



Serving Bonsall, De Luz, Fallbrook, Rainbow

138 South Brandon Road • Fallbrook, CA 92028 • 760-731-9187 • Fax 760-731-9131

February 14, 2018 Community Forum:

Fallbrook Regional Health District Wellness Center

Comments

Lucette Moramarco

- A community garden would be fantastic and a kitchen for healthy cooking classes.
- A walking path should include exercises posts (like Live Oak Park has).
- CPR classes would be good.

Joe & Rosemarie Beyer

- Try to include community vegetable garden.
- Try to include solar system even if only hot water heater – can expand in future as funds become available.
- Be sure to focus on Reuse, Recycle, Reduce
- Big focus: Health & nutrition, yoga, cardio-vascular, mindfulness, PB, memory, Alzheimer's.
- If costs, try to keep to minimum and allow for the poor who may not be able to afford.
- Try major focus on "Making Things Better for All" – one day at a time.
- Work closely with Senior Center.

Denis Vega

- Wellness Center
- Resource Center
- Social Services
- Food insecurity programs
- Continuous engagement with Community and Stakeholders

Wendy Hileman

- Commercial kitchen, classroom for healthy cooking classes
- Aquaponics, tilapia farming and growing lettuce
- Gardening, composting, outdoor classroom
- A room for Yoga, Pilates, Meditation
- Community room for wellness workshops
- Support groups for tobacco cessation, weight loss, stress management, disease management
- Childcare center for people/families attending workshops
- Warm water pool for elderly and disability aquatics classes
- Fitness center

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Marina Lopez

- Wellness center
- Place to have educational workshops and fitness classes like yoga, chair exercises, etc.
- Activities for kids and family to teach eating healthy

Dale Mitchell

- Transportation to and from Wellness Center and to and from other community service agencies
- Low cost mental health services
- Childcare for these present to access services

Tracy Mireles

- Would like to see walking trails with fruit trees and berries along the path. Community gardens, continuous education videos, playing in buildings and health education classes

Meredith Stumpo

- Mental health services – TMS treatment
- Community pool / outdoor track
- Women focused group meetings / discussions
- Guest motivational speakers on life issues (life coaches)
- Meditation classes

Mimi Van Koughnett

- Friendly people at the entrance
- Maybe a computer for people to use to find resources
- A space for people to talk privately with case workers
- Light colors
- Cooking (healthy) food (lessons)
- Class room – health classes

Kristine Vanderstock/Village Acupuncture

- Mental health services
- Acupuncture
- Nutritional counseling
- Community gardening
- Emergency response services – Cert
- Veteran Services (Important!)
- Drug addiction/therapy

Rachel Mason

- Large community meeting space
- Wi-Fi & tech support*
- One stop for resources: VA, Medi-Cal, Food, Housing, County
- Foundation for senior care
- Urgent type care support
- Transportation hub – public (SD) and private
- Walking space

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- Support groups*
- * (evening & weekend options)

Canece Huber

- Continued Wellness Program for the disabled and elderly
- Transportation for the disabled to REINS or other services
- A café with healthy food choices
- Low cost gym facility with flexible hours (treadmills, some Nautilus)

Mary Ramsden

- Cardiac rehab with a licensed supervisor
- Lectures and discussions on different forms of exercise and nutrition
- Information center on the various alternative therapies available in Fallbrook, e.g., acupuncture, chiropractic, massage
- Access to psychiatric treatment and behavioral health services

Michelle Verdugo

- Nutrition
- Health education
- Fitness
- Yoga
- Gardens
- Meeting rooms

Randi B.

- Nutrition and disease prevention
- Diabetes, pre-cancer, cardiovascular
- Well coaching
- Community challenges / service clubs / churches
- Online tracking / challenges
- Cardio, pulmonary rehab
- Integration
- Financial / volunteering
- Online resource library

Reyna Beckler

- Yoga

Wendy Hannastrom

- Would love to see eastern and western healing modalities for all ages and bodies

Kate Fuhrman

- Pre-diabetic info and wellness
- Silver sneakers classes
- Chain yoga classes

Yvonne Holguin

- Zen garden

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Jennifer Vetch

- Community events: Wellness education available to all
- Social services: counselling individual and family opportunities
- Indoor rehab

Allison Barclay

- The Boys & Girls club would love to see access to a commercial kitchen at the Wellness Center where they could bring their members and conduct cooking/nutrition activities

Patricia Bodi

- Walking

Linda White – Jeremiah’s Ranch

- Would I would like to see is a Community Garden where community volunteers work along-side our special needs community. Cultivating inclusion is a similar project in Murrieta. All volunteers. They work and teach those with special needs. The food goes back to the community. The food is donated to food tanks and a senior center.
- Care-Rite Vocational Services, a day program and Jeremiah’s Ranch, would like to work together on this. It’s a good way to include everyone. It’s a win-win.

Doris Mack

- Cardiac rehab

Janine Loescher

- Diabetes Center: Classes, Individual help
- Community garden
- Cooking classes for kids and adults
- Exercise opportunities
- Nutrition center MNT
- A place for groups to meet

Catherine Sousa

- Rehab facility to help those following extended hospitalization or illness
- Meeting rooms for community activities and meeting
- Facilities to distribute nutritional assistance to those in need

Debra M.

- Community garden that involves the special needs community. Activities and gardening opportunities for adults with special needs cultivating inclusion
- Community center that is available for use for partner entities

Ann Wade

- Looped walking garden
- Pool

Sandra Buckingham

- Swimming pool
- Exercise studio
- Posture classes for all ages

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Panchita Acevedo

- Want to make sure to include Spanish speaking community members in planning and implementation

Patti Christensen

- Important: A one stop shop for people in Fallbrook who are wanting positive things to happen

Roy Moosa

- Community garden
- Health lectures
- Exercise classes
- Nutrition classes
- Films related to health

Phyllis Sweeney

- Community involvement: How to stay involved for the benefit of the whole of community. Emotional, mental, physical wellness

Jim

- Retreats
- Bio hacking

Christine

- Address the veteran community

Rachel

- Wi Fi + tech support
- One-stop-shop for resources (Medi-Cal, food, housing...)
- Urgent care type services

Other Comments

- Flotation tank
- Assistance with basic needs: housing, food
- Gang prevention program
- Vaccination clinic
- Therapy dog program
- Workforce development program