

The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Winter 2020–21

*The Verdant Health Commission's emergency funds have supported organizations providing COVID-19 response efforts. **Look inside** for examples of this work in action.*

Free COVID-19 testing events

FREE, non-invasive (non-brain tickling) COVID-19 drive-thru testing is happening locally in December 2020. Proof of medical insurance is not required to take the test (no insurance, no problem and you won't be charged regardless).

Load up the entire family in the car, pack some snacks, and get tested to protect your loved ones. Many people have COVID-19 and don't know it or don't have symptoms. Results should be available within 24-48 hours.

- Saturday, Dec. 5, 1-5 p.m. at Community Life Center, 19820 Scriber Lake Rd, Lynnwood
- Tuesday, Dec. 8 at Edmonds Food Bank, 828 Caspers St., Edmonds
- Wednesdays, Dec. 9 and 16 at Lynnwood Food Bank, 5320 176th St. SW, Lynnwood

Everyone is welcome. No pre-registration required. For more info, visit [verdanthhealth.org](https://www.verdanthhealth.org).

Community Resource Advocate here to help

If you need help with rent, utilities, food resources, counseling, free phones, prescription assistance, or other needs, your North Sound 2-1-1 Community Resource Advocate (CRA) may be able to help.

Contact Leo Bejarano, the CRA, at (425) 405-2004 or lbejarano@voaww.org.



Hunger & Health: Find local food programs

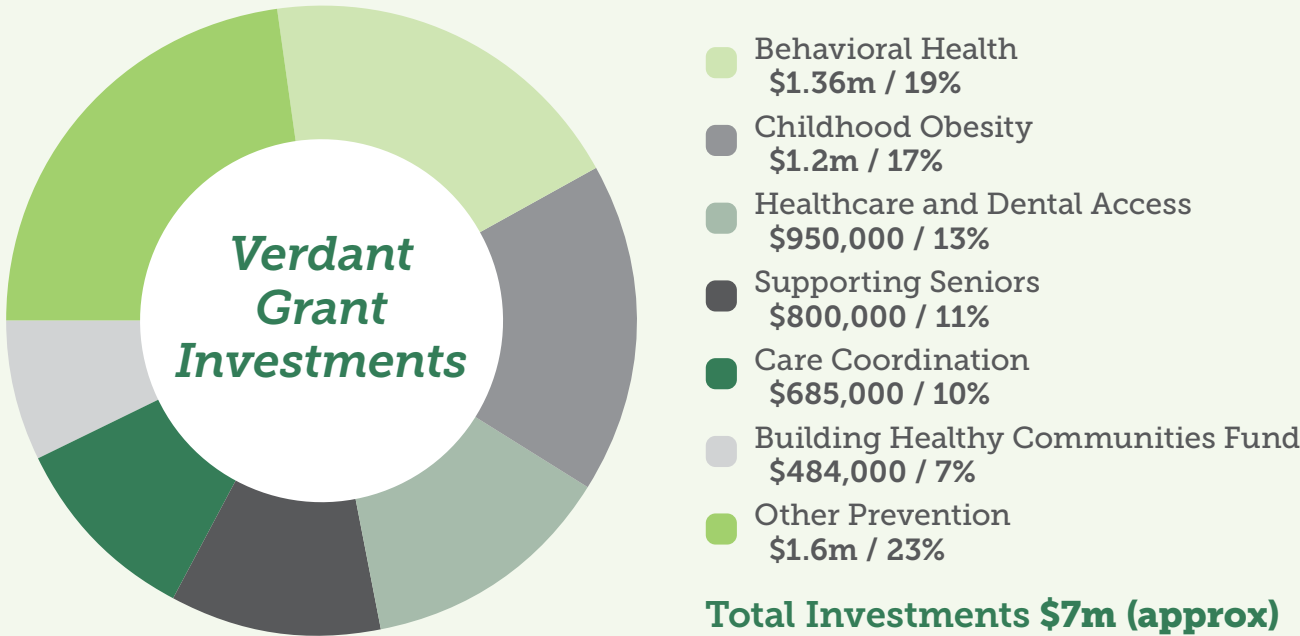
Broad community support has strengthened access to food for community members in need. Find details about the programs listed below (plus WIC, food stamps, and others) at [verdanthhealth.org](https://www.verdanthhealth.org) or call (425) 405-2004.

- Weekly supplies of free breakfasts and lunches available for children ages 1–18 through Edmonds School District Grab & Go drive-thru meal sites.
- Food banks in Edmonds, Lynnwood, and Mountlake Terrace have supported 24,943 households since the pandemic hit.
- Temporarily or permanently homebound older adults and people with disabilities may be eligible for Meals on Wheels delivered to homes weekly.

Verdant Community Impact in 2019

By The Numbers

All numbers approximate



11,000 class participants and clients supported at the Verdant Community Wellness Center

35,000 people served by Verdant grants in 2019

Zoe Reese now leading grantmaking at Verdant

Verdant Superintendent Lisa Edwards announced Zoe Reese as the organization’s director of community impact and grantmaking in October. Reese works with community-based organizations on project ideas focused on improving the health and well-being of the residents of South Snohomish County. Reese’s unique experiences in healthcare and grantmaking make her an excellent fit for Verdant, Edwards said.

Reese has worked most recently for Neighborcare Health in King County as the director of clinical operations. Reese previously worked in healthcare in Oregon and Montana, and she also served as the manager of community impact at United Way of Missoula County. Inquiries into Verdant’s grantmaking opportunities can be sent to Reese at zoe.reese@verdanthealth.org or (425) 582-8572.



Verdant Community Wellness Center is temporarily closed

Register for virtual classes

- **A Holiday Menu for Cancer Prevention with a Doc and Dietitian (offered in English)**
Monday, Dec. 14, 2020, 1-2:15 p.m.
- **SMART for Parents: Get S.M.A.R.T. Stress Management and Relaxation Training (offered in English)**
Tuesday, Dec. 15, 2020, 6:30-7:30 p.m.
- **Grupo Mensual de Apoyo de Mujeres (Women’s support group offered in Spanish / en español)**
Monday, Dec. 21, 2020, 6:30-8:30 p.m.
- **Apoyando a mi niño con un hermano con condicion especial (How to Support Siblings of a Child with Disabilities offered in Spanish / en español)**
Thursday, January 14, 2021, 6:30-8:30 p.m.

Visit verdanthealth.org/events to sign up.

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.

Take care of yourself

Message from the Superintendent

Dear Neighbors,

The Verdant Health Commission recognizes many of the challenges created by COVID-19. We understand that the past nine months have been stressful as we navigate face masks, social distancing, hand sanitizers, and frequent hand-washing. For those who are self-isolating, they may have not seen their family members in months, and many of the normal activities that we regularly enjoy have been altered or are not available.

Verdant has increased our support for front-line organizations by funding more than \$900,000 in grants to provide resources for those who are most at risk, expanding community COVID testing, and growing our support for local food banks. We also understand that the next several months will continue to stretch us all.

We encourage you to take care of yourself. Exercise regularly, get enough rest and eat and drink in moderation. Reach out to friends, neighbors and family to stay connected—even if it is a phone call.

We have dedicated this issue of *The Canopy* to self-care. Inside, you will find helpful mental health tips, information about upcoming virtual classes, and COVID testing locations.

We are dedicated to improving the health and well-being of the whole community and will continue to seek out opportunities to support your health. Together, we will overcome this pandemic and our lives will eventually get back on track as we embrace a new normal.



Wishing you good health,

Lisa Edwards

Lisa Edwards, EdD
Superintendent

Mental Health Support— Healing is Possible

Swedish Edmonds Partial Hospitalization Program continues to offer COVID 19-safe, in-person intensive group therapy for adults experiencing mental health crises. Healing is possible and we can help. Call us at (425) 640-4098 to learn more.

Testimonials:

"I'm leaving the program with hope and determination that I can get better. The program has given me a purpose in life—I get out of bed, take a shower, brush/floss, get dressed, eat breakfast, and get out of the house. I have learned about so many tools and therapies to use on a daily basis moving forward. I understand that this is just the beginning."

"I am eating again and finding activities that seem enjoyable. I am coming alive and getting my life back. I have more confidence in my ability to cope with life in general. The Partial Hospitalization Program experience has saved my life."



Verdant encourages you to #MaskUpWA

Verdant hosted drive-thru cloth mask giveaways in fall 2020 and continues to provide masks to community organizations for distribution to our residents, including through our local food banks and at the COVID-19 testing event on Dec. 5 in Lynnwood (see next page for details).

Please visit [cdc.gov](https://www.cdc.gov) or [verdantthealth.org](https://www.verdanthealth.org) for links to the latest guidance on masks and personal protective equipment.

Right: Commissioner Bob Knowles distributes masks in Sept. 2020



Practice good emotional health this holiday season

Recognize that this year will be different than years past. What are some strategies to keep in mind to help you and your loved ones?

- Focus on what works for you to keep your thoughts positive: journaling, exercising, practicing your faith, meditation, etc.
- Prioritize sleep. Self-care also should include fitness that works for you, good nutrition, and daily routines.
- Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.
- Think about what you normally do during holiday gatherings and if you can replicate it with your immediate family unit. Or, maybe it's best to abandon the normal tradition this year and try something completely different.
- Understand that mental health and substance use issues can result in a range of symptoms and unpredictable behavior. Encourage anyone struggling to seek support from family, friends, or professional resources if needed.

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 [verdantthealth.org/public-meetings](https://www.verdanthealth.org/public-meetings).



Jim Distelhorst, MD



Bob Knowles



Deana Knutsen



Fred Langer, RN, Esq.



Karianna Wilson

Get tested for COVID-19

Verdant is partnering with Medical Teams International and a number of community partners to host free COVID-19 testing events in December 2020. These non-invasive (not brain tickling!) tests are available to residents with or without symptoms—many people with COVID-19 do not have symptoms, so getting tested can help protect your loved ones! You can also pick up free hygiene supplies at the drive-thru testing event on Saturday, Dec. 5, 2020 from 1-5 p.m. at Community Life Center, 19820 Scriber Lake Rd. in Lynnwood. No pre-registration needed, and everyone aged 2 and older is welcome. Visit [verdantthealth.org](https://www.verdanthealth.org) for additional testing dates.



Senior meal kits and more

Due to COVID-19, seniors are facing unprecedented challenges related to food/nutrition security and accessing medical services. This situation is, in turn, impacting their mental health and increasing their levels of anxiety. Korean Women's Association's meal kits and behavioral health services have bridged the gap to support Korean American seniors in South Snohomish County with the help of Verdant's COVID-19 emergency response funding.



Feeling stress? Professional help is a call away



Free and confidential mental health support with a licensed counselor is available for individuals experiencing stronger than normal feelings of stress, anxiety, or depression due to the COVID-19 crisis using telephone or video-chat appointments. COVID-19 has caused disruption and stress for everyone in our community, but for some it may cause unhealthy levels of emotional distress. To learn more about this Verdant-funded program, contact Sound Choices Counseling at (206) 290-0867 or arfrazier.counseling@gmail.com.



EnhanceFitness classes go virtual



When the pandemic hit, many people had to adjust their fitness routines, older adults included.

Verdant's partner the Edmonds Senior Center was quick to launch free virtual fitness classes offered six times per week via Zoom. Exercise is an important tool to manage your health and stress, and now options like video-based classes are becoming common. Learn more about EnhanceFitness by calling (425) 774-5555.



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 School District
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

COVID-19 EMERGENCY RESPONSE

Center for Human Services
ChildStrive
Compass Health
Concern for Neighbors Food Bank
Edmonds College Foundation
Edmonds Food Bank
Foundation for Edmonds School District
Homage
Jean Kim Foundation
Kinderling
Korean Women's Association
LETI
Lynnwood Food Bank
Medical Teams International
Northshore Senior Center
Project Access Northwest
Parent Trust for Washington Children
Washington Kids in Transition
Wonderland Child & Family Services
YWCA

To learn about grant opportunities, contact Zoe Reese, Director of Community Impact & Grantmaking at zoe.reese@verdantthealth.org or (425) 582-8572.



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St SW
Lynnwood, WA 98036
(425) 582-8600 • info@verdanthealth.org
verdanthealth.org
[facebook.com/VerdantHC](https://www.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 whole community. We bring together community partners and individuals interested in improving their health or the health of others under the umbrella topic of wellness. We hope that through this newsletter, *The Canopy*, you will learn about our programs and find ways to support your health.

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Los fondos de emergencia de la Comisión de Salud Verdant han apoyado a organizaciones que brindan esfuerzos de respuesta al COVID-19. Mire adentro para ver ejemplos de este trabajo en acción.

Eventos de prueba de COVID-19 gratuitos

La prueba GRATUITA COVID-19 no invasiva (sin cosquillas a su cerebro) se realizará localmente en diciembre de 2020. Se solicita la información del seguro, pero no es obligatoria (no hay seguro, no hay problema y no se le cobrará de todos modos).

Traiga a toda la familia en su automóvil, empaque algunos bocadillos y hágase la prueba para proteger a sus seres queridos. Muchas personas tienen COVID-19 y no lo saben o no tienen síntomas. Resultados en 24-48 horas.

- Sábado 5 de diciembre, de 1 a 5 p.m. en Community Life Center, 19820 Scriber Lake Rd, Lynnwood
- Martes 8 de diciembre en Edmonds Food Bank, 828 Caspers St., Edmonds
- Miércoles 9 y 16 de diciembre en Lynnwood Food Bank, 5320 176th St. SW, Lynnwood

Todos son bienvenidos. No es necesario registrarse previamente. Para obtener más información, visite verdanthealth.org.

Coordinador de recursos comunitarios esta aquí para ayudar

Si necesita ayuda con el alquiler, los servicios públicos, los recursos alimenticios, asesoramiento, teléfonos celulares gratuitos, la asistencia con recetas médicas u otras necesidades, su Coordinador de Recursos Comunitarios (CRA) de North Sound 2-1-1 puede ayudarlo. Comuníquese con Leo Bejarano, la CRA, al (425) 405-2004 o lbejarano@voaww.org.

Hambre y salud: encuentre programas de alimentos locales

El amplio apoyo de la comunidad ha fortalecido el acceso a los alimentos para los miembros de la comunidad que lo necesitan. Encuentre detalles sobre los programas que se enumeran a continuación (incluidos WIC, cupones de alimentos y otros) en verdanthealth.org o llame al (425) 405-2004.



- Suministros semanales de desayunos y almuerzos gratuitos disponibles para niños de 1 a 18 años a través de los sitios de comidas Grab & Go del distrito escolar de Edmonds.
- Los bancos de alimentos en Edmonds, Lynnwood y Mountlake Terrace han apoyado a 24,943 hogares desde que estalló la pandemia.
- Los adultos mayores y las personas con discapacidades confinados en sus hogares de manera temporal o permanente pueden ser elegibles para recibir Meals on Wheels entregado en sus hogares semanalmente.