

# The CANOPY

*News from the Verdant Health Commission, serving South Snohomish County*

## Where should you go when you're sick or injured?

You don't always get injured or sick when your doctor's office is open. Sometimes, you must seek treatment elsewhere, but it is important to pay close attention to your symptoms and seek the most appropriate care to save yourself time and money.

### **When to Go to the Emergency Room or Call 9-1-1**

Emergency care is for sudden or unexpected medical conditions that could cause significant harm or death without prompt attention. Call 9-1-1 or seek emergency care for these symptoms and others:

- Chest pain
- Difficulty breathing or speaking
- Severe bleeding or head trauma
- Loss of consciousness
- Major burns

### **When to Go to Walk-In or Urgent Care Clinics**

Walk-in clinics and urgent care centers are best at treating urgent medical conditions when prompt attention is needed, but there is not an immediate, serious threat to health or life. Go to a walk-in clinic or urgent care center for these symptoms and others:

*(continued inside, bottom right)*



## Staying healthy as we age

*Health, nutrition, exercise, social supports for our aging population*

In South Snohomish County, health- and wellness-related resources for adults over the age of 65 have steadily increased in recent years due to the collaborations between the Verdant Health Commission and many service agencies.

Programs vary from direct health services, to healthy meals, to social settings for keeping isolated seniors engaged and active. Within South Snohomish County, the percentage of residents age 65 or older is expected to grow from 12 percent in 2013 to 20 percent in 2030. The Verdant Health Commission has taken steps to ensure these adults are able to access the services and programs they need right here in our community.

Verdant supports these aging residents through programs offered by many different community organizations: Alzheimer's Association, Edmonds Senior Center, Free Range Health, Mountlake Terrace Senior Center, Senior Services of Snohomish County and more. Visit [verdanthealth.org](http://verdanthealth.org) to learn more about these and other programs.



## Verdant's website has local wellness resources

Are you looking for health classes and resources that are available in South Snohomish County?

**Verdanthealth.org** has the answers.

Through Verdant's partnerships with community and regional health care organizations, we've put together a trustworthy community-focused website resource.

On our site, you'll find:

- Classes, workshops, support groups and events
- Articles, news and tips
- Links to help people access health care services

There, you can sign up for our monthly e-newsletter, featuring the latest events, tips and Verdant news delivered to your inbox.



## Message from the Superintendent

### *Feeling good about your health*

Since 2011, the Verdant Health Commission has invested \$7.5 million in our residents' health through the programming, services and events we've supported. The programs we currently fund are listed inside this newsletter and at [verdanthealth.org/programs](http://verdanthealth.org/programs). Because of our support, most programs are free or have reduced fees. We encourage you to take advantage of the ones that interest you.

We recently wrapped up our wellness series called "6 Weeks to a Healthier You with Joe Piscatella," which included presentations focused on health topics as well as pre- and post-program biometric screenings so everyone "knows their numbers" when they start and finish the series.

The comparison of the pre- and post-average numbers shows improvement across the board, but what I find really remarkable is the individual success stories. We heard from a woman who lost more than 15 pounds and now has cholesterol in the "normal" range. She is adopting healthier habits and is enjoying making changes. To me, that is true success—she is happier and looking to build on her accomplishments. I hope that every participant in our programs feels this way about their health. Ultimately, my goal is for everyone in South Snohomish County to have improved health, and with success like this, we're on our way.



Sincerely,

Carl J. Zapora  
Superintendent

## Swedish/Edmonds Expansion Project: Parking Structure Nearing Completion

Construction of the new three-story parking structure at Swedish/Edmonds is rapidly heading toward completion. Andersen Construction is installing elevators, finishing landscaping and pouring concrete sidewalks. Construction of the parking structure should be completed in early summer 2014 and will provide free parking for more than 350 vehicles. To see the parking structure being built, view the time-lapse video at [www.swedish.org/edmondsexpansion](http://www.swedish.org/edmondsexpansion).

Meanwhile, the groundbreaking for the next phase of the expansion project, which will include a new emergency department, an urgent care center, outpatient diagnostic imaging centers and more, will

be part of a celebration later this summer marking the hospital's 50th anniversary. The celebration for the community and hospital staff will be held east of the main entrance to Swedish/Edmonds on Tuesday, Sept. 9 from 3:30-7 p.m. and will include entertainment from Radio Disney and an opportunity to meet local firefighters. Refreshments and light appetizers will also be served.



Artist's rendering of the Swedish/Edmonds Expansion Project



## 6 Weeks to a Healthier You wraps up successful third year

Since 2012, the 6 Weeks to a Healthier You program with Joe Piscatella has served more than 1,000 people who wanted to improve their health and manage stress. Participants who returned 18 months later had lowered their average cholesterol by 11 points.

## Where should you go when you're sick or injured?

(continued from cover)

- Coughs, sore throats, flu symptoms
- Ear or sinus pain
- Minor burns and bruises
- Scrapes and lacerations
- Sprains and strains

### When to Go to Primary Care Clinics

Primary care clinics normally work on a scheduled-appointment basis, so if your condition does not require immediate attention, go to primary care. It is important to have a relationship with a primary care provider for your long-term health needs.

### When in doubt, call in advance.

A primary care, walk-in clinic or urgent care center that cannot treat your condition will advise you to go to the emergency room, saving you time and energy. For a list of local walk-in clinics, urgent care centers or emergency rooms, visit [verdanthealth.org/find-a-facility](http://verdanthealth.org/find-a-facility).



Verdant Community Wellness Center now under construction

Will open to serve the community Winter 2014



Verdant Board of Commissioners President Bob Knowles, Member Deana Knutsen and Superintendent Carl Zapora join in the demolition at the site of the future Verdant Community Wellness Center.

Noticeable changes are underway at the future site of the Verdant Community Wellness Center at 4710 196th Street SW in Lynnwood.

The building, a former bank branch, is being renovated by the Verdant Health Commission, and we will use the space to offer community health and wellness classes, workshops and programs, as well as serve as the main office for Verdant.

The nearly 9,000-square-foot building will include a large training room, a demonstration kitchen for healthy cooking classes, a medium-sized classroom, several smaller meeting rooms, plug-and-play work stations for our partners and office space for our employees.

The general contractor on the project is MJ Takisaki, Inc., and the architect is Ankrom Moisan Architects. Learn more or view floor plans at [verdanthealth.org/vcwc](http://verdanthealth.org/vcwc).

About the Verdant Health Commission

The Verdant Health Commission funds a wide range of programs that empower people in South Snohomish County to make healthy decisions and get the care they need to stay well. For nearly half a century, we served the health needs of our community by managing the local community hospital. We are now focused on investing in innovative programs that will make a lasting impact on the health and well-being of South Snohomish County residents. Funded mostly by lease income from Swedish Health Services, revenue also comes in the form of interest income and property taxes. For a complete list of financial audit reports, visit [verdanthealth.org/reports](http://verdanthealth.org/reports).

Board of Commissioners

The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a six-year term. Regular meetings of the commission take place the fourth Wednesday of the month. Meeting minutes are available at [verdanthealth.org/public-meetings](http://verdanthealth.org/public-meetings).

**Bob Knowles** is president of the board and works in the disease management and population health industry.

**J. Bruce Williams, MD, FACP**, is secretary of the board and a board certified physician who practices internal medicine in Edmonds.

**Deana Knutsen** is an advocate locally and nationally for patients’ rights and affordable, high-quality health care.

**Fred Langer, RN, Esq.,** is a nurse and a managing partner of the law firm of Nelson Blair Langer Engle, PLLC.

**Karianna Wilson** is a healthcare consultant and a board member of a parenting support program.



Knowles Williams Knutsen Langer Wilson

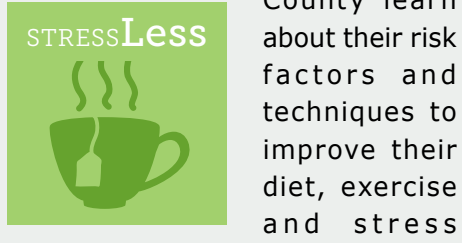
Current Programs & Community Investments

The Verdant Health Commission has provided \$7.5 million in programming since 2011, including the four programs featured on the following pages and the complete list below. Please visit [verdanthealth.org/programs](http://verdanthealth.org/programs) or contact the organization directly if you would like to learn more.

| Organization  | Program Name                                       |
|---|--|
| Alzheimer's Association                                       | Alzheimer's Support Services                       |
| American Diabetes Association                                 | Stop Diabetes Initiative                           |
| American Heart Association                                    | BetterU  |
| American Red Cross Snohomish County                           | CPR Trainings                                      |
| Boys & Girls Club of Snohomish County                         | Healthy Habits - After-School Program              |
| Camp Fire   | Snohomish County Health Initiative                 |
| Cascade Bicycle Club Education Foundation                     | Cascade Policy & Advocacy                          |
| Cascade Bicycle Club Education Foundation                     | Bike Basics 101                                    |
| Center for Advanced Recovery Solutions                        | Addiction Training for Mental Health Professionals |
| Center for Human Services                                     | Teen Counseling Program                            |
| ChildStrive   | Nurse-Family Partnership                           |
| Cities of Edmonds, Lynnwood, and Mountlake Terrace            | 3rd Grade Swim Lessons                             |
| City of Brier   | Walking Program                                    |
| City of Edmonds   | Exercise Program                                   |
| City of Edmonds   | Healthy Living Expo                                |
| City of Lynnwood  | Emergency Cardiac Care                             |
| City of Lynnwood  | Mobile Integrated Care                             |
| City of Lynnwood  | Move 60: Teens!                                    |
| City of Mountlake Terrace                                     | Therapy Pool Program                               |
| Communities of Color Coalition                                | Conference on Race                                 |
| Community Health Center of Snohomish County                   | Dental Program                                     |
| Community Health Center of Snohomish County                   | Emergency Room Diversion Project                   |
| Domestic Violence Services Snohomish County                   | Teen Dating Violence Prevention Program            |
| Edmonds Community College                                     | Student Health & Wellness Promotions Program       |
| Edmonds Community College                                     | Veterans Support Center                            |
| Edmonds School District                                       | Move 60!   |
| Edmonds School District                                       | Nutrition Assessment                               |
| Edmonds School District                                       | Student Support Services Program                   |
| Edmonds Senior Center   | Enhanced Wellness                                  |
| Fire District 1   | Community Paramedic Program                        |
| First Baptist Church in Mountlake Terrace                     | Wings to Reading Program                           |
| Free Range Health   | Acupuncture Services                               |
| Medical Teams International                                   | Mobile Dental Clinic                               |
| Prescription Drug Assistance Foundation                       | Prescription Drug Assistance Program               |
| Program for Early Parent Support                              | South Snohomish County PEPS Expansion of Services  |
| Project Access Northwest                                      | Linking Patients to Donated Medical Care           |
| Providence Hospice & Home Care Foundation                     | Hospice Outreach and Education                     |
| Puget Sound Christian Clinic                                  | Mental Health Counseling Program                   |
| Puget Sound Christian Clinic                                  | Mobile Medical Clinic                              |
| Senior Services of Snohomish County                           | Care Coordination                                  |
| Senior Services of Snohomish County                           | Center for Healthy Living                          |
| Smithwright Services  | Wellness Program for Individuals with Disabilities |
| Snohomish County Health Leadership Coalition                  | Gear Up & Go!                                      |
| Snohomish County Health Leadership Coalition                  | Palliative Care Initiative                         |
| Swedish/Edmonds   | Java Music Club Program                            |
| Verdant Health Commission                                     | 6 Weeks to a Healthier You                         |
| Washington Community Action Network Education & Research Fund | Insurance Outreach and Enrollment Assistance       |
| WithinReach   | Insurance Outreach and Enrollment Assistance       |
| Wonderland Developmental Center                               | Early Intervention Services Program                |
| YWCA of Seattle, King and Snohomish Co                        | Children's Domestic Violence Program               |
| YWCA of Seattle, King and Snohomish Co                        | Mental Health Counseling                           |

BetterU

The American Heart Association’s BetterU 12-week program has helped women in South Snohomish



County learn about their risk factors and techniques to improve their diet, exercise and stress levels, in an effort to ward off heart disease, the No. 1 killer of women. Being active, using deep breathing techniques and disconnecting from technology for periods of time all can positively impact stress levels, as the participants in this program have learned.



Third-Grade Swim Lessons

Being a confident swimmer at a young age can help develop a lifelong interest in the recreational activity, and it also can be lifesaving. In partnership with the cities of Edmonds, Lynnwood and Mountlake Terrace, all third-grade students within the Edmonds School District received vouchers at the start of the school year to be redeemed for three sets of free swim lesson sessions at any of the three pools. This helps to improve their swimming skills, no matter what their previous level had been. The vouchers expire at the end of this summer, so any third-graders with current vouchers should redeem them soon!



Celebration of Food Festival

For thousands of people interested in sustainable, local, organic and wholesome foods, the Celebration of Food Festival has been a must-do springtime event for three straight years. Coordinated by Edmonds Community College in partnership with many community organizations, this free community event at the Lynnwood Convention Center offered demonstrations and hands-on activities for the whole family to learn about growing and preparing their own wholesome foods.



Community Paramedic Program

Nearly 20 percent of the medical calls Fire District 1 responded to in 2011 were not emergencies. While these

non-emergency callers were not suffering from life-threatening medical situations, they did often need help or connections to other services. The new

Community Paramedic Program run by Fire District 1 enables a community paramedic to proactively follow-up on referrals from emergency responders and help address those individuals’ needs, which is alleviating stress on the EMS system and providing much-needed help to the resident.





# 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.



HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

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## Get Involved: Community Health & Wellness Events

Learn more about all of these events and more taking place in South Snohomish County by visiting [verdanthealth.org/events](http://verdanthealth.org/events).

### July



#### An Edmonds Kind of 4th 5K Fun Run/Walk

July 4 at 10 a.m.  
Edmonds City Park, 600 3rd Ave. S, Edmonds.



#### The Basics: Memory Loss, Dementia and Alzheimer's Disease

July 14 from 1-2:30 p.m.  
Edmonds Senior Center, 220 Railroad Ave., Edmonds.  
Pre-registration required.



#### Positive Psychology—The Key to Happiness

July 21 from 12:30-2 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd., Suite 1, Lynnwood.



#### Mountlake Terrace 5K Fun Run

July 26  
Mountlake Terrace High School,  
21801 44th Ave. W, Mountlake Terrace.

### August



#### Rhythm and You: Find It! Feel it! Keep it!

Aug. 18 from 12:30-2 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd., Suite 1, Lynnwood.



#### Back-to-School Health & Resource Fair

Aug. 21 from 6-9 p.m.  
Cedar Valley Community School,  
19200 56th Ave. W, Lynnwood.

### September



#### Fall Prevention Day

Sept. 22 from 10 a.m.-2 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd., Suite 1, Lynnwood.  
Pre-registration required.



#### ABC—After Breast Cancer: What's Next

Thursdays from Sept. 25—Nov. 13 from 4:30-6 p.m.  
Swedish/Edmonds, 21601 76th Ave. W, Edmonds.  
Pre-registration required.



#### Swedish/Edmonds Expansion Project Groundbreaking Celebration

Sept. 9 from 3:30-7 p.m.  
Swedish/Edmonds, 21601 76th Ave. W, Edmonds

### October



#### Celebrate Schools 5K

Oct. 4 at 8 a.m. at Alderwood Mall.

### Recurring Events



#### Free Summer Meals for Kids

Beginning July 7 & ending Aug. 15  
from 11 a.m.-12:30 p.m.  
Times vary at numerous school locations in Edmonds, Lynnwood and Mountlake Terrace.  
For info visit [parenthelp123.org](http://parenthelp123.org)  
or call 1-888-436-6392.



#### Drop-in Grief Support Group

First and third Mondays of the month  
from 2:30-4 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd., Suite 1, Lynnwood.  
Led by the Swedish Bereavement Program.



#### Edmonds Summer Market

Saturdays through Oct. 4 from 9 a.m.-3 p.m.  
5th Street and Main at the fountain to Bell St.



#### Lynnwood Farmers Market

Thursdays through Sept. 25 from 3-7 p.m.  
Wilcox Park, 5215 196th St. SW, Lynnwood.

