

# The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Summer 2020

## 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.***



**BE A PUBLIC HEALTH SUPERHERO**

**PLEASE KEEP YOUR DISTANCE**

**WASH HANDS OFTEN**  
WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS. HAND SANITIZER IS GOOD IN A PINCH.

**KEEP HANDS AWAY**  
FROM MOUTH, NOSE OR EYES TO AVOID TRANSFERRING GERMS.

**CLEAN AND DISINFECT**  
FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT SWITCHES, DOORKNOBS, AND REMOTES.

**COVER COUGHS & SNEEZES**  
WITH A TISSUE, THEN THROW TISSUE AWAY AND WASH YOUR HANDS.

**STAY HOME, STAY HEALTHY**  
ONLY LEAVE YOUR HOME FOR ESSENTIAL WORK OR ERRANDS.

**SOCIAL DISTANCING**  
OF AT LEAST 6 FEET IF YOU HAVE TO GO TO THE STORE, DOCTOR'S OFFICE, ETC.

**DO YOUR PART TO**

**HELP FIGHT THE SPREAD OF ILLNESS**

**POW!**

FOR MORE INFORMATION GO TO:  
[WWW.SNOHD.ORG/COVID2019](http://WWW.SNOHD.ORG/COVID2019)

**SNOHOMISH HEALTH DISTRICT**  
[WWW.SNOHD.ORG](http://WWW.SNOHD.ORG)

## STAY DILIGENT: COVID-19 INFORMATION

### Watch for these symptoms

If you are experiencing these symptoms, call your healthcare provider:

- Fever
- Cough
- Difficulty breathing
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Other less common symptoms may include nausea, vomiting, or diarrhea

Source: Centers for Disease Control and Prevention (CDC)

### Health conditions putting people at increased risk

- Age 60 years or older
- Nursing home or long-term care facility residents
- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Conditions that may compromise the immune system (for example, cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications)
- Severe obesity (body mass index [BMI] of 40 or higher)
- Diabetes
- Chronic kidney disease undergoing dialysis
- Liver disease

Source: CDC and Snohomish Health District

### Verdant responding to community needs

Since March 2020, Verdant has been partnering with organizations serving the South Snohomish County community with services in response to COVID-19.

Programs focus on increasing access to nutritious food, improving mental health supports, and ensuring access to hygiene services. At the time the newsletter was printed, that included nearly \$500,000 of emergency funding.

## 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](http://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 [theline.org](http://theline.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](http://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.





SWEDISH EDMONDS UPDATE

## Grateful for community's efforts, generosity

Due to our community's collective commitment to stay home, our region is making significant progress in the fight against COVID-19. This allows Swedish to begin taking safe, responsible steps to gradually resume operations that have been paused. It has also allowed Swedish Edmonds to reopen its Family Birth Center and NICU (as of May 6), and resume scheduling elective procedures (as of May 18).

Our response to COVID-19 continues to evolve daily to meet the changing needs of our communities and state and federal guidelines, and we stand committed to be your partner in health through this trying time.

"We are overwhelmed with gratitude for our community and their generosity during this time...from meals and masks to face shields and so much more. I'm proud to be a member of this community." —Sarah Zabel, COO, Swedish Edmonds.



## 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.

## Programs Supported with Emergency Funding for COVID-19

In March 2020, Verdant began issuing emergency funding to organizations supporting food access, hygiene, and mental health services for the residents of South Snohomish County. The organizations listed below are working with existing and/or new clients with needs connected to the crisis.

### Access to Nutritious Food and/or Hygiene Services

- ChildStrive
- Concern for Neighbors Food Bank
- Edmonds Community College Foundation
- Edmonds Food Bank
- Foundation for Edmonds School District
- Homage Senior Services
- Jean Kim Foundation
- Lynnwood Food Bank
- Washington Kids in Transition

### Access to Mental Health Services

- Center for Human Services
- Compass Health
- Project Access Northwest

### Combination of Nutritious Food and Mental Health Services

- Korean Women's Association
- Northshore Senior Center

## Current Programs & Community Investments

The organizations and programs below have been supported by Verdant in 2020, with four 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

**BEHAVIORAL HEALTH** — Center for Human Services  
Community Health Center of Snohomish County  
Compass Health  
Edmonds School District  
Lahai Health  
Sea Mar Community Health Clinics  
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  
Lahai Health  
Medical Teams International  
Prescription Drug Assistance Network  
Project Access Northwest

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

**OTHER PREVENTION** — Cascade Bicycle Club  
ChildStrive  
City of Edmonds  
City of Lynnwood  
City of Mountlake Terrace  
Domestic Violence Services of Snohomish County  
Edmonds Senior Center  
Foundation for Edmonds School District

Kinderling  
Korean Women's Association  
Leadership Snohomish County  
LETI  
Parent Trust  
Puget Sound Kidney Center  
South Snohomish County Fire & Rescue  
Washington Poison Center  
Wonderland Child & Family Services  
YMCA of Greater Seattle

"My healthcare isn't essential right now."

## Get care when you need it

Verdant is joining Washington's 112 hospitals and health systems to launch the *Get Care When You Need It* campaign to encourage community members that your health matters.

As the COVID-19 crisis evolves, many Washingtonians are going without important medical care for illnesses and injuries. Please do not delay getting the health care you need. We strongly encourage you to call a trusted health care provider like your doctor's office, a hospital, or an urgent care center. Many issues can be addressed with informed guidance, prescriptions or a tele-medicine appointment.

## 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](https://verdanthealth.org/public-meetings).



Jim Distelhorst, MD



Bob Knowles



Deana Knutsen



Fred Langer, RN, Esq.



Karianna Wilson

## Local food banks adapt to meet current needs

Improving or maintaining good health is difficult without access to nutritious food. Verdant's partnership with Concern



for Neighbors, Edmonds, and Lynnwood food banks has provided resources to ensure they can keep up with an increase in customers due to the COVID-19 crisis. The need for consistent, caring organizations to support food insecure people has grown, and groups like local food banks and their volunteers continue to step up.



## Veterans in Prevention

South County Fire recognized that the number of veterans not accessing their benefits is high, and they set out to change that with support from Verdant. They are employing veterans to work with South Snohomish County residents to connect them to the benefits, services, and resources they have earned. Either by self-referral or referral from a first responder, they are connecting in person, or more recently, by phone or video conference, to assist vets with their needs.



2019 file photo



## Grab your helmets and lace up your shoes!



We are celebrating Bike Month this year from May into June. Come with us as we ride our way through bike month with Bike2Health bingo.

To download your bingo card and learn more, visit [www.LynnwoodWA.gov/Bike2Health](https://www.LynnwoodWA.gov/Bike2Health).

Be sure to join us on Facebook as we'll be posting ideas and resources along the way to support safety and fun. And remember to post photos on social media using the tag #Bike2Health. Let's ride!

## Check-ins with patients waiting for care



When the "Stay Home, Stay Healthy" order went into effect, Project Access Northwest began reaching out to vulnerable

populations to ensure they understood the order. Project Access Northwest has worked with many limited-income residents of South Snohomish County to coordinate specialty care in the past, so the friendly call was a welcome way for residents to get accurate information, learn how to protect themselves, and ensure they could access needed services and resources.










HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St SW  
Lynnwood, WA 98036  
(425) 582-8600 • [info@verdanthealth.org](mailto:info@verdanthealth.org)

 [verdanthealth.org](http://verdanthealth.org)  
 [facebook.com/VerdantHC](https://facebook.com/VerdantHC)  
 [@verdanthealth](https://twitter.com/VerdantHealth)

## 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.

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

Postal Customer  
ECRWSS

## 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](http://verdanthealth.org)     [facebook.com/verdanthc](https://facebook.com/verdanthc)     [@VerdantHealth](https://twitter.com/VerdantHealth)

## Visit [verdanthealth.org](http://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](http://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



Printed on recycled paper with soy-based inks