



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

Organization Name Riding Emphasizing Individual Needs & Strengths - #384

Person submitting the impact report Canece Huber

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

	Percentage served
Children (infants to 12)	3
Young Adults (13-18)	50
Adults (18-60)	33
Seniors (60+)	14
Unknown	

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

	Percentage served
Female	87
Male	13
Non-binary	
Unknown	

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)	
Very Low (50% Income (ceiling of \$53,500)	
Low (80%) Income (ceiling of \$85,600)	
Higher than listed limits	
Unknown	100

How many District residents directly benefited (participant/client) from this program: 58

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 400

GOALS & OBJECTIVES

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

Goal #1 for this The goal is to provide the residents of the district a healthy program volunteer program that "gives back" to the community and improves their overall general health of all who participate.

Provide opportunities for volunteers to gain practical experience in a outdoor setting. Developing healthy life style choices as well as building confidence, team building and over all wellness.

Objective 1:

We will provide FitBits to volunteers to track their steps and overall cardiac health while they are at REINS.

Quarterly reports will be submitted with Steps recorded and an overall snapshot of health vitals of the participating volunteers to demonstrate the value of volunteering at REINS.

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

Goal #2: We will provide peer and mentoring training and support to program if applicable. Meet with all age groups while they learn and contribute to the program in a volunteer capacity.

Objective for Goal #2:

To provide a sense of community and a safe place to volunteer while improving the mental, emotional, physical well-being of our volunteer community.

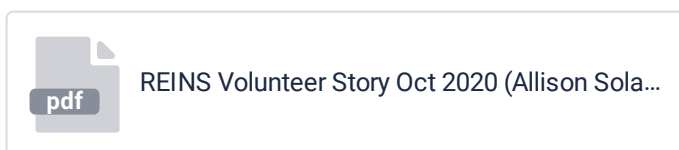
Goal #2: Each quarter describing challenges or improvements they have experienced physically, mentally or emotionally as a result of their volunteer work at REINS. We will provide the District with this valuable feed back as well as anecdotal depictions of their volunteer experience.

PARTICIPANT SUCCESS STORY

Participant Success Story:

See attachment below.

Participant Success Story:

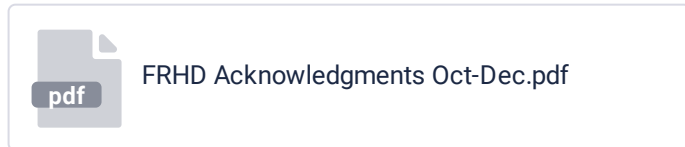


ACKNOWLEDGEMENT

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

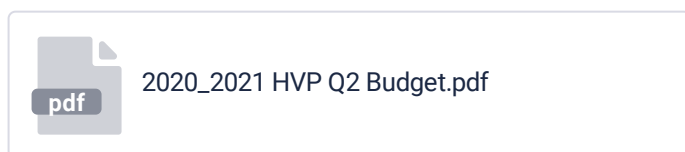
Without these funds, the Fallbrook community and the entire district would not be able to offer such a robust, well organized program that serves both as opportunities for a healthy volunteer program and a incredibly valuable service to the disabled. It's a win-win for all that participate and contribute.

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



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.



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

We haven't been able to utilize the FitBits as intended as we are trying to be conscientious of sanitation protocols with Covid. We are striving to re-introduce them back into the program.

Please sign your form:

Carnece Stuber

Karrie and Amie

Karrie and Amie Almendarez are two of the longest riding clients of REINS. They began riding in 1994 and have continued to move and grow with our program for the last 26 years! Both are hearing impaired. Karrie and Amie have overcome many challenges in their lives; however, they choose to love and live each day and truly embrace their blessings.

Although they have had their favorite horses over the years, they both are willing to try any horse in our herd. Their main mission is to have as much fun as possible riding and spread their smiles as far as they can see!

Karrie and Amie are currently working on maintaining a balanced riding position when transitioning from a walk to a trot, and back down from a trot to a walk. Motor processing and sequencing is a major goal for Karrie and Amie, as maintaining proper equitation while maneuvering their horse through various obstacles has many challenges for any rider.

Given that Aimee and Karrie are long time Fallbrook residents, they would have had to travel a considerable distance to receive this valuable and unique form of therapy.



Fallbrook Regional Health District October – December Social Posting and Acknowledgement of FRHD

October 15, 2020

Instagram: https://www.instagram.com/p/CGX0_bppWht/

Fallbrook Regional HEALTH DISTRICT

FREE PROSTATE CANCER SCREENING FOR RESIDENTS OF FALLBROOK, BONSALL, RAINBOW, & DE LUZ.

**October 19 - November 6
Monday - Friday
9 a.m. to 5 p.m.
☎ (760) 731-9187
to make an appointment.**

Free reusable masks for the first 75 participants!

BE A SUPERMAN!

Medical and PSA screening is recommended annually for men over the age of 50 and for men over 40 with a family history of prostate cancer.

reinsprogram

reinsprogram @fallbrookhealth is having free prostate cancer screening from October 19th through November 6th. To schedule an appointment call them at (760) 731-9187 #prostatecancer #cancerscreening

12w

Liked by aliciacinder and 18 others

OCTOBER 15, 2020

Add a comment... Post

October 15, 2020

Facebook: <https://www.facebook.com/reinsprogram/posts/10157140965500633>

REINS Therapeutic Horsemanship Program
Published by Cindy Mam · October 15, 2020 · 🌐

Thanks **Fallbrook Regional Health District** for posting this up. This month is National Breast Cancer Awareness. Here are ways you can lower the risk of breast cancer.

October is National Breast Cancer Awareness Month

Ways you can lower the risk of breast cancer:

- 1 Avoid or limit your alcohol intake and do not smoke.
- 2 Early detection is key. Ask your doctor when you should schedule a mammogram.
- 3 Studies show that moderate physical activity and a healthy diet are linked to lower breast cancer risk.

Fallbrook Regional HEALTH DISTRICT

Fallbrook Regional Health District
October 9, 2020 · 🌐

October is National Breast Cancer Awareness Month.

1 in 8 women in the United States will develop breast cancer within their lifetime. 75% of those diagnosed with breast cancer have no family history of the disease. Early detection is key and can help lower your risk of dying by 40%. Talk to your doctor about when you should schedule a mammogram.

12675632

December 8, 2020

Facebook: <https://www.facebook.com/reinsprogram/posts/10157255502160633>

REINS Therapeutic Horsemanship Program
Published by Cindy Mam · December 8, 2020 ·

Free COVID-19 Testing & Free Flu Shots for December. Stay safe! Thanks Fallbrook Regional Health District for the info!

DECEMBER 2020
FREE COVID-19 TESTING + FREE FLU SHOTS

Appointments are recommended.
Registration opens 5 days prior to testing date.
Make an appointment by calling 211 or visiting 211SanDiego.org

FALLBROOK
December 1st, 22nd, & 30th
9 am - 3 pm
FRHD Wellness Center
1636 E. Mission Rd.
Fallbrook, CA

RAINBOW
December 4th & 18th
9 am - 3 pm
Vallecitos Elementary School
5211 5th St.
Fallbrook, CA

DICIEMBRE 2020
PRUEBA DE COVID-19 GRATUITA + UNA CONTRA LA GRIPE GRATUITA

Se recomiendan citas.
El registro abre de 4 a 6 días antes de la prueba.
Haga una cita llamando al 211 o visitando 211SanDiego.org

FALLBROOK
1, 22, y 30 de diciembre
9 am - 3 pm
FRHD Wellness Center
1636 E. Mission Rd.
Fallbrook, CA

RAINBOW
4 y 18 de diciembre
9 am - 3 pm
Vallecitos Elementary School
5211 5th St.
Fallbrook, CA

These events will be canceled if it rains. **Estos eventos serán cancelados si llueve.**
Registration will be available until 1 pm. Arrive by 2:30 pm for COVID-19 testing. **El registro estará disponible hasta las 1 pm antes de las 2:30 pm para la prueba de COVID-19.**
Please call (760) 731-9187 for updates. **Lláme al (760) 731-9187 para actualizaciones.**

Fallbrook Regional Health District
December 3, 2020 ·

December 11, 2020

Facebook: <https://www.facebook.com/reinsprogram/posts/10157262179375633>

REINS Therapeutic Horsemanship Program
Published by Cindy Mam · December 11, 2020 ·

It's always a great reminder to wash your hands! Thanks Fallbrook Regional Health District for this infographic! 🙌

National Handwashing Awareness Week

This year and every year you can save lives, just by washing your hands.

By washing your hands, you are preventing the spread of illnesses and even eliminating certain illnesses. Make sure to wash for at least 20 seconds.

Failing to wash our hands frequently and correctly, contributes to approximately 50% of all foodborne illness outbreaks.

Hand sanitizers are convenient but are not as effective as washing your hands. This is because oftentimes people wipe it off before it has dried properly.

After drying your hands, it is a good practice to refrain from touching the faucet with your clean hands. Instead, use a paper towel or your elbow.

Source: CDC

310 People Reached
11 Engagements
Boost Post

Fallbrook Chamber Shows Support

REINS was selected as their beneficiary for the Golf Tournament

Every year, Fallbrook Chamber of Commerce does their annual Golf Tournament and REINS was selected as the beneficiary. The tournament was held at Pala Mesa Resort on Friday, September 25th, 2020. All week long, the Chamber had an online Silent Auction including items such as an Emerald Isle Golf basket to a Fiesta theme Basket.

The Chamber gifted REINS with a donation for partnering in this event. REINS is grateful to have a wonderful community like Fallbrook to come out and show their support. REINS is also thankful for the volunteers and Chamber staff members that participated in the event.



Volunteer Spotlight

Cindy Hamilton is recognized for this year's NCPC award



Each year, we are given the opportunity to nominate a volunteer of the year through the North County Philanthropy Council. This year, we decisively chose Cindy Hamilton as our standout volunteer.

Cindy adds value to our program in every way possible. She is kind, caring, and dependable. She's a role model for other volunteers, provides a sense of calm for our staff during lessons, and uses her experience of being a mom to a child with special needs to help our amazing students. We are so thankful that Cindy has decided to share part of her (busy!) week with us.

Welcome NEW STUDENTS

Morgan Howells	Evan Conn	Antonio Manuel
Priscilla Fawcett	Asher Helmy	George Nelson
Jaime Padilla	Anna Carter	Yuuki Nelson
Ayden Martinez	Caleb Fellars	Asher Skawski

Special Thanks Fallbrook Regional HEALTH DISTRICT

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