

**2019-2020 COMMUNITY HEALTH CONTRACT**

**358 District Resident Healthy Volunteer Program**

*Quarter 1 (July-September) Reporting Form*

**Goal 1**

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 1a**

We will record steps and monitor the health vitals of the participating volunteers to demonstrate the value of volunteering at REINS.

**Projected Cost:**

\$9716.25

**Contract Dollars Expended to Date:**

\$10,288.43

**Progress/Accomplishment of Goals & Objectives**

**Goal and Objectives:**

We are grateful to have received the funds to promote and facilitate the Healthy Volunteer Program at REINS for the District.

As you can see from the attached data, we have purchased and began the data collection that demonstrates the healthy impact that this program is for our local resident volunteers. We have tracked and recorded the average number of steps taken during each lesson for each volunteer.

During this year, Volunteers will be asked to participate in a healthy volunteer survey and share with us physical and mental improvements they experience while volunteering. These results will be reported in the last quarter of the year.

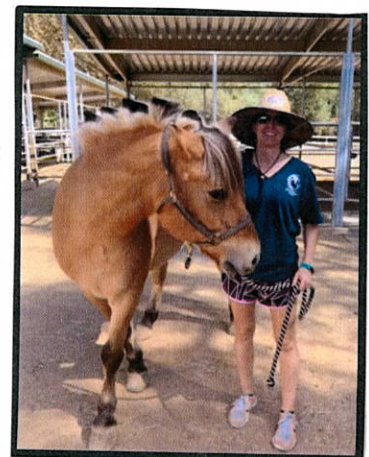
At the end of the year; we will ask our volunteers to share their health vitals regarding amount of physical activity, lowered blood pressure, weight loss, reduced A1C and overall mental well-being with reduced stress levels.

We are proud to report that our volunteers took over 357,000 steps while assisting in lessons in REINS for this first quarter!

**Narrative Impact:**

As a Volunteer at REINS I get the opportunity to combine my two passions, horses and helping my community. The moment I arrive at REINS I feel my daily stress melt away & my sense of gratitude kick in. REINS has done more for me mentally and physically than I could ever give back to them.

Adria Mashburn, REINS Volunteer since 2017





# NEWSLETTER

Fall 2018



Annabelle's first visit to REINS in September. After a little reassurance,

**"Faith is taking the first step  
you don't see the whole stair-  
case."  
- Martin Luther**

REINS Therapeutic Horsemanship Program, PO Box 1283  
Non-Profit Corporation 92113-1283

REINS is excited to continue sharing the support of the Fallbrook Regional Health District in our printed publications, on our website, and on social media platforms.

## Thank You, REINS Supporters!

Fallbrook Regional Health District, The Thursday Club Foundation, Peltzer Family Cellars, Air Warrior Courage Foundation, County of San Diego Community Enhancement Foundation, The Country Friends, Witman Family Foundation, Amory Quinn III, Louise Knowles, Herbert Kohler & Natalie B Kohler Foundation, Military Spouses Association Camp Pendleton, The Langston Family Foundation, Legacy Foundation, Locale Magazine, Michael Mahoney, Christa Mueller, Dr. Seuss Foundation, Joe & Pamela Farrow, Mary's Botanicals, Nordson Corporation Foundation, Norma O'Donnell, Norris Foundation, ABC Hopes, Inc., Cindy Martinez, Golf Club of California - Women's Club, North County Welding Supply, Crevier Family Foundation, James Fawcett, Brandon Street Mini Storage, Dr. Randy Carlson, D.M.D. & Dr. Drury, D.D.S., Phil & Mary Jane Tukuia, Eileen Fagan, K9 Performance Training, Pala Band of Mission Indians, Toyota Carsbad, Pechanga Band of Luiseno Indians, Rickard Kintz, Scott Free

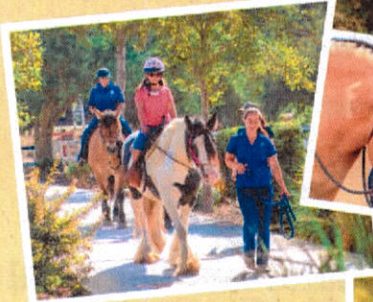
*\* Donations of \$1000 or more received June-Oct 2018.*



Thank you to Fallbrook Regional Health District for your continued support of our program! To learn more about services available, visit: [www.fallbrookhealth.org](http://www.fallbrookhealth.org)



# ANNUAL REPORT 2018



**Changing Lives...  
One Ride at a Time!**

## 2018 Board of Directors

- |  |  |
|--|--|
| <b>JAMES BETZ</b> - President<br>Owner, Betz Concrete                  | <b>PAMELA FARROW</b> - Member<br>REINS Parent                  |
| <b>JOHN KEARNS, CPA</b> - Treasurer<br>Retired, CPA                    | <b>CHRISTOPHER KIM</b> - Member<br>Product Manager             |
| <b>KIMBERLY BRICKELL</b> - Secretary<br>REINS Lesson Volunteer         | <b>KIM CARLSON</b> - Member<br>Real Estate Agent               |
| <b>DR. STEVE COLBURN</b> - Member<br>DVM, Creekside Veterinary Service | <b>WILLIAM SHINNER</b> - Member<br>Owner, Shinner Construction |

## Thank You, 2018 Donors!

- Air Warrior Courage Foundation - Betz Concrete, Inc.
- The Country Friends - County of San Diego Community Enhancement
- County of San Diego Neighborhood Reinvestment
- Crevier Family Foundation - Creekside Veterinary Service
- Donegan Burns Foundation - Fallbrook Regional Health District
- God's Gift Charitable Foundation - Golden Eagle Hay Co., Inc.
- Harry & Judith Collins Foundation - H&H Lee Charitable Foundation
- LA 84 Foundation - Las Patronas - Louise Knowles
- Marjorie Masher Schmidt Foundation - John Morrison
- Norris Foundation - Peltzer Family Cellars, LLC - Amory Quinn III
- The Stanley E. Hanson Foundation - The Thursday Club Foundation
- Witman Family Foundation



## Thank You, 2018 Sponsors!

- Donegan Burns Foundation
- The Angel Society of Fallbrook - The Elite Home Group
- God's Gift Charitable Foundation - Otis & Linda Heald
- Perrault Family - St. Peter's Thrift Store

**You keep water in our troughs, hay in our stalls,  
and best of all... students in our saddles!**

*\* Donors & Sponsors listed contributed \$5000+ in 2018 \**



REINS Therapeutic Horsemanship Program  
P.O. Box 1283, Bonsall CA 92003  
(760) 731-9168  
[www.reinsprogram.org](http://www.reinsprogram.org)



### THANK YOU TO ALL OF OUR SUPPORTERS!

Donegan Burns Foundation

Las Patronas

Crevier Family Foundation

Legacy Endowment

Elizabeth Wilson Endowment

Creskide Veterinary Service

Fowler Pest Control

Fallbrook Oil Company

BBSI

Zable Foundation

Golden Eagle Hay

DPR Construction

Kim Carlson and Ken Pollis Real Estate Group

Abbott

Bonsall Rotary

God's Gift

AniMed

NaturVet

Hawthorne Country Store

Hollywood Charity Horse Show

Angel Society

Knights of Columbus

St. Peter's Thrift Store

Birchall Restoration

Manny and Adolfo Pool Maintenance

Season's Hospice and Palliative Care

Mary's Botanicals

Hole Hearted

Coldwell Banker Village Properties

Pacific Western Bank

Nordson Corporation Foundation

Beach City Jumpers

Allie's Party Rental

Jim's Sign Shop

Pardee Tree Nursery

County of San Diego Community Enhancement

County of San Diego Neighborhood Reinvestment

Fallbrook Regional Health District

Thrivent Financial



**REINS Therapeutic Horsemanship Program**

Published by Buffer 121 5 mins

We'll be at the Fallbrook Regional Health District on a few upcoming Wednesdays this year! Come visit us!

10/24, 11/14, & 12/12  
from 10am-12pm

Thank you Fallbrook Regional Health District for your continued support of our program!

To learn more about services available through #FRHD, visit [buff.ly/2RXfLrD](http://buff.ly/2RXfLrD)

#wellness #fallbrookhealth #fallbrookevents



Come visit us at the Fallbrook Regional Health District!



1636 E Mission Rd, Fallbrook, CA 92028

Wednesday, October 24<sup>th</sup>  
Wednesday, November 14<sup>th</sup>  
Wednesday, December 12<sup>th</sup>  
10am - 12pm