

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

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) October 24, 2018 Board Meeting	Action	8:01	1-4
C. Executive Committee Report	Information	8:02	---
D. Superintendent Report	Information	8:05	5
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:10	6-10
b) Authorization for payment of vouchers and payroll	Action	8:15	11
c) Resolution 2018:08 Fixed Asset Disposition	Action	8:16	12-15
F. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:17	---
b) Program investment recommendations	Action	8:18	16-17
c) Presentation & hunger/health opportunities	Information	8:30	18-20
d) Verdant Community Wellness Center activities update	Information	---	21-22
e) Verdant multicultural program update	Information	---	23
G. Marketing Report	Information	8:40	24
H. Public Comments (please limit to three minutes per speaker)	---	8:45	---
I. Commissioner Comments	---	8:50	---
J. Adjournment	---	9:00	---

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

BOARD OF COMMISSIONERS

Regular Meeting

**Verdant Community Wellness Center
November 28, 2018**

Commissioners Present	Deana Knutsen, President Bob Knowles, Commissioner Fred Langer, Commissioner Jim Distelhorst, M.D. Commissioner
Commissioners Excused	Karianna Wilson, Secretary
Staff	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Community Engagement Nancy Budd, Community Social Worker Karen Goto, Executive Assistant
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:58 a.m. by President Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular board meeting on October 24, 2018.
Executive Committee Report	The committee met via telephone on November 21, 2018 to review the agenda for the November 28, 2018 board meeting and other upcoming events. No action was taken.
Superintendent Report	Dr. Fenn reported on the following items: <ol style="list-style-type: none">1. Ms. Huber, Ms. Waldin, and Ms. Budd will provide a quarterly in-depth report on their activities starting today. The monthly VCWC summary (E:99:18) and multi-cultural report (E:100:18) will continue to be included in the board packets.2. Acknowledgment of staff members: Ms. Huber for her presentation at the recent APHA Conference,

Ms. Waldin for her presentation on Food Insecurity Nutrition Incentive at the Department of Health, Ms. Waldin & Ms. Piplic for coordinating the Survivors of Suicide Loss Day held on November 17, 2018, Ms. Waldin & Ms. Goto for their assistance with the food bank focus groups which will be presented later in today's meeting.

3. December board retreat will be re-scheduled to February 1 to 2, 2019 pending board members' confirmation of availability. Dr. Fenn will send an email to the board to get their confirmation.
4. 2019 regular board meetings: commissioners were split on their preference for morning or evening regular board meetings in 2019. Commissioners decided to have one evening meeting in April 2019 and another evening meeting in October 2019 for the 2020 budget.
5. December 19, 2018 regular board meeting: quorum will be met with Commissioners Knutsen, Distelhorst, and Knowles in attendance.
6. Current committee members will remain in effect until the February 2019 board retreat when officers and committee members will be decided.
7. See the December 2018 Calendar for upcoming events (E:94:18).

Finance Committee Report

Ms. King reviewed the financial statements and cash activity for October 2018 (E:95:18).

Authorization for Payment of Vouchers & Payroll

Commissioner Langer noted for the record that the warrant approval sheet has been updated to read *Warrant Numbers 13150 through 13230 for October 2018 for payment in the amount of \$131,659.90 were presented for approval (E:96:18). **Motion was made, seconded and passed unanimously to approve.***

Resolution 2018:08 – Fixed Asset Disposition

Commissioner Langer presented Resolution 2018:08 approving the fixed asset disposition. **Motion was made, seconded and passed unanimously to approve.**

Program Committee Update

The Program Committee met on November 14, 2018 to review one new funding request and one renewal funding request (E:97:18).

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

Mr. Kosovich presented the requests and Commissioner Knowles presented the committee recommendations to the board.

Motion was made, seconded and passed unanimously to approve Cascade Bicycle Club's Let's Go bicycle education program in the amount of \$32,000 per year for three years for the elementary education program. Commissioners discussed the American Heart Association CPR Kiosk and no motion was made. Commissioner Distelhorst would consider the request if the amount was decreased. Commissioners Knutsen & Langer were not interested in this project. Commissioner Knowles expressed the need for expanded CPR exposure in the district. He stated that data shows only offering CPR classes is not reaching enough of the population.

Hunger & Health Opportunities Presentation

Ms. Waldin presented an in-depth look at the Food Insecurity Nutrition Incentive (FINI) program which includes a fruit and vegetable prescription program led by Verdant (E:98:18). Ms. Waldin also shared data about which groups of people use our local food banks.

Dr. Fenn shared with the commissioners some of the results of the recent focus groups held at two food banks and one school pantry to study the nexus between the food bank and healthcare. There was a total of 27 participants in three groups. The most common health condition among the participants was diabetes. Nutrition education was the top item that participants would like to learn more about. A full report will be provided to the board upon completion.

Mr. Kosovich presented some future opportunities to address some of these issues including a partnership between Food Lifeline and SeaMar with a focus on diabetes and the potential for a registered dietitian and a community resource advocate to be on-site at the food bank and school district food pantry. Commissioners commented on the issue of food insecurity in Verdant's service area.

Marketing Report

Ms. Piplic presented the Marketing report (E:101:18) for November 2018 which included a summary of the 2018 South County Walks data (E:102:18) and the 2019 conference schedule. Ms. Piplic also mentioned that a professional photographer is at Verdant today to take head shots of any board or staff members who would like a new photo.

Public Comments

None


**Commissioner
Comments**

President Knutsen welcomed Commissioner Distelhorst, who was sworn in at the last regular meeting to this month's board meeting.

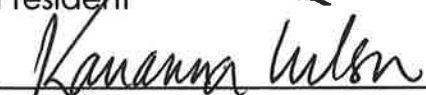
Adjournment

The meeting was adjourned at 9:14 a.m.

ATTEST BY:



President



Secretary

DECEMBER 2018

E: 94:18
11.28.2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 SnoCo Health District Data Walk (TBD at Verdant)	5	6	7	8
9	10	11 South County Veterans' Summit (11am at EdCC)	12 Program Committee (6pm at Verdant)	13	14	15
16	17	18	19 Board Meeting (8-9:30am at Verdant)	20	21	22
23	24 Christmas Eve Verdant office closed	25 Christmas Day Verdant office closed	26	27	28	29
30	31 New Year's Eve Verdant office closed early					

Balance Sheet

As of October 31, 2018

	A	B	C	D
	Dec 31, 2017	Oct 31, 2018	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	1,853,495	1,720,528	(132,967)	
4 Other Current Assets	44,606,558	47,764,326	3,157,769	Includes Investments
5 Total Current Assets	46,460,053	49,484,854	3,024,801	
6 Total Long-term & Fixed Assets	45,773,750	44,054,960	(1,718,789)	Includes Depreciation
7 TOTAL ASSETS	92,233,802	93,539,814	1,306,012	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,066,262	1,340,502	(725,761)	Tenant Prepaid Lease Income
11 Long-term Liabilities	2,050,919	1,999,228	(51,691)	2012 LTGO Bonds
12 Total Liabilities	4,117,182	3,339,730	(777,452)	
13 Total Equity	88,116,621	90,200,085	2,083,464	Annual Net Income/(Loss)
14 TOTAL LIABILITIES & EQUITY	92,233,802	93,539,814	1,306,012	

Profit & Loss

October 2018

	A	B	C	D	E	F
	Oct Actual	Oct Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	897,091	898,879	(1,788)	8,801,634	8,838,107	(36,473)
3 EXPENSES						
4 Operating Expenses	221,016	201,090	(19,926)	1,895,918	1,927,596	31,677
5 Depreciation Expense	159,620	159,588	(32)	1,655,935	1,655,616	(319)
6 Program Expenses	550,343	616,525	66,182	5,106,552	6,142,254	1,035,702
7 Total Expenses	930,979	977,203	46,225	8,658,406	9,725,466	1,067,060
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	251,965	234,813	17,152	1,940,236	2,348,128	(407,893)
10 NET INCOME/(LOSS)	218,077	156,488	61,588	2,083,464	1,460,769	622,695

Monthly Highlights

October 2018

Verdant received dividends payments of \$98,943 and an unrealized loss of \$40,059 on our investment portfolio in October which closed with an ending market value of \$47,035,421.

Program grant commitments total \$6,264,390* and \$8,378,015* for 2018 and 2019 respectively. *Includes BHCF.

Revenue of \$104,584 and expenses of \$82,496 from the Kruger Clinic were incurred, netting to an additional operating income of \$22,088 in October.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
13150	10/01/2018	Ana L Bursch	262.50	Childcare for Strengthening Families 8/10 & 8/17
13151	10/01/2018	Dataworks	1,917.65	IT Support
13152	10/01/2018	Regence Blueshield	5,745.31	Oct 2018 Health Insurance
13153	10/01/2018	Wells Fargo	149.86	Misc.
13154	10/01/2018	Alexander Printing Co, Inc	120.36	Printing NB Business Cards
13155	10/01/2018	Wells Fargo	639.66	Misc.
13156	10/01/2018	Payden & Rygel	7,474.00	8/1-8/31/18 Investment Advisory Services
13157	10/01/2018	Snohomish County PUD	897.18	Electricity
13158	10/01/2018	Sound Publishing, Inc.	42.00	Legal Notice 9/26/18 Board Meeting
13159	10/01/2018	Juan Estrella Gonzalez	85.00	Facilitator for Strengthening Families 9/28
13160	10/01/2018	Laura Miramontes	52.50	Childcare 9/27 EBT Class
13161	10/01/2018	Susana Flores	195.00	Childcare for 9/21 & 9/28 Strengthening Families; 9/27 EBT Class
13162	10/01/2018	Yasaura Carvajal	120.00	Childcare for 9/21 & 9/28 Strengthening Families
13163	10/01/2018	Yolanda Gonzalez	85.00	Facilitator for Strengthening Families Class 9/28
13164	10/01/2018	Azose	3,165.00	October 2018 Management
13165	10/01/2018	Consolidated Landscape Maintenance, Inc.	440.50	Oct 2018 Landscaping maintenance
13166	10/03/2018	AA Dispatch, LLC	27.15	Taxi Service 8/31/18 (#77844 +& #77901)
13167	10/03/2018	ELTEC Systems, LLC	264.96	Oct 2018 Elevator Maintenance
13168	10/03/2018	Lighthouse (formerly Discovia)	5,117.78	PRR Aug 2018
13169	10/03/2018	Pacific Medical Centers(PacMed)	242.83	WC 175 - Living Well Alliance
13170	10/03/2018	Parsi Properties LLC	2,634.00	Oct 2018 - Parking lot lease
13171	10/03/2018	Puget Sound Energy	48.52	Account #220001924632
13172	10/03/2018	Sound Publishing, Inc.	89.60	Legal Notice 9/19 & 9/26/18 Special Board Meeting
13173	10/03/2018	Thomas & Associates	5,244.90	Consulting Feb 9, 2018-June 21, 2018
13174	10/03/2018	WA Department of Revenue	19,317.30	Q3 2018 Leasehold Excise tax return
13175	10/03/2018	Waste Management	298.25	Garbage/Recycle
13176	10/03/2018	Jennifer L Piplic	1,162.65	Tuition & Supplies Reimbursement
13177	10/03/2018	Nohemi Rivera Carreon	300.00	Promotoras Organizing
13178	10/03/2018	Velia Lara	1,300.00	Instructor for Strengthening Families Program
13179	10/03/2018	Executive Speakers Bureau	6,000.00	VHCC 2019 Deposit for Eric Klinenberg
13180	10/03/2018	Nancy L Budd	55.06	Reimbursement for CHART Client
13181	10/03/2018	Sandra S Huber	126.58	Reimbursement for Meals for Strengthening Families
13182	10/10/2018	AmeriFlex Business Solutions	17.25	Oct 2018 FSA Administration
13183	10/10/2018	Comcast	525.91	Telephone/Internet
13184	10/10/2018	Corporate Security LLC	299.17	Oct 2018 Parking Lot Security
13185	10/10/2018	Dataworks	1,092.48	IT Support
13186	10/10/2018	Dynamic Language	159.62	Translation Services
13187	10/10/2018	Electronic Business Machines	40.08	7/22-8/21/18 Copy Machine
13188	10/10/2018	Sound Dietitians	3,029.07	WC 170-Healthy Living Coaching / WC 169-Nutrition Consulting
13189	10/10/2018	Sound Publishing, Inc.	39.20	Legal Notice 10/3/18 Board Meeting
13190	10/10/2018	US Bank	300.00	2012 LTGO Bonds
13191	10/10/2018	Verizon	100.80	Cell Phones
13192	10/10/2018	Comcast	294.81	Telephone/Internet
13193	10/10/2018	Armstrong Services	1,451.20	Sept 2018 Janitorial

Warrant Number	Transaction Date	Payee	Amount	Purpose
13194	10/10/2018	Lowe Graham Jones PLLC	218.00	Sept 2018 Trademark monitoring
13195	10/10/2018	Ana L Bursch	120.00	Childcare for Strengthening Families 10/5 & 10/12
13196	10/10/2018	Susana Flores	45.00	Childcare for 10/5 Strengthening Families
13197	10/10/2018	Yasaura Carvajal	120.00	Childcare for 10/5 & 10/12 Strengthening Families
13198	10/17/2018	City of Lynnwood	1,045.00	Sept 2018 After Hours Support (65 hrs)
13199	10/17/2018	Consolidated Landscape Maintenance, Inc.	143.52	Fall Shut off of sprinklers
13200	10/17/2018	Edmonds Chamber of Commerce	482.00	2018 Membership Dues
13201	10/17/2018	US Postal Service	13,402.34	Postage for Fall 2018 Canopy Newsletter
13202	10/17/2018	Lisa M King	42.31	Reimbursement
13203	10/17/2018	Bank of America - Trust	2,500.00	Annual trust fee for US Trust for Jon Smiley Account
13204	10/17/2018	Seattle Food Nut	586.41	WC 179 - Nutrition Programming
13205	10/24/2018	Regence Blueshield	5,745.31	Nov 2018 Health Insurance
13206	10/24/2018	Staples	353.40	Supplies
13207	10/24/2018	Department of Labor and Industries	448.15	3Q18 Self Insurance Fund
13208	10/24/2018	Lighthouse (formerly Discovia)	2,426.25	Sept 2018
13209	10/24/2018	Jason Becker Creative	1,094.40	Photography & Design for Fall 2018 Canopy
13210	10/24/2018	Neopost	90.00	Postage
13211	10/24/2018	Principal	1,804.50	EE Life Insurance
13212	10/24/2018	Wells Fargo	2,712.22	Misc.
13213	10/24/2018	Ana L Bursch	165.00	Childcare-Strengthening Families 10/19 and 10/26 & Power of your word 10/20
13214	10/24/2018	Maria Isabel Quijano	525.00	WC 203 - Hands Only CPR in Spanish Facilitator
13215	10/24/2018	Susana Flores	157.50	Childcare-Strengthening Families 10/19 and 10/26 & Power of your word 10/20
13216	10/24/2018	Yasaura Carvajal	150.00	Childcare-Strengthening Families 10/19 and 10/26 & Power of your word 10/20
13217	10/24/2018	Dataworks	2,302.95	IT Support
13218	10/24/2018	Wells Fargo	3,150.02	Misc.
13219	10/31/2018	Ana Evelin Garcia	1,800.00	WC 211 - Basic Writing as a healing tool workshop
13220	10/31/2018	Consolidated Landscape Maintenance, Inc.	440.50	Nov 2018 Landscaping maintenance
13221	10/31/2018	Electronic Business Machines	44.08	10/22-11/21/18 Copy Machine
13222	10/31/2018	Parsi Properties LLC	2,634.00	Nov 2018 - Parking lot lease
13223	10/31/2018	Puget Sound Energy	52.33	Natural Gas
13224	10/31/2018	Snohomish County PUD	874.18	Electricity
13225	10/31/2018	Sound Publishing, Inc.	39.20	Legal Notice 10/24/18 Board Meeting
13226	10/31/2018	Awards Service Inc	23.74	Name Plate for Dr. Distelhorst
13227	10/31/2018	City of Lynnwood - Utilities	805.89	Water/Sewer
13228	10/31/2018	Lynnwood Convention Center	3,785.00	Deposit for VHCC 2/21/19
13229	10/31/2018	Waste Management	318.89	Garbage/Recycle
13230	10/31/2018	Wells Fargo	42.12	Misc.
		Total Warrants	121,659.90	
1027-1042	Oct-18	Various Claimants/Vendors	34,364.92	Administered by Azose (Formerly PMNW)

Kruger Clinic Activity:

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	10/12/2018	Payroll	22,063.35	ACH payroll transfer
	10/12/2018	Department of Treasury	7,134.85	Payroll taxes for 10/6/18 pay period ending
	10/12/2018	Valic	3,541.94	Payroll 401(a)/457 Deposit
	10/12/2018	Paychex	144.70	Fee for payroll processing
	10/26/2018	Payroll	22,144.16	ACH payroll transfer
	10/26/2018	Department of Treasury	7,155.02	Payroll taxes for 10/20/18 pay period ending
	10/26/2018	Valic	3,542.87	Payroll 401(a)/457 Deposit
	10/26/2018	Paychex	122.70	Fee for payroll processing
	10/12/2018	Wells Fargo Merchant Services	76.07	Merchant Services
	10/12/2018	Wells Fargo	6.35	Fees
	10/15/2018	Alzheimer's Association Western & Central	7,209.16	Program Payment
	10/15/2018	Boys & Girls Club of Snohomish County	24,583.33	Program Payment
	10/15/2018	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	10/15/2018	Center for Human Services	32,279.16	Program Payment
	10/15/2018	ChildStrive	50,150.16	Program Payment
	10/15/2018	City of Lynnwood	8,718.33	Program Payment
	10/15/2018	City of Mountlake Terrace	5,040.00	Program Payment
	10/15/2018	Cocoon House.	5,000.00	Program Payment
	10/15/2018	Compass Health	14,857.80	Program Payment
	10/15/2018	Domestic Violence Services Snohomish Co	5,566.50	Program Payment
	10/15/2018	Edmonds School District No. 15	112,465.25	Program Payment
	10/15/2018	Edmonds Senior Center	9,666.67	Program Payment
	10/15/2018	Homage Senior Services	60,586.67	Program Payment
	10/15/2018	Korean Women's Association	5,000.00	Program Payment
	10/15/2018	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
	10/15/2018	Medical Teams International	8,100.00	Program Payment
	10/15/2018	PEPS	3,250.00	Program Payment
	10/15/2018	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	10/15/2018	Project Access Northwest	10,416.67	Program Payment
	10/15/2018	Puget Sound Christian Clinic	65,991.00	Program Payment
	10/15/2018	Puget Sound Kidney Centers Foundation	3,333.33	Program Payment
	10/15/2018	South Snohomish County Fire & Rescue	36,103.34	Program Payment
	10/15/2018	Therapeutic Health Services	20,833.33	Program Payment
	10/15/2018	Volunteers of America Western WA	6,750.42	Program Payment
	10/15/2018	Wonderland Development Center	12,458.33	Program Payment
	10/26/2018	WA Department of Revenue	808.09	B&O/Retailing Sales Tax for Aug 2018
	10/22/2018	Department of Labor and Industries	557.02	3Q18 L&I - State Fund
	10/1/2018	AmeriFlex Business Solutions	54.67	FSA Payment
	10/11/2018	AmeriFlex Business Solutions	341.54	FSA Payment
	10/19/2018	AmeriFlex Business Solutions	341.54	FSA Payment
		Total Wires/ACH Transactions	586,977.66	
		Total Disbursements	\$ 743,002.48	

Transaction Date	Payer	Amount	Purpose
10/1/2018	Swedish/Edmonds	825,840.89	Monthly leases
10/1/2018	Value Village	27,614.77	Monthly lease
10/1/2018	Raymond Liu, D.D.S.	3,661.64	Kruger Clinic monthly lease
10/1/2018	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
10/1/2018	Seattle Skin & Laser	8,188.79	Kruger Clinic monthly lease
10/1/2018	Puget Sound Gastro	27,676.28	Kruger Clinic monthly lease
10/10/2018	Snohomish County	30,359.62	Levy
10/24/2018	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
10/1/2018	Lisa King	3.30	Reimbursement
10/4/2018	Washington State University	318.13	Reimbursement for Strengthening Families Meals
10/4/2018	Swedish Edmonds Children's Clinic	100.00	WO at Kruger Clinic
10/22/2018	Girl Scouts of Western WA	200.00	Deposit for use of VCWC
	VCWC Class Registration	295.00	Class Registrations
	Total Deposits	\$ 929,006.77	

E: 96:18
11.28.2018

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT #2
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 13150 through 13xxx have been issued for payment in the amount of ~~\$xxx~~ These warrants are hereby approved. 13230

\$ 121,659.90

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	10-1-18 – 10-31-18		\$26,013.86
Kruger Claims Pd:	10-1-18 – 10-31-18		37,203.91
Work Comp Claims Pd:	10-1-18 – 10-31-18		2,575.34
Payroll:	9-23-18 – 10-6-18	20,346.36	
	10-7-18 – 10-20-18	<u>22,807.61</u>	
			43,153.97
Electronic Payments:	Payroll Taxes	14,444.84	
	Valic Retirement	6,988.74	
	Paychex	230.98	
	Ameriflex	732.29	
	Bank Fees	70.00	
	WA State Dept Revenue	806.05	
	Program Expenditures	<u>518,205.38</u>	
			<u>541,478.28</u>
	Grand Total		<u>\$650,425.36</u>

E: 97:18
11.28.2018

Program Oversight Committee Summary Report November 2018

Two programs for discussion: one renewal application and one new program up for board discussion

1.) Cascade Bicycle Club – Let’s Go	Request Year 1	Request Year 2	Request Year 3
	\$50,000	\$50,000	\$50,000
<p>Program Description: a renewal request for a bicycle education program called Let’s Go, which is a free, three-week safety unit that provides PE teachers with the curriculum, skills, and equipment needed to implement a bicycle and pedestrian course for their students. In South Snohomish County, this program works with 15 schools and teachers grades three to eight.</p>			
<p>Expected Results</p>	<p>Verdant funds have previously supported the middle education school program. This request would support both the elementary and middle school students, increasing the number served from ~2,500 students to 4,700. The middle school program has tracked pre/post knowledge, program participation, and increase in ridership and intended ridership. Last year the program struggled to collect post data from more than 40% of teachers. In prior years Cascade has been able to capture the data and believes it can continue to do so. Interestingly, the pre-test data shows that middle school riders scored ~90% on their pre-test measures.</p>		
<p>Use of Funds & Costs</p>	<p>The current annual grant funding level is \$32,000 in support of just the middle school program. Cascade is requesting an increase to \$50,000 and to fold in support of elementary and middle school efforts. Funds would also support replacement of some aging equipment/bikes. The Program leverages ~\$11,000 private fundraising and grants.</p>		

2.) American Heart Association – CPR	Request Year 1	Request Year 2	Request Year 3
Kiosk	\$125,000	\$125,000	\$125,000
<p>Program Description: a sponsorship request for an interactive kiosk that features a touch screen with a video program that gives a CPR lesson followed by a practice session and a 30-second CPR test. With the help of a practice manikin, or a rubber torso, the kiosk gives feedback about proper CPR technique. The AHA is interested in exploring the placement at a kiosk at Alderwood Mall.</p>			
<p>Expected Results</p>	<p>There are not currently any CPR kiosks located in Washington State, but there are 30 nationwide that are placed in busy locations like convention centers, airports and malls. The kiosk can track the number of people trained and those that demonstrate proficiency by completing the 30 second test. The kiosks provide regular reports on usage and a typical kiosk will be used by ~10,000 people per year. Research provided by the AHA indicated that the kiosk training compares favorably to in-person and video-based training.</p>		
<p>Use of Funds & Costs</p>	<p>Funds would support the development and sponsorship of a kiosk. AHA would provide in-kind marketing to support of the project. AHA has reached out to the Alderwood mall to better understand any site rental or other costs there.</p>		

Program Committee Recommendations (Commissioners Knowles & Knutsen)

Recommended for Partial Funding:

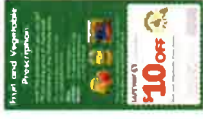
- **Cascade Bicycle Club – Let’s Go:** the committee is recommending the program for partial funding at the current level of \$32,000 per year for three years. The committee members would like those funds to support the elementary education program because that appears to be where the largest knowledge gap exists. Verdant funds were originally used to establish the middle school program and committee members were interested in Cascade attempting to identify new sources of funding for that program.

For Board Discussion:

- **American Heart Association – CPR Kiosk:** the committee discussed the program concept but did not reach consensus on a recommendation. The committee members wanted the full board to discuss the project and determine if there was interest in funding this type of program at the approximate sponsorship level.



Food Insecurity Nutrition Incentive Grant Fruit & Vegetable Rx Program



What is FINI? The Food Insecurity Nutrition Incentive Grant is a federal grant through the USDA, and is designed to make it easier for participants in the Supplemental Nutrition Assistance Program (SNAP or Food Stamps) to afford more fruits and vegetables. The WA Department of Health was awarded a \$5.8 million 5-year FINI Grant in 2015 and has brought on partners throughout WA.

How is Verdant participating in the FINI Grant? In 2018, Verdant took on the role as lead organization for Snohomish County administering the Fruit & Vegetable Rx Voucher Program. Verdant's unique model for voucher distribution includes partners across a variety of community and clinical settings.

Community Organization Partners (meeting 1:1 using voucher dosing model)	Clinical Partners (meeting 1:1 using voucher dosing model)	Nutrition Education Partners (group classes - 1 voucher per attendee)
Edmonds School District - Student & Family Advocates	Swedish Edmonds Hospital RDNs	Sound Dietitians LLC
Domestic Violence Services of Sno. Co. Housing Advocates	Puget Sound Kidney Center RDNs	Homage Senior Services
Mercy Housing Resident Service Coordinators	Molina Healthcare Clinic (MA/ Referral Coord.)	WSU – Ext. Sno. Co. SNAP Education
SHAG Senior Housing Resident Service Coordinators	Community Health Center of Sno. Co. RDNs	Verdant – Monthly EBT Classes
Community Social Workers (Verdant/Edmonds Senior Ctr)		Snohomish Health District WIC Clinic

Other Verdant Program Details:

- A \$10 Non-SNAP Rx voucher was created to support immigrants, low-income seniors and other food insecure populations that live in Verdant's service area. The vouchers are reimbursed using Verdant \$\$
- Dosing Model – professionals meeting 1:1 with clients can dose by household size
- Group Nutrition Education Classes
- Verdant-sponsored "Stretching Your EBT Food Dollars" monthly cooking demo PLUS additional cooking demos at South County Food Banks, low income senior housing sites and the local WIC Clinic

What have we seen / learned from April 1 – Sept 30, 2018:

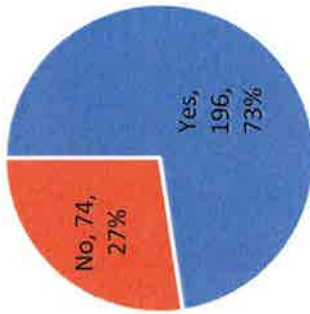
- Individuals in our community who are food insecure but do not receive SNAP benefits include:
 - Seniors on limited / fixed incomes
 - Immigrants without documented status (some fear going to food banks because they are affiliated with the government)
 - Mixed immigration status families who do not apply for benefits for eligible household members due to fear
 - Situational food insecurity (cancer treatment, change in family situation, etc.)
 - Individuals with incomes just over the SNAP eligibility limit who really struggle to afford housing costs and buy food
- Food Bank users identify with a variety of health conditions and find it challenging to access the food they need to manage their health

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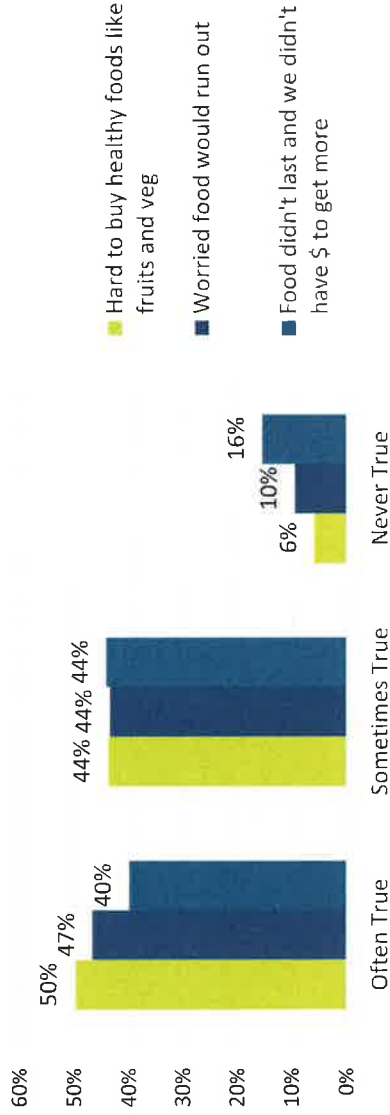
Summary of 1:1 Client Visits Using the Dosing Model

Initial Client Survey Results (n=270)

Clients Have EBT/SNAP?

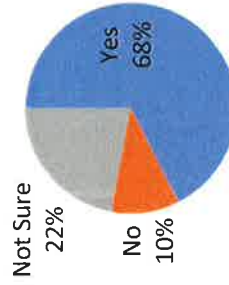


Pre Survey: Food Security (n=270)

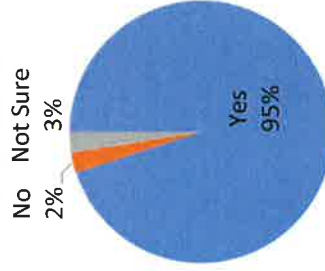


Post Survey Results

As a result of Rx are you able to manage health conditions better (n = 88)



As a result of the Rx are you eating more fruit/veg? (n = 88)



Fruit & Vegetable Rx Voucher Distribution Summary (April 1 – September 30, 2018)

1:1 Distribution Model	SNAP	464	Non SNAP	216
Onsite Group Classes	SNAP	209	Non SNAP	26
Total Vouchers Distributed	SNAP	673 (59%)	Non SNAP	242 (21%)

Hunger & Health Discussion

- **Verdant Activities:** FINI, nutrition education at WIC, senior housing, and “Stretching your EBT Dollars” at Verdant Community Wellness Center
- **Preliminary focus group feedback**
- **Opportunities:**
 - Food Banks
 - Clinics
 - Schools
- **Board discussion and questions**

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**Verdant Community Wellness Center Summary
November 2018**

Completed Programs (October/November)

1. General Community and Provider Events	Attendance
1. Evergreen Dementia Training (10/23)	20
2. Monthly Hero's Café for Veterans (10/23)	100/session
3. SCHLC Nutrition Accelerator Meeting (10/25)	8-10
4. Early Achievers Childcare Provider Training (10/27)	9
5. Snohomish County Human Services CBIT Training (10/29, 30)	25/session
6. Parkinson's Disease AM Support Group (11/5)	6-8
7. SHIBA Update Trainings (11/6)	25
8. Korean Women's Association Everyday Prevention Workshops (11/1)*	40
9. Family & Kinship Caregiver Support Groups (11/1, 15)	8/session
10. ARC Mothers of Children with Disabilities Monthly Support Network (11/3)	10
11. Food Lifeline Hunger & Health Stakeholder Meeting (11/7)	18
12. Community Foundation of Snohomish County Training (11/7)	16
13. Foster Parent Trainings (11/ 7, 13, 14, 21, 28)	15/session
14. Sebastien's Place Team Meeting (11/8)	4-6
15. Snohomish County Early Intervention Providers Meeting (11/8)	15
16. Welcome to Medicare Monthly Workshops (11/16)	20
17. Sea Mar Weekly Health Insurance & Basic Food Enrollment (weekly)	varies
18. Ongoing – Community Support for Prescription Assistance (weekly)*	varies
<small>varies</small>	
2. Nutrition and Healthy Behaviors	Attendance
1. Beginning Tai Chi (10/15 – 11/5)*	6-8/session
2. Using Nutrition to Manage Heart Health Series (10/18 – 11/1)*	11/session
3. Weekly Healthy Living Coaching Group (10/ 30; 11/6, 13, 20, 27)*	10-15/session
4. Cooking Demo for Adults on SNAP – Monthly FINI Training (10/ 25, 11/15)*	20-24/session
5. Cooking Demo: Holiday Side Dish Makeover (11/ 5)*	27
6. Surviving & Thriving with Chronic Kidney Disease (11/7– 12/19)*	15-20/session
7. Teen Cooking Class: Gifts from the Kitchen (11/10)*	13
8. Girl Scout Cooking Class (11/13)	9
9. Diabetes-friendly Holiday Recipes + Diabetes Support Group (11/14)*	23
10. Learn & Taste: Nutrition for Cancer Prevention (11/15)*	17
11. Plant-powered Whole Foods Challenge (11/19 – 12/17)*	9
3. Behavioral Health & Substance Use	Attendance
1. Managing Difficult Emotions (10/ 2 – 11/20)*	8-10 /session
2. Mindfulness Self Compassion for Providers (10/4 – 11/17)*	12-14 /session
3. Mindfulness Skill-building & Practice Group (10/17 – 12/19)	4-6/session
4. NAMI Connections Mental Health Support Group (10/25; 11/8)	varies
5. Using Yoga to Manage Holiday Stress (11/7, 14, 28; 12/5)	8-11/session
6. Brain Health and Wellness Classes (11/7, 14)*	varies
7. Gender Diversity Family Support Group (11/11)	13
8. Survivors of Suicide Loss Day (11/17)	29
9. Adult Children of Alcoholics Weekly Support Group (weekly)	varies
10. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)	varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	20+/week

**Verdant Community Wellness Center Summary
November 2018**

Upcoming Programs (November/December)

A. General Community and Provider Events

1. Monthly Hero's Café for Veterans (November 27, December 18)
2. Swedish Edmonds Leadership Retreat (November 29)
3. ARC Mothers of Children with Disabilities Monthly Support Network (December 1)
4. Parkinson's Disease AM & PM Support Groups (December 3)
5. Snohomish Health District Data Walk (December 4)
6. City of Lynnwood Healthy Communities Meeting (December 4)
7. ESD Health Services Team Meeting (December 5)
8. Medicare Open Enrollment Event (December 5)
9. Family & Kinship Caregiver Support Groups (December 6, 20)
10. Korean Women's Association Everyday Prevention Workshops (December 6)*
11. Sebastien's Place Team Meeting (December 6)
12. U of WA Memory & Brain Wellness FTD Education Day (December 11)
13. Snohomish County Early Intervention Providers Meeting (December 13)
14. Welcome to Medicare Monthly Workshops (December 21)

B. Nutrition and Healthy Behaviors

1. Surviving & Thriving with Chronic Kidney Disease (November 7– December 19)*
2. Weekly Healthy Living Coaching Group (November 27; December 4, 11, 18)*
3. Road Back to Recovery Kidney Support Group (November 27)
4. Core Strength and Improving Balance Series (November 28 – December 19)*
5. Family Cooking Class – Healthy Holiday Treats (December 8)*
6. Cooking Demo: Wholesome & Hearty Dinner Salads (December 10)*
7. Diabetes Support Group (December 12)
8. Cooking Demo for Adults on SNAP – Monthly FINI Training (December 20)*

C. Behavioral Health & Substance Use Focus

1. Mindfulness Skill-building & Practice Group (October 17 – December 19)*
2. Using Yoga to Manage Holiday Stress (November 7, 14, 28; December 5)*
3. Brain Health and Wellness Classes (November 27, 29; Dec 4, 11)
4. NAMI Connections Mental Health Support Group (December 13, 27)
5. Adult Children of Alcoholics Weekly Support Group (weekly)
6. Veterans Drop-In Support (weekly - Lynnwood & monthly - County)

* = Grant / Program Funded Partners

October 2018 Multicultural Program & Outreach Report

Strengthening Families: This is a 7-week parenting class for parents who have not participated before and who want more cooperative, positive, and respectful relationships with their teenagers. Single parents are welcome to participate. Parents and youth 10-14 years old participate in the workshop where trained facilitators help parents to support their youth developing skills to manage peer pressure and build a strong future. Serving 10 families.

Hands-On only CPR: October 20th Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult collapse in an "out-of-hospital" setting (such as at home, at work or in a park). This class will be open to the community and offered in Spanish.

Among Women: What we won't ask our best friend Sexual Health Workshop: Educational opportunity for women to learn about taking care of ourselves including our sexual and reproductive health. This means getting to know our body and understanding the importance of getting regular check-ups, as well as addressing any other issues.

The Power of your Word in Healing: Connection is a conversation between the patient story and the language of medicine. Words have the power to transform healthcare and if you don't speak their language, they won't hear you. This workshop will help community members to empower themselves to advocate for informing medical providers "What word(s) should they stop using or limit use of with patients and/or their families and why.

Cooking with Cops: Bridging the gap between youth and law enforcement: Kids joined our Lynnwood law enforcement to prepare healthier food options from scratch. Kids learned basic cooking skills, kitchen safety tips and have fun! The goal of this program was: 1) focus on health and wellness 2) Create a sense of community 3) Build trust and relationships between law enforcement and residents with an emphasis on nutrition education

November Upcoming program:

Alebriges: The art of healing Workshop: An opportunity to support emotional healing through art & creative expression for those living in pain, grief, fear or stress. Art gives pain and trauma a voice and meaning by providing expressive abstract art to support emotional healing.

Spanish Language Holiday Meal Cooking Demo: The end of the year parties are an opportunity to be with family and friends, to laugh and share our family traditions. This demo led by a dietitian nutritionist teaches how to enjoy in moderation the delights of traditional meals this season. Recipes and food samples will be provided to all participants. In this adult demonstration class, participants learn how to prepare healthy side dishes for holiday celebrations and modify some of their favorite dishes for the holidays.

November 2018 Marketing Report

Planning for 2019 Conferences & Forums

- New structure for 2019 events:
 - A shorter (morning only) Verdant Healthier Community Conference for providers on Thursday, February 21, 2019
 - A new full-day Latina Health Conference on a Saturday in October 2019 (delivered in Spanish)
 - A new partial-day Community Health Forum on a Saturday in fall 2019 (date TBD, delivered in English)
- With this approach, we can introduce new opportunities to our community while not losing the momentum we have in place with our provider event.
- We are leveraging our established relationships with VHCC sponsors to gain support for our new events. Requests for sponsors are out now, and we have several packages available.

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South County Walks 2018 Data

- Data collected is based on self-reported sign-in sheets from each walk. We recognize that not all walkers signed in each week or completed all fields on the form.
- We offered more walks in 2018, a total of 57 walks, which was an increase from 40 walks in 2017.
- Walks had an average of 10.2 people per walk. 580 (duplicated) walkers over the course of the 57 walks.
- Removing duplicates, here are some details about the walkers:

	2016	2017	2018
1 walk	46	46	46
2-3 walks	36	50	18
4-7 walks	34	44	27
8 walks or more	13	30	25
Subtotal	129	170	116

- Here is the breakdown of duplicated walkers per site:

Site	Gross # Walkers
Edmonds	223
Lynnwood	135
MLT	86
Verdant	136
Grand Total	580

- Of those who reported their zip code (579 duplicated):
 - 96% live in our hospital district (or a zip code partially in our district)
 - 45% in Lynnwood/Brier zip codes
 - 33% in Edmonds zip codes
 - 13% in Mountlake Terrace zip code

Zip	Gross # Walkers
98036	162
98026	97
98020	96
98043	74
98037	67
98087	29
98028	18
98021	17
98012	12
98046	2
98203	2
98201	2
98296	1
(blank)	
Grand Total	579

- Prize data:
 - 42 incentive cards submitted (down from 56), representing 23 households (mostly spouses & individuals)
 - Fitbit – 10
 - Shoe voucher – 19
 - Active living prize pack – 1
 - Orca Card – 11