

FRHD makes plans to develop Fallbrook Regional Wellness Center

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The collaboration on plans for a wellness center in Fallbrook continues between local residents and the Fallbrook Regional Health District. On March 14, FRHD executive director Bobbi Palmer took a group on a tour of the property at 1636 E. Mission Road which the district has in escrow with plans to convert it into the Fallbrook Regional Wellness Center.

The 4.6 acre-property includes an A-frame church, an office building, an 8,000 square foot school building and a house with four bedrooms and two bathrooms as well as two small play yards, two basketball courts, a pavilion with several picnic tables and 66 parking spaces.

Palmer said the church was built in the late 70's and its A-framed structure could be used for community space. The choir loft could be used for office space she added.

Palmer said she went with a small group to visit Olivewood Gardens and Learning Center in National City to see what an interactive, indoor-outdoor classroom for children and adults looks like.

That center's purpose "is to build healthy families and a healthy environment...through science based environmental education lessons, hands-on gardening, and hands-on cooking for students and families from underserved communities" according to its website, <http://olivewoodgardens.org/>.

It was suggested that the kitchen in the house on East Mission could be used for cooking healthy food grown in a community garden nearby. Participants could grow and pick their own food, then fix it and eat it right there. This vision also includes use by children from the Boys and Girls Clubs of North County, local veterans and seniors from the Fallbrook Senior Center.

FRHD staff also spoke to the nonprofits that are given funds by the district to find out how they could use the space at the new wellness center for their programs.

Suggestions included the Fallbrook Food Pantry using parking lot for its food distribution once a month. The UCSD Eye Mobile could also park there to see patients needing eye exams, while the house could be used for retreats.

There are plans to involve other community groups at the wellness center including the Blanket Project, which could provide crocheted afghans for plantation rockers at the house.

When asked about the district staff moving locations, Palmer said they will stay on Brandon Street, as "we would not get any work done if we were onsite to see everything going on." A question about security also came up and Palmer noted that the board is aware of that necessity.

The possibility of a putting in a pool was raised and Palmer said that inquiries brought up the high cost of construction and insurance liability. Therefore, the district will be looking into ways to upgrade the pool at the Boys & Girls Club and make it more available for adults.

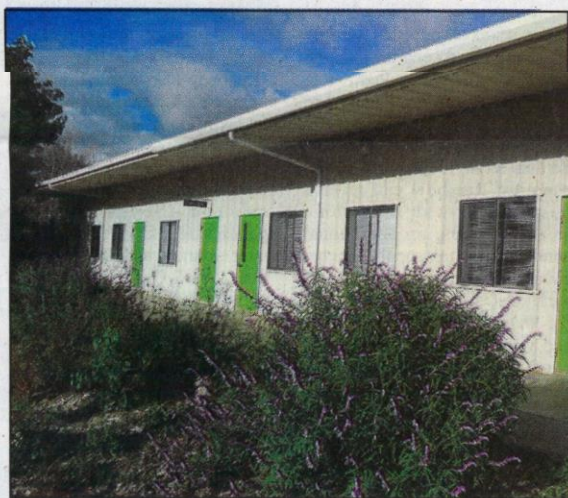
Some questioned whether the amount of parking space was adequate. Palmer said that satellite parking areas are being considered as well as satellite wellness centers in Bonsall, De Luz and Rainbow. Palmer also reported that the district board approved a resolution to partner with Lyft to eliminate travel barriers for residents needing the services of the wellness center.

Palmer said wellness center plans call for a sustainable space that will not be a burden in the future. For now, "It is a conversation," she said, between the district and the community. Anyone who has different suggestions or questions can visit www.fallbrookhealth.org/ or call (760) 731-9187.

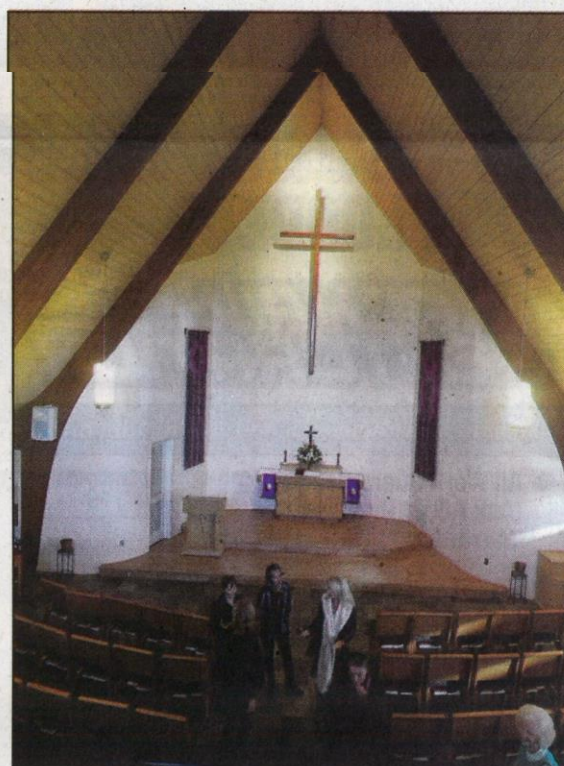


The property FRHD has in escrow at 1636 S. Mission Road includes a church and office building.

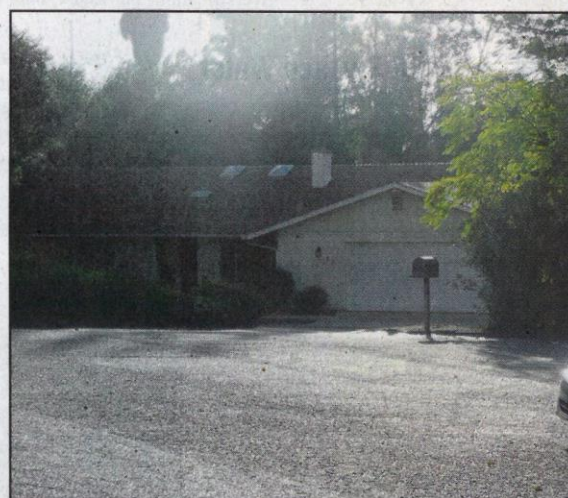
Lucette Moramarco photos



The former school building is 8,000 square feet inside.



The church structure includes a loft with additional space.



The parsonage has a kitchen which FRHD plans to upgrade for cooking classes.



The 4.6-acre property includes basketball courts and a pavilion.



The northeast corner of the property presently has a climbing structure on it.