

Lenila Batali Executive Director

D'Vine Path

Submission Date: Oct 11, 2021 3:59 PM

Organization Name: D'Vine Path

Program Title: Life I Can Healthy Lifestyle Program

Person submitting the report: Lenila Batali Executive Director

Ages: List the percentage and total number served of your program participants' ages who received services during this reporting time frame:

	Percentage served	Total Number Served
Children (infants to 12)	0	
Young Adults (13-18)	0	
Adults (18-60)	100	
Seniors (60+)		
Unknown		

Gender: List the percentage and total number served of your program participants' gender identification who received services during this reporting time frame:

	Percentage served	Total Number Served
Female	45	
Male	55	
Non-binary		
Unknown		

Income: List the percentage and total number served of your program participants' income limit category of those who received services during this reporting timeframe:

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

How many District residents directly benefited (participant/client) from this program in this reporting quarter?
150

Please provide the Goal 1 statement from your application. Discuss the actions within each

Goal #1: Reduce social isolation and increase social interaction in young adults with Autism, Aspergers, and other intellectual disabilities /developmental

objective and provide your outcome data accordingly.

disabilities in Fallbrook, Bonsall and Rainbow.

Objective #1: By June 2022, D'Vine Path (DVP) will provide 2-3 hour public dance events to 50 people with Autism, Aspergers and other intellectual disabilities in the Fallbrook, Bonsall and surrounding areas.

Outcome Data:

In September 2021, D'Vine Path hosted a Vineyard Soiree event which included a dance party for our disabled and neurotypical guests. Our guests had a great time socializing and dancing the night away. We recorded about 37 guests with disabilities in attendance who also answered the quick 5 questions at the end of the evening. We interviewed each guest and 100% stated they had "such a fun night and met so many new people!".

It was a heartwarming sight to see our community forget their anxieties and worries for one evening.

Dances help reduce social isolation and increased social interaction with our special needs population in our community. Through our interview metrics, it is evident these social events alleviate stress and loneliness. They promote existing personal relationships and help create new friendships through dance.

In October 2021 D'Vine Path will host a Halloween Dance Party for our special needs population in the Fallbrook and the surrounding areas.

Please provide the Goal 2 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

Goal #2: Teach adults with Autism, Aspergers and other intellectual disabilities/developmental disabilities how to live a healthy lifestyle.

Objective #2: By June 2022, D'Vine Path will provide 12 monthly educational hands-on workshops about the importance of staying physically active by certified personal trainers.

Outcome Data: Once a month, our students receive healthy and fitness coaching from a certified yoga instructor and a certified TRX personal trainer. This has been very successful and our students have been so engaged by this training that we implemented it into their daily routine. We now have our yoga instructor coaching every Monday morning and a fitness circuit course once a week. 90% of the students are able to demonstrate a cardio benefiting exercise when asked.

Participant Success Story:

One of our favorite students, Luke, is a young and very high energy young man. He is a happy and friendly student who knows no strangers. He is always happy to help out any of this peers and teachers when needed. But we saw a pattern in his behavior- he was high energy in the morning and would fall asleep in the afternoon after lunch. When he and his coach would arrive at program we noticed his gummy worm and monster drink breakfast! And then at lunch on the ranch, we noticed that his food consisted of gummy worm candy, pizza, chips and a high sugar content drink like coke, Mountain Dew or Monster drink. No wonder he was crashing at the end of lunch!

Fallbrook Health District funds afforded us to bring in certified nutritionists who educated and trained our students on healthier food alternatives for breakfast and lunch. About 6 months later, at a recent lunch at the ranch, Luke pulled out strawberries, a sandwich and sparkling water Le Croix. He proclaimed; strawberries are the new chips and Le Croix is the new coke! and the rest of the students agreed and cheered! "It was a great breakthrough!

The students have learned so much about healthy eating and more importantly- why good food is essential for their health. Thank you for the continuous support!

Participant Success Story:



[Screen Shot 2021-10-11 at 2.03.01 PM.png](#)



[Screen Shot 2021-10-11 at 2.03.24 PM.png](#)

Please describe how the Fallbrook Regional Health District's Community Health Contract - Grant investment toward this program was acknowledged during this reporting timeframe.

We acknowledge FHD through Social media as well as in the Village News.

Please upload one example of how the District's support for this program was publicly acknowledged.



[IMG_3536.jpeg](#)

Please upload a copy of the program budget you submitted with the application. Fill in the Q1 column demonstrating the current utilization of grant funds.

[Life I Can Healthy Lifestyle Budget 2021-2022.png](#)

Please sign your form:

Levina