

Be Well Therapy Student Testimonies- Impact Narrative

Hi Debbie

Here are my thoughts and feelings on our sharing in the Be Well classes.

I have to thank you immensely for all you have done for me and my whole family. The classes have first of all benefitted me physically. At first I thought nothing much was happening. Maybe I was too old? Too late for help? But out of the blue, you would say something that let me know I was getting stronger, progressing, and that I was not "too" anything for help. It helped me work on to the next challenge.

Mentally, the help from the classes was amazing. My attitude took a change for the positive, for which not only I was grateful, but my husband as well. He was the one who was putting up with my "discouragement" on a regular basis. No more. And my children, though not living close-by, were delighted that I was doing something very positive for myself,...and for them as well.

I need to say that I thought the "C-virus" challenge was going to affect me a lot, but you were there "long-distance". You continued to care, guide, and instruct from a distance, which I doubted was possible in the beginning. I can't state too strongly how much I appreciate everything that you have done for me on every level. I look forward to being able to work with you again, in the studio. You have been a real gift to me when I needed it the most.

Thank you, Debbie.

P.S. You too, Olivia

Ariel Hall

Dear Fallbrook Regional Health District,

I want to thank you for supporting the yoga classes I have attended in Bonsall and Fallbrook, since my cancer diagnosis many months ago.

I have given some thought about how I feel the Be Well Yoga for Cancer Survivors makes a big difference for me, other survivors and our families/supporters.

Stress is the enemy of wellness and our bodies need deep breathing and relaxation to heal. Be Well yoga is designed by experts, so the classes are critical to stress reduction and healing. Essential oils, proven sound healing,

deep breathing, energy, and muscle strengthening exercises combine to multiply our own body defenses for healing.

Proof? My blood pressure averaged 146-168 for two years till the doctor put me on medicine. Now with relaxation and essential oils it is usually normal without drugs.

I can sleep more, with fewer nightmares. Walking into a room knowing everyone cares and has a similar experience, lessens my fears.

I had an operation to cut out cancer in my bladder and then 6 weeks of immune treatments. My recent tests show no more cancer.

And now I am able to help others with their new diagnosis by giving hope-filled encouragement. I have had a long life trying to improve the world and add compassion to lives. This includes working at KPBS for 10-years, directing the Wellness for Children Project in Monterey County 9-years, teaching at CSUMB for 8-years and co-founding CompassionateArts.org presently,

I am now working on an English and a Spanish language children's video to teach relaxing breathing and visualization for wellness for children ages 3-7 and their families during illness or stressful situations. I will give access to these when completed.

The other people in Be Well have affected children in our community lives too, some are teachers and health professionals. The knowledge that local government agencies care is important to trust, especially with the threat of the CoronaVirus.

I still have 3 years of treatments alternating with tests, but I feel with Be Well, that, I have a team of loving support. It means a lot. It can mean the difference between giving up and dying, or sticking with healing modalities that increase my chances for 20 more years of health!

Sincerely,

Kira Carrillo Corser

Dear Fallbrook Regional Health District—

I would like to express my gratitude for your grant that lets me participate in the weekly Yoga for Cancer Recovery class. I'm finding that this gentle approach to yoga, with alternative positions and tools to help maintain postures, is helping me regain the strength and balance that I lost during my post-surgical therapies. Teacher Debbie Taylor has been wonderful at training class members to recognize the limits of our bodies and encouraging our progress.

I look forward to continuing these sessions and hope that Fallbrook Regional Health District will consider renewing Be Well Therapy's grant to conduct these helpful classes.

Margot Dokken

This class is something I look forward to weekly. It helps to ground me and inspires me to continue on my own, on a daily basis.
Debbie is a warm and caring person as well as a true example of what encouragement can do to validate each person in the class.
The reiki has also come to be most rewarding for me.

Jill Cole

2019-2020 COMMUNITY HEALTH CONTRACT

340 Triple Play

Quarter 3 (January-March) Reporting Form

Goal 3	
To improve the overall health of the youth members of the Boys & Girls Clubs of North County, specifically working to prevent type 2 diabetes, obesity, hypertension and improve behavioral health.	
S.M.A.R.T. Objective 3a	
Provide daily Triple Play activities to approximately 480 youth each day at each Boys & Girls Club site January-March 2020, which will improve their nutrition, physical fitness, stress management skills and interpersonal relationships, thereby preventing diabetes and obesity, hypertension and improving behavioral health.	
Projected Cost:	Contract Dollars Expended to Date:
\$4,500	4567.45
S.M.A.R.T. Objective 3b	
Provide 60 minutes of vigorous physical activity each day to approximately 480 youth participating in the Triple Play program.	
Projected Cost:	Contract Dollars Expended to Date:
\$4,500	4567.45
S.M.A.R.T. Objective 3c	
Provide two family nights per site during the grant year, for a total of 16 family nights, which will include activities and information on promoting healthy lifestyles at home.	
Projected Cost:	Contract Dollars Expended to Date:
\$4,500	4567.45

Progress/Accomplishment of Goals & Objectives

Objective 3a.

Triple Play activities were implemented every day at all of the Boys & Girls Clubs of North County sites. Triple Play activities include sports, large group games, Art Club, STEM activities, prevention programs, nutrition programs, and social emotional learning programs. This quarter some sites also got to start their gardening clubs, leadership clubs and cooking clubs.

Objective 3b.

All sites provided at least 60 minutes of physical activity every day reaching an average of 603 children each day.

Objective 3c.

The Boys & Girls Clubs of North County has 3 family nights per site in the 1st half of the year and 3 family nights in the 2nd half of the year. Our family nights for the second half of the year are in April and May. Due to the COVID-19 quarantine we are not going to be able to have our Open House/Art Show or our family BBQ both were scheduled in April. The Annual Awards Celebration will hopefully be able to occur in May.

Lisa Ware

From: Emily Kenner
Sent: Thursday, February 20, 2020 2:17 PM
To: Lisa Ware
Subject: Success Story

Hi Lisa- just wanted to send something positive your way.

Lilly Byers is our Games Room Member of the Month for February. During her Member of the Month interview, Mr. David asked her how has the Boys & Girls Club helped her. She said that the Club has helped her learn how to swim.

Yesterday, Lilly was helping in my office and said, "I can't wait for the pool to be open". I asked her why and she replied, "I'm looking forward to the summer because I love to swim. It's good for stress. When I'm feeling sad, I like to swim. When I feel stressed, I like to swim. It just makes me feel good". Lilly told me that she really wants to be on Swim Team again. I told her that the pool will open in June, maybe sooner if we can find more lifeguards. Lilly wants the pool to be open so much, she encouraged her older sister to become a lifeguard so we can get the pool open as soon as the weather permits.

Great futures really do start here.

Emily Kenner

Director of Program Services
Boys & Girls Clubs of North County
760-650-5176

2019-2020 COMMUNITY HEALTH CONTRACT
341 Woman of Wellness Program

Quarter 3 (January-March) Reporting Form

Goal 3	
Increase patient's understanding of their health and well-being through the Womens of Wellness Program.	
S.M.A.R.T. Objective 3a	
Enroll and provide WWP services to 200 Spanish-speaking female patients.	
Projected Cost:	Contract Dollars Expended to Date:
\$40,000	
Progress/Accomplishment of Goals & Objectives	

Success stories:

I want to give thanks because with this program it has helped me and my family with our health and to educate ourselves, I can share with friends. Thank you, I hope they continue to conduct classes to continue educating us.

I really like the class, very educational and it gives us the opportunity to share, learn, share everyday life stories, an opportunity to attend future class.

I learned healthy nourishment to have good health.

I would like give thanks for these classes.. in a personal note it has helped me for my family. There are things we learn for ourselves when there's someone who helps you improve what you do in your life, it's simpler. I would like to continue to receive this type of information.

I learned I need to change the type of oil I use for cooking. Drink apple cider when fasting and balance my food intake.

01/09/2020:

I would like to share my experience: in the cooking class I learned to change the way I cook.

In the class of diabetes I learned that certain types of food help to control diabetes.

I have shared what I have learned with family and Friends. I'm very grateful and hope to continue to attend class.

February:

The class helped me with understanding food tags when grocery shopping and to read them better.

I enjoyed the class because it helped me with cooking for my family, to eat healthier and to know what is best to eat.

Fallbrook is a really small town and news travels fast. When the community of Fallbrook found out that the clinic was hosting free WOW program meetings they couldn't wait to sign up.

When asked for feedback, most of the woman that attended the meeting didn't realize how many carbs they consumed in a day. In the

Hispanic culture tortillas are a common staple at the dinner table and loaded with carbs. They were shocked to hear how many carbs are in 1 single tortilla and how it could affect their health.

What they took away from the WOW program was being mindful on how to eat healthy and portion control. When asked if they would continue to attend our WOW programs they responded with "Absolutely"!

2019-2020 COMMUNITY HEALTH CONTRACT
342 Life I Can Program

Quarter

Reporting Form

Goal 3

Students will learn proper skills to help overcome barriers to promote a healthy and more balanced lifestyle.

S.M.A.R.T. Objective 3c

Students will learn to put away electronics, unless specifically instructed, in order to promote social interaction; this will be enforced by DVP support staff.

Projected Cost:

Contract Dollars Expended to Date:

\$2000.00

\$5,700

Progress/Accomplishment of Goals & Objectives

As of March, 2020 Students are only 4 weeks into their program and every morning we request they relinquish their cell phone devices to promote socialization. In the just these few short weeks we saw positive progress; the students came with anti-social attitudes (being on their phone most of the time) to being more socially engaged and open to peer conversation while making eye contact.

Challenges that we have faced is the "withdrawals" some students have had when taking their devices away. We have found that if we stick to our program rules, eventually the upset students eventually relax and realize they can function better without their devices.

CHC Quarter 3 Impact Narrative

The funds we received from CHC this quarter has helped us provide professional sensitivity training to our facilitators, mentors and expert guest speakers who give quality social health workshops reinforcing healthy lifestyle habits for our underserved population.

In today's young society, especially in our high functioning adults with disabilities, the use of a cell phone device is equivalent to a pacifier. With their devices keeping them busy they rarely have to make eye contact. If they are to successfully survive in our society, it is imperative for them to learn to relinquish their devices and start making social connections personally- eye to eye. This is extremely hard to do for most adults with disabilities. But we have found with persistence and support they are able to go through 4 hours of class without their phones and actually enjoy personal interactions.

When Dale, one of our students, arrived to the program, he was convinced that he always needed his headphones, cell phone, and book to relieve anxiety. He always looked preoccupied and stressed.

Per our 'no device' program policy, every morning, Dale had to put his devices in the black box. It was a long, hard struggle for him to relinquish his devices and book. But after a couple of months of persistence and gentle support, he walked in and excitedly pointed out to everyone that he no longer needed to bring his devices. With all the weeks of practice, he had learned internal coping strategies to help decrease his anxieties. He seemed happier and more confident that he could hold a conversation while making eye contact. Without his devices, Dale was finally forced to face everyday social situations. And with practice, it became more natural for him.

Thank you for helping us break social barriers down for our adults with disabilities giving them opportunities to live a fulfilling life!

*Dale is not his actual name.

Fallbrook Regional
HEALTH  DISTRICT

2019-2020 COMMUNITY HEALTH CONTRACT
345 Alleviating Hunger in the Greater Fallbrook Area

Quarter 3 (January-March) Reporting Form

Goal 3

Alleviate Hunger in the Greater Fallbrook Area

S.M.A.R.T. Objective 3a

We will provide a weekly menu of supplemental nutritious food to everyone who demonstrates they need assistance.

Projected Cost:

Contract Dollars Expended to Date:

~~\$80,000~~ \$130,000

\$97,500.00

Progress/Accomplishment of Goals & Objectives

Please refer to attachments



April 2020

2019-2020 Community Health Contract 3rd Quarter Reporting

PROGRESS OF GOALS & OBJECTIVES: This quarter was a challenging, but successful one! Within days of the Governor's shelter-in-place order, due to the coronavirus COVID-19 pandemic, we were operating under new guidelines and protocols. As once a market-style food distribution program, we are now conducting a "no touch" service to our community through service doors. No clients are allowed in the building—only scheduled volunteers and staff. We have required all volunteers who were 60+ to stay home for their own self health and safety. We have implemented all staff, volunteers and clients to acknowledge and perform social distancing (6+ feet from one another) and everyone must wear protective face masks and gloves. Our new normal has not come without a price. We have had a tremendous number of new registrants—most have lost their jobs and can't afford to put food on their family's tables now—and some are struggling just to make ends meet because of a pay cut, to keep their job. Without the support of our loving community and collaborative partners, we may not have been able to sustain the immense demand we have experienced these last 45 days.

While COVID has been a daily and new constant for the Pantry, we also were challenged with our very first financial audit this quarter, too. We hope to be wrapping this up by May 5th, but one of many valuable discoveries of this experience, was learning that for 29 years we have been exceptional stewards of our money and have made good-sound decisions with it. Our "books" were in good shape before and now they are stellar and fine-tuned. With this audit, we now reflect positive cash flow and working capital on our Profit & Loss sheet and we have been successful in showing our depreciation and amortization of inventory and debt related assets (ie. Mortgage and walk-in refrigeration lease), along with reflecting In-Kind donations; and because of these new acknowledgements, we are a much more financially attractive non-profit.

CONTRACT DOLLARS EXPENDED TO DATE: This quarters disbursement was expended 100%. Our awarded \$32,500 for the quarter was spent on purchasing food, distribution supplies and in-direct costs (utilities, phone, personnel, etc.). Without these funds we would not have been able to provide the level of support we do for our community and so because of our commitment to Greater Fallbrook and the Fallbrook Regional Health District, we aspire to be an organization, whose mission, vision and values align with those who find compassion and

"When you are hungry, nothing else matters."

1042 S. Mission Road Fallbrook CA 92028 760.728.7608 www.fallbrookfoodpantry.org



purpose in helping our neighbors manage tough issues and circumstances that they may not have the ability to manage, themselves. We aspire to be an organization whose commitment to our community is to support and embrace our friends and neighbors who need us the most. We aspire to be an organization whose focus is to feed those who are hungry...*"because, when you're hungry, nothing else matters!"*

DISTRICT RECOGNITION: This quarter we acknowledged the District through multiple social media posts on Facebook and Instagram, along with our constant--continuous acknowledgement on our mobile box truck that is seen as far as MiraMar city.

Sincerely,

Shae T. Gawlak

Shae T. Gawlak
Executive Director
director@fallbrookfoodpantry.org
EIN #: 33-0491216

"When you are hungry, nothing else matters."

1042 S. Mission Road Fallbrook CA 92028 760.728.7608 www.fallbrookfoodpantry.org



MEET LILA



Meet Lila and her three children, Max, Jacob and Sarah. Lila has been a client of the Fallbrook Food Pantry for nearly five years and has been taking care of her ill husband, who has not been able to work since his diagnosis of cancer in 2016. Lila has spent the past four years caring for him, which became a fulltime commitment, while also taking care of her children, too. Once her husband's cancer became debilitating three years ago, Lila was forced to quit her job and be his fulltime caregiver. This forced them to rely solely on food from the Pantry. Lila was not able to qualify for many services through the county and because of this, had to turn to our Friendly Village for additional and unexpected support. Sadly, Lila's husband passed away earlier this year and she has struggled keeping her family focused on what's now important. The one thing Lila has appreciated most, is the love, compassion and support she has always received from the Pantry. She told me that without us, she would not have been able to feed her family healthy meals these last four years and she attributes her ability to provide for her children to our commitment to her.

2019-2020 COMMUNITY HEALTH CONTRACT
346 Door-Through-Door

Quarter 3 (January-March) Reporting Form

Goal 3	
To provide more and broader Door-Through-Door program services to both pre and post care setting discharge clients during the FRHD CHC year.	
S.M.A.R.T. Objective 3a	
Provide more FRHD senior residents who experience a hospitalization of stay at a skilled nursing facility with DTD services.	
Projected Cost:	Contract Dollars Expended to Date:
\$15,572* project cost is the same across both objectives	
S.M.A.R.T. Objective 3b	
Collect data regarding the numbers and types of services DTD client need during both pre and post care setting discharge	
Projected Cost:	Contract Dollars Expended to Date:
\$15,572* project cost is the same across both objectives	
Progress/Accomplishment of Goals & Objectives	

FOUNDATION FOR SENIOR CARE

IMPACT NARRATIVE

DOOR-THROUGH-DOOR PROGRAM

Client: Dolores

Independent living 95-year old Dolores was transported to the hospital. After days in the hospital the diagnosis of a UTI and fluid around the heart was stabilized and Dolores was sent to skilled nursing facility for rehabilitation. After days of increasing dementia symptoms accompanied by paranoia and delusions, which were not a preexisting condition prior to the hospital transport, the friend and power of attorney was concerned because the skilled nursing facility were not addressing the change in behavior.

The Door-Through-Door Coordinator called the RN at the facility and requested that they transport Dolores back to the hospital immediately , while also educating the power of attorney that he also had the legal right to call an ambulance and have Dolores transported back to the hospital, if the rehabilitation facility failed to do it. Dolores was transported back to the hospital and stabilized. It was then discovered that the initial diagnosis was incorrect, and the new diagnosis was causing the dementia, paranoia and delusions. The decline in health and mobility prevented Dolores from returning home to live Independently.

A close friend and Power of Attorney (POA) found himself overwhelmed with no other family to assist him. The DTD Coordinator worked with the POA for 4 weeks, providing the resources to transition Dolores directly to 24 care. In 4 weeks with the guidance of the DTD program, the POA was able to explore the options of care, sell the home through a senior home purchase program that pays cash without listing the home and closing escrow in 30 days, freeing up the needed funds to pay for the 24 hours care. The POA was also provided a resource that moved essentials of the home and replicated a living space in Dolores' new living environment.

When Dolores was wheeled into her room, she was greeted with all her familiar possessions and the walls were beautifully decorated with pictures of her beloved husband who had passed away the year before.

2019-2020 COMMUNITY HEALTH CONTRACT

347 Respite Care-Adult Day Care Program

Quarter 3 (January-March) Reporting Form

Goal 3	
<p>The goal of Respite Care at the Adult Day Care program is to provide ongoing – nonresidential caregiving relief care for clients’ suffering from dementia or other senility related diagnosis whose family members do not have the financial means to afford day care services, to allow clients the opportunity to receive socialization and enrichment through participation in day care programs, activities and events, and for the caregivers to have the time to attend to other matters that this respite support can facilitate.</p>	
S.M.A.R.T. Objective 3a	
<p>Provide respite support for Four to Twelve low-income District residents, who will receive at least 400 days of respite care at The Club.</p>	
Projected Cost:	Contract Dollars Expended to Date:
\$10,439* this amount will support both objectives	
S.M.A.R.T. Objective 3b	
<p>Identify, educate and support the clients’ caregivers on caregiving issues that have shown to have a negative impact on the caregiver’s health.</p>	
Projected Cost:	Contract Dollars Expended to Date:
\$10,439* this amount will support both objectives	
Progress/Accomplishment of Goals & Objectives	

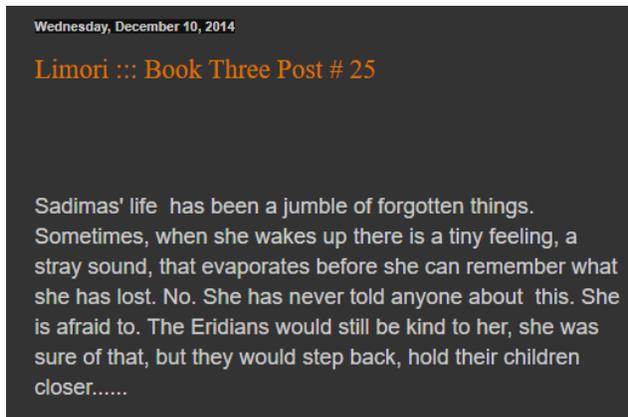
FSC – ADULT DAY CARE – IMPACT REPORT

KATHLEEN

- Kathleen is an author and illustrator of 109 books, mostly fantasy children’s and young adult
- Many published under Simon and Schuster and 81 titles currently available on Amazon
- Her books are very highly rated and on many elementary school AR Reading Lists
- Kathleen is only 69 years old and developed a seizure disorder that causes significant dementia and confusion, which requires near constant supervision
- She lives with her partner of 35 years. He is still working while trying to help Kathleen
- Kathleen cannot carry on a “normal” conversation and her behavior can be a bit unique. However, she is a joy to just “hang out” with, which is what we specialize in here at the Club!

Her books are filled with gentle and brave characters

A quote from one of Kathleen’s books:



2019-2020 COMMUNITY HEALTH CONTRACT
348 Senior Transportation Services

Quarter 3 (January-March) Reporting Form

Goal 3	
Provide affordable, easily attainable, and wheelchair accessible transportation services to seniors and disabled adults throughout the greater Fallbrook area for the purpose of gaining access to basic services, medical care, and social opportunities.	
S.M.A.R.T. Objective 3a	
Provide transportation services to at least 200 seniors or disabled adults in the greater Fallbrook area.	
Projected Cost:	Contract Dollars Expended to Date:
\$23,645* This amount includes support for both objectives	
S.M.A.R.T. Objective 3b	
Ensure at least 25 appointments per month for FRHD residents to gain access to medical care from providers who are up to 55 miles from Fallbrook (e.g., VA Clinic, Scripps, Sharp and Temecula Valley).	
Projected Cost:	Contract Dollars Expended to Date:
\$23,645* This amount includes support for both objectives	
Progress/Accomplishment of Goals & Objectives	

2019-2020 COMMUNITY HEALTH CONTRACT
349 Senior Care Advocacy Program

Quarter 3 (January-March) Reporting Form

Goal 3	
Our goal is to ensure that seniors in need of housing, care giving resources, or other age-in-place services are supported.	
S.M.A.R.T. Objective 3a	
Enroll at least 80 new clients, and conduct home safety visits to at least half to ensure they have the resources necessary to meet their in-home safety needs.	
Projected Cost:	Contract Dollars Expended to Date:
\$22,185* project cost is the same across both objectives	
S.M.A.R.T. Objective 3b	
Collect data regarding the numbers and types of services seniors need to be safe and secure in their home setting.	
Projected Cost:	Contract Dollars Expended to Date:
\$22,185* project cost is the same across both objectives	
Progress/Accomplishment of Goals & Objectives	

FOUNDATION FOR SENIOR CARE

IMPACT NARRATIVE

PROGRAM: SENIOR CARE ADVOCACY

Client: June

Age: 85

Housing Status: Living alone

Marital Status: Single

Family Situation: Financially struggling; Food Insecure; Utilities in danger of shut-off

85-year old, June, a hospice patient, was referred to the "Foundation for Senior Care," by "Adult Protective Services" (APS) on allegations of neglect by her familial caregiver. When the advocates first made contact with the client, she was eating a bowl of cheerios, which was drenched in root beer. Upon further observation, the client and caregiver did not have any food in their refrigerator. The advocates delivered nutritional drinks, which were donated by a member of the community. Also, contact was made with the "Fallbrook Food Pantry," for an emergency food box and weekly grocery deliveries to the home, as the caregiver was told by APS, that she could not leave the care recipient unattended.

During January, the caregiver contacted the advocates and stated that she did not have the finances available to pay for the SDG&E electric bill. As June is on hospice and there had been previous allegations of neglect, we contacted APS and SDG&E to determine a plan. During a conference call, APS agreed to pay the electric bill, and the electricity was turned back on within the hour. After this occurred, the advocates worked with the caregiver to apply and implement SDG&E's "CARE" monthly discount plan. Since these events occurred, the advocates have made monthly contact with June and the caregiver. June is continuing to receive the physiological (for example, nutrition) and safety (for example, warmth and support-network) elements needed to thrive.

IMPACT NARRATIVE

THE FALLBROOK SENIOR CENTER EXECUTIVE DIRECTOR RECEIVED A CALL FROM A HOME-BOUND SENIOR DURING THE PERIOD OF TIME THAT REASSESSMENT FORMS WERE BEING DELIVERED BY THE DRIVER. THE PARTICIPANT EXPRESSED HER HEARTFELT THANKS FOR THE PROGRAM BECAUSE SHE COULD NO LONGER STAND TO COOK FOR HERSELF OR HER HUSBAND.

A RECENT NUTRITION EDUCATION SURVEY WAS CONDUCTED FOR THE HOME DELIVERY PARTICIPANTS SO THAT THE FALLBROOK SENIOR CENTER IS AWARE OF NUTRITION TOPICS THEY ARE INTERESTED IN LEARNING MORE ABOUT IN 2020. ONE OF THE CLIENTS WROTE THE FOLLOWING COMMENT ON THEIR SURVEY: "WE WOULD LIKE TO POSITIVELY RECOGNIZE THE DRIVER FOR HIS OUTSTANDING JOB PERFORMANCE. HE IS ALWAYS POSITIVE ABOUT HIS JOB AND CHEERFUL."

A VOLUNTEER FOR THE CONGREGATE MEAL PROGRAM WROTE: "I AM A SENIOR LIVING IN FALLBROOK AS WELL AS A VOLUNTEER WORKING AS A CASHIER AT THE MID-DAY SENIOR MEAL HELD IN THE FALLBROOK COMMUNITY CENTER MONDAY THROUGH FRIDAY. I WANT TO COMPLIMENT THE DIETICIAN AND THE CHEF FOR THE QUALITY OF FOOD PROVIDED THERE. IT IS MUCH MORE LIKE A HIGH END RESTAURANT THAN A CAFETERIA. I HAD THE BEEF POT ROAST TODAY, IT WAS TENDER AND JUICY AND BETTER THAN HOME COOKED. ALSO, THE SALADS ARE ALWAYS FRESH AND CRISP AND THE QUANTITY IS PLENTIFUL."

2019-2020 COMMUNITY HEALTH CONTRACT
351 Celebrate Health

Quarter 3 (January-March) Reporting Form

Goal 3	
Conduct activities that improve child and adult health in the community.	
S.M.A.R.T. Objective 3a	
Conduct school based dental screenings in the Fallbrook Union Elementary School District, Bonsall School District and Vallecitos School District.	
Projected Cost:	Contract Dollars Expended to Date:
\$90,180.00	
S.M.A.R.T. Objective 3b	
Conduct community health screening and promotional events.	
Projected Cost:	Contract Dollars Expended to Date:
\$90,180.00	
S.M.A.R.T. Objective 3c	
Facilitate monthly Community Collaborative for Health and Wellness meetings.	
Projected Cost:	Contract Dollars Expended to Date:
\$90,180.00	



2019-2020 COMMUNITY HEALTH CONTRACT
351 Celebrate Health

Quarter 3 (January-March) Reporting Form

Progress/Accomplishment of Goals & Objectives

A large, empty rectangular box with a thin black border, intended for reporting progress and accomplishments.

Impact Narrative

A local resident who is a disabled man in his 40's with a young family, came into the Restorative Dental Care program of Fallbrook Smiles Project for an evaluation. He had a great deal of oral pain due to destruction of his teeth as a side effect of heavy opioid use he was taking for pain. All of his teeth had extensive decay and many of them also had abscesses. He was embarrassed about his condition.

The only treatment option to improve his dental health was to have all of his teeth removed and then have complete dentures fitted for him. Eventually, if he had the resources, dental implants would be an option to improve his situation.

Fallbrook Smiles Project, thanks to the Fallbrook Regional Health District grant, was able to fund his dentures and a local oral surgeon, Dr. Krakowiak, extracted his teeth for free. This gentleman was very grateful to be out of pain and to once again be able to smile.

3019-3030 COMMUNITY HEALTH CONTRACT
352 NICP Fallbrook Youth Advocacy Coalition

Quarter 3 (January-March) Reporting Form

Goal 3	
Raise awareness of current and emerging trends among youth around the issues of underage drinking and illegal use of alcohol other drugs.	
S.M.A.R.T. Objective 3a	
FYAC will plan, organize, and coordinate at least one Red Ribbon Week event or activity with a high school in the FRHD area.	
Projected Cost:	Contract Dollars Expended to Date:
\$844.75	
S.M.A.R.T. Objective 3b	
FYAC will plan, organize, and coordinate at least one Red Ribbon Week event or activity with a middle school in the FRHD area.	
Projected Cost:	Contract Dollars Expended to Date:
\$844.75	
S.M.A.R.T. Objective 3c	
FYAC will plan, organize, and coordinate at least one drugged driving prevention event or activity in the FRHD area.	
Projected Cost:	Contract Dollars Expended to Date:
\$844.75	

352 NICP Fallbrook Youth Advocacy Coalition

Quarter 3 (January-March) Reporting Form

Progress/Accomplishment of Goals & Objectives

Empty reporting area for progress and accomplishments.

FRHD CHC 352 FY 2019-2020 Q3 Narrative

Please attach a story (in Word Document format) of how the investment of the CHC award toward this program has made an impact on the life of a District resident. We would like to know how the funds directly helped bring about health, wellness or provided support. Where possible please provide a picture of the recipient (JPEG File or embed into the document)– please note, it will be the organization’s responsibility to obtain the participant’s photographic release. Our goal is to help you tell the story of your agency and how your programs serve to enrich the community. We are sensitive to the confidential work many organizations conduct; thus, client names and identifying details may be altered.

MHS North Inland Substance Use Prevention (NISUP) Fallbrook Youth Advocacy Coalition (F-YAC) youth substance use prevention group is helping once-reserved and self-conscious members develop their leadership skills and confidence to the point where they welcome opportunities to speak out about alcohol and other drug problems in their community and promote ways to reduce them.

Take siblings Mario and Jasmine Hernandez. After watching their older sister, Vanessa, thrive in F-YAC while she was in high school, the younger Hernandez children joined the group as soon as they were old enough. They’ve been steady participants ever since.

Now 17, Mario said in a recent interview that he enjoys being an F-YAC member because doing so enables him to help raise people’s awareness of alcohol- and drug-related problems and potential solutions for them.

The teen said a natural inclination to stay in the background initially kept him from speaking up much during group meetings and activities, though. He challenged himself to change that last year when he stepped into the role of F-YAC president. In January, a two-day youth leadership camp he attended with other F-YAC members provided another breakthrough.

Held in Julian by the San Diego County Office of Education, the camp brought youth leaders from across the region together for advocacy trainings, brainstorming sessions and other leadership development activities. It was Mario’s second time at the event, where nearly 200 participants also had opportunities to trade perspectives and ideas. Mario said he took full advantage of that this time around.

“Previously, I wasn’t very social,” the teen said. “The first time I went, I was pretty quiet and I wasn’t in too many of the photos. But this time, I guess you could say I broke out of my shell. I participated a lot more and met new people. And that experience has just opened me, I think.”

Jasmine, 14, said the camp program had a big impact on her for different reasons. One was the wealth of useful information it provided – facts Jasmine said F-YAC can incorporate into its work. She also liked hearing camp staff members’ personal stories about people they knew with substance use problems.

“That showed us that drugs don’t help you get through anything,” Jasmine said. “And I thought it was pretty cool that things we’d never seen from them before – that side of them – they were sharing with us. It really made me realize how much drugs and alcohol can hurt more than just the people who are using them.”

F-YAC took a personal approach of its own for a project the group spent a lot of time working on in the first three months of this year: preparing a presentation for students at Rainbow's Vallecitos Middle School. Every F-YAC member had a scripted role in the project, which Jasmine said was designed to provide audience members with drug facts and positive examples for avoiding substance use because "we know if you tell someone not to do it, they won't listen. But telling them what drugs would do to them, how that'll affect them mentally and physically, will."

Mario said F-YAC members were excited about the project and worked hard to get the delivery part of their individual roles just right. His part required him to share his love of soccer and dancing and talk about how drug or alcohol use could interfere with his ability to enjoy those activities.

"It was pretty challenging because it's something that we don't do every day," Mario said about the presentation. "But we got the idea of it by the end of it."

The Hernandez teens' mom, Veronica, said she has enjoyed watching her children grow and blossom as a result of their F-YAC participation.

"As a mom, I feel really happy and blessed that they can be part of F-YAC because it's a group that can keep them busy doing positive things," she said. "Like Mario said, he's shy (and) very quiet. And I noticed every year he got better and better since he's been there."

"Jasmine was very little when she joined the group. I feel like it has helped her a lot. There's a lot of pressure at the middle school. And if she hears about someone that's having any kind of trouble, she does whatever she can to help them. So she's always trying to help others, and I think she got that from everything she's seen and learned from being in the group."



Hernandez Family (L-R: Vanessa, Mario, and Veronica) at Fallbrook Regional Health District

2019-2020 COMMUNITY HEALTH CONTRACT

353 Cancer Assistance Program

Quarter 3 (January-March) Reporting Form

Goal 1	
Facilitate screening mammograms and diagnostic breast health services to women in Fallbrook, Bonsall, De Luz and Rainbow.	
S.M.A.R.T. Objective 1a	
Host three mobile screening events at the Jack E. Johns clinic three times in 2019 and three times in 2020 to ensure the women of the FRHD receive their annual screening mammograms.	
Projected Cost:	Contract Dollars Expended to Date:
\$7,500	
S.M.A.R.T. Objective 1b	
Facilitate diagnostic breast health services to clients that have received their screening mammogram and need additional testing.	
Projected Cost:	Contract Dollars Expended to Date:
\$6,000	
Progress/Accomplishment of Goals & Objectives	

Goal 2	
Educate the residents of the FRHD on early detection of cancer and resources available to cancer patients.	
S.M.A.R.T. Objective 2a	
The Community Coordinator and/or Patient Navigator will attend five community events to educate and highlight the importance of early detection through screenings and a healthy lifestyle as well as provide information on resources available to cancer patients through Michelle's Place within one year.	
Projected Cost:	Contract Dollars Expended to Date:
\$1,262	
S.M.A.R.T. Objective 2b	
Facilitate three educational seminars on early detection and risk factors of cancer within the FRHD within one year.	
Projected Cost:	Contract Dollars Expended to Date:
\$2,200	
Progress/Accomplishment of Goals & Objectives	

Goal 3	
Provide cancer patients within the FRHS with the support and resources they need to go through their cancer journey.	
S.M.A.R.T. Objective 3a	
Patient navigators will provide 175 cancer patients with 350 free services within the FRHD in one year.	
Projected Cost:	Contract Dollars Expended to Date:
\$9,400	
S.M.A.R.T. Objective 2b	
Provide 10 cancer patients with temporary financial assistance within on year	
Projected Cost:	Contract Dollars Expended to Date:
\$2,500	
Progress/Accomplishment of Goals & Objectives	

353 MICHELLE'S PLACE, Cancer Assistance Program

Impact Narrative

“ Michelle’s Place has helped me realize that I have a group of friends that I can rely on for help and support! I look forward to attending weekly support groups it gives me a chance to talk about difficult and stressful topics that others support group friends can relate to. Knowing that I have Michelle’s Place really gives me a sense of comfort. When I find out a friend has been diagnosed with Cancer, I always refer them to Michelle’s Place! Thank you Fallbrook Healthcare District!” - A Fallbrook Resident and Michelle’s Place client. (she prefers not to use her name)

2019-2020 COMMUNITY HEALTH CONTRACT
354 Diabetes Footcare Education

Quarter 3 (January-March) Reporting Form

Goal 3	
To increase community awareness and knowledge of diabetes foot care.	
S.M.A.R.T. Objective 3a	
By March 31, 2020, at least 200 community members will receive information about diabetes foot care through community events conducted by outreach workers.	
Projected Cost:	Contract Dollars Expended to Date:
Not provided in original application	\$9000.00*
Progress/Accomplishment of Goals & Objectives	
<p>Our quarter 3 targets were well withing range up until the events leading into March and the COVID-19 pandemic. Following is a summary of the activities and adjustments that we have had to make due to the current pandemic and the fact that the organization had to make some unfortunate cuts to staff across the org which also affected Fallbrook. We are currently in discussions on reopening sites to limited services and hope to have our Fallbrook location open soon.</p> <p>To date, since the beginning of the grant period, we are happy that we have served 180 senior diabetic patients at our Fallbrook location! A narrative of one patient is attached to this report.</p> <p>Community Education Presentations: Dr. Kenneth Rhem began with community education meetings in January and February with several leaders of different community organizations. These were well received and employed the usage of the educational tools that were purchased as part of this grant. Unfortunately, any future events were canceled due to the COVID-19 pandemic.</p> <p>January 15 Fallbrook Community Collaborative (23 attendees) February 12 Fallbrook Community Center (19 attendees)</p> <p>Postcard (delayed): As part of our planned outreach we planned a mailing to reach over 3000+ households with our postcard (attached to this report). It was going to go out March 23 but we placed hold due to the fact that we had to temporarily close our Fallbrook office to walk-in and face-to-face appointments. As soon as we get the green light, we will mail it out.</p> <p>Digital Campaign (restarted April 20): We initially halted all digital plans as we pivoted efforts to move patients away from visiting our offices. We have restarted out digital campaign efforts by adjusting our message to let patients know that we can see them virtually. Data on these efforts are still too early to track as digital campaign metrics are best measured in multiple weeks. As part of this campaign we have created digital assets including a Fallbrook specific page to track our digital efforts.</p> <p>(Continued)</p>	

Signage (delayed): We put a pause on physical signage that was going to go up at Ingold Sports Park. We felt the signage would sit there without being viewed. As soon as we know that the state will release families to attend parks and sporting events we will move forward with this. The funds for this have already been earmarked for it.

All planned events and screenings were cancelled and will be started once again after the state releases citizens to gather. We have an order for socks to be used during these screenings. We will store the socks and use them once we restart face to face screenings.

*Currently there are several funds that have been used for materials that we cannot use at the moment such as our bilingual flyers, pediatric socks, mailing campaign and our digital campaign efforts. This number is an estimate because the mailage costs are final once the campaign goes out and we get an accurate number.

Zip Code	Patients Seen
92028	166
92059	1
92082	1
92088	12

Impact Narrative

LK (name abbreviated for patients' privacy and HIPAA regulations) is a patient at our Neighborhood Healthcare site in Fallbrook. She was referred to us through our relationship with Fallbrook Family Health Centers. LK has several health issues that exasperate her podiatric needs such as diabetes, obesity and other health concerns. She was having major pain in her feet due to her condition so much so that even walking caused her great pain. She contacted our office and at first was a bit frustrated with referral issues with her insurance, but we were able to help her get past these issues and for that she was very grateful and the fact that we are local because she has transportation needs. Our staff are well versed on dealing with referrals from both MediCal and Medicare.

She was seen at our clinical site by our Podiatrist, Dr. Negron and due to the severity of her condition she was referred to get an MRI because of the severe pain she had. Dr. Negron was able to diagnose her problem and with the addition of recommendations for changes that she needed to do she was also prescribed special shoes to help her with her recovery. As part of the follow up to her appointments, we made sure to make other recommendations and referrals for proper diet and health checks at Fallbrook Family Health Centers. With the current COVID-19 pandemic we were forced to temporarily close our Fallbrook location, but thankfully our patients continue to "see" their doctors virtually via the phone or other telehealth options.

LK is continuing her care with Neighborhood virtually and incase she needs to see her Podiatrist we are working with patients to see them either at our Temecula or Escondido site (we hope to open access at our Fallbrook location soon). Her story is something that we consistently see with podiatric patients, a need for a local option to be able to access as well as education on what affects diabetic patients who suffer with foot issues. We hope to continue to work in Fallbrook at educating the community on why it is important to take care of your feet especially if one has diabetes.

2019-2020 COMMUNITY HEALTH CONTRACT
355 CPR/AED Upgrades & Instructor Training

Quarter 3 (January-March) Reporting Form

Goal 3	
Train 1 additional certified instructor for a total of 3 to teach AED, CPR, and first aid and continue advertising classes.	
S.M.A.R.T. Objective 3a	
Offset time needs of other instructors by adding additional instructors to carry the load of training and other tasks.	
Projected Cost:	Contract Dollars Expended to Date:
\$300	\$0.00
S.M.A.R.T. Objective 3b	
Continue to keep the public's interest aware and provide repetitive information to keep the information out in front of people to remember and sign up for classes to prepare and stay updated.	
Projected Cost:	Contract Dollars Expended to Date:
\$150	\$0.00

3rd Quarter Fallbrook Regional Health District (FRHD) Goal Report REVISED 041620

NOTE: Report revised on 041620 to reflect that 3rd quarter advertising had not yet been officially billed or paid for, and will be brought forward to the next quarter.

Progress of Goals and Objectives

In review of events so far in the first and second quarters, North County Community Emergency Response Team (NCCERT) trained two cardiopulmonary resuscitation (CPR) instructors and acquired some new Automatic Emergency Defibrillator (AED) training machines and manikins, and began placing ads and distributing flyers for CERT classes, culminating in the 3rd quarter's successful completion of two CERT training classes, which includes a refresher on cardiopulmonary resuscitation (CPR) techniques; and one Pediatric CPR class. This quarter saw the advertising as a bigger influence to reach more of the target population.

Then the worldwide coronavirus pandemic hit in full force in the United States, which affected NCCERT thusly: 1) no groups were advised to meet, first no more than 10 people, then essentially none at all, leading to: a) no in-person classes, and b) a drop in advertising for the in-person classes; and 2) no CERT Board meetings for two months thus far. At this writing, the NCCERT Board is just beginning discussions on alternative ways to possibly host classes. Overall, we await further instructions from the Federal Emergency Management Agency (FEMA) on this developing situation and if CERT in general needs to be called up, NCCERT volunteers and the organization stand ready to help.

Overall, NCCERT is extremely gratified to be able to accomplish replacing manikins, acquiring AED training machines and pads, training instructors, and placing ads for classes; and to have begun new CERT classes and CPR classes and advertising – all with updated equipment and freshly-trained instructors for both the CERT refresher training component of CPR, and just solely CPR training. Students are enthused, and feel more capable in their skills, which is something that is difficult to quantify. Nevertheless, the impact is positive and there is a story attached that attests to that.

Contract Dollars Expended to Date

NCCERT ran advertising this quarter, but the invoice has not yet been billed/paid and will therefore be included in the last quarterly report. NCCERT expected to spend \$150 on advertising, but actually spent \$0.00. Therefore, no funds were expended this quarter.

3rd Quarter Fallbrook Regional Health District (FRHD) Goal Report REVISED 041620

Department, who became aware of NCCERT's trainings, and told the participants that these were the only trainings happening in the County at that time. Also, some students actually participate in the Fallbrook Amateur Radio Club in-person meetings in town and on-air locally. Others commented to NCCERT that their communities had no active CERT groups and/or they spent a significant portion of their time in Fallbrook anyway for one reason or another.

The bell curve of age ranges was thus:

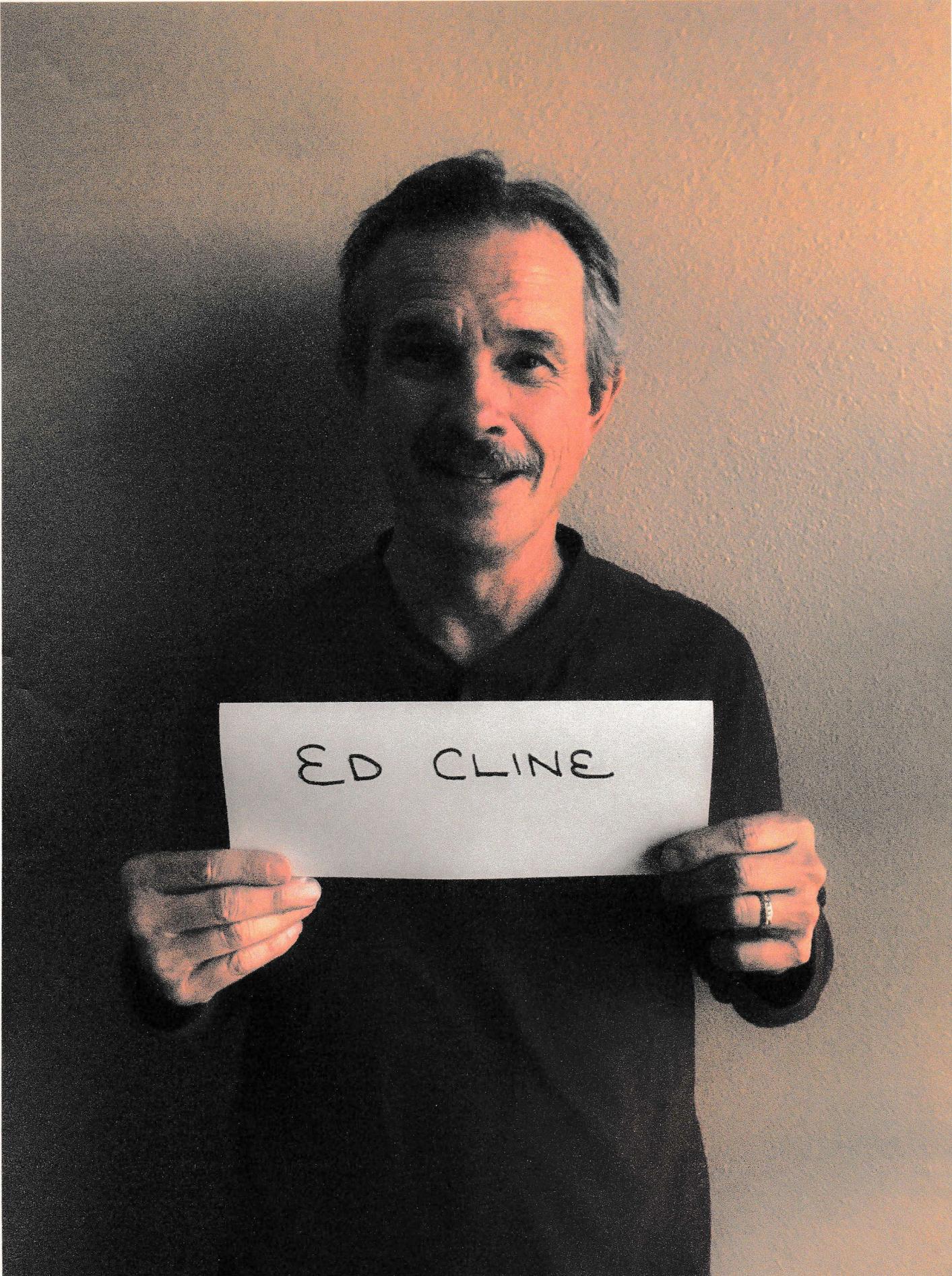
1 – 20s, 3 – 30s, 4 – 40s, 6 – 50s, 5 – 60s, 5 – 70s, with the peak in their 60s. 15 males, 9 females. 11 – Fallbrook 92028; 2 – Carlsbad 92010; 2 – Spring Valley 91977; 2 – Temecula 92591, 92592; 1 – Oceanside 92057; 2 – Murrieta 92563; 1 – Riverside 92503; 2 – Rancho Santa Fe 92567; 1 – San Diego 92126.

Impact Narrative

Please see attached narrative of personal story and photo. We received permission to use his information. This is the story of Ed Cline, who actually started to take the January CERT class, but was interrupted by a real-life event that he relates, and then he continued and finished his class in February.

District Recognition

Please see attached ads that gave recognition to FRHD.



ED CLINE

21 January 2020

The CERT training, I received on 11 January 2020 greatly helped me handle my wife's medical emergency until the paramedics arrived at our house. On the evening of 12 January 2020, I heard my wife calling out for me from her bathroom. Upon getting there, I found her semiconscious sitting upright on the toilet and she quickly went into an unconscious state. Fortunately for my wife and I, as mentioned earlier I had just attended my first day of CERT training the day before. Since this was an eight-hour class (was attending the 16-hour course over two days), the instructors Pam and Arlynn had time to cover medical operations in great detail. I had learned about airway obstructions and how one's tongue could block their airway when they're unconscious. This became my first priority so I immediately checked to see if my wife was breathing and noticed her chest rising and I could also hear her breathe. I also remembered from the training to check for shock and circulation. During this entire time, she would come in and out of consciousness which was very scary to me. I called 911, informed the dispatcher of her situation and the paramedics from North County Fire Department arrived within 10 minutes. Even though still very concerned about my wife situation as I didn't know what had caused her to lose consciousness, it was a big relief to see the paramedics at our house. The paramedics took my wife's blood pressure, it was 80/40 (her normal BP is 140/80). They administered an IV with a medication to boost up her BP and transported her to Palomar Medical Center in Escondido. My wife was released approximately six hours later. The emergency room doctor attributed her passing out to severe dehydration resulting from having the flu.

In conclusion, I believe by having had the CERT training I was more effective, confident and comfortable in handling and rendering medical aid to my wife. I would like to thank not only the CERT Program but also their very knowledgeable instructors.

Sincerely,



Ed Cline

(760) 626-8162

2019-2020 COMMUNITY HEALTH CONTRACT

356 Healthy Bodies, Healthy Minds

Quarter 3 (January-March) Reporting Form

Goal 3	
Promote behavioral health and encourage healthy lifestyles for the Fallbrook community.	
S.M.A.R.T. Objective 3a	
75% of students completing treatment will show improved functionality as measured by the Columbia Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$13,148	
S.M.A.R.T. Objective 3b	
75% of families completing family counseling will show improved functionality as measured by the Barkley Functional Impairment Scale.	
Projected Cost:	Contract Dollars Expended to Date:
\$1,011	
S.M.A.R.T. Objective 3c	
75% of workshop participants will demonstrate improved knowledge of healthy lifestyles as evidenced by pre/post- tests.	
Projected Cost:	Contract Dollars Expended to Date:
\$6,068	

2019-2020 COMMUNITY HEALTH CONTRACT

356 Healthy Bodies, Healthy Minds

Quarter 3 (January - March) Reporting Form

Progress/Accomplishment of Goals & Objectives

Empty reporting area for progress and accomplishments.

Impact Statement for the third quarter HBHM:

The quarter started out busy but we were operating in a normal manner: clients were seen at school sites and in our counseling office. Parenting classes resumed at the beginning of February. We continued to serve to clients who had been referred earlier and we opened some new clients. Some of the clients were screened and either referred, declined services, or opened as clients of the program. The parenting classes were off to a great start, with the addition of more fathers coming to the groups than before, joining the mothers and grandmothers.

Then, in mid-March we had to implement many changes due to COVID-19. Many shifts had to happen as we had to figure out how we could best serve our clients and families.

Clients were seen either in the office or at school sites until March 16th. In the time now of "stay at home" and "shelter in place", all individual and family counseling sessions are now conducted through Telehealth (by phone or by a confidential video program). Many families, children and adults have chosen to continue with their services through Telehealth. Some have reported that they want to "wait until we get back to school or normal" before returning to therapy. Those who have decided to continue have reported that it makes a huge difference being able to access behavioral health services during this stressful time.

Parenting classes/workshops were held at Maie Ellis Elementary from February 4th until March 10th, for 5 weeks. After the schools were closed and large groups were instructed to not meet, we needed to stop the in-person classes. All participants have received weekly phone calls by HBHM staff who check in and offer resources. Our staff has now shifted to recording videos that can be shared with the parents using some of the content that would have been covered in person. This is combined with a series of videos demonstrating family activities that can be done in this time of COVID-19 crisis. Parents are reporting that they are doing "okay" during this time, but that there is a lot of unemployment, strain from financial problems, lots of arguing among siblings, and depression and anxiety. There is also a lot of food insecurity as well as concerns about meeting other basic needs.

The parents were informed that during the normal meeting time, Palomar Family Counseling Service staff would be sending out specially developed videos through WhatsApp (the preferred App that the most parents were familiar with). This video process began on March 31st. They were given some directions and then two videos: one explaining the format of the virtual group, and one offering an activity. Parents then could respond through WhatsApp. Here is a message from one mom following the viewing of the videos:

Muuuchas gracias ya lo bi, me acordé de cuando era niña- no teníamos lapices de colorés, pero pintabamos con pedasitos de carbon-me llego al corazon su vídeo hasta llore y vi y se que en estos dias temos de todo pero- sé nos esta acabando el amor en el tiempo que no nos dedicamos a nosotros mismos y menos a los demás yo les sigo agradesiendo a ustedés los de cafesito y a familia counseling x su tiempo- amor y lucha de los grandes regalos que no asen los

mantengo en el alma y en mis hechos para seguir transformando a nuestro mundo, ofrendando a nuestro creador entre nosotros los amoo, y estamos orgullosos de ustedes!!!

Translation:

"Thank you so much ..I just saw you... it reminded me of when I was a girl- we didn't have coloring pencils but we colored with pieces of charcoal - your video touched my heart and I even cried and I saw that nowadays we have everything but we are running out of love in the time we don't dedicate to our own selves, even less to others. I continue to be grateful for you and to the family counseling for your time, fight, and the great gifts you give us. I maintain you in my heart and what I do to transforming our world, offering our creator among us. I love you and we are proud of you!!"

After the first virtual meeting on March 31st, one parent took a photo and sent it in to show her family doing the activity.

Staff is working primarily from home, with the Fallbrook Palomar Family Counseling Service office being open each week day for limited hours. We are in touch with Fallbrook Elementary school District to coordinate how they might refer new clients who would be interested in receiving support through telehealth. Due to the uncertainties of the remainder of the fiscal year, we will continue to coordinate and adapt to the needs of the community.

2019-2020 COMMUNITY HEALTH CONTRACT

357 Physical, Occupational, Speech and Behavioral Therapy Program

Quarter 3 (January-March) Reporting Form

Goal 3	
The goal is to provide the residents of the district a comprehensive equine-assisted therapy program that can focus on all physical, mental and emotion needs of our students.	
S.M.A.R.T. Objective 3a	
We will evaluate each student, set goal for the therapy and report to FRHD the quarterly results.	
Projected Cost:	Contract Dollars Expended to Date:
\$15,000	
Progress/Accomplishment of Goals & Objectives	
<p><u>Impact Narrative</u></p> <p>Jubilee Dickinson is 11 years old and has been riding at REINS for 3 years. In Jubilee’s young life, she has had five open heart surgeries and currently relies on a pacemaker. Jubilee has grown up around horses. However, due to various medical concerns, she was unable to ride. Under the careful supervision of her instructor, Nikki, Jubilee is becoming a talented equestrian.</p> <p>Due to her surgeries, one of her main physical therapy goals was to improve her “hunched over” posture and open up her shoulders. Recently, at an annual check up with her Cardiovascular Physician, he remarked about what an improvement he could see in her posture. Jubilee proudly responded, “that it is all because I’ve been riding a horse named Cisco at REINS!”</p> <p>While the pacemaker limits her in some activities, Jubilee proves every week that she can overcome any physical obstacles when on the back of her therapy horse!</p>	
	

2019-2020 COMMUNITY HEALTH CONTRACT

358 District Resident Healthy Volunteer Program

Quarter 3 (January-March) Reporting Form

Goal 3	
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 3a	
We will record steps and monitor the health vitals of the participating volunteers to demonstrate the value of volunteering at REINS.	
Projected Cost:	Contract Dollars Expended to Date:
\$9,716.25	\$29,549.15
Progress/Accomplishment of Goals & Objectives	
<p><u>Progress and Accomplishments:</u></p> <p>As you can see from the attached information, we recorded the data that demonstrates the healthy impact that this program is for our local resident volunteers. We have tracked the number of steps taken during each lesson for each volunteer. We are proud to report that our volunteers took over 437,843 steps while assisting in lessons at REINS for the third quarter! Our steps improved despite our lessons being suspended due to COVID-19.</p> <p><u>Impact Narrative: REINS Volunteer: Nancy Chamberlain:</u></p> <p><i>When I joined REINS as a volunteer in 2018 at age 71, I had just completed two years of cancer treatment and had a total knee replacement. Therefore, I was also struggling to achieve my 10,000 steps a day. However, as expected, the 10,000 steps came easily on the days I volunteered at REINS.</i></p> <p><i>My real surprise came one day, when I was asked to lead a horse to a trot. I thought, “Seriously?”. I had not actually run for many, many years. That first run was scary and awkward. However, I became motivated to go home and practice running. Which I did.</i></p> <p><i>Now, I lead a trot cheerfully. I also run when I walk my dog. Recently, my cardiologist recommended adding more vigorous activity to my 10,000 steps and I was able to show her my Fitbit that registered my days of increased activity at REINS. At my age, I would have never considered running had it not been for my desire to be more useful at REINS.</i></p> <p><i>Thank you for the opportunity!</i> Nancy</p>	
<p>Nancy & Konah</p> 	

2019-2020 COMMUNITY HEALTH CONTRACT

Quarterly Reporting Checklist

Progress of Goals & Objectives

On the CHC Reporting Form provided quarterly, please state the progress of your program goals and objectives. Include challenges (if any) you are facing in achieving them, and the plan to address and overcome them.

Contract Dollars Expended to Date

Please note the amount you expected to expend per your contract and provide the total amount expended for the quarter. We understand the values may not equal, as expenses do not always coincide with the calendar. If there was a substantial difference, more than 25% please include an additional explanation.

Statement of Funds Expended

Attach an Expense Statement or Profit & Loss Statement (in PDF File format) specific to the awarded program. If program level financials are not available, please include an agency level financial statement.

Participant Data

Attach a report that lists a non-identifying/unique client code or number with the client's age, gender, and zip code. (Any File Format is acceptable; however, an Excel File format is preferred). If possible, please include a count of the number of services each client has received during the contract period (e.g., number of classes attended, number of rides provided, number of visits).

Impact Narrative

Please attach a story (in Word Document format) of how the investment of the CHC award toward this program has made an impact on the life of a District resident. We would like to know how the funds directly helped bring about health, wellness or provided support. Where possible please provide a picture of the recipient (JPEG File or embed into the document)– *please note, it will be the organization's responsibility to obtain the participant's photographic release. Our goal is to help you tell the story of your agency and how your programs serve to enrich the community. We are sensitive to the confidential work many organizations conduct; thus, client names and identifying details may be altered.*

District Recognition

Please attach a PDF File that includes flyers, press releases, social media posts, and or other formats that provided recognition to FRHD.

2019-2020 COMMUNITY HEALTH CONTRACT
359 Trauma Intervention Programs

Quarter 3 (January-March) Reporting Form

Goal 3	
To provide the TIP resource guide with meaningful and appropriate information and resource materials to all clients of TIP services as well as to the volunteers who serve them. Also, to translate and print all materials in Spanish for community members.	
S.M.A.R.T. Objective 3a	
To supply TIP clients with current resources including the TIP client resource guide, final details, support group literature, Spanish resources, and specialized resources pertaining to suicide, SIDS, homicide, accidental death, natural death, etc. In addition, gaining resources and promotional material to support the expansion	
Projected Cost:	Contract Dollars Expended to Date:
\$4,865	
S.M.A.R.T. Objective 3b	
To supply TIP clients with current resources including the TIP client resource guide, final details, support group literature, Spanish resources, and specialized resources pertaining to suicide, SIDS, homicide, accidental death, natural death, etc. In addition, gaining resources and promotional material to support the expansion.	
Projected Cost:	Contract Dollars Expended to Date:
\$7,365	

Progress/Accomplishment of Goals & Objectives

**Trauma Intervention Programs of San Diego County
2019-2020 Community Health Contract**

Contract Amount	\$10,000
QUARTER 1	
Expected Funds Expended	\$30,000
Actual Funds Expended	\$2,500
QUARTER 2	
Expected Funds Expended	\$0
Actual Funds Expended	\$0
QUARTER 3	
Expected Funds Expended	\$18,230
Actual Funds Expended	\$4,500
QUARTER 4	
Expected Funds Expended	
Actual Funds Expended	
Funds Expended to date:	\$7,000

Please note that funds for Quarter 2 goals/funds have been combined with quarter 3. Expected funds expended reflects expected budget and actual fund expended is funds used provided by FRHD.

Trauma Intervention Programs of San Diego
Balance Sheet
As of April 7, 2020

	<u>Apr 7, 20</u>
ASSETS	
Current Assets	
Checking/Savings	
Chase - Primary Checking	127,236.23
Chase Business Select Savings	<u>627,792.65</u>
Total Checking/Savings	755,028.88
Other Current Assets	
US Bank	<u>51,408.77</u>
Total Other Current Assets	<u>51,408.77</u>
Total Current Assets	806,437.65
Fixed Assets	
Accumulated Depreciation	-8,397.00
Computer Equipment	3,473.70
Office Equipment	<u>5,944.50</u>
Total Fixed Assets	<u>1,021.20</u>
TOTAL ASSETS	<u>807,458.85</u>
LIABILITIES & EQUITY	
Equity	
Retained Earnings	-88,901.74
Unrestricted Fund Balance	809,820.24
Net Income	<u>86,540.35</u>
Total Equity	<u>807,458.85</u>
TOTAL LIABILITIES & EQUITY	<u>807,458.85</u>

Trauma Intervention Programs of San Diego
Profit & Loss
 July through December 2019

	Jul - Dec 19
Ordinary Income/Expense	
Income	
Donations	
Board Dues	100.00
Donations (Client/Other)	7,900.18
Total Donations	8,000.18
Grants	
Fallbrook Grant	2,500.00
Foundation and Trust Grants	4,500.00
Total Grants	7,000.00
Program Revenue	
Agency Revenues	137,161.00
Training Academies	870.84
Total Program Revenue	138,031.84
Resource Guide Advertisements	8,918.60
Total Income	161,950.62
Gross Profit	161,950.62
Expense	
Contract Services	
Accounting Fees	6.96
Partner Agency Relations	466.52
Payroll Service - Admin	392.28
Payroll Service - Program	679.14
Total Contract Services	1,544.90
Dues and Subscriptions	740.86
Filing Fees	75.00
Fundraising	
Adopt a Volunteer	217.49
Grant Expenses	896.71
Total Fundraising	1,114.20
Insurance	
Workers' Comp	379.42
Total Insurance	379.42
Marketing/Advertising/Expos	2,645.81
Meetings Expense	
Board Meeting	89.94
CE Meetings	4,100.88
Conferences	129.04
Staff Meetings	179.88
Total Meetings Expense	4,499.74
Miscellaneous	-2,340.84
Office Supplies	
Admin	247.07
Program	474.40
Office Supplies - Other	54.79
Total Office Supplies	776.26
Payroll	
CTM	8,634.48
Executive Director	24,999.96
Marketing	7,919.76
Office Manager	6,507.84
Outreach Coordinator	2,963.00
Total Payroll	51,025.04
Postage	
Admin	38.80
Program	275.00
Total Postage	313.80
Rent	
Storage Space	640.00
	640.00

Trauma Intervention Programs of San Diego
Profit & Loss
July through December 2019

	<u>Jul - Dec 19</u>
Total Rent	640.00
Resource Materials	484.62
Staff Appreciation	380.00
Taxes	
Payroll Tax - Admin	2,843.03
Payroll Tax - Program	1,317.03
Total Taxes	4,160.06
Telephone/Cell Phones	3,488.59
TIP National Dues/Training	2,502.79
Training Expense	
Academy	1,790.69
Honariums	250.00
Staff Development	95.14
Volunteer Training	193.30
Total Training Expense	2,329.13
Web Site & Database	906.55
Total Expense	<u>75,665.93</u>
Net Ordinary Income	86,284.69
Other Income/Expense	
Other Income	
Interest Income	255.66
Total Other Income	<u>255.66</u>
Net Other Income	255.66
Net Income	<u><u>86,540.35</u></u>

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Trauma Intervention Programs of San Diego

THANK YOU

TIP San Diego extends our gratitude for the recent grant awards from the following supporters.



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- those who are disowned or abandoned
- dads who are single



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