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Ideas sought for planned wellness center



FRHD executive director Bobbi Palmer, center and standing, talks to residents who came to the first community planning meeting on the proposed wellness center Feb. 14 at FPUD.

Courtesy photo

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Fallbrook Regional Health District held a community forum before its monthly board meeting Feb. 14 to collect input from residents on what they would like to see in a wellness center. As part of its mission to promote health for the people of its district, FRHD is in escrow on a 4.6-acre property (at 1636 East Mission Road)

on which the district board and staff plan to create the Fallbrook Regional Wellness Center.

Executive director Bobbi Palmer started out by saying, “thank you for participating in the process; this is a conversation. Please continue to communicate with us.”

Palmer hopes to be able to conduct tours of the property next month so residents can see that the property has sufficient space to accommodate a wellness center

with a variety of features. The property has a parsonage building she said, with four bedrooms and two bathrooms; a large church building with a second level; another building which could be a satellite office and space for a garden.

“This space would be so valuable for the community,” said Palmer, noting that a wellness center fits with the district’s view that treatment is more costly than

preventing disease. “We would love to see a healthier community, eating right, exercising, because food is medicine, exercise is medicine.”

Close to 50 people attended the forum and contributed their ideas which ranged from physical features to a variety of services, from support groups to different kinds of exercise classes. A vegetable garden, cooking/nutrition classes, a walking trail and a swimming pool were popular suggestions.

Among the ideas discussed were a commercial kitchen which would enable groups from children to seniors to learn how to make nutritious meals. Aquaponics, tilapia farming and growing lettuce in a garden were related concepts along with composting and an outdoor classroom.

It was suggested that the wellness center could also be a resource center which provides social services, food insecurity programs, low cost mental health services, emergency response services – Cert, and support groups for tobacco cessation, weight loss, stress management, disease management, etc. Proposed available services included having representatives of the Veterans Administration, Medi-Cal, and food and housing programs (through the county) available to help people.

Participants asked that certain

see **CENTER**, page A-8

CENTER

from page A-1

groups of people not be forgotten in the planning, such as veterans, the mentally disabled, the poor, the elderly and Spanish speaking community members. A computer for people to use to find resources was thought to be helpful along with private consultation rooms. Wi-Fi and tech support in the evening and weekends besides during the weekdays was another idea.

Fitness classes could include yoga, Pilates and posture classes for all ages along with a low-cost gym facility. A fitness center could also include a warm water pool for elderly and disability aquatics classes. Meditation

classes and a Zen garden were also requested as was access to psychiatric treatment, behavioral health services and drug addiction/therapy.

It was also suggested that the wellness center partner with community organizations like the Fallbrook Senior Center, Foundation for Senior Care, Care-Rite, the Boys & Girls Clubs of North County and Jeremiah's Ranch. Transportation to and from the wellness center and other community agencies was also suggested as well as childcare for those accessing the services there.

Other suggestions included a large community meeting space, CPR classes, workshops on memory and Alzheimer's, cardiac rehab with a licensed supervisor, a diabetes center with classes and

individual help,

eastern and western healing modalities for all ages and bodies, retreats and a rehab facility to help people following extended hospitalization or illness.

The wellness center could possibly contain a flotation tank, and offer a vaccination clinic, gang prevention program, therapy dog program and a workforce development program.

All residents of Fallbrook, Bonsall, De Luz and Rainbow are invited to submit their own ideas at the next community planning meeting which will be held on Wednesday, March 14, from 5 to 6 p.m. at Fallbrook Public Utility District board room, 990 E. Mission Rd., right before the district board meeting.