Stay diligent in protecting health

Maintaining a focus on protecting your health and the health of those around you is critical as the public health and economic landscape changes regularly in response to the COVID-19 crisis. We are facing unprecedented circumstances with many unknowns, but one thing we at the Verdant Health Commission know is we all must do our part:

» Stay home when possible.
» Wash hands thoroughly.
» Use a face cover when you go out.

We cannot predict what the future holds, but we do know the virus affects different people in different ways. Staying home and protecting yourself will protect others as well, especially our community’s most vulnerable and at-risk of having complications from COVID-19. More than 90 percent of the deaths in Snohomish County linked to COVID-19 were people with underlying health conditions, according to data from Snohomish Health District.

“Underlying health conditions not only increase the risk of suffering from severe COVID-19 disease, but they also increase the risk of dying from the disease,” said Dr. Jim Distelhorst, Verdant commissioner. “This virus is affecting real people—our families, neighbors, and friends. Thanks to so many of you for practicing safety measures. Even though it’s inconvenient, it will save lives in the long run.”

Turn the page to find out which symptoms to watch for and which health conditions put people at increased risk.
Mental health needs expected to rise—but help is available

More than half of the U.S. population believes the COVID-19 crisis is affecting their mental health, according to a Kaiser Family Foundation poll released in April 2020. If you are feeling sad, angry, anxious, lonely, or uncertain, you are not alone.

Research shows that in response to an economic crisis or natural disaster, there is an increase in depression, substance use, post-traumatic stress disorder, and suicide that can last years after the crisis ends.

So what can we do? Experts suggest focusing on what you can control or doing activities that give you confidence. A healthy diet, physical activity, and regular sleep schedule also can help with the emotional toll of this pandemic. Don’t be afraid to unplug for a while if the information on the pandemic gets overwhelming.

Perhaps most importantly, don’t hesitate to reach out for help if you need it or if you are worried about a loved one in need. Asking for help is not a sign of weakness. People who have never called a crisis line may find themselves needing one right now, and that’s OK. Remember that our past experiences shape our reactions, and you may not feel the same way as others.

Helpful Resources

- **Care Crisis Line**: 800-584-3578 or 425-258-4357
- **Care Crisis Chat**: www.imhurting.org
- **Disaster Distress Helpline**: Call 1-800-985-5990 or text TalkWithUs to 66746 for crisis counseling and support for anyone experiencing distress or other behavioral health concerns related to any disaster, including public health emergencies.
- **National Domestic Violence Hotline**: For survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- **DiaL 2-1-1**: If you need assistance finding food, paying for housing or utility bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help.
- **The Trevor Project**: Call 1-866-488-7386 or text START to 678678. A national, 24-hour, toll free confidential suicide hotline for LGBTQ youth.
- **Trans Lifeline**: Dial 877-565-8860 for a peer support hotline run by trans people, for trans and questioning callers.
- **Caregiver Help Desk**: Call 855-227-3640. The Caregiver Action Network’s Care Support Team is available 8 a.m. to 7 p.m. ET (11 a.m. to 10 p.m. local).

Free, confidential counseling: Experiencing anxiety and other emotions related to the COVID-19 crisis? Residents of South Snohomish County can talk with a licensed counselor by calling 206-290-0867. Please leave your name and phone number in your message.
Deana Knutsen
SWEDISH EDMONDS UPDATE
Grateful for community’s efforts, generosity
Due to our community’s collective commitment to
your partner in health through this trying time.
Swedish Edmonds.

Get care when you need it

• Verdant offers free or low-cost
• Verdant provides grants to community
Did you know?

VERDANT PROGRAMS

• Northshore Senior Center
• Project Access Northwest
• Compass Health
• Center for Human Services
• Washington Kids in Transition
• Lynnwood Food Bank
• Jean Kim Foundation
• Edmonds Community College Foundation
• Concern for Neighbors Food Bank
• ChildStrive

SUPPORTING SENIORS

• Volunteers of America Western Washington

Mental Health Services

• Northshore Senior Center

Health Care and Dental Access

• South Snohomish County Fire & Rescue
• Washington Poison Center
• South County Fire recognized
• to the benefits, services, and resources that
• the number of veterans
• to the benefits, services, and resources they
to coordinate specialty care in the past,

Health Care and Dental Access

• Local food banks adapt
• 2019 file photo

In March 2020, Verdant began issuing emergency
funding to organizations supporting food access,
mental health services, and transportation.

Women’s Health Services

• Mariner Community Health
• Edmonds Community Health
• podium@edmondscommunityhealth.org

Blessing.

EAT

Better

Well

• Bike2Health

To download your bingo

way for residents to get accurate

way through bike month with

this year from May into June.

“Living in spiders’ webs and nets of
lace up your shoes!

Posting ideas and resources along the way

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to support safety and fun. And remember to

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Verdant Community Wellness Center: Temporarily Closed

We look forward to serving you in new and modified ways in the coming months. Your health is our highest priority, so we will have precautions in place to protect our visitors and employees when our doors reopen.

During the COVID-19 crisis, Verdant Health Commission has invested in programs to support health access to our vulnerable populations. Look inside for details!

Stay Connected

- Sign up for e-Newsletters at verdanthealth.org
- facebook.com/verdanthc
- @VerdantHealth

Visit verdanthealth.org to learn about our programming, including:

- **Navigating Diabetes Today**: Support for individuals with diagnosed diabetes through a monthly video conference-based class.
- **Cooking demonstrations by video**: Learn from Registered Dietitian Nutritionists about healthy food choices and recipes.
- **South County Walks**: Our summer walking program may be back in 2020 but with some modifications to ensure safety.

Due to the temporary closure of the Verdant Community Wellness Center, if you need assistance with services from the following partners, please contact them directly:

- **Housing resources, utilities, and more through North Sound 2-1-1**: 800-223-8145 or dial 2-1-1
- **Enrollment assistance for medical insurance and food programs through Sea Mar**: 1-855-289-4503
- **Enrollment assistance for medical insurance through Community Health Centers**: (425) 595-3939

The contents of this summer 2020 newsletter are not intended to replace professional health care services, and we do recommend you see your healthcare professional for guidance and information relevant to your medical history. To view this newsletter electronically, please visit verdanthealth.org or to access it in a different format for people with disabilities, please call (425) 582-8558. Editor: Jennifer Piplic, (425) 582-8558 Design: Jason Becker Creative