










Get Outside! Outdoor Recreation


 **PLAYGROUND**  **DOGS**  **TRAILS**




  **Edmonds City Park**
600 3rd Ave S
Edmonds, WA 98020


  **North Lynnwood Park ("Dragon Park")**
18510 44th Ave W
Lynnwood, WA 98037


  **Logan Park**
1411 Logan Road
Lynnwood, WA 98036



   **Meadowdale Park**
026 156th St SW
Edmonds, WA 98026


  **Brier Park**
2903 228th St SW
Brier, WA 98036


   **Terrace Creek Park**
23200 48th Ave W
Mountlake Terrace, WA 98043



 **Edmonds Waterfront park**
144 Railroad Ave
Edmonds, WA 98020



 **Mountlake Terrace Off-Leash Dog Park**
5303 228th St SW
Mountlake Terrace, WA 98043

  **Pine Ridge Park**
20330 83rd Ave W
Edmonds, WA 98026

 **Martha Lake Park**
16300 E Shore Dr
Lynnwood, WA 98087

 **Scriber Lake Park**
5601 198th St SW
Lynnwood, WA 98036

  **Southwest County Parks**
7804 Olympic View Dr
Edmonds, WA 98026

  **Gold Park**
6421 200th St SW
Lynnwood, WA 98036

Upcoming Events

Edmonds Museum Summer Market

Saturdays, May 7–Oct 8, 9am–2pm
118 5th Ave N, Edmonds, WA 98020

Farmers Markets Cooking Demos

Every 4th Thursday of the month
Apr–Oct | Virtual

South County Walks

- » At Verdant Community Wellness Center
Mondays, July 11–Sept 1
- » At Edmonds Waterfront Center
Tuesdays, July 11–Sept 1
- » At Mountlake Terrace Recreation Pavilion
Wednesdays, July 11–Sept 1
- » At Lynnwood Recreation Center
Thursdays, July 11–Sept 1

Meet Me At The Park

July 12, 19 & 26, 6–8:30pm
Wilcox Park Lynnwood, WA

Fit and Wellness Expo

May 21, 9am–12pm
Edmonds School District Stadium
7600 212th St. SW

Teen Cook-Along—Summer Pizza Party

July 23, 1–2pm | Virtual

Teen Cook-Along—A Presidential Pie for Constitution Day

Sept 17, 1–2pm | Virtual

Blue Zones cooking Demo: Ikaria, Greece

June 2, 6–7pm | Virtual

Blue Zones Cooking Demo: Loma Linda, USA

August 4, 6–7pm | Virtual

Blue Zones Cooking Demo: Sardinia, Italy

October 6, 6–7pm | Virtual

Local Resources

YWCA Community Health Worker: (206) 461-4420

Free Covid-19 Vaccination/Booster:
(425) 760-8306 (Ext 3)




Sound Dietitians Personalized
Health Coaching Program: (425) 409-3544

Edmonds Food Bank: (425) 778-5833

Lynnwood Food Bank: (425) 745-1635



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St SW
Lynnwood, WA 98036
(425) 582-8600 • info@verdanthealth.org
 verdanthealth.org
 facebook.com/VerdantHC
 @verdanthealth

About The Canopy

The Verdant Health Commission works to improve the health and well-being of our whole community. We hope that through *The Canopy*, you will learn about our programs and find ways to support your health.

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The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Spring 2022

The Cold Weather Shelter (CWS) Responds to Growing Community Need

Overnight, when the temperatures drop to below 34°, the Cold Weather Shelter (CWS) provides a warm place for community members experiencing homelessness to get shelter, food, and find reassurance that caring people still exist.

During the past Winter season, 96 individuals were served for 312 bed nights, and most were single adults. Three families contacted CWS for help, however, and instead of just providing an overnight stay, CWS was able to provide them access to a motel room and connected these families with Washington Kids in Transition (WKT), a non-profit that serves homeless children and families. Families were connected with health services like WIC, Basic food, Apple Health, and a YWCA Housing Navigator who helped secure stable housing for the family.

The relationships built between organizations and local leaders have created a safety net of resources and connections that create a strong foundation for serving families in our community. A Verdant Covid-19 grant helped fund the shelter with cleaning services to mitigate the risk of spreading Covid-19.



For more information about the shelter, you can call Reina, the Program Director, at 206-743-9843 or email info@weallbelong.org

To volunteer during the Cold Weather season (Oct-Mar): <https://www.weallbelong.org/lib/volunteer.php>. To donate to purchase supplies, food and operating costs, visit <https://www.weallbelong.org/lib/donate.php>.

El Refugio para Clima Frío Sobrepasa las Expectativas

Quando las temperaturas descienden por debajo de los 34°, el refugio para clima frío brinda un lugar cálido para nuestra comunidad de personas sin hogar donde pueden enfrentarse al clima peligroso, alimentarse y tener la seguridad de que aún existen personas amables.

Durante la última temporada de invierno, Se atendió a 96 personas durante 312 noches de cama, y la mayoría eran adultos solteros. 3 familias se comunicaron con CWS para pedir ayuda. En lugar de solo brindar una estadía de una noche, CWS conectó a estas familias con Washington Kids in Transition (WKT), una organización sin fines de lucro que atiende a niños y familias sin hogar. En total, 5 adultos y 7 niños fueron colocados en moteles por un mínimo de 3 noches y se les brindó administración de casos para ayudarlos a encontrar una situación de vivienda más permanente, ayudaron a los niños a inscribirse en la escuela y brindaron apoyo inmediato para comprar alimentos.

Las familias fueron conectadas con servicios de salud como WIC, Alimentos básicos, Apple Health y un navegador de vivienda de YWCA que ayudó a asegurar una vivienda estable para la familia. CWS trabajó en estrecha colaboración con otros miembros de la comunidad que abogaron para



garantizar que hubiera una entrega rápida y que las familias recibieran ayuda rápidamente para conectarse con los recursos de la comunidad.

Las relaciones construidas entre las organizaciones y los líderes locales han creado una red de seguridad de recursos y conexiones que crean una base sólida para servir a las familias de nuestra comunidad. Para obtener más información sobre el refugio, puede llamar a Reina, la directora del programa, al 206-743-9843 o enviar un correo electrónico a info@weallbelong.org

Para ser voluntario durante la temporada de clima frío (octubre-marzo): <https://www.weallbelong.org/lib/volunteer.php>. Para donar para comprar suministros, alimentos y operaciones: <https://www.weallbelong.org/lib/donate.php>

INSIDE
THIS
ISSUE:

South
Snohomish is
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out all it has to
offer!

Cocoon House:
Serving youth
and breaking
the cycle of
homelessness

The Verdant
Community
Wellness Center
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VERDANT GRANTS CHANGING LIVES

Cocoon House: It takes an engaged community to prevent our most vulnerable young people from homelessness

The Connections Host Home Program, funded by Verdant, provides emergency housing for up to 21 days for teens between 12 and 17 years old. Community volunteers open their homes and hearts to the young adults while Cocoon House provides intensive support services.

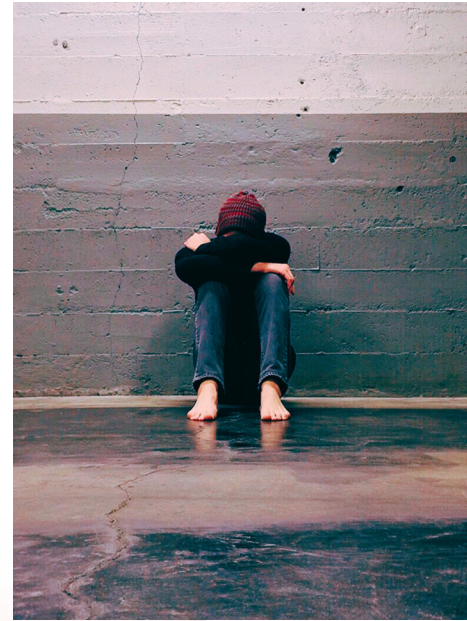
Recently, the Connections Program hosted a 16-year-old individual who had arrived in Snohomish County without any support system. Within two weeks of beginning their host home stay, connections staff were able to help this individual define goals, meet with a mental health clinician, and connected them with educational support programs. Through the program the teen began an internship and was able to apply for long-term housing.

The host home family that opened their home to this youth shared conversations, life skills and every-day adventures with them. "Being here [in the host home] is giving me time and space to think about my life and what I want for myself in the future. I wake up every day feeling blessed that I'm staying with people who didn't even know me but care about how I am doing," they said.

If you are interested in hosting a teen for 1-3 weeks or want to learn more about the Connections Host Home Program because you are currently housing a teen other than your own, reach out to the Connections staff at hothomes@cocoonhouse.org or visit <https://www.cocoonhouse.org/hothomes>.

COCOON HOUSE

Breaking The Cycle of Homelessness



VERDANT GRANTS CHANGING LIVES

YWCA: Community Health Worker Program supports patients getting the care they need

The YWCA Health Care Access Program supports all community members in accessing the healthcare services they need by addressing the barriers that they are facing. Barriers can include, but are not limited to transportation, interpretation, insurance status, outstanding medical bill issues, and more. Language translation services are available and trained Community Health Workers provide a range of supports including language translation, application assistance, appointment scheduling, medical bill troubleshooting, healthcare system navigation, and coordination with other community service providers. All community members are eligible to participate. This program has been in operation in King County for several years and Verdant is proud to support the expansion of this program into Snohomish County.

If you think you or someone you know could benefit from these services, complete the information form on their website (Health Care Access Referral (smartsheet.com)), email them (HA_Referrals@ywcaworks.org), or call 206-461-4420 for more information.

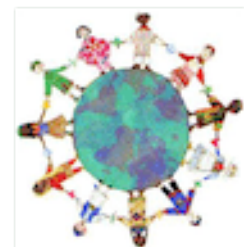
eliminating racism
empowering women
ywca
Seattle | King | Snohomish



Refugee and Immigrant Navigators provide vital connections for new residents

Working with Verdant, Refugee and Immigrant Services Northwest (RISNW) received funding to hire a part-time female Afghan navigator to support newly arrived immigrant Afghan women and children, of whom less than 10% speak English, to adapt to living in a new community and culture. The Navigator helps to enroll participants in English classes, teaches them how to use technology, provides basic nutrition and how to plan healthy meals, and enrolls children in school.

The program has already had some initial success. Working with the Navigator, more than 90% of the Afghan women have enrolled in classes at Edmonds Community College. Over 20 children have enrolled in Edmonds School District, and the Navigator is helping the children to learn how to ride the bus to school and where to access healthy foods. Verdant is proud to partner with RISNW to welcome our new neighbors into South Snohomish County. To learn more about RISNW, visit <https://risnw.org>.



REFUGEE & IMMIGRANT SERVICES NORTHWEST

Serving refugees and immigrants since 1977.



Board of Commissioners

The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member of the board is elected to a six-year term.



Carolyn Brennan



Jim Distelhorst, MD



Bob Knowles



Deana Knutsen



Karianna Wilson

Public Health Survey

We want to hear from you! In May and June 2022, we will launch an anonymous survey on our website www.verdanthealth.org with questions about health and wellness matters to better understand the most important issues that you and your community are experiencing. The survey will be available in multiple languages and the responses will be used to identify areas for Verdant to address as future funding priorities.

To complete the survey, visit www.verdanthealth.org. If you have questions contact info@verdanthealth.org or (425) 582-8600



Did You Know...

Our doors are now open M-F, 9am-5pm! We have meeting rooms, classrooms, and a teaching kitchen available for use by nonprofits and not-for-profit programs. Visit [VerdantHealth.org/about/wellness-center](https://www.verdanthealth.org/about/wellness-center) or scan the QR code below to learn more about using our facility.

We help connect community organizations to create a network of community leaders that help bring resources to the community.

Verdant also now has a new website, a new grantmaking system, and we are now on Instagram. Our goal is to serve more people in the community and that partnerships with new organizations will develop through this expanded reach and exposure.



Scan the code to find all the Links, resources, classes, events, partners, and programs in this edition of The Canopy.

CHECK US OUT!

- www.verdanthealth.org
- [@VerdantHealthCommission](https://www.instagram.com/VerdantHealthCommission)
- [@VerdantHealthCommission](https://www.youtube.com/VerdantHealthCommission)
- [@VerdantHealth](https://www.facebook.com/VerdantHealth)
- [@VerdantHC](https://www.facebook.com/VerdantHC)



Snohomish Legal Services: Housing Justice Project provides free legal resources for low-income community members facing eviction

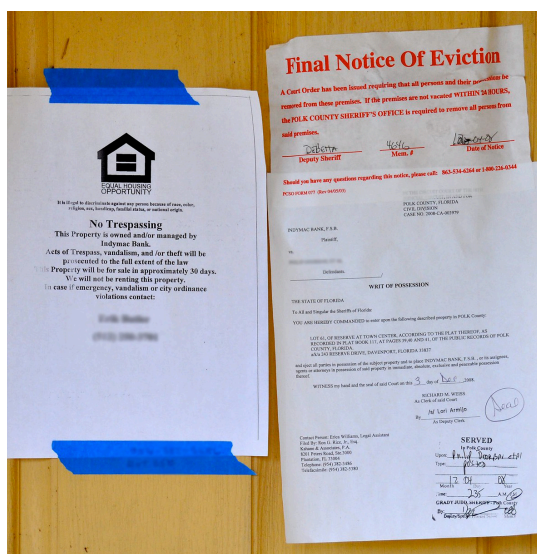
The pandemic has further challenged community members who were already at risk of becoming homeless. While the COVID-19 Eviction Moratorium has expired, even when in effect many of our most vulnerable community members did not benefit and were unable to access legal resources and support to remain housed. Issues complicating housing insecurity can include eviction, property damage disputes, security deposit withholding, and more.

Research has found that for every \$1 invested in preventing eviction, a \$4 social return on investment is realized in part by decreased utilization of unnecessary healthcare services and shelter stays.

Snohomish County Legal Services (SCLS) operates a Housing Justice Program to assist low-income community members before, during, or after eviction. By providing legal information, support, and free legal representation to eligible clients, SCLS seeks

to educate the community about their legal rights and to support low-income tenants resolve housing issues with their landlords, often avoiding an eviction court filing. Low-income community members, regardless of their immigration status, may be eligible to participate and language translation services are available.

To learn more about the Housing Justice Program, visit <https://snocolegal.org/housing-justice/>



Best way to learn about Verdant? Get involved!

The best way to learn more about Verdant is to get involved, but how?

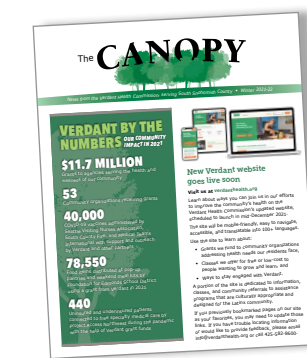
Attend a board meeting, the fourth Wednesday of every month at 8am, in person and virtually.

Join one of our many classes to not only help you achieve your wellness and health goals but learn a bit more about what kind of programs we have available.

Subscribe to our e-newsletter (www.verdanthealth.org) to stay up to date with everything Verdant that you might have missed.

Follow us on social media. This is the best source to get real-time information and is also a great way to engage with us and other community members.

Why am I getting this newsletter?



We are devoted to serving all the residents of Public Hospital District No. 2, Snohomish County. If this has made its way to your mailbox, then this is you! We want to share useful information on the resources we offer in South Snohomish County through our grants, classes, and programs led by community-based organizations. This mail is

sent in bulk which is the most cost-effective way of ensuring all our taxpayers are receiving information about our work.

Let's connect

Message from the Superintendent

At the Verdant Health Commission, we are dedicated to funding programs and providing services that advance your health. We know that any physical activity, including walking, can boost your overall wellbeing.

This issue of *The Canopy* is dedicated to helping you to explore options for physical activity that are affordable and available nearby. From funding swimming lessons for 3rd graders, to fields and parks, there are a variety of activities available for you and your family.

For adults, South County Walks returns as an 8-week walking program, that begins on July 11th 2022. We have also provided a list of parks with walking trails for all ages as well as community events that you can enjoy.

This issue also highlights Cocoon House, Refugee and Immigrant Services Northwest, the YWCA, Snohomish County Legal Services, and the Cold Weather Shelter. These amazing organizations are doing phenomenal work to serve our community. Together, we can take steps to improve the wellness of our community and enjoy the outdoors safely.



Wishing you good health,

Lisa Edwards

Lisa Edwards, EdD
Superintendent