



2020-2021 COMMUNITY HEALTH CONTRACT (CHC) GRANT IMPACT REPORT

Organization Name

Be Well Therapy, Inc.

Person submitting the impact report

Lisa Scolman

Ages: List the percentages of your program participants' ages who received services during this reporting time frame.

	Percentage served
Children (infants to 12)	0
Young Adults (13-18)	0
Adults (18-60)	60
Seniors (60+)	40
Unknown	0

Gender: List the percentages of your program participants' gender identification who received services during this reporting time frame.

	Percentage served
Female	96
Male	4
Non-binary	0
Unknown	0

Income: List the percentages of your program participants' income limit category of those who received services during this reporting timeframe (2019 HUD – AMI Income limits: 4 person family).

	Percentage served
Extremely Low-Income (ceiling of \$32,100)	0
Very Low (50% Income (ceiling of \$53,500)	0
Low (80%) Income (ceiling of \$85,600)	0
Higher than listed limits	0
Unknown	100

How many District residents directly benefited (participant/client) from this program: 26

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 7

GOALS & OBJECTIVES

Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

GOAL 1: To continue to grow attendance at our existing three weekly classes in the FRHD Region in our effort to have a greater and lasting impact on the lives of the many individuals living with cancer in the area as well as their support network and caregivers

Objective 1 - To grow our existing three weekly classes from current average total attendance of 25 students per week to an average of 60 students per week.

- Q2: This again proved difficult do to ongoing COVID19 Pandemic. Zoom attendance taken at each class and FRHD Region residents continue to make up 5+ students per week. Objective 2- To grow our 2021 program participants to our projection of 200 total public and private students.

- Q2: This again proved difficult due to ongoing COVID19 Pandemic, though now FRHD Region residents now have more options of attending classes at varied times from home via Zoom.

Objective 3 To utilize the Be Well Ambassador Program to raise awareness of the Be Well FHRD partnership by engaging in monthly site visits to local service organizations, medical facilities, support groups, etc. Program will also include monthly distribution of print materials (postcards and brochures) in both English and Spanish throughout the region.

- Q2: Monthly visits not realistic because COVID19 Pandemic, though overall bilingual classes have seen slight increase from past awareness campaigns.

Goal 2 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

GOAL 2: To extend Be Well Yoga and mindfulness classes to FRHD's male cancer survivor population with the addition of one weekly Men with Cancer Be Well class.

Objective 1 and 2 met in Q1.

Objective 3: Achieve a minimum class attendance of ten male students per week by March 2021.

- Q2: Men's Broga class has seen slight growth with the addition of 1 additional student. Further social media focus on the male cancer population is planned for Q3.

PARTICIPANT SUCCESS STORY

Participant Success Story: see attached

Participant Success Story:



Q2_PARTICIPANT SUCCESS STORY.pdf

ACKNOWLEDGEMENT

Please describe how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting timeframe.

see attached

Acknowledgment example: please upload an example of one method in which the District was acknowledged.



FRHD Acknowledgement_Q2.pdf

BUDGET

Please upload a copy of the program budget you submitted with the application, with an additional column demonstrating the current utilization of grant funds.



2020_2021_FRHD_CHC_Program_Budget_Fo...

Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.

Q2:

Our entire Be Well Therapy Program is currently on Zoom with the exception of the one class held outdoors at the Community Center that was cancelled in mid-November.

Our FRHD grant covers funding for both a teacher and an assistant for each of the four classes. Since we do not need an assistant for a Zoom class, we had chosen to offer "distant reiki" for two of our FRHD zoom classes and have been paying an assistant to offer that service.

On November 13, Rachel Mason approved a shift of funds that would have paid an assistant to help cover the cost of some of our other zoom classes. ALL of our classes are now accessible to the FRHD population and many of them are taking advantage of this offering. We plan to continue to be virtual as we move into 2021 and it is our intention to continue with Zoom classes even once we do deem it safe to take some classes back inside.

REVISED BUDGET FOR TEACHER/ASSISTANTS:

Monday 11:30 am - Class \$30 teacher & \$20 assistant

Tuesday 12:00 pm - Class \$30 teacher

Wednesday 9:30 am - Class \$30 teacher

Wednesday 7:00 pm - Bilingual class \$30 teacher

Wednesday 7:00 pm - Restorative class \$30 teacher

Sunday 5 pm - Broga clas \$30 teacher

Total - \$200/week

Please sign your form:

A handwritten signature in black ink, appearing to read "Jim S", with a long horizontal stroke extending to the right.



PARTICIPANT SUCCESS STORY

I was recovering from Multiple Myeloma and a Bone Marrow Transplant and saw an ad for a yoga class for cancer survivors. I was not a yoga fan but felt I needed a gentle activity to help me get back into exercise and loosen up my stiff body.

The Be Well class was nearby and the teacher (Debbie Taylor) was welcoming and accommodating as I told her about my limitations. She made sure that I was properly cushioned for the yoga. The class has different levels of participation for yoga skills with the emphasis on what is comfortable for your body. I always finish class feeling loose and relaxed. I am surprised at what I can get myself to do!

From the in-person classes I started with to the virtual live classes we are doing now, I can count on my Be Well class to provide a positive contribution to my physical and mental health. I'm looking forward to returning to live classes and the camaraderie and yoga spirituality that develops with the others in the class being in the same situation.

Thank you,

Caryn Meriwether
Cbmeriwether@aol.com



Fallbrook Regional Health District's Investment Acknowledgement

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Be Well Therapy, Inc.

January 7 at 5:45 AM · 🌐

If you live in Fallbrook, Rainbow, Bonsall or DeLuz, please help our community partners @fallbrookhealth out and take their short survey. As you likely know, we are very proud to again be a 2021 grant recipient from the Fallbrook Regional Health District. Due in part to these funds we are able to offer several of our weekly classes to you for FREE.

Please help us to help them decide what types of services (maybe daily yoga classes??) you'd like to see at their Wellness Cent... [See More](#)

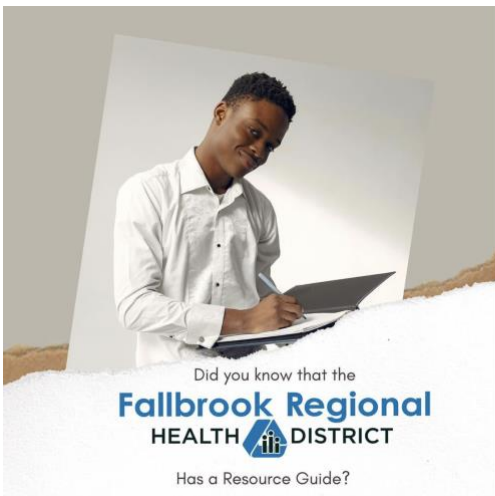
Be Well Therapy, Inc.
Facebook Post

HEY FOLLOWERS FROM

Fallbrook

The Fallbrook Regional Health District needs your input for the future Fallbrook Regional Community Wellness Center, located on 1636 E. Mission Rd. Fallbrook. By understanding the community's needs and expectations of the wellness center, we can better identify potential programs, activities, and events. This feedback will be crucial for the development of the wellness center. We know your time is valuable. By participating in this anonymous survey, you can enter into a drawing for \$25 Amazon Gift Cards. Responses must be submitted by 2/8/2021 to be eligible.

Fallbrook Regional
HEALTH  DISTRICT



bewelltherapy · Following

bewelltherapy Yep, that's right! @fallbrookhealth has a FREE resource guide on their website that list many health care and wellness providers (including Be Well). If you live in the Fallbrook Region and need any kind of medical/wellness services be sure to check this directory out first. Here's the link: <https://www.fallbrookhealth.org/community-resource-directory>

#FRHDcares #wellness #yoga #community #resourceguide

8w

yogidavid2020 Your Best Health #1 Priority!!

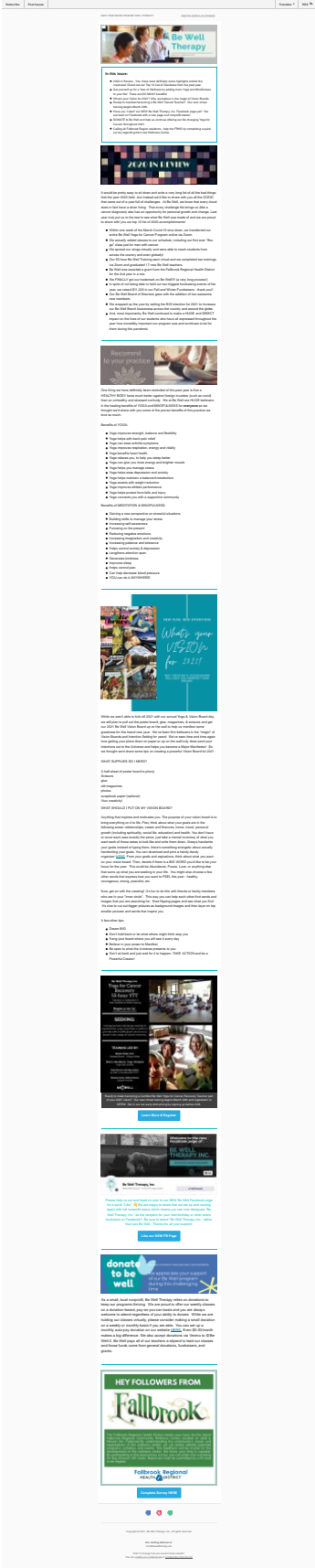
Liked by onside_yoga and others

NOVEMBER 10, 2020

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Post

Be Well Therapy, Inc.
Instagram Post



Be Well Therapy, Inc.
January Newsletter