

2019-2020 COMMUNITY HEALTH CONTRACT

358 District Resident Healthy Volunteer Program

Quarter 3 (January-March) Reporting Form

Goal 3	
To provide the residents of the district a healthy volunteer program that “gives back” to the community and improves their overall general health of all who participate.	
S.M.A.R.T. Objective 3a	
We will record steps and monitor the health vitals of the participating volunteers to demonstrate the value of volunteering at REINS.	
Projected Cost:	Contract Dollars Expended to Date:
\$9,716.25	\$29,549.15
Progress/Accomplishment of Goals & Objectives	
Progress and Accomplishments:	
As you can see from the attached information, we recorded the data that demonstrates the healthy impact that this program is for our local resident volunteers. We have tracked the number of steps taken during each lesson for each volunteer. We are proud to report that our volunteers took over 437,843 steps while assisting in lessons at REINS for the third quarter! Our steps improved despite our lessons being suspended due to COVID-19.	
Impact Narrative: REINS Volunteer: Nancy Chamberlain:	
<p><i>When I joined REINS as a volunteer in 2018 at age 71, I had just completed two years of cancer treatment and had a total knee replacement. Therefore, I was also struggling to achieve my 10,000 steps a day. However, as expected, the 10,000 steps came easily on the days I volunteered at REINS.</i></p> <p><i>My real surprise came one day, when I was asked to lead a horse to a trot. I thought, “Seriously?”. I had not actually run for many, many years. That first run was scary and awkward. However, I became motivated to go home and practice running. Which I did.</i></p> <p><i>Now, I lead a trot cheerfully. I also run when I walk my dog. Recently, my cardiologist recommended adding more vigorous activity to my 10,000 steps and I was able to show her my Fitbit that registered my days of increased activity at REINS. At my age, I would have never considered running had it not been for my desire to be more useful at REINS.</i></p> <p><i>Thank you for the opportunity!</i> <i>Nancy</i></p>	
<p align="right">Nancy & Konah</p> 	



REINS Therapeutic
Horsemanship
Program
@reinsprogram

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Fallbrook Regional Health District
February 21

Always an impactful visit, at REINS Therapeutic Horsemanship Program. 🐾
Our Social Media Specialist (shared with North County Fire Protection District) accompanied our Community Health Coordinator on a tour of the grounds and were able to meet with some of the individuals (both patients and volunteers) that benefit from the therapy program and volunteer opportunities at REINS.
Over 200 individuals are provided therapy weekly, accompanied by an instructor and at least one volunteer, about 50 of those volunteers being Fallbrook or Bonsall residents. These volunteers took over 370,000 steps while assisting in lessons during the months of Oct 2019-Dec 2019! 🍀

I spy with my little eye... something turquoise!
Volunteer Adria is sporting one of our REINS fit trackers on her wrist! Fallbrook Regional Healthcare District funding supports our volunteer program to promote health in our community, and we received several of these digital pedometers as part of that to measure the steps that our lesson volunteers take in a shift. It's been averaging over 8,500!
Volunteering at REINS can have so many benefits ranging from physical to social and emotional. Come join us! Giving back feels great!
Thank you to Fallbrook Regional Health District for supporting our huge volunteer program!



REINS Therapeutic Horsemanship Program
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Thank you for the outstanding workshop today, Fallbrook Regional Health District! REINS is so thankful for the continued support and now we can get ready for the upcoming grant cycle!

