

# The CANOPY

November 2012

News from the Verdant Health Commission, serving South Snohomish County



## Whooping cough epidemic hits our community

Do your part. Get vaccinated to protect yourself and protect babies.

### Everyone should get vaccinated.

The vaccine is recommended for adults of all ages, teens, and preteens, as the childhood vaccine wears off over time. Vaccination is the best way to protect yourself and others.



Learn where to get the vaccine and more inside. ►



# Whooping cough is spreading in our community, and everyone needs to be vaccinated.

■ **Whooping cough is very contagious.**

Help us protect babies. Adults and older children can spread whooping cough to babies, which can result in death.

■ **Now is the time to get vaccinated.**

In 2010, the number of cases in Snohomish County was 25. Already in 2012, the county has seen more than 500 cases that we know about.

■ **Getting vaccinated is easy.**

The Tdap booster shot is readily available for teens and adults and is fully covered by private insurance.

## Where can I get the vaccine?

Have this coverage?	Here's the best place for the Tdap shot
Private insurance or Medicaid	Pharmacy or doctor's office
Medicare	Pharmacy
Uninsured or low-income	Some pharmacies and free community clinics

The following local pharmacies offer a low-cost vaccination option for low-income and uninsured, in partnership with the Snohomish Health District.

Edmonds Bartell Drugs  
23028 100th Ave. W  
(425) 670-2860

Edmonds QFC  
22828 100th Ave. W  
(425) 778-2144

Lynnwood Bartell Drugs  
17633 Hwy 99  
(425) 743-7555

Lynnwood Bartell Drugs  
3625 148th St. SW, Suite B  
(425) 742-1120

## Questions or updates on free community clinics?

Call 1-800-322-2588 or visit [www.snohd.org/StopTheCough](http://www.snohd.org/StopTheCough)

**Pregnant Women**

**Medical Professionals**

**Adults of All Ages**

**Infants & Young Children**

**Teens & Preteens**





## Verdant Health Commission History

For nearly 50 years, Public Hospital District No. 2, Snohomish County's commissioners governed and managed our local community hospital. Since reaching an agreement with Swedish Health Services in 2010 to operate the hospital, the Board of Commissioners shifted its focus to prevention and wellness, creating the Verdant Health Commission. This program works to educate and empower the community to make healthy lifestyle choices, using the income generated through the agreement with Swedish, while protecting the ownership of the hospital for future generations.

## Financial Report

To view our full audit reports, visit [www.verdanthealth.org](http://www.verdanthealth.org) and click "About Us."

## Building Reserves

When the Board of Commissioners reached an agreement with Swedish Health Services and created the Verdant Health Commission, the commissioners secured the future of the hospital for decades to come. However, as the governing body accountable for the hospital, the commissioners recognized that additional reserves would be necessary and prudent in case of a natural disaster or tragedy that would require the District to assume operation of the hospital. The commission is on its way with \$39 million in reserves by the end of 2012 and a goal of \$60 million by 2020.

## Revenue

Revenue comes from a number of sources, with the Swedish agreement accounting for the largest portion, at \$7.2 million in 2012. Taxes total nearly \$2.1 million and other lease revenue will come in around \$325,000 in 2012. Tax revenue is utilized for ongoing hospital capital asset needs, future capital asset planning, and the payment of debt (bonds) from prior hospital capital projects. Investment income on District reserves is expected to be around \$1.0 million in 2012.

## Expenditures

Verdant was able to save approximately \$4.8 million in 2012 and commit more than \$5 million to program investments over 2012, 2013 and 2014 (for a complete listing of current programs, see list on next page). Operational costs in 2012 are expected to be \$1.37 million and include items such as salaries, benefits, rent, office supplies, insurance, interest on outstanding bonds and professional fees.

## 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.



**Fred Langer, RN, Esq.**, is president of the board, a nurse and an attorney who is a managing partner of the law firm of Nelson Langer Engle, PLLC.



**Bob Knowles** is secretary of the board and manager of disease management at Premera Blue Cross.



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



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



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

## Learn More

The Board of Commissioners meets the fourth Wednesday of each month, excluding December, at 8 a.m. at the Verdant Health Commission Board Room at 3815 196th St. SW, Suite 136, Lynnwood, WA 98036. Special meetings are scheduled as needed. For more information, visit [www.verdanthealth.org](http://www.verdanthealth.org).



## Message from the Superintendent:

*Connecting our residents to health and wellness services locally*

It is with great pleasure we share with you the first edition of *The Canopy*, the new publication of the Verdant Health Commission. Within this newsletter, you will find educational materials and information regarding the work of the Verdant Health Commission, which has been investing in community-based health and wellness programs for the past year.

After the Board of Commissioners created this program in 2010, they identified four priority areas in which to focus our work. The priority areas are:

- **Education & Empowerment**
- **Prevention**
- **Access to Healthcare Services**
- **Public Policy & Advocacy**

Since mid-2011, Verdant has been evaluating proposals for investment from non-profits, public agencies and community groups ultimately investing \$2.1 million to date in programming. For a complete listing of all programs funded by Verdant, see the list by priority area below.

We hope you will join our efforts to improve the health and well-being of our community by participating in our programs and opportunities. We will continue to expand our offerings to South Snohomish County residents, and we look forward to serving you.

Sincerely,

Carl J. Zapora  
Superintendent

## Edmonds Mobile Medical Clinic



## MOVE 60!



## Nurse-Family Partnership



## Emergency Cardiac Care



►  
*Read on for spotlights of the people, organizations and services provided by four of the Verdant Health Commission programs.*

## Edmonds Mobile Medical Clinic

It's all about the people at the Edmonds Mobile Medical Clinic. Volunteer physicians, nurses, interpreters and greeters donate their time to provide uninsured and low-income adults with **access to healthcare services** free of charge at the clinic hosted by Edmonds United Methodist Church. Overseen by the Puget Sound Christian Clinic, the mobile clinic is on site in Edmonds on Tuesdays, the same day the Carol Rowe Memorial Food Bank operates out of the same location.

## MOVE 60!

Being active is key in this program, which gets its name because experts recommend that every child should move 60 minutes a day. In 2011-12, MOVE 60! served 820 children in grades 1-6 at the initial eight schools in which it launched. The expansion to 16 schools in 2012-13 allows the program to reach more students and, in turn, more families, offering **prevention** strategies the whole family can use to have fun and be fit together.

## Nurse-Family Partnership

This **prevention** program, overseen by the Little Red School House, supports mothers and their children through the child's second birthday. The in-home health education addresses the physical, mental and socio-emotional health of the child and mother, resulting in improved health, improved school readiness, increased maternal employment and other benefits.

## Emergency Cardiac Care

Every second is critical when responding to a heart attack, which is why the communication between medics and emergency room medical staff must be efficient. This program provides medics with the tools to transmit electrocardiogram results while on site, so physicians will be able to treat patients sooner. **Prevention** and **education** surrounding heart attack symptoms are key for this program, led by the Lynnwood Fire Department and also involving medics from across South Snohomish County.

## Programs & Community Investments

### Education & Empowerment

**Cascade Bicycle Club Education Foundation**  
*Advanced Basics of Bicycling, Edmonds*  
**Cities of Lynnwood, Edmonds and Mountlake Terrace**  
*Swim Lessons for Third-Grade Students*  
**City of Lynnwood**  
*Get Movin'*

**City of Lynnwood**  
*Move 60 Teens*  
**Domestic Violence Services of Snohomish County**  
*Teen Dating Violence Prevention Program*

**Edmonds Boys & Girls Club**  
*Healthy Habits After-School Program*  
**Edmonds Community College**  
*Celebration of Food Festival*  
**Edmonds Public Schools Foundation**  
*2011 Street Strut 5k*

**Edmonds Senior Center**  
*Healthy Living Fair*  
**Lynnwood Food Bank**  
*Nutrition Improvement*  
**Parent Trust**  
*Continuum of Family Support Services*  
**Providence Hospice & Home Care Foundation**  
*Outreach and Education*  
**Senior Services of Snohomish County**  
*Elder Abuse Training*

**Prevention**  
**American Heart Association**  
*Go Red Connect & BetterU Challenge*  
**American Red Cross Snohomish County Chapter**  
*CPR Saturday*  
**City of Edmonds**  
*Summer Intensive Xfit Camp*  
**Edmonds School District**  
*MOVE 60!*

**Edmonds Senior Center**  
*Enhanced Wellness Program*  
**Little Red School House**  
*Nurse-Family Partnership*  
**Lynnwood Fire Department**  
*Emergency Cardiac Care*  
**Program for Early Parent Support (PEPS)**  
*South Snohomish County Expansion of Services*

**Access to Healthcare Services**  
**Center for Human Services**  
*Teen Counseling Program*  
**Community Health Center of Snohomish County**  
*Emergency Room Diversion Project*  
**Edmonds Community College**  
*Student Health and Wellness Program*  
**Lutheran Community Services NW**  
*Back-to-School Resource & Health Fair*

**Medical Teams International**  
*South Snohomish County Mobile Dental Program*  
**Prescription Drug Assistance Foundation**  
*Prescription Assistance Program*  
**Project Access Northwest**  
*Linking Uninsured Patients with Donated Medical Care*  
**Puget Sound Christian Clinic**  
*Edmonds Mobile Medical Clinic*

**Senior Services of Snohomish County**  
*Care Coordination Program*  
**YWCA of Seattle, King and Snohomish County**  
*Children's Domestic Violence Program*  
**YWCA of Seattle, King and Snohomish County**  
*Mental Health Counseling Program*

### Public Policy & Advocacy

While there are no programs currently that fit within this priority, it is an area in which Verdant plans to invest in the future.

### Verdant-Coordinated Programs

*6 Weeks to a Healthier You with Joe Piscatella*  
*Whooping Cough Education and Outreach*



## 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 improving 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

3815 196th St. SW, Suite 136  
PO Box 2606  
Lynnwood, WA 98036  
(425) 582-8600 [www.verdanthhealth.org](http://www.verdanthhealth.org)

PRSRT STD  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT #231

Postal Customer  
ECRWSS

South Snohomish County

## By the Numbers

130

Vaccinations administered to children and adults at the Back-to-School Health & Resource Fair

9

Average pounds lost by **6 Weeks to a Healthier You** participants who checked in six months later

15,000

Uninsured people in our community

745

Third-grade swim sessions provided

200

Community members who learned how to prevent elder abuse at Senior Services of Snohomish County's training

1,500

Community members who attended the Celebration of Food Festival to learn about healthy foods and nutrition

## Get Involved: Community Health & Wellness Events

Mark these on your calendar now!

### Nov. 15, 2012

Healthy Snacks, Healthy Play free community event for families with children ages 3, 4 or 5. 6:30-7:30 p.m. at Cedar Valley Community School, 19200 56th Ave. W in Lynnwood.

### February 2013

Go Red Connect & BetterU Challenge kickoff in South Snohomish County. Date and details TBD. For info as the date approaches, visit [www.heart.org/pugetsound](http://www.heart.org/pugetsound).

### May 19, 2013

Celebration of Food Festival allows attendees to taste, explore and experience real, whole food for free at the Lynnwood Convention Center.

The contents of this newsletter are not intended to replace professional healthcare services, and we do recommend you see your healthcare professional for guidance and information relevant to your medical history. To view this newsletter electronically, please visit [www.verdanthhealth.org](http://www.verdanthhealth.org) or to access it in a different format for people with disabilities, please call (425) 582-8558. Editor: Jennifer Piplic, (425) 582-8558 Photography: Patrick Hagerty Photography Design: Gary Shinn Design



Printed on recycled paper with soy-based inks.