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 verdanthealth.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 verdanthealth.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.

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.
**Verdant Community Impact in 2019**  
*By The Numbers*

<table>
<thead>
<tr>
<th>Investment Area</th>
<th>Investment Amount</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Health</td>
<td>$1.36m / 19%</td>
<td></td>
</tr>
<tr>
<td>Childhood Obesity</td>
<td>$1.2m / 17%</td>
<td></td>
</tr>
<tr>
<td>Healthcare and Dental Access</td>
<td>$950,000 / 13%</td>
<td></td>
</tr>
<tr>
<td>Supporting Seniors</td>
<td>$800,000 / 11%</td>
<td></td>
</tr>
<tr>
<td>Care Coordination</td>
<td>$685,000 / 10%</td>
<td></td>
</tr>
<tr>
<td>Building Healthy Communities Fund</td>
<td>$484,000 / 7%</td>
<td></td>
</tr>
<tr>
<td>Other Prevention</td>
<td>$1.6m / 23%</td>
<td></td>
</tr>
</tbody>
</table>

Total Investments $7m (approx)

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) 582-8972.

**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.

**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, EdD  
Superintendent

- **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.**
Verdant encourages you to 4MakiYWA
Verdant hosted drive-thru flu-mango gives away in fall 2020 and continued to provide services to community organizations for distribution to our residents, including through our local food banks and at the COVID-19 testing event on Dec. 5. It issurpravv (see next page for details).

Please visit our website or call us at (206) 290-0867 or email kristy@verdanthealth.org

Board of Commissioners
The Verdant Health Commission is governed by the seven-elected commissioners of Public Hospital District No. 2, Snohomish County, and the override decision as to the number of the basis to establish a vote-null service panel, which is an independent body of min. two members. Medical terminology of risk, exclusion, November and December (third Wednesday) and are open to the public. Meeting information is available at verdanthealth.org or links to the

Seating groups
Parenting support
Nutrition & physical activity education
Community engagement & outreach
Building community resiliency

Practice good emotional health this holiday season
Recall that this year will be different than years past. What are some strategies to help you and your loved ones cope?

• Focus on what works for you to keep your thought process, exercising, practicing faith, meditating, etc.
• Prioritize self-care. Self-care also should include fitness that works for you, good nutrition, and sleep.
• Make calls or video calls to help you and your loved ones connect, 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.
• Consider that mental health and substance use issues can result in a range of symptoms and unpredictable behavior. Encourage someone struggling to seek support from family, friends, or professional resources if needed.

Senior meal kits and more
Due to COVID-19, seniors have faced unprecedented challenges related to their social isolation and access to medical services. This situation is, in turn, impacting their mental health and increasing the need of services. As a result of the need, the Edmonds Senior Center was quick to launch Senior meal kits and more in an attempt to help our community, but for some it may cause anxiety. Learn more about this Verdant-funded program, senior meals on verdanthealth.org.

Children’s food insecurity and accessing medical services. This situation is, in turn, impacting their mental health and increasing the need of services. As a result of the need, the Edmonds Senior Center was quick to launch Senior meal kits and more in an attempt to help our community, but for some it may cause anxiety. Learn more about this Verdant-funded program, senior meals on verdanthealth.org.

Verdant is partnering with Washington Poison Center to host free webinars for people in our community who are facing unprecedented challenges related to their social isolation and access to medical services. This situation is, in turn, impacting their mental health and increasing the need of services. As a result of the need, the Edmonds Senior Center was quick to launch Senior meal kits and more in an attempt to help our community, but for some it may cause anxiety. Learn more about this Verdant-funded program, senior meals on verdanthealth.org.
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.

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.

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 (includidos 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.

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.