

The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Spring 2019

A stronger, healthier community

What makes a community healthy? Is it when there are low rates of sickness and disease? Or active, fit residents? These areas may be what you imagine first when you think of health, and they are very important, but is that it?

We at the Verdant Health Commission also envision social connectedness and mental health as part of the picture of a healthy community. New York University Professor of Sociology Eric Klinenberg spoke in February about this issue to more than 200 community providers who serve South Snohomish County at the Verdant Healthier Community Conference. He reminded us that the strength of a community can depend on how connected we are with one another. He stressed that the places where we gather can build a sense of belonging, which can positively affect health.

As Superintendent Robin Fenn shares in her message on page three of this newsletter, loneliness affects all portions of our population. Engaging with those around you is one way to build a stronger community, and we strive to provide those opportunities at the Verdant Community Wellness Center and through many of our grant programs.

Verdant hosts gatherings of parents with young children weekly at Play & Learn while on a monthly basis we host veterans at Hero's Café, family caregiver meetings, older Korean-speaking adults learning about health topics, and more. Verdant is a designated "Safe Place" for teens in crisis and a location for Volunteers of America North Sound 2-1-1 for people with basic needs. Our multi-week programs and one-time classes also provide a chance to be with others who share a common interest.

Take a look through this edition of *The Canopy* to gain more ideas about programs to build community strength and health. Please join us if you can!



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Andy Bronson/The Herald



Fun and healthy activities all summer long

Meet Me at the Park

Join us for free activities and fun at these family-friendly events!

6:30-8 p.m. on the following Tuesdays:

July 9 at Wilcox Park

July 16 at South Lynnwood Park

July 23 at North Lynnwood Park

Learn more at verdanthealth.org/events



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Do you enjoy walking and want to volunteer this summer leading free walks in our community?

The South County Walks program includes daytime and evening community walks throughout the summer, and we are looking for interested volunteers to help! An information and training session will take place on Thursday, June 13, 2019 from 5:30-6:30 p.m. at the Verdant Community Wellness Center. Please email sue.waldin@verdanthealth.org or call (425) 582-9412 to RSVP or get more information.



bike 2 health

SOUTH COUNTY RIDES

Grab those handlebars and join us for free, family-friendly bike rides this summer!

As part of the Verdant-supported Bike2Health program in South Snohomish County, Cascade Bicycle Club is leading beginner-friendly rides this spring and summer. Cascade's trained education staff offer tips on: basic bike handling skills, navigating routes, and group etiquette during these fun and relaxed rides.



Rides begin in April and run through September with monthly or weekly opportunities to ride. You can expect a leisurely pace, flat terrain, and relatively short rides on protected bike paths or low-traffic streets. Participants must have basic bike handling skills, wear a helmet, bring a bike without training wheels (balance bikes are OK), and be no younger than six years old. Limited to 12 participants per ride, plus two trained ride leaders.

Learn more and register at cascade.org/bike2health

VERDANT Healthier Community CONFERENCE

The following awards were given at the Verdant Healthier Community Conference:



Outstanding Community Advocate Award:
Peter Hallson of Edmonds Bicycle Advocacy Group



Service to Our Community Award:
Neighbors in Need, accepted by Trinity Lutheran Church Pastor Hector Garfias-Toledo (center)



Innovative Program Award: Community Health Center of Snohomish County for its initiative to certify all providers in the Medication-Assisted Treatment Program



Community Collaboration Award:
Whole Families, Whole Communities program of the Foundation for Edmonds School District

Building community to strengthen connections

Message from the Superintendent

Some say that in our current environment, it is difficult for people to be lonely. With modern technology, you can "connect" with others within a matter of seconds. Despite these instantaneous connections, people still report feeling alone.

Who feels lonely? Many believe that it is most prevalent in the elderly population due to decreased mobility and loss of social networks. However, loneliness affects people of all ages. Up to 80 percent of adolescents report often feeling lonely compared to 40 to 50 percent in the elderly populations. We often don't consider that it is possible to be lonely even when one is surrounded by people and seemingly has a lot of friends. Loneliness has more to do with the quality of relationships as opposed to the number of relationships we have.

So how do we address this? One of the primary ways is to create spaces that allow people to connect in meaningful ways; spaces that foster a sense of community. Author and digital anthropologist Brian Solis once said, "Community is much more than belonging to something; it's about doing something together that makes belonging matter."

At our recent Verdant Healthier Community Conference, we had the opportunity to hear from those in the Puget Sound area who are using their physical spaces in creative ways to bring people together and build connections. Given that the current research shows that loneliness can have health impacts greater than those from being obese and that long-term loneliness increases mortality by up to 25 percent, the effect of reshaping physical infrastructure has great implications for overall health.

Take a look at the awards given (shown on this page) at the Verdant Healthier Community Conference in February. These recipients demonstrate dedication and service to our South Snohomish County community, and we are privileged to recognize them.



Sincerely,



Robin Fenn, Ph.D., LICSW
Superintendent

Lifestyle Modification Programs

Are you ready to commit to change?

At Verdant, we regularly offer free, one-time classes to teach healthy habits. We have recently begun offering small-group, multi-week programs to encourage lifestyle modification with support of experts over the course of 3-6 weeks, depending on the program. Some of these programs have a fee in place, typically ranging from \$15-25, with scholarships available to those who qualify. Programs include Cooking with Confidence (\$15), Diabetes-Friendly Living for Adults with Type 2 (free), and more.

Visit verdanthhealth.org or call (425) 582-8600 to learn more.



To browse a monthly view of Verdant's programs, visit our website at verdanthhealth.org/events (pictured above) and click the program title to read more or register.

Why am I Getting This Newsletter?

About the Verdant Health Commission

All residences in Public Hospital District No. 2, Snohomish County/Verdant Health Commission, receive a copy of this print newsletter to learn more about the health and wellness services available in South Snohomish County.

This newsletter includes information about many of the programs Verdant supports. To learn more, visit verdanthhealth.org or call (425) 582-8600.



Did you know?

- Verdant provides grants to community organizations for health and wellness work that serves the public.
- Verdant is governed by a publicly elected board and is funded by a combination of rental income and tax revenue.
- Verdant offers free or low-cost healthy lifestyle classes at the Verdant Community Wellness Center in Lynnwood.

Board of Commissioners

The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member of the board is elected to a six-year term. Board meetings regularly take place the fourth Wednesday of each month and are open to the public. Meeting information is available at verdanthhealth.org/public-meetings.



Jim Distelhorst, MD



Bob Knowles



Deana Knutsen



Fred Langer, RN, Esq.



Karianna Wilson

Current Programs & Community Investments

The organizations and programs below have been supported by Verdant in 2019, with four of the programs featured on the following pages.

VERDANT PROGRAMS

Behavioral health support groups
Building community resiliency
Chronic disease prevention
Community engagement & outreach
Nutrition & physical activity education
Parenting support
Walking groups
Weight management/reduction

SUPPORTING SENIORS

Alzheimer's Association
Edmonds Senior Center
Homage Senior Services
Northwest Parkinson's Foundation

BEHAVIORAL HEALTH

Center for Human Services
Compass Health
Edmonds School District
Puget Sound Christian Clinic
Therapeutic Health Services

CARE COORDINATION

Compass Health
Homage Senior Services
South Snohomish County Fire & Rescue
Volunteers of America Western Washington

HEALTHCARE AND DENTAL ACCESS

Community Health Center of Snohomish County
Medical Teams International
Prescription Drug Assistance Network
Project Access Northwest
Puget Sound Christian Clinic

CHILDHOOD OBESITY

Boys & Girls Club of Snohomish County
City of Lynnwood
City of Mountlake Terrace
Edmonds School District
Girls on the Run

OTHER PREVENTION

American Red Cross
Snohomish County Chapter
Cascade Bicycle Club
ChildStrive
City of Edmonds
City of Lynnwood
City of Mountlake Terrace
Domestic Violence Services of Snohomish County
Edmonds Community College
Edmonds School District
Edmonds Senior Center
Foundation for Edmonds School District

Kindering
Korean Women's Association
Leadership Snohomish County
Leukemia & Lymphoma Society
Parent Trust
PEPS
Puget Sound Kidney Center
Seattle Visiting Nurses
South Snohomish County Fire & Rescue
Washington Poison Center
Wonderland Child & Family Services
YMCA of Greater Seattle

Partnership supports oral health for youth

Edmonds School District and Community Health Center of Snohomish County partnered to offer a School-Based Sealant Program in nine local elementary schools with support from Verdant. The program has expanded from the 2017-18 school year as an effective way to connect children with a screening exam and sealants, while minimizing their time away from the classroom. Dental sealants protect the permanent molars from cavities, encouraging the students' mouths to stay healthy up to adulthood.



Domestic Violence Services now in Lynnwood

By appointment, staff from Domestic Violence Services of Snohomish County are now available to meet with people in Lynnwood who need assistance with supportive housing, legal advocacy, support groups, and additional services, thanks in part to support from Verdant. Domestic violence comes in many forms, and if you or someone you know would benefit from talking with an advocate, call the 24-hour hotline at (425) 25-ABUSE.



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Youth experience rugby with Healthy Habits

GETActive



The Boys & Girls Club of Snohomish County's Healthy Habits program gives elementary-aged kids an opportunity to try sports they might not otherwise try. This

spring, the sports include rugby and track & field. This program is offered at no cost with Verdant's support at seven school sites plus the Edmonds Boys & Girls Club main location, and teams participate in meets against other school sites on the weekend. Healthy Habits encourages overall fitness and health by teaching basic fundamentals, safety, and fun.



Healthy foods for kids this summer

EATBetter



When school is out for the summer, the loss of the free or reduced-price meals offered through school can make it difficult for some families to know how they will provide

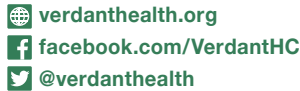
healthy foods for their kids. Foundation for Edmonds School District's summer meal program gives youth both healthy food and activities organized at four community sites throughout the summer. With support from Verdant and many other partners, the Foundation is working to ensure children in our community don't go hungry. Learn more at foundationesd.org/summer-meal-program.





HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

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Lynnwood, WA 98036
(425) 582-8600 • info@verdanthhealth.org



About The Canopy

The mission of the Verdant Health Commission is to improve the health and well-being of our community. We bring together community partners and individuals interested in improving their health or the health of others under the umbrella topic of wellness. Our work in this area is similar to a canopy's work in nature: supporting and protecting the forest it covers. We hope that through this newsletter, *The Canopy*, you will learn about our programs and find ways to support your health by engaging with us.

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Get Involved: Community Health & Wellness Events

Learn about these events and others, by visiting verdanthhealth.org/events. All events below are free unless otherwise listed and take place at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600. Pre-registration required.



Learn & Taste: Nutrition & Brain Health 3-Part Series

Thursdays, May 9, 16 & 23, 10:30 a.m.-12 p.m.
\$15 fee to participate; scholarships available



What is Mindfulness & Can It Help Me Manage Stress?

Wednesday, May 15, 6-7:30 p.m.



Osteoporosis & Bone Health: Facts & Food with a Doc and a Dietitian

Tuesday, May 21, 1-3 p.m.



Diabetes-Friendly Living: A 4-Week Series for Adults*

Mondays, June 10, 17, 24 & July 1, 6-7:30 p.m.

*Adults diagnosed with diabetes who have already had formal diabetes education



Cooking Demo: Eating Well to Reduce Fatigue

Wednesday, June 26, 1-2:30 p.m.

