

The CANOPY



News from the Verdant Health Commission, serving South Snohomish County • Spring 2021

Let's Talk COVID-19 Vaccines:

When You Hear:

You Can Say:

I don't believe the vaccine is right for me.

I understand your concern, but I personally want to make a choice that will keep my family safe...

I'd rather wait and see how the vaccine impacts others before I get it myself.

I understand why you might think that way, but if everyone chose to wait, the impact to those at higher risk might be worse...

Do we get to stop wearing a mask if I get the vaccine?

No, we still have to wear a mask in public, but you don't have to wear a mask around family or friends if they're also vaccinated...

I'm worried about the risks of getting vaccinated.

I hear you. But you also take risks daily that could be worse, and I think it's important to keep that in perspective...

I'm concerned about the side effects after getting the vaccine.

That makes sense. When I got my shot, I felt it the next day. But the side effects of the vaccine don't compare to what might happen if you get COVID-19...

...and that's why I'm getting vaccinated.

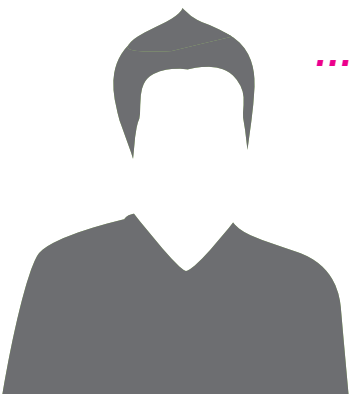
If you need assistance:

For vaccine appointments:

www.bit.ly/snocovaccine or (425) 339-5278

For support with food, rent assistance, and more:

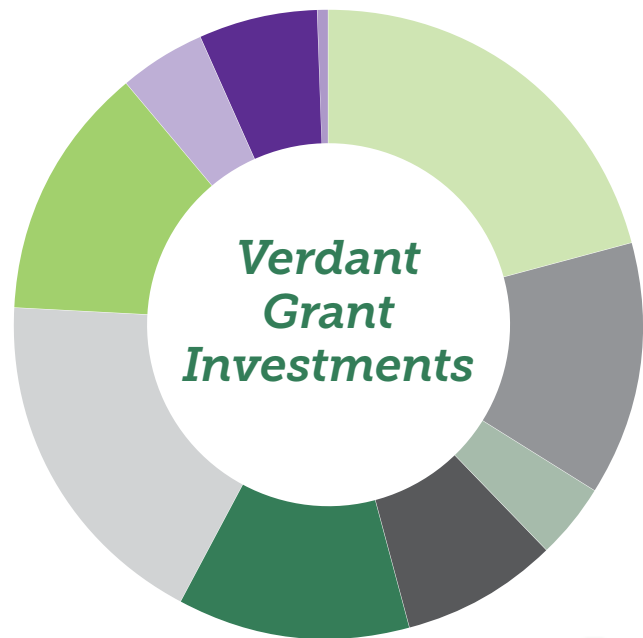
Dial 2-1-1 or (425) 405-2004



Verdant Community Impact in 2020

By The Numbers

All numbers approximate



- Behavioral Health
\$1.7m / 21%
- Childhood Obesity
\$1.1m / 13%
- Access to Healthcare
\$318,000 / 4%
- Dental Access
\$600,000 / 8%
- Supporting Seniors
\$1m / 12%
- Other Prevention
\$1.5m / 18%
- Building Healthy Communities Fund
\$1.1m / 13%

- COVID-19: \$885,000 / 11%**
- COVID-19 Behavioral Health
\$346,000 / 4.5%
 - COVID-19 Food Security
\$500,000 / 6%
 - COVID-19 Testing
\$40,000 / 0.5%

Total Investments \$8.2m (approx)

3,000 class participants and clients supported through Verdant services and programs

50,000 people served by Verdant grants in 2020

Build your mental health awareness

Help us end mental health stigma so no one struggles in silence.

- 1 in 5 U.S. adults experience mental illness each year, but less than half get treatment.*
- 17% of youth aged 6–17 experience a mental health condition.*
- Sharing your story not only helps your own mental health journey, it also lets others know they are not alone.

For 24-hour help, call 1-800-584-3578 or visit imhurting.org for crisis chat.

* Source: National Alliance on Mental Illness



Join Us for Classes and Programs



LEARN MORE

Virtual

Pre-registration required online



Conversaciones Cruciales: Hablando francamente del Sexo con Nuestros Hijos (Crucial Conversations: Speaking Frankly About Sex with our Children offered in Spanish / en español)

Tuesday, June 1, 2021 from 6:30-8:30 p.m.

Cooking Demo – Recipes Fresh from the Farmer's Market (offered in English)

Tuesday, June 29, 2021 from 6-7 p.m.

Cooking with Plant-based Proteins (offered in English)

Wednesday, July 7, 2021 from 6-7 p.m.

Understanding How Nutrition Supports Your Mental Health (offered in English)

Tuesday, July 20, 2021 from 6-7 p.m.

In Person

Outdoor activities being developed

Stay tuned for details about a few outdoor, physically distanced activities this summer to keep you socially connected. We are planning on hosting a community walking program and fun, park-based activities.

Meet Me at the Park



Visit verdanthealth.org, follow us on Facebook or Twitter, or click the QR code above for more information on all these upcoming classes and programs!

When you are fully vaccinated

Message from the Superintendent

COVID-19 vaccines are effective in protecting you from getting the virus. Based on research, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. According to the Centers for Disease Control (CDC), you are fully vaccinated two weeks after you complete the second dose in a 2-dose series or receive the single-dose vaccine.

Once fully vaccinated, you can:

- Gather indoors without a mask with other vaccinated people
- Gather indoors without a mask with one household of unvaccinated people who are not at risk for severe illness
- Travel domestically without quarantining after travel

What you should keep doing:

- Continue to wear a mask and stay 6 feet apart from others in public
- Avoid medium or large-sized gatherings
- Watch for symptoms of COVID-19
- Follow the guidance for your workplace

The Verdant Health Commission is dedicated to providing you timely information that will help you make good decisions about your health and wellness. By working together, we can protect ourselves and our loved ones from COVID-19.



Wishing you good health,

Lisa Edwards

Lisa Edwards, EdD
Superintendent

UPDATE FROM SWEDISH EDMONDS, OUR COMMUNITY'S HOSPITAL

Swedish Edmonds ICU nursing team receives national patient safety award

The Edmonds ICU team was one of two hospital teams across the country selected for the Institute for Healthcare Improvement (IHI) and DAISY Foundation Award for Extraordinary Nurses in Patient Safety. The Swedish Edmonds team volunteered to serve as the hospital's pandemic unit. Nurses in the 13-bed ICU modified their clinical practice to meet the needs of critical Covid-19

patients and their families. This award recognizes just one of the many ways Swedish Edmonds Campus is prioritizing patient safety. Through 2019 and 2020, the ICU team experienced zero harmful falls and no instances of catheter-associated urinary tract infections. In addition, in the last seven years, the ICU team has recorded only one case of a central-lone-associated bloodstream infection.



Verdant grant funding opportunities

Community groups and organizations working to support the health needs of residents in South Snohomish County can apply for funding from Verdant during 3 application periods remaining in 2021 (see box at right).

"Verdant is looking to expand our partnerships and services for residents," said Commissioner Deana Knutsen, who chairs the Program Committee of the Board. "In particular, we want to encourage groups that haven't received funding before to learn more and apply."

All applications must align with a Board of Commissioners' established priority area for funding. These areas are: Access to Healthcare, Behavioral Health, Childhood Obesity, Dental Care, Food Security, Housing, Other Education & Prevention, and Supporting Seniors.

Learn more by visiting verdanthealth.org/about-us/grant-information/ or call (425) 582-8572.

Dates grant applications are accepted:

May 17-28, 2021

Aug. 16-27, 2021

Nov. 15-26, 2021

Current Programs & Community Investments

The organizations below have been supported by Verdant in late 2020 or early 2021, with four programs featured on the following pages. If you have questions about these programs, please call us at (425) 582-8600.

FOOD SECURITY

Concern for Neighbors Food Bank
Edmonds Food Bank
Foundation for
Edmonds School District
Lynnwood Food Bank
Millennia Ministries

HOUSING

Cocoon House
Compass Health
Interfaith Family Shelter
Snohomish County Legal Services
YWCA

BEHAVIORAL HEALTH

Center for Human Services
Community Health Center
of Snohomish County
Compass Health
Edmonds School District
Lahai Health
Pacific Treatment Alternatives
Therapeutic Health Services

SUPPORTING SENIORS

Edmonds Senior Center
Homage Senior Services

HEALTHCARE AND DENTAL ACCESS

Community Health Centers of Snohomish County
Lahai Health
Medical Teams International
Prescription Drug Assistance Network
Project Access Northwest
Sea Mar Community Health Clinics
YWCA

CHILDHOOD OBESITY

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

OTHER EDUCATION & PREVENTION

Cascade Bicycle Club
ChildStrive
City of Lynnwood
City of Mountlake Terrace
Domestic Violence Services
of Snohomish County
Edmonds School District
Edmonds Senior Center

COVID-19 EMERGENCY RESPONSE

Center for Human Services
City of Edmonds
Compass Health
Concern for Neighbors Food Bank
Edmonds College Foundation
Edmonds Food Bank
Foundation for Edmonds School District
Helping Hands Project Organization
Jean Kim Foundation
Kinderling
Korean Women's Association
LETI
Parent Trust for Washington Children
South County Fire
Washington Poison Center
Wonderland Child & Family Services
YMCA of Greater Seattle

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, except November and December (third Wednesday) and are open to the public. Meeting information is available at verdanthealth.org/public-meetings.



Jim Distelhorst, MD



Bob Knowles



Deana Knutsen



Fred Langer, RN, Esq.



Karianna Wilson

Preventing hunger

Millennia Ministries provides wraparound services with basic needs, food security, and housing advocacy, to lead to housing stability. This work falls under their Mobile Manna and Moving from Surviving to Thriving programs, which recently received a grant from Verdant to focus on supporting South Snohomish County residents. Millennia's work is rooted in community, where they focus on people who are multicultural, seniors, limited income, homeless, immigrants, refugees, and marginalized.



Providing stability for youth

Launching in Spring 2021 with support from a Verdant grant, Cocoon House's Host Home Program will be a short-term housing option for youth experiencing homelessness for any variety of reasons, including but not limited to family conflict, eviction, poverty, gender identity, or sexual orientation. While site-based emergency shelter will always be an option, Host Homes offer a young person the chance to remain in their community and stay more easily connected to their home school and natural supports while working to reconcile with their family or identify other long-term housing options. For questions or to apply to be a Cocoon House Host Home, please email hosthomes@cocoonhouse.org or call (425) 737-5419.



Care can't wait



Since the pandemic began, many people have delayed their usual appointments and checkups. But care and well-being can't wait, and local medical, dental, mental health, and child development

services are ready to safely care for you and your family. Regular well-child checkups for infants and children ensure they are on track developmentally and receiving vaccines during this critical period of growth. If you have put off these appointments, please call your providers to learn more about their current safety measures.

Photo: Wonderland Child & Family Services



Inspiring girls through fitness



Girls on the Run of Snohomish County instills joy, health, and confidence in girls grades 3-8 using fun, experience-based

curriculum that creatively integrates running. Small teams led by trained coaches use discussions, activities, and running games to help participants build life skills like managing emotions and developing healthy relationships. With support from a grant from Verdant, Girls on the Run has adapted to the pandemic and is offering safe opportunities for participants to stay connected this spring.





HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

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

 verdanthhealth.org

 facebook.com/VerdantHC

 @verdanthhealth

About The Canopy

The Verdant Health Commission works to improve the health and well-being of our whole community. We hope that through *The Canopy*, you will learn about our programs and find ways to support your health.

PRSRT STD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT #1

Hablemos de COVID-19

..... *Cuando escuches:* *Puedes decir:*

No creo que la vacuna sea adecuada para mí.

Entiendo su preocupación, pero estoy tomando la decisión que considero más segura para mi familia...

Prefiero esperar y ver cómo afecta la vacuna a los demás antes de recibirla yo mismo.

Entiendo por qué podría pensar de esa manera, pero si todos optaran por esperar, el impacto en las personas con mayor riesgo podría ser peor...

¿podemos dejar de usar una mascarilla si me ponen la vacuna?

No, todavía tenemos que usar una máscara en público, pero no es necesario que use una máscara con familiares o amigos si también están vacunados...

Me preocupan los riesgos asociados con la vacuna.

Te entiendo. Pero también tomas riesgos todos los días que podrían ser peores, y creo que es importante mantener eso en perspectiva...

Me preocupan los efectos secundarios después de recibir la vacuna.

Eso tiene sentido. Cuando recibí mi vacuna, la sentí al día siguiente. Pero los efectos secundarios de la vacuna no se comparan con lo que podría suceder si contrae COVID-19...

...y es por eso que me voy a vacunar.

Si necesita ayuda:

Para citas de vacunas:

www.bit.ly/snocovaccine o (425) 343-8492

**Para obtener ayuda con alimentos,
asistencia para su renta, y más:**

(425) 405-2004