors. Objective 3: Develop and provide a monthly group health education session to increase participants' knowledge of the perinatal course.

Goal 2: Improve knowledge and consumption of healthy eating and nutrition.

Objective 1: Conduct a once per week recipe demonstration class using fresh produce found at the foodbank. Objective 2: Develop a food skill program so participants will increase skill in working with fresh produce. Objective 3: Distribute monthly recipes to participants to cook with fresh produce.

Goal 3: Increase confidence and knowledge of infant and child health.

Objective 1: Provide referrals to all participating children to appropriate medical and community resources. Objective 2: Develop and provide a group monthly session on parenting and child development. Objective 3: Provide an early "Play and Learn" group experience to enhance the relationship and attachment between parents and children.

Goal 4: Increase social supports by people coming together to cook, share, and advocate for good health.

Objective 1: Develop a drop-in meal experience to foster a gathering place for people to meet. Objective 2: Create a peer to peer breastfeeding support group by developing a support network of participants and professionals.

Project outcomes will be measured by use of pre and post surveys, quarterly client evaluations, participation counts, anecdotal and observational data on client contacts by staff and program partners.

### 3. Use of Funds and Budget

# A. If you receive funding from Verdant Health, how would you spend the funds (limit 1200 characters)? Also, make sure to complete the Excel budget sheet.

Staff (includes 0.5 FTE Dietician, 0.2 FTE Manager, 0.2 FTE Program Assistant 2), Administration costs (technology, fleet, office space and program support capped at 15%)

Additional expenditures:

Childcare costs for 2 staff- Lutheran Community Services North West (270 hrs)

35% Rental space costs at Silver Creek Family Church

"Play and Learn" Group (Kaleidoscope Program)- provide 45 classes

"Circle of Security" Group- provide 8 classes

Resources for recipe books, handouts - Equipment for nutrition and cooking classes

Interpreter services for clients

Criminal Background Checks for volunteers

**Emergency Transporation Costs and Supplies for clients** 

Marketing materials

# B. Please describe any other sources of funding or other resources in place for this program (limit 1200 characters).

Snohomish Health District will provide: 1.0 FTE Public Health Nurse, training, program evaluation (Epidemiologist cost at 80 hrs) and overhead costs at 19.8% (technology, fleet, office space and program support).

Program partners will provide:

Equipment for nutrition and cooking classes and relevant volunteer staff support and outreach workers. (Lynnwood Foodbank, Silver Creek Family Church, Lutheran Community Services)

65% Rental space Costs (SilverCreek Family Church)

Newborn Layettes (Catholic Community Services)

First access to food at the Lynnwood Foodbank (VOA)

# 4. Certification/Submission by Authorized Representative

A. To the best of my knowledge and belief, all information in this application is true and correct. I am authorized by my organization to submit this application.

Yes No

B. Authorized representative submitting this application:

Name: Mara Marano-Bianco

Title: Community Health Division Program Manager

Α	8	С
	y Name Snohomish Health District	-
-	n Name Growing Healthy Together	
	, , , , , , , , , , , , , , , , , , ,	
Revenue		Year 1
Funds from Verdant Health (fro	om section 2B)	\$173,096
Government Grants/Contracts		
Program Revenue/Fees		
Corporate Grants		
Foundation Grants (including U	nited Way)	
O Other revenue (specify):		
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7 Equipment		\$1,500
Rent/Utilities		\$18,000
Training		\$500
) Printing/Postage/Publications		\$600
Supplies		\$3,000
	Interpreter Services/Background	
Other (specify):	Checks/Play and Learn Group/ Circle of	\$35,500
2	Security Group/Childcare	
Other (specify):	Mileage	\$800
Other (specify):	Administration Costs capped @ 15%	\$22,578
	In-Kind Support-1.0 FTE PHN	
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	Evaluation Costs \$3,360/ Rental Space	
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	\$228,618.	
C. L. J. L. D. C. C. O. F.	TE Nutritionist, 0.2 FTE Management Support, and	d 0 2 ETE Brogram

#### P200B Participant Demographics

instructions: Complete the section below using your best estimates of whom your program will serve. If you do not collect data for a category or do not have a method to estimate results, you can enter the participants in 'Unknown/Not Tracked.' The totals for each category should sum to the total number of unduplicated participants you expect to serve during the year.

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ican American	21	7%	
ive American or Alaska Native	21	1%	· · · · · · · · · · · · · · · · · · ·
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ier Race	20	6%	····
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al	315	100%	0
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	LEADER FLOGIALI UNICORES			
Agency Nam	Agency Name Snohomish Health District		-	
Program Nan	Program Name Growing Healthy Together			
Instructions: Complete the section below with your anticipated results. -Describe at least two (maximum of 5) outcomes that you hope to achie	instructions: Complete the section below with your anticipated results. -Describe at least two (maximum of 5) outcomes that you hope to achieve with your program. Make sure to forms on results for your participants rether than your premised achieve with your program.	or vour particinants rather	theory of the	
or outputs. -Describe the indicators you will use for each outcome: how you will know if your participants achieve them? -Enter the number of participants that you expect to achieve the outcome/indicator. You will be asked to rep	or outputs. -Describe the indicators you will use for each outcome: how you will know if your participants achieve them? -Enter the number of participants athat you expect to achieve the outcome/indicator. You will be asked to report on your results at the end of the program year	ts at the end of the program		
Number of Participants	315			
Outcome	Outcome Indicator			
Examples: - Increase exercise levels	ticipants that meet recommended levels of ctivity	Estimated # achieving the Outcome Indicator (in vear 1)	% of total	Results % of total (completed at end of
- Increase access to vaccinations	-The number of children provided with vaccination coverage following the recommended schedule			
Increase access to a primary medical provider.	80% of all participants report being linked to a medical home.	251	80%	··· · · · · · · · · · · · · · · · · ·
Increase participants' social supports.	75% of participants surveyed feel they belong to a community and report they made a new friend.	236	- 75% 	
Increase access of fresh and healthy foods for low-income families:	Increase access of fresh and healthy foods for low-income 75% of participants indicated that the program is an important families.	236	75%	
Increase consumption of healthier meals.	75% report cooking healthier meals at home.	236	75%	, , , , , , , , , , , , , , , , , , ,
Increase postive parenting skills.	75% of participants indicate an increased confidence in parenting.	236	75%	

P200B Program Outcomes

Little Steps to Big Possibilities Formerly Little Red School House

August 14, 2015

Dear Verdant Health Commissioners:

ChildStrive is thrilled to be a part of the project Growing Healthy Together proposed by the Snohomish Health District.

ChildStrive will facilitate weekly play and learn groups and potentially will provide a parent training course as well.

We have the utmost respect for the Health District's knowledge and skills in this area and we are impressed with their strong investment in this project. We are pleased to partner with them on this effort.

Sincerely, ' larle

Terry Clark C Executive Director

P: (425) 353-5656 • www.ChildStrive.org









Mailing Address & Administrative Office 14 E Casino Road, Building A Everett, WA 98208 F: (425) 513-2807 Lynnwood Program F: (425) 771-8479

Everett Program F: (425) 513-0917



Health • Justice • Hope

North Puget Sound Area Office 115 NE 100th Street, Suite 200 Seattle, WA 98125-8099 Phone: (206) 694-5700 Fax: (206) 694-5777

Snohomish County (800) 509-0515

Website: www.lcsnw.org Email: nps@lcsnw.org September 11, 2015

Mara Marano-Bianco, RN, BSN – Program Manager Community Health Division Snohomish Health District 3020 Rucker Ave Everett, Wa. 98201

Re: Growing Healthy Together

Dear Ms. Marano-Bianco,

Lutheran Community Services Northwest (LCSNW) is highly committed to the efforts of agencies that are developing programs that work toward serving pregnant women facing challenges such as poverty, obesity, teen pregnancy, social and geographic isolation, substance use, mental health and family violence. LCSNW supports the development and implementation of the 'Growing Healthy Together' program through the Snohomish County Health District.

LCSNW and The Family Center of South Snohomish County intend that all families have strength-based supports, access to wrap-around services, and community-based resources that are necessary for healthy, stable and sustaining households.

The Family Center of South Snohomish County is working to advance the following four objectives:

#### Peer to Peer Health Access

The perception is that South Snohomish County has been "left out" of social health services available to those living to the north. FSCSSC is working to identify and fill these gaps creating a new program focused on ending disparities faced by South Snohomish County low-income, homeless, and minority community members.

Increasing Access to Health:

Bilingual-bicultural Community Health Workers trained in decreasing barriers and increasing access to existing health services for underserved populations.

Promoting Health: Prevention

Peer to Peer Health Access is based on the 'WA State Community Health Care Model' for increasing community knowledge about health & prevention.

Increasing Health Education/Information to Minority Communities:

Bilingual-bicultural Community Health Workers (CHW) will reach out *into the community* (i.e. schools, churches, mosques) to increase access for limited or non-English speaking/low-income & homeless participants to health information and education.

- Family Center of South Snohomish County
   Familias Unidas:
- rammas umuas: Latino Resource Center
- For the Kids Sake
- International Counseling & Community Services
- Lake Stevens Family Center
- Navy Respite
- Parent Line
- Permanency Planning Foster Care & Adoption
- Refugee & Immigrant Ghildren's Program
- South Everett Neighborhood Center
- Village at Angle Lake
   Family Resource Center



The vision of both organizations is aligned in supporting the program 'Growing Healthy Together' to reduce health disparities impacting maternal, child and family health. By partnering together both organizations will connect neighbors by bringing them together and giving them information and a voice in their lives and communities. This action creates several points of entry and fosters collaboration in a known community. As the stresses of everyday society grow, we need to develop responses such as the 'Growing Healthy Together' program proposed by Snohomish County Health District to help families survive the complex and multiple issues they face in providing healthy choices for their families.

The Family Center of South Snohomish County and I are well aware of the problems facing families in today's environment. I am also very aware of the many social service programs offered throughout the County. Snohomish County needs a program such as 'Growing Healthy Together' to assist and support families in meeting their goals for family health. This project would offer comprehensive services and fill the gaps of unmet needs when families don't meet requirements or cannot access programs to participate in services being offered in the area. It is our pleasure to support Snohomish County Health District in developing and implementing this project. We strongly urge your support in funding the 'Growing Healthy Together' program and ensure that families in our communities have access to a wider array of services for making healthy choices.

Sincerely,

(usan Books)

Crisann Brooks Director of Family Support Lutheran Community Services NW

#### **November 2015 Program Summary**

**Presentation from Snohomish Health District: Growing Healthy Together:** a revised application from a proposal originally submitted in October 2014. The request is for \$173,096 per year for three years. The program would support low-income parents with a focus on nutrition, peer support and other resources. Funds would be used for a team including a part-time dietician, program assistant, and manager, and to pay rent at a church adjacent to the Lynnwood Foodbank. The goal of the program would be to link participants to a medical home, increase social supports, increase positive parenting and consumption of healthier meals.

#### Questions SHD was asked to address in their presentation:

- The purpose of the Growing Healthy Together Program is to reduce health disparities impacting maternal, child and family health. A focus of the program appears to be on food preparation skills and healthy eating. Could you explain how the nutrition focus addresses health disparities for the families?
- 2. Your enrollment goal for the program is 300+ individuals. How do you plan to engage so many families at the food bank and through other partners? We understand that education programs can be hard to recruit in environments like foodbanks without some other program incentives or mandates.

#### **Programs for Review in November**

#### Eight application requests are up for discussion:

- o Three new requests
- o Five renewal requests

#### **New Program Requests**

- Snohomish Health District Russian Speakers Community Meeting: a request to support a community forum to engage Russian-speaking families and provide information about vaccines. The event would be held at the Verdant Community Wellness Center, and the purpose of the forum is to overcome lower rates of vaccinations among Russian-speaking residents. The program committee is recommending funding the request in full for \$2,660 on a one-time basis.
- 2. Washington Alliance for Beter Schools (WABS): a two-year program that would use school "Natural Leaders" to educate immigrant and refugee parents about health issues. The goal of the project would be to equip parent leaders with tools to understand the social determinants of health and increase knowledge of health issues. The project would serve 80 individuals over the two-year period. Verdant funds would be used for meeting expenses, materials, participant incentives, grad student stipends and a portion of the program manager's salary.

The program committee is not recommending funding at this time. The committee felt like the health outcomes needed to be stronger to justify \$60,000 in funding from Verdant.

3. Snohomish County Medical Reserve Corps – MRC Training Program: a one-time request of \$10,100 to fund First Aid/CPR and BLS classes in South Snohomish County for Medical Reserve Corps volunteers, as well as to provide psychological first aid training. Verdant funds would primarily be used to pay for instructor costs and class materials, and the goal would be to recruit 20 new volunteers from South Snohomish County.

The program committee did not reach consensus on this proposal and is bringing the project forward to the full board for discussion.

#### **Renewal Requests**

- ChildStrive Nurse Family Partnership: an evidence-based home visiting program for first-time young mothers. In the most recent year, the program served 60 families in South Snohomish County has met or exceeded goals including for measures like breastfeeding, immunization rates, and pre-term deliveries. The program committee is recommending renewing the program for an additional three years at \$280,000 per year.
- 2. Puget Sound Christian Clinic Mobile Medical Clinic: a renewal request to support the mobile medical clinic held in Lynnwood (previously Edmonds). The clinic served 260 individuals in the most recent year with a focus on supporting patients with chronic health conditions including diabetes and hypertension. Demand for services following health reform has continued and the clinic primarily serves immigrants/refugees, the homeless, and people who are unable to afford out of pocket costs associated with their insurance. The program committee is recommending renewing funding at \$99,300 per year for two additional years.
- 3. Snohomish County Fire District 1 Community Paramedic Program: a renewal request for community paramedic program that would include Lynnwood Fire program integrated into the project. The goal of the program is to reduce 911 calls, hospital visits, and to connect community members to the resources they need. Verdant funds would be used to support two community paramedics; one from the Fire District and a second employed by Lynnwood Fire, along with a 0.5 FTE administrative staffer. Fire District 1 and Lynnwood would be providing \$140k of in kind staffing and resources, including supervision, physician oversight, IT, and equipment. Results from the first two years of the FD1 community paramedic position can be seen in the table below. The program committee is recommending fully funding the renewal request at \$344,000 per year for three years.

	2014	2015 YTD
Number of participants	202	222
Reduction in total 911 calls post CP intervention	36%*	50.5%*
Reduction in total ED visits post CP intervention	11.9%*	43.2%*

\*Results for patients with 3 months pre and post data for evaluation

4. Cascade Bicycle Club Education Foundation - Advanced Basics of Bicycling Program: a program that provides hands-on bicycle education for middle school students in the Edmonds School District during and after school. The program served 2,700 students in the most recent year and tracks measures like passing post-tests on riding and safety.

The program committee is recommending renewing funding at the program's current level of \$32,000 per year for three years.

5. Camp Fire Health Initiative: a renewal request for a program that is designed to help children ages 5-18 in after school programs to make healthy choices. Through the program, children learn and practice nutrition and physical activities. The program is expected to reach 2,000 children in Verdant's service area this year, and the program tracks self-reported measures like improved commitment to health and decision making skills. Verdant has funded the program at \$50,000 per year one a one-time basis for each of the last two years.

The program committee did not reach consensus on this proposal and is bringing the project forward to the full board for discussion.

# Verdant Health Commission Proposal Summary November 2015

	Α	В	С	D	ε	F
Nev	v Funding Requests		Rei	quest for func	ling	Priorities
#	Name	Description	Year 1	Year 2	Year 3	
1	Snohomish Health District - Russian Speakers Community Meeting	A request to support a one-time community forum to engage Russian-speaking families and provide information about vaccines. The event would be held at the Verdant Community Wellness Center. The purpose of the forum is to overcome lower rates of vaccinations among Russian speaking residents.	\$2,660			Prevention, Education & Empowerment, Access to Healthcare
2	Medical Reserve	A one-time request to fund First Aid/CPR and BLS classes in South Snohomish County for Medical Reserve Corps volunteers, as well as psychological first aid. Verdant funds would primarily be used to pay for instructor costs and class materials.	\$10,100			Education & Empowerment
3	Washington Alliance for Better Schools (WABS) -	A two-year program that would use school "Natural Leaders" to educate immigrant and refugee parents about health issues. The goal of the project would be to equip Natural Leaders with tools to understand the social determinants of health and increase knowledge of health issues. The project would serve 80 individuals over the two year period (10 in first year, 70 in second). Verdant funds would be used for meeting expenses, materials, participant incentives, grad student stipends and a portion of the program manager's salary.	\$30,000	\$30,000		Education & Empowerment
1	ewal Requests ChildStrive - Nurse Family Partnership	A home visiting program for first time young mothers. The renewal request would increase funding by 3% in 2016 and subsequent years. Verdant has funded for 4 years.	\$280,130	\$288,534	\$297,190	Prevention, Education & Empowerment
2		Renewal request for mobile medical clinic held in Lynnwood (formerly Edmonds). The clinic primarily services low-income families with chronic health conditions including diabetes and hypertension. Following health reform, the clinic primarily serves immigrants/refugees, the homeless, and people who are unable to afford out of pocket costs associated with their insurance.	\$102,600	\$96,000		Access to Healthcare

# Verdant Health Commission Proposal Summary November 2015

#	Name	Description	Year 1	Year 2	Year 3	
3	Campfire - Healthy Initiatives	A renewal request for Camp Fire's "Healthy Initiative," which would help children ages 5-18 in after school programs to make healthy choices. Through the program, children will learn and practice nutrition and physical activities. The program would be expected to reach 2,000 children in Verdant's service area, and the program would track improved commitment to health and decision making skills.	\$50,000	\$50,000		Education & Empowerment
4	Fire District 1/Lynnwood Fire - Community Paramedic	Renewal request for community paramedic program that would include Lynnwood Fire program rolled into project. The program would expect to serve 300 residents per year and focus on reducing repeat 911 calls and hospitalizations.	\$344,000	\$344,000	\$344,000	Prevention, Access to Healthcare
5	Cascade Bicycle Club - Advanced Basics of Bicycling	Renewal request for Advanced Basics of Bicycling program that provides hands-on bicycle education for middle school students in the Edmonds School District during and after school.	\$45,000	\$45,000	\$45,000	Prevention, Education & Empowerment

# Verdant Community Wellness Center Summary November 2015

#### **Completed Programs**

A. 6	General Community and Provider Events	Attendance
1	Basic Food Educational Forum (10/30)	40
2	2. Community Needs Assessment Focus Group (11/2)	12
3	<ol> <li>Edmonds Family Medicine Training "Preventing Overtreatment" (11/3)</li> </ol>	20
4	Winter Wellness with PacMed Physician (includes free flu shots) (11/4)	13/23 shots
5	Evergreen Home Health - Home Visiting Clinical Team Meetings (11/4,11/5)	50
6	5. Sno. County Assoc. for the Education of Young Children Board Mtg (11/5)	8
7	. Mothers of Children with Disabilities Monthly Support Network (11/7)	16
8	. SHIBA – Medicare Open Enrollment Event (11/12)	20
9	<ol> <li>City of Lynnwood Healthy Communities Meeting (11/12)</li> </ol>	32
1	0. Financial Educators Network Training with Social Service Providers (11/13)	36
1	1. WA Prescription Assistance Foundation Weekly Hours (ongoing)	Varies

В.	3. Nutrition and Healthy Behaviors		
	1.	Spanish Language Cooking Matters for Families (10/26 – 11/30)*	36
	2.	Exotic Flavors Cooking Series (Singapore – 10/27)	28
	3.	Anti-Inflammatory Diet (11/2)*	59
	4.	Stop Diabetes Initiative Workshop (11/7)*	26
	5.	Teens in the Kitchen Hands-on Cooking Class (11/7)*	8
	6.	Fall Prevention for Parish Nurses*	12
	7.	Korean Women's Association: Medicare Benefits in Vietnamese (11/14)*	45
	8.	Spanish Language Heart Health Training for Promotoras (11/14)*	22
	9.	Lifestyle Change Check-Ins (drop – in 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)*	6-10
	10.	Getting to Goal Program (Weight Management Consultations)*	15 clients

С.	Bel	havioral Health & Substance Use	Attendance
	1.	Medical Reserve Corps Psychological First Aid (10/24)	12
	2.	For the Kid's Sake - for Parents Going Through Divorce (10/29)	36
	3.	Survivors of Suicide Support Group (10/1 – 11/17)	6-8
	4.	Spanish Language Managing Stress with Yoga (10/2 – 11/6)*	6-10
	5.	YWCA Managing Difficult Emotions 2 <sup>nd</sup> Series (10/6 – 11/24)*	6-8
	6.	YWCA Reflective Parenting Series (10/6 – 11/24)*	6-10
	7.	Journey of Grief Support Group (10/7 – 11/18)	8
	8.	Family Voluntary Service Social Workers Summit (11/3)	43
	9.	YWCA Beating the Holiday Blues $(11/6 - 1/6)^*$	6-8
	10.	YWCA Positive Discipline for Teens Workshops (11/7)*	9
	11.	National Alliance on Mental Illness "Connections" Support Group (11/12)	6-8
	12.	Parent-Child Wellness Workshop in Korean (11/13)	6
	13.	Snohomish County Caregiver & Kinship Support Groups (11/5)	8-12
	14.	Adult Children of Alcoholics Weekly Support Group (ongoing)	4-10

D.	Other Programs	Attendance
	1. Play and Learn Group, Wonderland Development Center (2X / month)*	15-30
#### Verdant Community Wellness Center Summary November 2015

#### Upcoming Programs

#### E. General Community and Provider Events

- 1. Spanish Language Financial Literacy for Promotoras (November 19)
- 2. Snohomish YMCA Staff Retreat (November 23)
- 3. SHIBA Medicare Open Enrollment Event (December 1)
- 4. Advanced Care Planning Volunteer Training (December 2)
- 5. Mothers of Children with Disabilities Monthly Support Network (December 5)
- 6. PEPS Lecture How Young Children Learn (December 7)
- 7. Verdant Resource Connectors (December 8)
- 8. Immigrants and the Health System 101 (December 9)\*
- 9. Dental Access Coalition Legislative Forum (December 9)

#### F. Nutrition and Healthy Behaviors

- 1. Live Healthy 2020 Nutrition Workgroup (November 17)
- 2. Exotic Flavors Cooking Series (November 17 French Provencal, December 8 Sweet & Savory)
- 3. Diabetes Prevention Reducing your Risk (November 18)\*
- 4. The Carb Conundrum with PacMed (November 19)\*
- 5. Korean Women's Association: Using Medicare Preventive Benefits in Korean (Nov 19)\*
- 6. Better Blood Sugar Control Through the Holidays (December 2)\*
- 7. Surviving the Season of Holiday Indulgence (December 3)\*
- 8. Stop Diabetes Initiative Continued Workshops\*
- 9. Ongoing Lifestyle Change Check-Ins (drop-in support 2x/month)\*
- 10. Ongoing Getting to Goal: Individual Weight Management Consulting with a Dietitian\*

#### G. Behavioral Health & Substance Use Focus

- 1. Parent Child Wellness Workshop in Korean (November 16, 20)
- 2. YWCA Beating the Holiday Blues (November 6 January 6)\*
- 3. Snohomish County Caregiver and Kinship Support Groups (November 17, 19, December 3, 17)
- 4. International Survivors of Suicide Day (November 21)
- 5. For the Kid's Sake for Parents Going Through Divorce (December 2, 16)
- 6. Understanding, Assessing & Working with the Mentally III in a Faith-based Setting (December 5)\*
- 7. Hoarding Task Force (December 8)
- 8. National Alliance on Mental Illness "Connections" Support Group (December 10)
- 9. Youth Mental Health First Aid (December 19)\*

#### \* = Grant/Program Funded Partner

# **November 2015 Marketing Report**

# Verdant Healthier Community Conference

Time	Activity					
8-8:30 a.m.	Check In					
8:30-9:30 a.m.		Breakfast Keynote	eynote			
		Optional Interest Tracks				
	Healthier Me & My Family	Healthier Workplace & Group	Healthier Community			
9:45-10:35 a.m.	How to Find Trusted Community Resources	Part I: Building a Healthier Community to Support Health an Wellness				
10:50-11:40 a.m.	10:50-11:40 a.m.Healthy Food ChoicesTaboo Topics: Often Avoided, but Critical for Maintaining a Healthy OrganizationPart II: In Do W Enviro					
11:55 a.m 1:10 p.m.		Lunch Keynote				
1:25-2:15 p.m.	Keeping Youth Healthy & Safe	Executive Tell-All	Medical and Social Services Working Together to Improve Health			
2:30-3:20 p.m.	2:30-3:20 p.m. Increasing Individual's & Family's Physical Activity Advised Activity		Achieving Health Equity			
3:35-4:15 p.m.		Wrap-up/Panel				

#### **Upcoming Events**

 International Survivors of Suicide Loss Day, Saturday, Nov. 21 at the Verdant Community Wellness Center from 10 a.m. – 1 p.m.

E: 76x15 11. 18.2015

JAY INSLEE Governor



#### STATE OF WASHINGTON OFFICE OF THE GOVERNOR

P.O. Box 40002 • Olympia, Washington 98504-0002 • (360) 902-4111 • www.governor.wa.gov

October 21, 2015

Verdant Health Commission 4710 196<sup>th</sup> Street, Southwest Lynnwood, Washington 98036

To whom it may concern,

I am writing in support of the application of Snohomish County Fire District One for the community resource paramedic grant. There are three important reasons.

Snohomish County has been a leader in using their Community EMTs to evaluate and appropriately triage the people they contact who need services other than acute emergency services. The county has evaluated this work and their results are impressive.

The county and its fire district have taken a leadership role in changing state statute to ensure this work is legal and supported by policy decision makers. This resulted in a permissive bill being passed last session and signed by the Governor into law.

Finally, as we are changing and improving our health care system to better care for people in the state, it is critical that we develop better ways to divert and triage people - especially with mental and other chronic health issues - from acute facilities, emergency departments and correctional facilities to more appropriate sites. This project is proving to accomplish this for the people contacted by the first responders in Snohomish County.

Continuing the project and proving its value to other parts of the state is important. As we are working with communities throughout the state, we need real workable and proven successful solutions - like this project - that can be implemented elsewhere.

I trust you will make a good decision and support this proposal.

Sincerely,

Robert A. Crittenden, MD, MPH Special Assistant for Health Reform Office of the Governor



#### STATE OF WASHINGTON

#### DEPARTMENT OF HEALTH

PO Box 47890 « Olympia, Washington 98504-7890 Tel: 360-236-4030 « TDD Relay Service: 800-833-6388

October 26, 2015

Verdant Health Commission 4710 196<sup>th</sup> Street, SW Lynnwood, Washington 98036

I support continued funding for the Community Resource Paramedic Program operated by Snohomish County Fire District 1. This program has been a valuable service for the community and has improved outcomes for many county residents during the initial implementation phase.

As the healthcare system changes and the access and care needs of our population grow, it is vital we revisit the different types of service that can be provided. This Community Paramedic Program is an example of effectively finding alternative solutions to our growing healthcare delivery challenges.

This program has shown that when the needs of individuals are served, the entire community benefits. I hope that you will consider renewing Snohomish County Fire District 1's current grant to help continue development and implementation of this innovative service for the people in Fire District 1.

John Wiesman, DrPH, MPH Secretary of Health



Office of the Fire Chief Scott Cockrum

10/20/2015

Verdant Health Commission 4710 196th St. SW Lynnwood, WA 98036

**Commission Members:** 

Please accept this letter of endorsement and immense gratitude for your consideration of the continued funding support of the Fire Department based Community Paramedic program, representing South Snohomish County. The present-day Community Paramedic model has been validated by data and impression, demonstrating our municipal Fire Departments can have a value added preemptive role in overall community health. Program statistics show a reduction in return 911 calls for service, improved patient outcomes, and reduction in return hospital visits.

Prior to the introduction of the Community Paramedic concept, firefighters and EMS workers did successfully respond to the emergency needs of our citizens. However, generally speaking we had few options available if the "needs" were not acute medical conditions. If the person, friend or family member requesting our care had a crisis that did not meet the emergency room care needs, we were left with taking them to the ER, leaving them at home, calling law enforcement, or contacting other overwhelmed social services for assistance. In the meantime, the immediate needs were not being met, frequently resulting in return 911 responses and worsening conditions. This reactive system left a gap in care and emergency responders had their hands tied.

Firefighters work within small geographical boundaries and they know their areas and communities very well. They are the perfect conduit to feed a next level, well managed program, such as the Community Paramedic. The Community Paramedic has been invaluable in coordinating with other available health and social programs, Law Enforcement, and community leaders to find solutions.

Thank you for your continued support.

Sincerely

Scott Cockrum Fire Chief City of Lynnwood

Administration Division



October 21, 2015

Fire Chief Ed Widdis 12425 Meridian Ave S Everett, WA 98208

Dear Chief Widdis:

I'm writing to support the application for funding to sustain the Fire District 1 Community Paramedic Program. This program takes advantage of the community connections that firefighters and paramedics have, enabling those who are already out in the community to connect residents with health care providers or social services that can potentially address needs more effectively than having firefighters and paramedics simply respond to emergencies. Indeed, often the health care or social service programs a resident need are never alerted to those needs. I'm aware that preliminary results of the first months of the program suggest dramatic reductions in 911 calls and very positive feedback from first responders and community residents.

I wish you success in sustaining this valuable program.

Harry Goldhaum

Gary Goldbaum, MD, MPH Health Officer & Director

EXECUTIVE

October 20, 2015

Verdant Health Commission 4710 196<sup>th</sup> St SW Lynnwood, WA 98036

Dear Verdant Health Commissioners:

First let me express my thanks to the Verdant Health Commission for their generous support of the Lynnwood Fire Department's Community Outreach Specialist position and the Fire District #1 Community Paramedic position. This is an innovative model that addresses not only a county-wide problem, but a national problem, of individuals utilizing 911 and Emergency Room services when other, more appropriate and less cost-incurring services are available. This model is proving to be very effective and we are seeing positive results to-date.

With the Lynnwood Fire Department and Fire District #1 working together closely, we are developing strong relationships with our other partners such as Swedish Edmonds, the Center for Healthy Living, Lynnwood Senior Center, Senior Services of Snohomish County, and the Snohomish County Health District. These strong partnerships lead to better health services for the residents of South Snohomish County.

The City of Lynnwood wholeheartedly recommends that the Verdant Health Commission continue to fund the Fire District #1 Community Paramedic position so that we can continue to educate our community and provide alternative options to 911 calls and costly ER visits.

Mayor Nicola Smith



SNOHOMISH COUNTY SHERIFF'S OFFICE

INTEGRITY • DIGNITY • COMMITMENT • PRIDE Ty Trenary, Sheriff

October 21, 2015

Verdant Health Commission 4710 196th St SW Lynnwood, WA 98036

To Whom It May Concern,

I would like to share my support for the Community Resource Paramedic Program that you graciously funded in 2014, for Snohomish County Fire District 1. This program has been an invaluable service within the community and has improved the outcomes for so many during this first implementation phase.

As the healthcare system changes and the needs of our citizens increase, it is vital to revisit the different types of service that we provide. The Community Paramedic Program has been an effective example of finding an alternative solution to a growing challenge.

This program has shown that when we serve the needs of individuals, we serve the entire community. This endeavor to help people is doing just that. I hope that you will consider extending Snohomish County Fire District 1's existing grant to help continue to provide this exemplary service to our citizens.

Sincerely,

Ty Trenary

**Snohomish County Sheriff** 

State of Washington House of Representatives 324 John L. O'Brien Building, P.O. Box 40600 Olympia, WA 98504 (360)786-7950



October 27th, 2015

To whom it may concern,

It has come to my attention that the Snohomish County Fire District 1 is applying to renew their Community Paramedicine grant. The Fire District 1 program has been invaluable for connecting members of the community with the help they need and renewing the grant would enable them to continue their great work.

The at risk individuals who regularly access emergency services have traditionally been difficult to connect to the great social services and healthcare providers available in the area. Fortunately, The Fire District 1 Community Paramedic program has been very successful at identifying these individuals and helping them get the assistance they need. In the initial study of the program's success, it showed that the Community Paramedics have reduced 911 calls by over 60% and visits to the Emergency Department reduced by over 50%.

Community Paramedics is a smart and effective service that I am proud to have in Snohomish County. Their holistic approach to helping patients improves the quality of life for our citizens and lets the fire district concentrate their resources where they are most needed. I wholeheartedly support Fire District 1 in their effort to renew the grant.

AARD

Strom Peterson State Representative 21<sup>st</sup> District



October 27, 2015

Verdant Health Commission 710 196th St SW Lynnwood, WA 98036

Dear Verdant Health Commission,

It is my pleasure to write a letter of unwavering support for the Fire District 1 Community Paramedic Program being submitted to the Verdant Health Commission for renewal.

Our firefighters and paramedics are in the homes, businesses and schools of our citizens every day and are attuned to identifying at-risk individuals. They often know who is deteriorating or vulnerable in our community before anyone else does. Yet, with today's fragmented healthcare system, there has traditionally been little communication between the caregivers and services surrounding those who are fragile; in addition, social service programs and health care providers serving these citizens are rarely alerted to the fact their client is regularly accessing emergency services and they are therefore limited in their ability to intervene appropriately to ensure greater levels of future wellness.

This is why the role of the community paramedic is so vitally important --- these caregivers meet our community members where they are and bridge the gap by connecting everyone involved to determine why an individual's needs are not being met and why they are accessing the 911 system. Our community paramedic creates a personalized plan that connects the citizen with health care providers or social services that can truly solve their needs and also checks back with the patient to determine if they have connected them to the *right* resources. The community paramedic also identifies and triages potential triggers that would normally transition to an emergency department visit or hospital admission and they seek to mitigate these issues prior to their escalation.

In a brief period of time, the Fire District 1 Community Paramedic Program has had great success. Early data has revealed the following very positive results:

- 911 calls reduced by over 60%
- Emergency Department visits reduced by over 50%
- No complaints or known bad outcomes
- Positive feedback from the community, first responders and health care entities in South Snohomish County

In conclusion, we fully support the Fire District 1 Community Paramedic Program as they seek external funding to support ongoing services in Snohomish County. Swedish Edmonds believes that this program creates a healthier and safer community in which to work and live while simultaneously reducing unnecessary emergency department visits, reducing overall health care costs and providing a critical linkage between stakeholders so that we can improving our patients' quality of life.

Many thanks for the opportunity to share our feedback and support,

Jennifer Graves, RN, MS Swedish Edmonds, Chief Executive Officer



John Lovick County Executive (425) 388-3460 FAX (425) 388-3434 3000 Rockefeller Avenue MS #407 Everett, WA 98201-4046

October 25, 2015

Verdant Health Commission 4710 196<sup>th</sup> St. SW Lynnwood, WA 98036

Dear Verdant Health Commission,

On behalf of the Snohomish County Executive Office, I'd like to thank Verdant Health Commission for its support of Fire District 1's Community Paramedic Program. As you know, this program is the first of its kind in the state and has been incredibly successful in meeting the needs of individuals who might otherwise fall through the cracks of our traditional EMS system.

Today I'm writing to encourage your continued funding and support of this one-of-a-kind program.

The Community Paramedic Program benefits our entire community in so many ways. Most significantly, it does an incredible job "filling the gap" by helping individuals establish contacts and get the appropriate support they need from community services, healthcare providers, and other social services. Fire District 1 partners with over 50 social services that provide patients with much-needed assistance. Thanks to the referrals of firefighters and paramedics who see at-risk individuals firsthand, the program has had numerous positive interventions and successes.

Fire District 1 has identified an important community need and has, along with its partner agencies, made significant progress. However, the job is not complete. There is more as a community that we could do, and I hope your continued funding of this important program will ensure its long-term success.

Thank you again for your support.

John Lovick Snohomish County Executive



City Hall 2901 228th STREET S.W. BRIER, WASHINGTON 98036

PHONE: 425-775-5440 FAX: 425-672-9025

October 20, 2015

Verdant Health Commission 4710 196th St SW, Lynnwood, WA 98036

To Whom It May Concern,

I would like to share my support for the Community Resource Paramedic Program that you graciously funded in 2014, for Fire District 1, which contracts with the City of Brier. This program has been an invaluable service within our community and has improved the outcomes for so many during this first implementation phase.

As the healthcare system changes and the needs of our citizens increase, it is vital to revisit the different types of service that we provide. The Community Paramedic Program has been an effective example of finding an alternative solution to a growing challenge.

This program has shown that when we serve the needs of individuals, we serve the entire community. This endeavor to help people is doing just that. I hope that you will consider extending our existing grant to help continue to provide this exemplary service to our citizens.

Sincerely, Kund Bob Colinas

Mayor



October 29, 2015

Verdant Health Commission 4710 196th St SW Lynnwood, WA 98036

To Whom It May Concern,

I would like to reaffirm my support for the Community Resource Paramedic Program that you graciously funded almost two years ago. This program has been a national leader in the Mobile Integrated Health community. More importantly, it has accomplished what it has set out to do—improve the lives and health care experiences of citizens seen every day by our firefighters, EMTs and paramedics.

I feel like we have only begun to understand what it is we can do in this role. I am energized by the progress we have made and the lives that we have touched, but I think most of us have quickly realized that our community's needs are great and we continue to be in a great place to make a difference.

I hope that you will consider extending our existing grant and incorporating the Lynnwood grant into ours. I believe that our collaboration is beneficial to the citizens that we mutually serve and could serve as a model for other community health organizations nationally.

Sincerely,

12 P

Richard J. Campbell, MD Supervising Physician

Snohomish County Fire District 1 Lynnwood Fire Department Mukilteo Fire Department



Facility Development, Marketing & Management

Wednesday, November 18, 2015

E:78:15 11.18.2015

# Pinnacle Indoor Sports Market Feasibility Study Report

# Findings

- Unmet demand for both indoor turf and hard court sports venues
  - Youth Baseball/Softball Communities
  - Youth & Adult Soccer and Flag Football Communities
  - Individual Adult Activities
- Existing indoor turf facilities are outdated and located out of the area
  - Everett
  - Snohomish
  - Woodinville
- There may be opportunities to join forces with private and/or non-profit organizations to provide needed improvements
- Expected revenue generation is more than sufficient to cover annual operating costs but insufficient to repay the cost of land and construction

# Recommendations

- To service local residents
  - Standard, boarded, indoor turf field
  - Two high school regulation basketball courts convertible into four regulation volleyball courts/basketball practice courts
  - Community meeting rooms; office space; food & drink concessions; other infrastructure

- Approximate size: 55,000 sq. ft.; construction cost approximately \$5.5 million plus 5 acres of land
- To accommodate future growth plus attract out-of-area visitors for tournaments and other special events
  - Oversize, open, indoor turf field divisible into multiple spaces
  - Four high school regulation basketball courts convertible into eight regulation volleyball courts/basketball practice courts
  - Community meeting rooms, etc.
  - Approximate size: 95,000 sq. ft.; construction cost approximately \$9 million plus 7 acres of land

# Next steps

- Evaluate available locations
  - Site suitability
  - Cost
- o Open discussions with possible partners
  - General partners
  - Management partners
- Develop specific business plan
  - Detailed construction plans
  - Operating plan
  - Timeline

# EMBARGOED UNTIL NOV. 17, 2015

# The Joint Commission's Top Performer on Key Quality Measures<sup>®</sup> for 2014

The checkmark ( $\checkmark$ ) indicates the measure set(s) for which the hospital or critical access hospital is being recognized. The list reflects *Top Performer* hospitals accredited by The Joint Commission as of Sept. 1, 2015.

Hospitals by State	Сіц	Hcart Attack	Heart Failure	Pncumonia	Surgical Care	Children's Asthma	VTE	Stroke	Hosp-Based Inpt Psych	Immunization	Pcrinatal Care	Tobacco Treatment	Substance Use
Warren Memorial Hospital	Front Royal			√	<b>√</b>					$\checkmark$			
Riverside Walter Reed Hospital	Gloucester	1	$\checkmark$	$\checkmark$	$\checkmark$		$\checkmark$	~					
Buchanan General Hospital	Grundy	1		$\checkmark$									
Riverside Behavioral Health Center	Hampton	1						1	$\checkmark$	*****			
John Randolph Medical Center	Hopewell	~	$\checkmark$	$\checkmark$	$\checkmark$			$\checkmark$		*****			
Inova Loudoun Hospital	Leesburg	1	$\checkmark$	✓	$\checkmark$			$\checkmark$			$\checkmark$		
LewisGale Hospital Alleghany	Low Moor			$\checkmark$	$\checkmark$								
Smyth County Community Hospital	Marion			$\checkmark$	$\checkmark$					$\checkmark$			
Riverside Shore Memorial Hospital	Nassawadox	1	$\checkmark$	√	$\checkmark$			√					
Riverside Regional Medical Center	Newport News	1	$\checkmark$	✓	$\checkmark$			$\checkmark$			$\checkmark$		
Kempsville Center for Behavioral Health	Norfolk								$\checkmark$				
HHC Poplar Springs, Inc.	Petersburg								$\checkmark$				
LewisGale Hospital Pulaski	Pulaski			$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$					
Reston Hospital Center, LLC	Reston	1	$\checkmark$	$\checkmark$	$\checkmark$	••••••		$\checkmark$			$\checkmark$		
Clinch Valley Medical Center	Richlands	17		~	$\checkmark$						$\checkmark$		
Bon Secours Richmond Community Hospitzl	Richmond	1					$\checkmark$			$\checkmark$			
CJW Medical Center	Richmond	~	$\checkmark$	✓	$\checkmark$	$\checkmark$					$\checkmark$		
HCA Health Services of Virginia, Inc.	Richmond	1	$\checkmark$	$\checkmark$	$\checkmark$					$\checkmark$	$\checkmark$		
Virginia Commonwealth University Health System	Richmond	<ul> <li>✓</li> </ul>	$\checkmark$	$\checkmark$	$\overline{\mathbf{v}}$	$\checkmark$					$\checkmark$		
Carilion Medical Center	Roanoke	✓	$\checkmark$	$\checkmark$	$\checkmark$			$\checkmark$			$\checkmark$		
Lewis-Gale Medical Center, LLC	Salem	<ul> <li>✓</li> </ul>	$\checkmark$	$\checkmark$	$\checkmark$			$\checkmark$					
Riverside Tappahannock Hospital	Tappahannock		$\checkmark$	$\checkmark$	$\checkmark$		$\checkmark$						
Carilion Tazewell Community Hospital	Tazewell	I		✓						$\checkmark$		T	
Riverside Doctors' Hospital Williamsburg	Williamsburg				$\checkmark$		$\checkmark$	$\checkmark$					
Wythe County Community Hospital, LLC	Wytheville			$\checkmark$	$\checkmark$						$\checkmark$		
Washington													
MultiCare Health System	Aubuen	$\overline{}$	$\checkmark$	$\checkmark$	$\checkmark$						$\checkmark$		_
Overlake Hospital Medical Center	Bellevue	~	$\checkmark$	$\checkmark$	$\checkmark$					$\checkmark$	$\checkmark$		
Swedish Edmonds	Edmonds	<ul> <li>✓</li> </ul>	$\checkmark$	$\checkmark$	$\checkmark$						$\checkmark$	$\neg \uparrow$	
Providence Regional Medical Center	Everett	$\checkmark$	$\overline{}$	$\checkmark$	$\checkmark$						$\overline{}$		
Lourdes Health Network	Pasco	T			$\checkmark$								
Navos	Seaute		1						$\checkmark$				
University of Washington Medical Center	Scattle	$\checkmark$	$\checkmark$		$\overline{}$					$\overline{}$			
Deaconess Hospital	Spokane	$\overline{}$	$\checkmark$	$\overline{}$	$\overline{}$					$\overline{}$	$\overline{}$		
Spokane Valley Washington Hospital Company, LLC	Spokane Valley		$\checkmark$	$\overline{}$	$\checkmark$					$\checkmark$		-	
MultiCare Health System	Tacoma					$\checkmark$				$\checkmark$		t	
Yakima HMA, LLC	Toppenish			$\overline{\mathbf{v}}$			1			$\overline{}$		T	
Legacy Salmon Creek Hospital	Vancouver	$\checkmark$	$\overline{}$	$\overline{}$	$\overline{}$					$\overline{}$	$\overline{\mathbf{v}}$		
Providence St. Mary Medical Center	Walla Walla	✓		$\checkmark$	$\checkmark$		$\overline{}$	$\overline{}$					
West Virginia								-1				-	-1
United Hospital Center	Bridgeport	✓	$\checkmark$	$\checkmark$	$\checkmark$		$\overline{}$	ĺ		~			-1
Saint Francis Flospital	Charleston			71	$\overline{\mathbf{v}}$					71			1

America's Hospitals: Improving Quality and Safety -- The Joint Commission's Annual Report 2015

The J	oint Commis	Sion	GANIZATIONS HELP P	<b>S</b>	
Accreditation	Quality Report		and the second s	S	Swedish Edmonds Org ID: 9629
Quality Report > Summary of Accreditation Quality Information	Summary of Acc Information	creditation Quality		Ed	76th Avenue, West Imonds, WA 98026 (425)640-4000 WW.SWedish.org
>Accredited Programs	Accreditation	Accreditation	Effective	Last Full	Last On-Site
> Accreditation National Patient Control Content	Programs	Decision Accredited	Date 5/8/2014	Survey Date 5/7/2014	Survey Date 5/7/2014
Safety Goals > Sites and Services	() Hospital	Accredited	5/9/2014	5/8/2014	6/20/2014
> Accreditation				5/0/2011	0/20/2014
History > Download Accreditation PDF Report	Accreditation prog Hospital	grams recognized by the Cen	ters for Medica	re and Medicaid S	Services (CMS)
> Download Accreditation PDF Report - Include Quarterly Data		Programs / Services ed by <u>American College of S</u> i	urgeons-Comn	nission on Cance	er (ACoS-COC)
> Accreditation Quality Report User Guide	Special Quality Aw	vards			
		Performer on Key Quality M I Plus Get With The Guidelir			
	- Тор -				****
Symbol Key	National Patient	Safety Goals and National	Quality Impro	vement Goals	
This organization achieved the best possible results			(	Compared to other J Accredited Org	
This organization's performance is above				Nationwide	Statewide
the target range/value. This organization's performance is similar	Home Care	2014 National Patient Safety Goals	<u>See</u> Detail	Ø	<b>(</b> )*
to the target range/value.	Hospital	2014 National Patient Safety Goals	<u>See</u> Detail	Ø	<b>@</b> *
O This organization's performance is below the target	Reporting Period:	National Quality Improven	nent Goals:		
range/value. This measure is not applicable for this organization.	Apr 2014 - Mar 2015	Emergency Department	<u>See Detail</u>	NO <sup>2</sup>	
Not displayed		Immunization	<u>See Detail</u>		
Footnote Key 1. The measure or		Perinatal Care	<u>See Detail</u>	$\bigotimes$	$\bigotimes$
measure set was not reported. 2. The measure set does		Stroke Care	<u>See Detail</u>	(WD) <sup>8</sup>	(MO)°
not have an overali result. 3.		Venous Thromboembolism (VTE)	<u>See Detail</u>	(N/D <sup>8</sup>	

The number is not enough for comparison purposes.

 The measure meets the Privacy Disclosure Threshold rule.

- 5. The organization scored above 90% but was below most other organizations. Sites and Services \* Primary Location
- 6. The measure results are not statistically valid.
- The measure results are based on a sampl of patients.
- The number of months with measure data is below the reporting requirement.
- The measure results are temporarily suppressed pending resubmission of updated data.
- 10 Test Measure: a measure being evaluated for reliability of the individual data elements or awaiting National Quality
- Forum Endorsement. **11** There were no eligible patients that met the denominator criteria.

The Joint Commission only reports measures endorsed by the <u>National Quality</u> Forum.

\* State results are not calculated for the National Patient Safety Goals.

- Top -

กร.	* Primary Location		
re results sitically	An organization may provide ser <u>Guide</u> .	vices not listed here. For more information	refer to the <u>Quality Report User</u>
re results on a sample	Locations of Care	Available Services	
r of h measure w the	Cardiac Diagnostic Imaging Center - Edmonds 7320 216th St. S.W. Edmonds, WA 98026	Services: <ul> <li>Outpatient Clinics (Outpatient)</li> </ul>	
awaiting	Pavilion Pharmacy 7320 216 St. SW, Suite 100 Edmonds, WA 98026	Services: • Blood Glucose Monitors (non- mail order) • Canes and Crutches • Commodes • Custom Orthotics • Durable Medical Equipment • Enteral Equipment and/or Supplies • Enteral Nutrients • Heat/Cold Applications • Nebulizers	<ul> <li>Off The Shelf Orthotics</li> <li>Ostomy Supplies</li> <li>Prosthetics (Home Medical Equipment)</li> <li>Respiratory Equipment</li> <li>Supplies</li> <li>Surgical Dressings</li> <li>Urological Supplies</li> <li>Walkers, Canes and Crutches</li> </ul>
lata r awaiting jality prsement. no eligible at met the pr criteria.	Swedish Edmonds * 21601 76th Avenue, West Edmonds, WA 98026	<ul> <li>Services: <ul> <li>Behavioral Health (Day Programs - Adult) (24-hour Acute Care/Crisis Stabilization - Aduit) (Partial - Aduit)</li> <li>Cardiac Catheterization Lab (Surgical Services)</li> <li>Cardiovascular Unit (Inpatient)</li> <li>CT Scanner (Imaging/Diagnostic Services)</li> <li>Ear/Nose/Throat Surgery (Surgical Services)</li> <li>EEG/EKG/EMG Lab (Imaging/Diagnostic Services)</li> <li>EEG/EKG/EMG Lab (Imaging/Diagnostic Services)</li> <li>Family Support (Non 24 Hour Care)</li> <li>Gastroenterology (Surgical Services)</li> <li>GI or Endoscopy Lab (Imaging/Diagnostic Services)</li> <li>Gynecological Surgery (Surgical Services)</li> <li>Inpatient Unit (Inpatient)</li> <li>Interventional Radiology (Imaging/Diagnostic Services)</li> <li>Labor &amp; Delivery (Inpatient)</li> <li>Magnetic Resonance Imaging (Imaging/Diagnostic Services)</li> <li>Medical /Surgical Unit (Inpatient)</li> <li>Medical ICU (Intensive Care Unit)</li> </ul> </li> </ul>	<ul> <li>Nuclear Medicine (Imaging/Diagnostic Services)</li> <li>Ophthalmology (Surgical Services)</li> <li>Orthopedic Surgery (Surgical Services)</li> <li>Outpatient Clinics (Outpatient)</li> <li>Peer Support (Non 24 Hour Care)</li> <li>Plastic Surgery (Surgical Services)</li> <li>Positron Emission Tomography (PET) (Imaging/Diagnostic Services)</li> <li>Post Anesthesia Care Unit (PACU) (Inpatient)</li> <li>Sleep Laboratory (Sleep Laboratory)</li> <li>Surgical ICU (Intensive Care Unit)</li> <li>Teleradiology (Imaging/Diagnostic Services)</li> <li>Thoracic Surgery (Surgical Services)</li> <li>Ultrasound (Imaging/Diagnostic Services)</li> <li>Urology (Surgical Services)</li> <li>Vascular Surgery (Surgical Services)</li> </ul>
	Swedish Edmonds - Breast Center 7320 216th St. SW, #120 Edmonds, WA 98026	Services: • Outpatient Clinics (Outpatient)	
	Swedish Edmonds - Center for Wound Healing/Hyperbarics 21600 Highway 99 Edmonds, WA 98026	Services: • Single Specialty Practitioner (Out)	patient)

Center

Swedish Edmonds - Sleep

Services:

Outpatient Clinics (Outpatient)

7320 216th St. S.W., Suite #40 Edmonds, WA 98026	
Swedish Edmonds - Specialty Clinic 21616 76th Ave. W Suite 212 Edmonds, WA 98026	Services: <ul> <li>Outpatient Clinics (Outpatient)</li> </ul>
Swedish Edmonds - Swedish Internal Medicine (SIM) 7320 216th St. SW, #200 Edmonds, WA 98026	Services: <ul> <li>Outpatient Clinics (Outpatient)</li> </ul>

- Top -

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### Page 1 of 3

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# City of Lynnwood reveals draft plan for a healthier community

Nov 17, 2015



Healthy Communities Action Plan participants meet last summer. (Photo courtesy of City of Lynnwood)

Lynnwood residents will find it easier than ever to achieve healthy, active lifestyles; eat nutritious, budget-friendly local foods and have stronger community ties, thanks to a bold 10-year Healthy Communities Action Plan being drafted by the City of Lynnwood in partnership with the Verdant Health Commission and several stakeholders.

The draft action plan was presented last Thursday, Nov. 12, at the Verdant Community Wellness Center, and calls for Lynnwood to be "a regional model for a sustainable vibrant community and an accountable government." Lynnwood was selected as one of 53 communities funded by the Centers for Disease Control and Prevention (CDC) in 2009 under the Action Communities for Health, Innovation, and EnVironmental ChangE (ACHIEVE) initiative.

The Healthy Communities draft action plan identifies three top health priorities for Lynnwood: active living, food access and social connectedness. It also points out factors that currently contribute to health disparities. Socioeconomic factors (such as income, employment stability/conditions, education, safety, housing and discrimination) were listed has having the greatest, long-term impact on health. To balance health equity, the draft plan envisions improving city venues to support biking, walking and other physical activities; creating community food gardens and working with area restaurants, schools and organizations to educate about and offer healthy food choices; and providing events and activities to bring people together with improved community infrastructure and communication of public resources.

"This plan was created by many stakeholders in the community who support the goal of health equality. Individuals, businesses, and government agencies were behind this and its success depends on the collective impact of those supporters in partnership with the city," said Sarah Olson, deputy director of the city's Parks, Recreation and Cultural Arts Department. "When we launched this planning effort six months ago, we had 70 stakeholders who generated hundreds of ideas and from that we defined a solid core of ideas to achieve in the next 10 years."

In the plan's section on active living, Verdant's director of Programs and Community Investments, George Kosovich, outlined three themes.

"The first theme is to make Lynnwood walkable from every front door," he said. "The city is uniquely equipped for this to be developed. Walking is a no-cost offering to better health for almost everyone. The second theme is accounting for community desires, asking 'where can people be active outside' by finding public alternatives to going to a gym. The third theme is about re-education. We don't want to just build sidewalks for people and bikes, we want to change the culture towards healthy behavior."

For access to healthy, affordable local food, the plan had several action objectives such as having restaurants and public venues post nutritional information and offer healthier menu options, increasing the number of community gardens, and effecting city policy to "support the use of public lands for food production and gleaning for community and individual benefit."

The ultimate importance of a sense of community to health was evident in the plan's goal of social connectedness.

"There's strong evidence that individuals that are the most connected are the healthiest," said Kosovich. "We're especially trying to connect people who don't have access or limited access because of language or socioeconomic status. For example, we have an aging population in Lynnwood and we're asking ourselves how we can support them. It's by

partnering with other agencies and public organizations, by creating events and services and communicating better.

There's also a lot of interest in forming neighborhood advisory groups and increasing neighborhood identities. The key takeaway from this is that we want to make sure opportunities for social connectedness are available for all neighborhoods."

More outreach meetings with stakeholders and the public will be forthcoming, according to Olson, followed by the formation of implementation teams in January to create methods to achieve the objectives outlined in the plan. A detailed, updated plan is expected to be finalized in March or April of next year for city approval and adoption into Lynnwood's Comprehensive Plan.

For further information about the Healthy Communities Action Plan, contact Coordinator Marielle Harrington at mharrington@ci.lynnwood.wa.us or 425-670-5532.

- By Karen Law

8