

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
BOARD OF COMMISSIONERS  
Regular Meeting  
A G E N D A  
December 14, 2016  
8:00 a.m. to 9:55 a.m.

---

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) November 16, 2016 Board Meeting	Action	8:01	1-6
b) December 2-3, 2016 Special Board Meeting	Action	8:02	7-15
C. Executive Committee Report			
a) 2017 Meeting Schedule	Action	8:03	16
b) 2017 Committee Assignments	Action	8:05	17
D. Superintendent Appointment			
a) Resolution 2016:09 - Appointing Dr. Robin Fenn as Superintendent of the District and Removing Carl Zapora as Superintendent of the District	Action	8:10	18-22
E. Finance Committee Report			
a) Financial statements and cash activity	Information	8:15	23-26
b) Authorization for payment of vouchers and payroll	Action	8:18	27-28
F. Ankrom Moisan Feasibility Study Presentation	Information	8:20	---
G. Program Committee Report & Recommendations			
a) Conflicts of Interest	Action	8:50	---
b) Program Investment Recommendations	Action	8:51	29-30
c) Center for Human Services presentation	Information	9:10	---
d) Verdant Community Wellness Center activities update	Information	9:30	31-32
H. Marketing Report	Information	9:35	33-34
I. Superintendent's Report	Information	9:40	---
J. Public Comments (please limit to three minutes per speaker)	---	9:45	---
K. Commissioner Comments	---	9:50	---
L. Adjournment	---	9:55	---

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON  
VERDANT HEALTH COMMISSION

***BOARD OF COMMISSIONERS***

***Regular Meeting***

***Verdant Community Wellness Center***

**November 16, 2016**

**Commissioners  
Present**

Fred Langer, President  
Deana Knutsen, Commissioner  
J. Bruce Williams, M.D., Commissioner  
Bob Knowles, Commissioner

**Commissioners  
Excused**

Karianna Wilson, Commissioner

**Others Present**

Carl Zapora, Superintendent  
George Kosovich, Assistant Superintendent &  
Program Director  
Jennifer Piplic, Marketing Director  
Lisa King, Finance Director  
Sue Waldin, Community Wellness Program Manager  
Sandra Huber, Outreach Specialist  
Karen Goto, Executive Assistant  
Members of the community

**Guests**

Ed Rogan, Waldron

**Call to Order**

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:03 a.m. by President Langer.

**Approval of  
Minutes**

***Motion was made, seconded and passed unanimously to approve*** the minutes of the regular meeting on October 26, 2016.

***Motion was made, seconded and passed unanimously to approve*** the minutes of the special board meeting on November 9, 2016.

**Executive  
Committee**

President Langer reported that the Executive Committee met on November 7, 2016 and the committee's primary focus has been the selection of a new superintendent for the district. A motion will be introduced at this meeting to appoint a superintendent and remove Carl Zapora as superintendent of the district and action will be taken at the December 2016 regular board meeting.

<b>Executive Session</b>	President Langer adjourned the regular meeting at 8:05 a.m. into Executive Session to evaluate qualifications of applicants for the Superintendent position. No action will be taken and the session should last 15 minutes at which time the board would reconvene into open session.
<b>Open Session</b>	The board reconvened into Open Session at 8:15 a.m.
<b>Superintendent Appointment</b>	Resolution 2016:09 appointing Dr. Robin Fenn as superintendent of the district and removing Carl Zapora as Superintendent of the district was introduced. Dr. Fenn's most recent employment has been with the Snohomish County Department of Human Services as their research manager.
<b>Board Finance Committee</b>	The committee met on November 9, 2016. Ms. King reviewed the financial statements and cash activity for October 2016 (E:74:16). Warrants called out include #11885 to Waldron for \$19,883.20, #11891 to Matt Sacks Speaks for Kevin Breel keynote speaker at the February 27, 2017 Verdant Healthier Community Conference, and #11902 for \$10,186.67 to Consolidated Press for the printing of the Fall 2016 edition of The Canopy newsletter.
<b>Authorization for Payment of Vouchers &amp; Payroll</b>	Warrant Numbers 11877 through 11928 for October 2016 for payment in the amount of \$121,372.84 were presented for approval (E:75:16). <b><i>Motion was made, seconded and passed unanimously to approve.</i></b>
<b>Program Oversight Committee Report &amp; Recommendations</b>	<p>No conflicts of interest were reported by any of the commissioners present.</p> <p>The Program Committee met on November 10, 2016 to review three applications for funding, follow-up on Mercy Housing &amp; Center for Human Services request, and follow-up on the Building Healthy Communities Fund proposals (E:76:16).</p> <p>The Edmonds Senior Center provided a letter to the commissioners to aid in their decision making (E:77:16).</p>

The committee recommended tabling all Building Healthy Communities Fund applications for 6 months (to June 2017) as commissioners have concerns about access to healthcare due to the recent presidential election and perhaps funds will be more needed for access.

Commissioners Langer, Knowles & Knutsen each shared their agreement about tabling the proposals.

**Program Applications Recommended for Funding:**

***Motion was made, seconded and passed unanimously to approve*** the Puget Sound Kidney Centers (PSKC) Chronic Kidney Disease Education & Prevention Program for two more years, at \$48,000 in the first year and \$40,000 in the second year, with the expectation that PSKC be prepared to sustain the program after the second year of renewed funding.

***Motion was made, seconded and passed unanimously to approve*** the Community Health Center of Snohomish County (CHC) Dental Program request at \$200,000 per year for two years.

***Commissioner Knutsen moved that the Snohomish County Music Project Music Therapy for Vulnerable Populations at \$29,000 per year for two more years be approved but there was no second and the motion died.*** Discussion among the commissioners resulted in mixed reviews of the program.

Mr. Kosovich will provide program outcomes and research support at the upcoming board retreat on December 2-3, 2016.

**Follow-Up on Previously Discussed Proposals:**

Center for Human Services – Edmonds Family Medicine PCP and Behavioral Health Integration request to support two mental health clinicians from the Center for Human Services at Edmonds Family Medicine. The Program Committee would like to invite the applicant in for a presentation at the December 2016 regular board meeting.

Mercy Housing – Health in Housing Program request for \$180,000 per year for three years to implement health programs at 7 affordable housing complexes. The Program Committee is recommending waiting for more

information and proven outcomes from King County ACH and Housing Authority projects.

**Presentation  
from Sandra  
Huber,  
Community  
Wellness  
Outreach  
Specialist**

Ms. Huber provided the commissioners with an update on the Spanish-language programming that has occurred over the past 6 months. This programming includes CPR training, National Night Out in Lynnwood, Meet Me at the Park in Lynnwood, food label education, immigration & health, preparing healthy meals, teen suicide prevention, dementia in the Latino community, and 40 hours of bilingual and bicultural training to 19 community health workers. Community dialogues have also been held with the Latino community, with results aligning with Verdant's priorities.

**Verdant  
Community  
Wellness  
Center Update**

See (E:78:16) for this month's report. Commissioner Knutsen complimented both Ms. Huber & Ms. Waldin for the extensive breadth of programming that has occurred in the wellness center.

**Marketing  
Report**

Ms. Piplic reported on the Verdant Healthier Community Conference which will be held on Monday, February 27, 2017 at the Lynnwood Convention Center. The topical agenda and break-out sessions and sponsorship opportunities are currently being worked on and a report will be given at the December 2016 regular board meeting.

**Superintendent's  
Report**

Superintendent Zapora reported on six items:

1. If any commissioners know of potential sponsors for the Verdant Healthier Community Conference, please inform him or Ms. Piplic. There are three levels of sponsorship: \$5000, \$2500, and \$1000.
2. Commended Ms. Waldin & Ms. Huber for the variety of programs at the wellness center.
3. Reminder that the board retreat starts at 12 p.m. on Friday, December 2, 2016 and ends at 12 p.m. on Saturday, December 3, 2016 at the Hilton Garden Inn in Mukilteo. Ms. Margot Helphand will be this year's facilitator.
4. Reminder that the next regular board meeting is December 14, 2016 to act on Resolution 2016:09.

5. Dr. Robin Fenn will be a great superintendent for the district and the leadership transition from one superintendent to the next will go well.
6. Evite was send for December 8, 2016 retirement party.

**Public  
Comments**

Mr. Farrell Fleming of the Edmonds Senior Center understands the course of action the board is taking with regards to the Building Healthy Communities Fund applications and that despite any uncertainty in the political arena, good work still needs to continue. He encouraged the board to keep a modest amount of money aside for capital projects as these projects will last for many years.

Mr. Phil Smith of Volunteers of America echoed Mr. Fleming's comments and encouraged the board that we must not lose sight of serving the most vulnerable populations during these uncertain times and should leverage all resources.

**Commissioner  
Comments**

Commissioner Williams commented that Verdant should take the lead on holding a discussion on a state level response to the possible repeal of the ACA with Molina, Providence, and others from Olympia.

Commissioner Knutsen commented that she has been working for the past 25 years on health care access and is hopeful about the future. She thinks that many people in Washington want a single-payer system.

President Langer assured both VOA and the Edmonds Senior Center that their funding requests will be given attention in the coming months.

**Adjourn**

There being no further business to discuss, the meeting was adjourned at 9:16 a.m.

**ATTEST BY:**

---

President

---

Secretary

**PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON**

**BOARD SPECIAL MEETING  
December 2 to 3, 2016  
Hilton Garden Inn Mukilteo**

**Commissioners  
Present**

Bob Knowles, Commissioner  
Karianna Wilson, Commissioner  
Deana Knutsen, Commissioner  
J. Bruce Williams, MD, Commissioner

**Commissioners Excused**

Fred Langer, President

**Staff**

Carl Zapora  
George Kosovich  
Jennifer Piplic  
Lisa King  
Sue Waldin  
Sandra Huber  
Robin Fenn  
Karen Goto

**Guest**

Margot Helphand, Facilitator

**Call to Order**

On Friday, December 2 the Special Meeting of the Board of Commissioners was called to order by Commissioner Knutsen at 12:52 p.m.

**Strategic Planning  
Discussion**

The board went into a strategic planning discussion. Topics included a confirmation of the Commission's core values and core mission, a look back at the accomplishments of the past five years, the key trends and impact on the community, and the key outcomes for the next one to two years.

No action was taken at the meeting.

**Adjourn**

There being no further business to discuss, the meeting was adjourned at 4:55 p.m.

**Call to Order**

On Saturday, December 3 the Special Meeting of the Board of Commissioners was called to order by Commissioner Knutsen at 8:15 a.m.

**Strategic Planning  
Discussion**

The board continued their strategic planning discussion from December 2. Topics included development of operating agreements, the superintendent transition, the board committees for 2017 interest and preferences, and



accountability of the board to the goals and agreements.  
No action was taken.

**Adjourn**

There being no further business to discuss, the meeting was adjourned at 11:20 a.m.

**Attest By:**

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary



**Verdant Health Commission Retreat  
December 2 and 3, 2016  
Meeting Summary**

Attended by:

Commissioners: Deana Knutsen, Bruce Williams, Karianna Wilson, Bob Knowles

Regrets: Fred Langer

Staff: Carl Zapora, George Kosovich, Lisa King, Jennifer Piplic, Karen Goto, Sue Waldin, Sandra Huber

Facilitator: Margot Helphand

**I. Day One: Retreat Goals**

- Confirm our Mission, Vision and Values
- Review strategic plan and major accomplishments
- Identify Key trends impacting Snohomish County and the work of the Commission
- Affirm strategic plan - major work outcomes

**II. Working Agreements**

- Be civil and Listen; Let people finish
- Respect verbal and non-verbal (no eye rolls) communication
- Participate and make room for others to participate - Equal opportunity
- Silence phones

**III. Mission, Vision and Values Review**

A. Mission – Still compelling and relevant; Our programs are mission-driven

B. Vision – Still compelling

C. Values – We act in accordance with our values. Add the word “organizations” in “Excellence” value. Excellence value to read “We are leaders in investing, convening and empowering individuals and organizations to achieve health and well-being.”

**IV. A Look Back – Major Accomplishments/Learnings**

- We have developed a strong, trusted brand

- Wellness Center – Perceived as a South County facility, served over 8,000 people last year, place for convening groups, space for multi-cultural programming, parenting and nutrition classes
- Dental services – Served over 1,000 people last year
- Focus on mental health
- Services to seniors: 3,000 seniors a year, multi-cultural programs and services, dental
- Effective community-wide programs:
- Connections to employers
- Enhanced hospital campus: Cancer Center, ER, parking, we own Kruger Clinic
- Bike Network in development: working with cities to develop
- Focus on community-wide wellness – getting more people active. Outreach to entire community: two fields built, South County Walks
- Community Paramedic Team
- Conference
- Training of community health workers
- Continued focus on reducing childhood obesity
- 211

**V. Recipe for Success – What has contributed to our ability to be effective?**

- Our programs evolve over time
- We work in partnership with others
- Our programs have depth and scope and evolve over time
- The board is congruent, diverse, compatible and has a common vision
- We listen to the community
- Superb superintendent and staff
- We have money to invest
- We try to be focused
- We balance when to lead, fund, convene, and encourage
- We are genuinely mission-driven
- We have the ability to be creative
- Our 211 program has a human component
- We have strong, consistent branding
- Our staff are visible in the community and at the table in many important arenas
- We are trusted by the community; we are responsive and follow through on our commitments

- We have begun to diversify our revenue streams
- We monitor what we do and achieve real benefits for the community
- We are inclusive and reach out to all parts of the community
- We have open meetings and are transparent in our work
- We have excellent consultants and vendors

## **VI. Current Environment/Trends**

- Recognition that social determinants of health are critical (90% modifiable; 10% Hospital care)
- Health and Wellness services and social services are siloed
- Snohomish County is urbanizing
  - More senior housing
  - Aging population
  - Increase in homelessness
  - Light rail
  - Demographic shift: More diversity, multi-racial, ethnic
  - People moving from in from King County
  - Expanded criminal justice population
- Big health systems are changing; mergers
- Verdant leadership transition; new superintendent; two commissioners up for reelection
- Public entities, e.g. cities, school districts, increasingly financially challenged
- HWY 99
- State agency reorganizations
- Inadequate workforce in dental, behavioral and dental care
- People are willing to work together, collaborate
- Opiate epidemic – Need for substance abuse treatment
- Behavioral health integration into primary care
- Changes to ACA
- New community centers being built
- Endless opportunities; how do we prioritize and stay focused

## **VII. Strategic Plan Review**

### **Long-Term Prevention**

#### **A. Increase Mental Health and Decrease ACES**

- Needs are trending up in our district and in Snohomish County
- Barriers – cost and stigma
- Access is complicated

- There are capacity limitations
- Question – Are there more effective models?
- Is early intervention possible?

#### B. Decrease Childhood Obesity

- Question – are we making a measurable impact?
- Childhood obesity rate not improving in our district
- Question – What other approaches are there to achieve impact? e.g. “Mile a Day program”; School challenge
- Involve families; Consider early intervention and income disparities
- Advocate for age appropriate diet education
- Issue - Schools not meeting PE requirements; Are there ways to support schools to accomplish this?

#### C. Long-Term Improvements that Support Healthy Lifestyle

- Interventions for the entire community
- Still need to resolve issue with State Auditor on scope of Hospital District authority

### **Treatment/Access to Healthcare**

#### D. Improve Treatment/Access to Healthcare

- Some folks are left behind
- Explore how to connect primary health care providers to understand our 211 program
- Explore geriatric center

#### E. Improve Dental Care Access

- We have opportunity to really impact ER visits due to dental issues

### **Organizational Goals**

#### F. Alignment/Sustainability - Maximize Programs for Strategic Impact

- **We continually look at program effectiveness and support programs that are most effective. It is easier to message to the community when we have identified more effective programs to achieve our desired results.**

#### G. Community Needs Data

- Continually build an understanding of community needs

#### H. Financial Reserves and Investments

- Reserve strategy

- Flexible within parameters - hovering around \$40 million in 2020; \$35 million floor.
- Value Village
  - Consider plan in context of Hwy 99 corridor
  - Property should be used for highest and best purpose
  - Consider a variety of options; possible future Verdant space, Mental health facility
  - Consider impact on hospital
  - Interest in broad exploration of uses beyond just a medical office building or psychiatric services, to include space for other Verdant programs.
  - **Agreement that criteria were appropriate**
  - **Board needs to articulate our vision for the property before we have architect's recommendations. This is what we did with the Verdant Community Wellness Center.**

**General Comments regarding Strategic Plan:**

**The commissioners remain committed to the major areas of the Strategic Plan:**

- Increase Mental Health and Decrease ACES
- Decrease Childhood Obesity
- Long-Term Improvements that support healthy lifestyle
- Improve Treatment/Access to Healthcare
- Improve Dental Care Access

**VIII. Day Two: Retreat Goals (Present: Bob, Karianna, Deana, Bruce, George, Robin)**

- Review and Revise Operating Agreements
- Develop a Plan for a Successful Superintendent Transition
- Identify preferences for commissioner committee assignments

**IX. Review Board-Superintendent Operating Agreements**

The Board reviewed the Operating Agreements and reaffirmed them. No revisions were made. Key Discussion points:

- Meetings
  - Convene quarterly study sessions or as needed to provide opportunity. We can schedule these for the third month of each year for board to study and discuss key topics prior to formal board decisions.
  - March study session – Building Healthy Communities Fund
  - Materials to commissioners day before meeting

- Retreats twice yearly with a “mini-retreat” in June.
- Expectations of Superintendent
  - Over communicate at the outset
  - Formal and informal monthly check-ins
  - Superintendent report to provide overview of what’s happening in key areas
- Board Self-Evaluation
  - Commit to board self-evaluation 1x a year. Use Board Operating Agreements as baseline

## **X. Develop a Plan for a Successful Superintendent Transition**

### **A. Carl**

- Complete staff evaluations
- Be available to Robin, as needed, during initial months. (develop hourly consulting agreement)
- Identify key contacts. Introduce Robin to key contacts as appropriate and share list with the commissioners.
- Exit interview with Deana & Bruce

### **B. Verdant**

- Introduce Robin on website and e-news

### **C. Key Priorities for Robin’s first three months**

- Focus primarily on meet-and greets with people in the community. The board will ask Carl to prepare a list and then will add to it as they see fit.
- Oversee Value Village recommendation
- Meet with Howard to become familiar with lease agreement
- Spend time getting to know staff.
- Spend time getting familiar with budget and programs
- Develop organizational goals using template
- Review and update/modify as necessary the white paper defining "health" for use with State Auditor and legislators. Review RCW’s and articulate how we see health and importance of social determinants of health
- Work with staff on developing an annual report. George will look at auditor and Canopy schedules; board would like something Q2 of 2017.
- Attend all board and board committee meetings.
- AWPHD: become familiar with their proposed legislation especially

around defining health

- Talk with staff and board members prior to the first board study session meeting to see what strategic ideas/new ideas for programming they may have.
- Look at possible conferences for board members to attend.
- Attend Verdant conference in February.
- Prepare monthly summary of superintendent activities for board. Work with staff as well to develop something similar to keep board informed.
- Prepare Annual Report for distribution to the community

#### **XI. Commissioner Committee Preferences**

- Executive Committee: Deana, Bruce
- Program Committee: Bob, Fred
- Finance: Bruce, Karianna
- Strategic Collaboration: Karianna, Deana
- Medical Oversight: ad-hoc

#### **XII. Annual Report**

- Target audience: the community
- Purpose: to tell our story and community our value; Mission, Vision, values, what we accomplished and value to the community
- Prepare Annual Report for April-May 2017 distribution; Can be part of Canopy
- Include Snohomish Health District data





### **2017 Monthly Board Meetings**

4<sup>th</sup> Wednesday of the month, unless  
noted \*

8 to 10 a.m.

Verdant Community Wellness Center

January 25

February 22

March 22

April 26

May 24

June 28

July 26

August 23

September 27

October 25

November 15 \* (3<sup>rd</sup> Wednesday)

December 20 \* (3<sup>rd</sup> Wednesday)

### **2017 Board Study Sessions**

2<sup>nd</sup> Wednesday of the month, unless  
noted \*

8 to 10 a.m.

Verdant Community Wellness Center

March 8

Mini Retreat – Friday, June 9

12 to 5 p.m.

September 13

Board Retreat – December 1 to 2

12 to 5 p.m. Friday

8 a.m. to 12 p.m. Saturday

Location TBD

### **2017 Other Important Calendar Items**

Verdant Healthier Community  
Conference

Monday, February 27

8 a.m. to 4:15 p.m.

Lynnwood Convention Center



## **Proposed 2017 Officers & Committee Assignments:**

- President – Deana Knutsen
- Secretary – Bruce Williams
- Executive Committee –  
Deana Knutsen (Chair)/Bruce Williams
- Finance Committee –  
Bruce Williams (Chair)/Karianna Wilson
- Program Committee –  
Bob Knowles (Chair)/Fred Langer
- Strategic Collaboration Committee –  
Deana Knutsen (Chair)/Karianna Wilson
- Medical Advisory Committee –  
ad hoc

PUBLIC HOSPITAL DISTRICT NO. 2  
SNOHOMISH COUNTY, WASHINGTON  
RESOLUTION NO. 2016-09

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington (the "District"), appointing Robin Fenn, Ph.D., as superintendent and removing Carl Zapora as superintendent of the District.

WHEREAS, RCW 70.44.070 requires the District to appoint a superintendent of the District (the "Superintendent"); and

WHEREAS, RCW 70.44.070 further requires that the Superintendent be appointed for an indefinite time and be removable at the will of the Commission; and

WHEREAS, RCW 70.44.070 further requires that appointments and removals of the Superintendent be done by a resolution of the Commission that is introduced at a regular meeting and adopted at a subsequent regular meeting of the Commission; and

WHEREAS, Carl Zapora was appointed as superintendent by Resolution No. 2011-02, which was adopted February 23, 2011, and Mr. Zapora has submitted his resignation to be effective upon the appointment of a new superintendent; and

WHEREAS, after conducting an extensive search, the Commission has selected Robin Fenn, Ph.D., as the replacement for Mr. Zapora; and

WHEREAS, the Commission wishes to recognize Mr. Zapora's exemplary service as superintendent; and

WHEREAS, this resolution was introduced at a regular meeting of the Commission held on November 16, 2016; NOW, THEREFORE,

BE IT RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, that effective as of December 31, 2016, at 3:00 p.m., Robin Fenn, Ph.D., is hereby appointed as the superintendent of the District and Carl Zapora is removed as the superintendent of the District.

BE IT FURTHER RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, that Dr. Fenn shall be compensated pursuant to the terms of the offer letter dated November 21, 2016, executed on behalf of the District by the President of the Commission.

ADOPTED AND APPROVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, at a regular open public meeting thereof this 14<sup>th</sup> day of December, 2016, the following Commissioners being present and voting in favor of the adoption of the resolution.

---

President and Commissioner

---

Commissioner

---

Commissioner

---

Commissioner

---

Secretary and Commissioner

I, the undersigned, Secretary of the Commission of Public Hospital District No. 2, Snohomish County, Washington, hereby certify that the attached copy of Resolution No. 2016-09 is a true and correct copy of the original resolution adopted on December 14, 2016, as that resolution appears on the Minute Book of the District.

DATED this 14<sup>th</sup> day of December, 2016.

---

Deana Knutsen  
Secretary of the Commission

November 21, 2016

Dr. Robin Fenn  
10109 Kenwanda Drive  
Snohomish, WA 98296

Dear Robin,

I am pleased to offer you the position of Superintendent of Public Hospital District 2, Snohomish County dba: Verdant Health Commission effective December 31, 2016 at 3:00 p.m. pending background and reference checks and the anticipated board approval on December 14, 2016 of the board resolution finalizing this action. We believe your background and experience are a good match for our organization and look forward to you leading our team.

You will report directly to our Board of Commissioners. You will be classified as an exempt employee and will be working in our Lynnwood office with the following compensation package and details:

- Annualized base pay of \$176,000
- Annual performance reviews
- Company-paid health and dental coverage, effective January 1, 2017
- A 457(b) deferred compensation plan and a 401(a) pension benefit with Verdant contributing 3% and matching up to 3% of the employee contribution
- Company-paid life insurance valued at two times your annual salary
- Short- and long-term disability insurance
- Flexible spending account (FSA)
- Two weeks paid vacation effective immediately and accruing at 4.61 hours per pay period (three weeks annually) for the first four years of employment, then increasing annually per our PTO schedule
- Paid sick leave accruing at 1.54 hours per pay period (one week annually) and
- Eleven company-paid holidays plus one floating holiday per year.

If you have any questions concerning the benefits for which you will be eligible, please feel free to contact Lisa King our Director of Finance at 425-582-8543 or via email at [lisa.king@verdanthealth.org](mailto:lisa.king@verdanthealth.org).

Please bring appropriate documentation for the completion of your new hire forms, including proof that you are presently eligible to work in the United States for I-9 purposes. Failure to provide appropriate documentation within 3 days of hire will result in immediate termination of employment in accordance with the terms of the Immigration Reform and Control Act.

In accepting this offer of employment, you certify your understanding that your employment will be on an at-will basis, and that neither you nor the organization has entered into a contract regarding the terms or the duration of your employment. As an at-will employee, you will be free to terminate your employment with the organization at any time, with or without cause or advance notice. Likewise, the

organization will have the right to reassign you, to change your compensation, or to terminate your employment at any time, with or without cause, or advance notice.

We look forward to your arrival and are confident that you will play a key role in our work and impact in the community. Please let me know if you have any questions or if I can do anything to make your arrival easier. You may contact me via email at [fred.langer@verdanthhealth.org](mailto:fred.langer@verdanthhealth.org) or phone at 206-623-7520.

Best regards,


Fred Langer, Board President  
Public Hospital District No. 2, Snohomish County

cc: Carl Zapora, Superintendent

=====

**This offer shall remain open until December 14, 2016. Any acceptance postmarked after this date will be considered invalid.**

Date: 23 NOV 2016

Signature: 

**Balance Sheet**  
As of November 30, 2016

	A	B	C	D
	Dec 31, 2015	Nov 30, 2016	\$ Change	Comments:
<b>1 ASSETS</b>				
<b>2 Current Assets</b>				
<b>3 Cash Balance</b>	2,928,196	3,868,375	940,179	
<b>4 Other Current Assets</b>	34,623,348	37,345,444	2,722,095	Includes Investments
<b>5 Total Current Assets</b>	37,551,544	41,213,818	3,662,274	
<b>6 Total Long-term &amp; Fixed Assets</b>	46,897,663	44,670,235	(2,227,428)	Includes Depreciation
<b>7 TOTAL ASSETS</b>	<b>84,449,208</b>	<b>85,884,053</b>	<b>1,434,846</b>	
<b>8 LIABILITIES &amp; EQUITY</b>				
<b>9 Liabilities</b>				
<b>10 Current Liabilities</b>	2,839,365	2,116,989	(722,375)	Includes BHCF
<b>11 Long-term Liabilities</b>	4,614,978	3,933,118	(681,860)	2012 LTGO Bonds/BHCF
<b>12 Total Liabilities</b>	7,454,343	6,050,107	(1,404,236)	
<b>13 Total Equity</b>	76,994,864	79,833,946	<b>2,839,081</b>	Annual Net Income
<b>14 TOTAL LIABILITIES &amp; EQUITY</b>	<b>84,449,208</b>	<b>85,884,053</b>	<b>1,434,846</b>	

**Profit & Loss**  
November 2016

	A	B	C	D	E	F
	Nov Actual	Nov Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
<b>1 INCOME</b>						
<b>2 Ordinary Income</b>	862,968	862,157	811	9,278,129	9,298,101	(19,973)
<b>3 EXPENSES</b>						
<b>4 Operating Expenses</b>	191,269	222,086	30,817	1,943,682	2,241,382	297,700
<b>5 Depreciation Expense</b>	193,431	195,607	2,176	2,208,181	2,232,286	24,105
<b>6 Program Expenses</b>	421,291	523,000	101,709	4,660,065	6,438,000	1,777,934
<b>7 Total Expenses</b>	805,991	940,693	134,702	8,811,928	10,911,668	2,099,739
<b>8 OTHER INCOME/(EXPENSE)</b>						
<b>9 Total Other Income/(Expense)</b>	(23,190)	226,468	(249,658)	2,372,881	2,491,143	(118,261)
<b>10 NET INCOME</b>	<b>33,786</b>	<b>147,932</b>	<b>(114,145)</b>	<b>2,839,081</b>	<b>877,576</b>	<b>1,961,505</b>

**Monthly Highlights**  
November 2016

Verdant received dividends payments of \$43,788 and an unrealized loss of \$397,027 on our investment portfolio in November and closed with an ending market value of \$36,751,512.

Annual program commitments total \$6,482,100 and \$5,471,463 for 2016 and 2017, respectively. \$1,217,900 remains available to spend in 2016, of which \$34,587 is earmarked as Superintendent Discretionary.

Additional income of \$115,561 and expenses of \$77,544 from the Kruger Clinic were incurred, netting to an additional operating income of \$38,017 in November.



**Public Hospital District #2**

<b>Warrant Number</b>	<b>Transaction Date</b>	<b>Payee</b>	<b>Amount</b>	<b>Purpose</b>
<b>Warrant Activity:</b>				
11929	11/02/2016	Community Health Center of Snoh Co	200.00	Refund for Damage Deposit for CHC Cooking Class 10/21/16
11930	11/02/2016	Ankrom Moisan	184.00	Kruger Clinic Restroom Remodel
11931	11/02/2016	Consolidated Landscape Maintenance, Inc.	438.11	Nov 2016 Landscaping Maintenance
11932	11/02/2016	Puget Sound Energy	51.49	Natural Gas
11933	11/02/2016	Snohomish Health District	1,751.84	Community Needs Assessment
11934	11/02/2016	Waste Management	223.07	Garbage/Recycle
11935	11/02/2016	Electronic Business Machines	36.23	Canon Copy Machine 10/22-11/21/16
11936	11/02/2016	City of Lynnwood - Utilities	507.93	Water/Sewer
11937	11/09/2016	Ash Consulting	1,623.50	Accounting Consulting
11938	11/09/2016	City of Lynnwood - Utilities	185.03	Water/Sewer
11939	11/09/2016	McKinstry Co., LLC	1,646.45	Nov 2016 HVAC Maintenance Contract VCWC
11940	11/09/2016	Armstrong Services	1,100.00	Oct 2016 Janitorial
11941	11/09/2016	Comcast	271.99	Internet/Telephone
11942	11/09/2016	Comcast	521.34	Internet/Telephone
11943	11/09/2016	Corporate Security LLC	284.00	Nov 2016 Parking Lot Security
11944	11/09/2016	Lowe Graham Jones PLLC	150.00	Oct 2016 Trademark watch
11945	11/09/2016	Sound Dietitians	3,180.25	WC 129 - Lifestyle Change Check, Cooking Demos, Nutrition Workshop
11946	11/09/2016	Seattle City Club	2,500.00	Civic Book Camp Event 10/21/16
11947	11/09/2016	Healthcare Realty	0.00	VOID
11948	11/09/2016	Jason Becker Creative	247.50	Dental Service Rack Cards
11949	11/09/2016	Seattle Food Nut	584.07	WC 120 - Teen Cooking Class 11/5/16; supplies
11950	11/09/2016	Healthcare Realty	7,753.40	Property Management
11951	11/09/2016	Aukema & Associates	3,000.00	Website Updates
11952	11/16/2016	Sandra S Huber	71.55	Reimbursement for Travel and Parking
11953	11/16/2016	Objekts	2,655.61	VCWC Furniture
11954	11/16/2016	Yomira Vazquez	165.00	Childcare 10/28 & 11/4 (11 hours) Promotoras Training
11955	11/16/2016	Total Health	500.00	WC 134 - Instructor Reimbursment 11/3, 11/9
11956	11/16/2016	YWCA of Seattle, King and Snohomish Co	4,146.00	WC 128 - Grief and Loss 6/4-8/2; Mindfulness 7/13-8/31
11957	11/16/2016	Dataworks	2,293.04	IT Support
11958	11/16/2016	AmeriFlex Business Solutions	23.00	Nov 2016 FSA Administration
11959	11/16/2016	Dimensional Communication, Inc	60.28	New HDMI Cord
11960	11/16/2016	Staples	173.31	Supplies
11961	11/16/2016	Shirley Champoux	550.00	6 wk fitness class at CFHL 10/6-11/10
11962	11/23/2016	Sound Publishing, Inc.	78.40	Legal Notice
11963	11/23/2016	Yomira Vazquez	90.00	Childcare 11/16 (5 hours) Teen Suicide Prevention
11964	11/23/2016	Foster Pepper PLLC	24,901.40	April 2016 Legal Fees
11965	11/23/2016	Pacific Art Press Inc	76.74	Business Cards for Promotoras
11966	11/23/2016	R&T Hood and Duct Services, Inc.	188.05	Semi-annual inspection
11967	11/23/2016	Hilton Garden Inn	2,799.75	Pre-pay 7 rooms, meals and AV services for Board Retreat
11968	11/23/2016	Beth Rodriguez, LLC	221.15	Oct 2016 VHCC Support
11969	11/23/2016	Principal	1,189.93	EE Life Insurance
11970	11/23/2016	Regence Blueshield	4,843.43	Dec 2016 Health Insurance
11971	11/23/2016	Awards Service Inc	187.76	Name badges for Promotoras graduation
11972	11/23/2016	K & K Construction LLC	15,921.00	Painting of bldg exterior and handrails at Kruger Clinic

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Warrant Activity:</b>				
11973	11/23/2016	Wells Fargo	3,785.81	Misc
11974	11/23/2016	Randie Clark Counseling, PLLC	150.00	Contractor for Survivors of Suicide Loss Event
11975	11/23/2016	Total Health	700.00	WC 144 - Instructor reimbursement - Health Coaching
11976	11/23/2016	Wells Fargo	1,125.98	Misc
11977	11/30/2016	Electronic Business Machines	1,124.24	11/22-12/21/16 Canon Copy Machine & 8/22-11/21 add copies
11978	11/30/2016	Puget Sound Energy	56.57	Natural Gas
11979	11/30/2016	Waste Management	222.52	Garbage/recycle
11980	11/30/2016	Yomira Vazquez	195.00	Childcare 9/23 & 9/30 (13 hours) Promotoras Training
11981	11/30/2016	Consolidated Landscape Maintenance, Inc.	438.11	Dec 2016 Landscaping Maintenance
11982	11/30/2016	Dataworks	140.00	IT Support
11983	11/30/2016	Snohomish County PUD	1,207.58	Electricity
11984	11/30/2016	Corporate Security LLC	284.00	Dec 2016 Parking Lot Security
11985	11/30/2016	Jason Becker Creative	932.95	Superintendent Retirement/Recognition Book
		Total Warrants	97,005.41	
<b>Wire/ACH Activity:</b>				
	11/11/2016	Payroll	19,584.02	ACH payroll transfer
	11/11/2016	Department of Treasury	6,957.31	Payroll taxes for 11/5/16 pay period ending
	11/11/2016	Valic	3,141.03	Payroll 401(a)/457 Deposit
	11/11/2016	Paychex	106.33	Fee for payroll processing
	11/25/2016	Payroll	19,557.09	ACH payroll transfer
	11/25/2016	Department of Treasury	7,195.19	Payroll taxes for 11/19/16 pay period ending
	11/25/2016	Valic	3,076.40	Payroll 401(a)/457 Deposit
	11/25/2016	Paychex	106.33	Fee for payroll processing
	11/10/2016	Wells Fargo Merchant Services	77.78	Merchant Services
	11/15/2016	Mary Porter, RDN	945.00	Program Payment
	11/15/2016	Alpha Supported Living Services	5,416.67	Program Payment
	11/15/2016	Alzheimer's Association Western & Central	7,209.16	Program Payment
	11/15/2016	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	11/15/2016	Brain Injury Association of WA	8,750.00	Program Payment
	11/15/2016	CampFire	4,166.67	Program Payment
	11/15/2016	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	11/15/2016	Center for Human Services	13,750.00	Program Payment
	11/15/2016	ChildStrive	23,333.33	Program Payment
	11/15/2016	City of Lynnwood	6,144.08	Program Payment
	11/15/2016	Community Health Center of Snohomish Co	25,000.00	Program Payment
	11/15/2016	Compass Health	18,572.50	Program Payment
	11/15/2016	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	11/15/2016	Edmonds Community College Foundation	4,396.33	Program Payment
	11/15/2016	Edmonds School District No. 15	70,239.34	Program Payment
	11/15/2016	Edmonds Senior Center	9,166.67	Program Payment
	11/15/2016	Kinderling	11,517.17	Program Payment
	11/15/2016	Korean Women's Association	5,000.00	Program Payment
	11/15/2016	Medical Teams International	5,500.00	Program Payment
	11/15/2016	PEPS	2,987.50	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
<b>Wire/ACH Activity:</b>				
	11/15/2016	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	11/15/2016	Project Access Northwest	7,500.00	Program Payment
	11/15/2016	Puget Sound Christian Clinic	25,911.11	Program Payment
	11/15/2016	Puget Sound Kidney Centers Foundation	4,166.67	Program Payment
	11/15/2016	Senior Services of Snohomish County	57,936.67	Program Payment
	11/15/2016	Snohomish County Fire District 1	28,666.67	Program Payment
	11/15/2016	Snohomish County Music Project	2,416.67	Program Payment
	11/15/2016	Therapeutic Health Services	16,666.67	Program Payment
	11/15/2016	Volunteers of America Western WA	6,362.92	Program Payment
	11/15/2016	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	11/14/2016	City of Edmonds Parks & Recreation	5,634.00	Program Payment
	11/19/2016	AmeriFlex Business Solutions	178.46	FSA Payments
	11/29/2016	AmeriFlex Business Solutions	40.31	FSA Payments
	12/9/2016	AmeriFlex Business Solutions	223.46	FSA Payments
	11/1/2016	AmeriFlex Business Solutions	178.46	FSA Payments
	11/25/2016	WA Department of Revenue	776.86	B&O tax
		Total Wires/ACH Transactions	<u>469,846.58</u>	

**Workers Compensation Claims Activity:**

305334-338	Nov 2016	Various Claimants/Vendors	<u>1,723.89</u>	Administered by Eberle Vivian
------------	----------	---------------------------	-----------------	-------------------------------

**Kruger Clinic Activity:**

632-647	Nov 2016	Various Claimants/Vendors	<u>27,661.70</u>	Administered by Healthcare Realty
---------	----------	---------------------------	------------------	-----------------------------------

<b>Total Disbursements</b>	<u><b>\$ 596,237.58</b></u>
----------------------------	-----------------------------

	Transaction Date	Payer	Amount	Purpose
<b>Deposits:</b>				
	11/1/2016	Swedish/Edmonds	781,073.72	Monthly leases
	11/1/2016	Value Village	25,490.56	Monthly lease
	11/3/2016	Kean Lawlor	19,729.94	Kruger Clinic monthly lease
	11/3/2016	Raymond Liu, D.D.S.	3,563.46	Kruger Clinic monthly lease
	11/3/2016	Puget Sound Gastro	27,540.80	Kruger Clinic monthly lease
	11/3/2016	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
	11/10/2016	Snohomish County	842,988.86	Levy
	11/22/2016	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
	11/22/2016	WA State Health Care Authority	148,547.00	2008 CPE Final Settlement
	11/28/2016	Community Transit	1,000.00	Sponsorship of VHCC
		<b>Total Deposits</b>	<u><b>\$ 1,854,682.69</b></u>	

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT #2  
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 11929 through 11985 have been issued for payment in the amount of \$97,005.41. These warrants are hereby approved.

Attest:

\_\_\_\_\_  
Lisa M. King

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

-----			
Warrants Processed:	11-1-16 – 11-30-16		\$97,005.41
Work Comp Claims Pd:	11-1-16 – 11-30-16		1,723.89
Kruger Clinic Processed:	11-1-16 – 11-30-16		27,661.70
Payroll:	10-23-16 – 11-5-16	19,584.02	
	11-6-16 – 11-19-16	19,557.09	
			39,141.11
Electronic Payments:	Payroll Taxes	14,152.50	
	Paychex	212.66	
	Valic Retirement	6,217.43	
	AmeriFlex FSA	620.69	
	Bank Fees	77.78	
	WA State Dept Revenue	776.86	
	Program Expenditures	<u>408,647.55</u>	
			<u>430,705.47</u>
	Grand Total		<u>\$596,237.58</u>

VERDANT HEALTH COMMISSION  
PUBLIC HOSPITAL DISTRICT #2  
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 11877 through 11928 have been issued for payment in the amount of \$123,872.84. These warrants are hereby approved.

Attest:

\_\_\_\_\_  
Lisa M. King

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

-----			
Warrants Processed:	10-1-16 – 10-31-16		\$123,872.84
Work Comp Claims Pd:	10-1-16 – 10-31-16		6,809.19
Kruger Clinic Processed:	10-1-16 – 10-31-16		19,490.43
Payroll:	9-25-16 – 10-8-16	19,405.26	
	10-9-16 – 10-22-16	18,662.05	
			38,067.31
Electronic Payments:	Payroll Taxes	14,047.51	
	Paychex	234.16	
	Valic Retirement	6,185.23	
	AmeriFlex FSA	1,386.11	
	Bank Fees	74.83	
	WA State Dept Revenue	780.02	
	Dept of L&I	466.85	
	Program Expenditures	<u>393,888.55</u>	
			<u>417,063.26</u>
	Grand Total		<u>\$605,303.03</u>

## December 2016 Program Summary

- **Four applications were reviewed, all of which are returning applicants**
- **Presentation from Center for Human Services at today's board meeting on a Behavioral Health Integration Project**

### Program Applications Recommended for Funding

- **Senior Services of Snohomish County – Care Coordination Program** – a renewal request for a program that supports coordination between healthcare providers and community services for adults. Funding is used to support two care transition coaches who follow up with high-need patients. The program has consistently exceeded its goals for participation and tracks follow-up with primary care and access to other resources such as meals, transportation, mental health services, etc. Last year, the program received 301 client referrals, mostly from Swedish Edmonds Hospital and other medical providers.

When funding was renewed two years ago, Verdant's board expressed interest in seeing additional revenue from other sources for the program. Senior Services has not made progress in identifying additional funding—they believe there are opportunities through the HCA's Health Homes or Care Coordination Agency Models, but those models have not been fully developed yet.

**The program committee is recommending fully funding the request at \$135,000, but just for one year as alternative funding models emerge.**

### Program Applications Not Recommended for Funding

- **Alpha Supported Living Services – Wellness Program for individuals with Disabilities:** a renewal request for a program that provides nursing and preventative health services for people with developmental disabilities in South Snohomish County. The individuals receiving services typically have a developmental disability and/or mental health diagnoses that require a high level of support in a group living setting. This program was initially funded through a non-profit called Smithwright Services, which was absorbed by Alpha Supported Living. Program funds are used to partially support 2.5 FTE nursing support services. Alpha Supported has requested renewal and an increase in funding from \$65,000 per year to \$80,000 per year.

**The program committee is not recommending funding the program at this time.** The committee felt that providing nursing services for residents did connect closely enough with a Verdant funding priority.

### Program Applications for Additional Discussion

- **Northwest Parkinson's Foundation – South Snohomish County Programming:** a renewal request for South Snohomish County Parkinson's Programs. Funds would be used for the Dance for PD programs as well as an educational program called PD University, which would be held at the Lynnwood Convention Center. Verdant previously provided a one-time grant to help start the Dance for Parkinson's Program in South Snohomish County. When funded, the intent was that funds would be provided on a one-time basis. The program has reached 350 people through 64 classes held since inception.

The request is for \$20,000 per year for two years. Funds would primarily be used to start a new Edmonds-based Dance for PD group (\$8,000) and to sponsor the PD University conference (\$12,000).

**The program committee did not reach a consensus recommendation so the request is coming forward to the full board for discussion.**

#### **Other Programs Discussed at Program Committee Meeting**

- **Brookside Research & Development / Preventing Falls in Older Adults through Communities of Faith (fiscal sponsor through Senior Services of Snohomish County):** a program that used faith congregations and community organizations along with technology to screen and assess for fall risks among older adults, and then to connect individuals with the appropriate interventions. The renewal request seeks \$46,525 to add additional screening sites and provide additional interventions.

**The program committee had several follow-up questions for the applicant, and would like to explore opportunities to target higher risk populations.**

- **Snohomish County Music Project:** the committee reviewed a summary of research related to music therapy and evidence supporting its use. The materials did not prompt a change in funding recommendation for the program.

#### **Program Presentation**

- **Center for Human Services - Edmonds Family Medicine: PCP and Behavioral Health Integration:** a request to support two mental health clinicians from the Center for Human Services at Edmonds Family Medicine. The program is designed to integrate behavioral health and primary health care at a medical clinic. EFM patients would be screened for probability of behavioral health issues, and, when appropriate, provided with a "warm hand-off" to a behavioral health clinician. After referral, the patient will be screened more thoroughly and, if appropriate, participate in brief interventions (averaging 6 sessions). Center for Human Services is requesting \$190,999 per year for three years for the program.

**Verdant Community Wellness Center Summary  
November/December 2016**

**Completed Programs**

<b>1. General Community and Provider Events</b>	<b>Attendance</b>
1. Medicare Open Enrollment (11/15)	20
2. Advanced Care Planning Volunteer Training (11/16)	8-12
3. Filipino Seniors Association Meeting (11/17)	25
4. Understanding Medicare Monthly Workshops (11/18)	16
5. WABS Natural Leaders Parent Trainings (November 21)	25
6. ARC Mothers of Children with Disabilities Monthly Support Network (12/3)	12
7. Quarterly Resource Connector Meeting (12/6)	40
8. Alzheimers Association Staff Training & Retreat (12/6)	35
9. Opportunity Council Strengthening Families Training (12/10)	10
10. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

<b>2. Nutrition and Healthy Behaviors</b>	<b>Attendance</b>
1. Surviving & Thriving with Chronic Kidney Disease (11/2 – 12/14)*	23
2. Lower Sodium Holiday Foods Cooking Demo (11/14)*	26
3. Sleep Matters (11/30)*	19
4. Healthy Holiday Bites Cooking Demo (12/7)*	38
5. Lifestyle Change Check-Ins (drop – in 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)*	6-12
6. Getting to Goal Program (Weight Management Consultations)*	15-20 clients

<b>3. Behavioral Health &amp; Substance Use</b>	<b>Attendance</b>
1. Foster Parent Caregiver Core Training Series (10/3 – 11/28)	6-8
2. YWCA Anxiety & Depression Support Group (10/12 – 11/30)*	8
3. YWCA Building Family Strengths Parenting Class (10/18 – 12/6)*	8-12
4. YWCA Managing the Holiday Blues (11/1 – 1/3)	8
5. Wonderland – Hanen Speech Therapy Workshops (11/2 – 12/14)	8-12
6. Snohomish Co. Caregiver and Kinship Caregiver Support (11/15, 17, 12/5)	varies
7. Brain Health and Wellness Classes (11/14, 17, 21, 28, 12/5, 8,)*	3-10
8. Spanish language Suicide Prevention (11/17)*	31
9. THS Drop In Parent Coaching Session (11/17)*	6
10. International Survivors of Suicide Loss Day (11/19)*	32
11. Developing Appropriate Self Esteem in Children Ages 2-12 (11/29)*	16
12. Behavioral Health Care Transitions Meeting (12/1)	10
13. National Alliance on Mental Illness “Connections” Support Grp (12/8)	varies
14. Adult Children of Alcoholics Weekly Support Group (ongoing)	10-14
15. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies

<b>4. Other Programs</b>	<b>Attendance</b>
1. Play and Learn Group, Wonderland Development Center (weekly)*	25-30



**Verdant Community Wellness Center Summary  
November/December 2016**

**Upcoming Programs**

**A. General Community and Provider Events**

1. Understanding Medicare Monthly Workshops (December 16, January 20)
2. Medical Reserve Corps Training (December 17)\*
3. SHIBA Monthly Training with OIC (January 3)
4. ARC Mothers of Children with Disabilities Monthly Support Network (January 7)
5. Susan G Komen Snohomish Partnership Meeting (January 10)
6. Evergreen Home Health (January 11, 17)
7. Advanced Care Planning Volunteer Training (January 11)\*
8. PEPS: While You Are Waiting – Monthly Drop-in Info Session (January 11)\*
9. PEPS: Baby Peppers Weekly Support Group (January 12 – March 23)\*
10. Promotora de Salud Monthly Meeting (January 13)\*
11. Foster Parent Training Workshops (January 14, 28)
12. City of Lynnwood Parks and Recreation Staff Retreat (January 18)
13. WABS Natural Leaders Parent Trainings (January 23)
14. Veterans Claims Seminar (January 24)
15. Edmonds School District Health Services Retreat (January 26)
16. Basic Food Education Forum (January 30)

**B. Nutrition and Healthy Behaviors**

1. Surviving & Thriving with Chronic Kidney Disease (Nov 2 – Dec 14) + (Jan 18-Feb 22)\*
2. Type 2 and You Workshop and Celebration (December 13)\*
3. Breathe Easy: How to Improve your Indoor Air Quality (December 15)
4. Cutting through the Hype: What really works for weight loss? (January 9)\*
5. Strength Training for Adults: a beginner's guide (January 12)\*
6. Mediterranean for Life: Health Coaching Program (January 18 – March 22)\*
7. Diabetes Cooking Class for CHC Patients (January 20)
8. Road Back to Life Kidney Support Group (January 24)
9. Winter Salads Cooking Demo (January 26)\*
10. Info Session: Exploring the Benefits of Yoga (January 24)\*

**C. Behavioral Health & Substance Use Focus**

1. YWCA Managing the Holiday Blues (November 1 – January 3)\*
2. Wonderland – Hanen Speech Therapy Parent Workshops (November 2 - December 14)
3. Brain Health and Wellness Classes (December 12, 19, 20)\*
4. Snohomish County Caregiver & Kinship Caregiver Support Groups (December 15)
5. National Alliance on Mental Illness “Connections” Support Group (December 22, January 12, 26)
6. Evergreen Bereavement Informational Workshop (January 11)
7. Cocoon House WayOUT Training (January 21, 28)
8. YWCA Intro to Mindfulness (January 23 – March 13)\*
9. YWCA Grief and Loss (January 24 – March 14)\*
10. THS 4 week Parent Coaching Group (January 26 – February 16)\*
11. Adult Children of Alcoholics Weekly Support Group (weekly)
12. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

\* = Grant/Program Funded Partner

# October 2016 Marketing Report

## Verdant Healthier Community Conference 2017

**Monday, February 27, 2017 at the Lynnwood Convention Center**

### **Sponsors:**

Gold Level: Premera and Swedish

Silver Level: Harbor Square Athletic Club and The Everett Clinic

Bronze Level: Community Transit, Edmonds Community College, Foster Pepper, Puget Sound Kidney Centers, Pacific Art Press (print sponsor), Herald Media (media sponsor)

## **DRAFT AGENDA**

<b>Time</b>	<b>Activity</b>		
8-8:30 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8:30-9:30 a.m.	<b>Breakfast Keynote on Health Equity</b> <b>Dr. Anthony B. Iton, MD, JD, MPH</b> , Senior Vice President, Healthy Communities, The California Endowment		
	<b>Interest Tracks</b>		
	<b>Healthier Body</b>	<b>Healthier Mind</b>	<b>Making Health Happen</b>
9:45-10:35 a.m.	Localized health equity and/or social determinants	Anxiety & Depression session Dr. Greg Jantz	<b>Advocacy training:</b> <b>How do you tell your story?</b>
10:50-11:40 a.m.	Mediterranean Diet Kim Larson	What do we do about substance use? Cleo Harris, County Human Services; Linda Grant, Evergreen Recovery Solutions	<b>Hidden in Plain Sight:</b> <b>Practical Solutions for Small-to Medium-Sized Employers</b>

11:55 a.m. - 1:10 p.m.	<b>Lunch Keynote on Mental Health</b> <b>Kevin Breel</b> , Writer, Comedian, and Activist for Mental Health		
1:25-2:15 p.m.	Effective Prevention Wendy Bart, YMCA of Greater Seattle; Shanon Tysland, Experience Momentum	Multicultural behavioral health panel	<b>How do you successfully engage your community?</b> Ted Lord
2:30-3:20 p.m.	<b>Nutrition as Medicine</b> Dr. James Bowers, Megan Ellison	<b>Yoga: Mind, Movement &amp; Meditation</b> Will Doran	<b>Improving Our Environment for Everyday Health</b>
3:35-4:15 p.m.	<b>Closing Presentation</b> Remarks from Verdant Superintendent Presentation of Awards Networking Opportunity <i>Please enjoy refreshments, information booths, and networking to close out the event at the conclusion of the presentation.</i>		