



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

Organization Name REINS Therapeutic Horsemanship Program

Program Name Healthy Volunteer Program

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)	0
Young Adults (13-18)	47
Adults (18-60)	38
Seniors (60+)	15
Unknown	

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

	Percentage served
Female	78
Male	22
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	

	Percentage served
Unknown	100

How many District residents directly benefited (participant/client) from this program: 225

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 600

GOALS & OBJECTIVES

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

The goal is 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.

Objective 1: We will provide Fitbits to the district volunteers and measure their steps and overall cardiac health at REINS.

In this third quarter we recorded over 782,000 steps by more than 80 District resident volunteers! These volunteers have reported that they have lost weight, improved the stamina and most importantly feel an overall better sense of well being just for volunteering every week or month. Many of our volunteers request to work even when lessons are off, as REINS has become such an important part of their lives.

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 to support all age groups while they learn and contribute to the program volunteer community.

Objective 1: To provide a sense of community and a safe place to volunteer while improving the mental, physical and emotional well being of our volunteer community.

These objectives are met by our weekly Orientations and ongoing trainings led by our Instructors. Our staff does regular "check ins" with our volunteers, both in person and by phone if they are unable to make their shift. We have asked the volunteers to write testimonials to their overall benefits of volunteering at REINS and we are always so amazed by their responses. As you'll see in the "Participants Story", REINS is so much more to this community than we even can imagine.

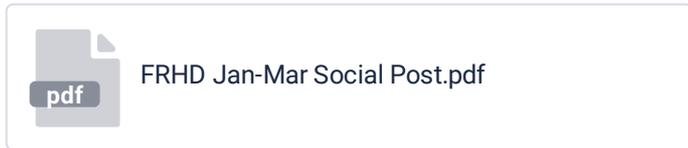
PARTICIPANT SUCCESS STORY

Participant Success Story:



ACKNOWLEDGEMENT

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 sign your form:

Carnee Huber



Jere McFarland has been volunteering at REINS for two and a half years. Jere first came to us just after recovering from cancer and losing his wife. He “needed to get out of the house”. He has since, become a staple in our Volunteer Program.

We can always rely on him to be here in the mornings filling water troughs and checking on the entire herd. Jere continues to battle some health concerns, but he makes it a point to show up for our horses and students at least twice a week. Having a place like REINS to dedicate his time to gives Jere a sense of purpose and motivation to keep on trucking along. He impresses us all with his physical stamina despite everything he is experiencing health-wise.

Here are a few words from Jere himself:

“In October of 2018 I had just placed my wife in a memory care unit and completed 6 rounds of chemotherapy. I was a wreck. I met Debbie Shinner and she invited me to try volunteering at REINS. I am not exaggerating when I say, it took all the people and the all the horses to get me back. It has been said before and it is true: it takes a village.”



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.

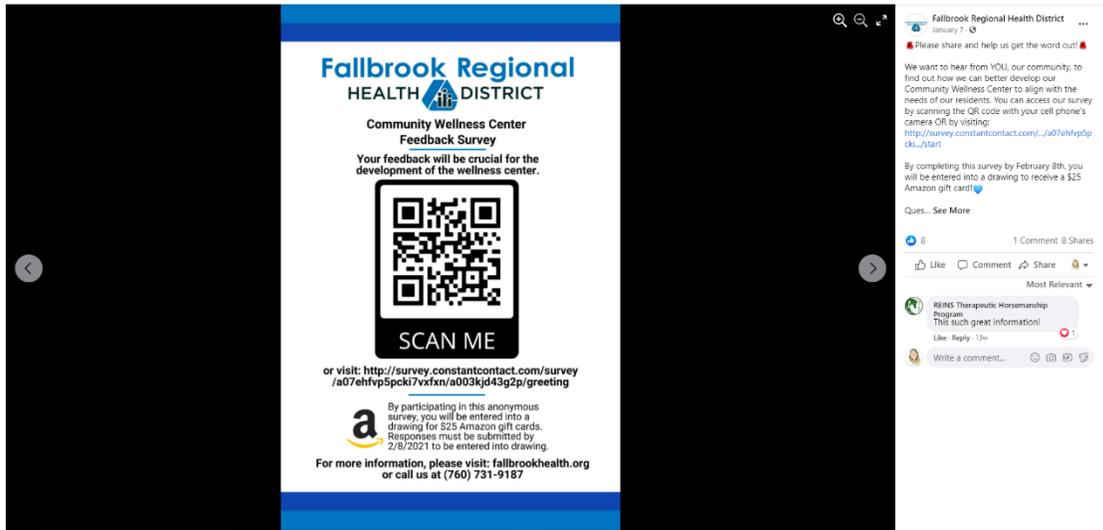
Given that Aimee and Karrie are long time Fallbrook residents, they would have had to travel a considerable distance to receive this valuable and unique form of therapy.



Fallbrook Regional Health District January – March Social Posting

January 7, 2021

Facebook: <https://www.facebook.com/reinsprogram/posts/10157320083155633>



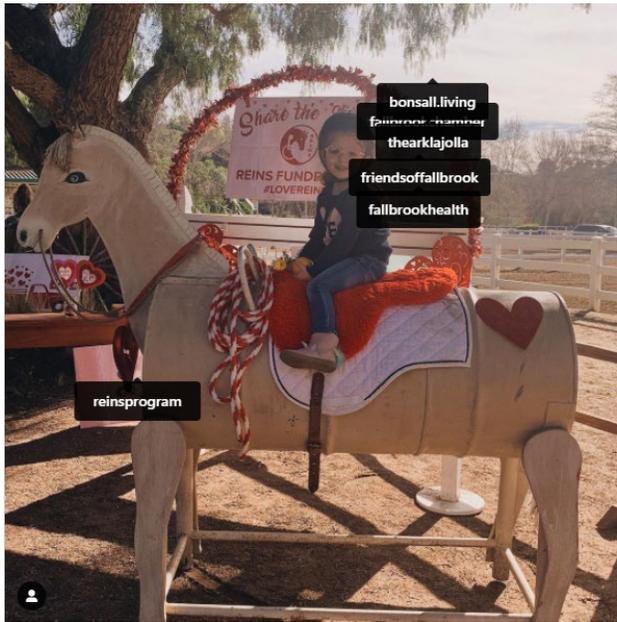
January 11, 2021

Instagram: <https://www.instagram.com/p/CJ6lfJLpsVM/>



February 2, 2021

Instagram: <https://www.instagram.com/p/CKzKxmnpn5D/>



reinsprogram
REINS Therapeutic Horsemanship Program

reinsprogram Have you seen our fun photo stand for our REINS fundraiser?! Here's a cute photo of Scarlett!

Parents, students and volunteers come take this opportunity to meet Rosy the horse. Don't forget to take a photo with her and tag #LOVEREINS. It is also a great way to use this for your fundraising page to tell your REINS story!

Head over to reinsprogram.org for fundraising details or get started now by texting LOVEREINS to 71777.

10w

seepaass 🤗👍🥰

Liked by kimmyshinner and 72 others

FEBRUARY 2

Add a comment... Post

February 23, 2021

Instagram: <https://www.instagram.com/p/CLPlsvBpnAl/>



reinsprogram
REINS Therapeutic Horsemanship Program

reinsprogram Thank you for your support @la84foundation @fallbrookhealth for all that you do. We couldn't do what we do without you! #supporters #la84foundation #fallbrookhealth #reinsprogram

7w

fallbrookhealth 💚💙

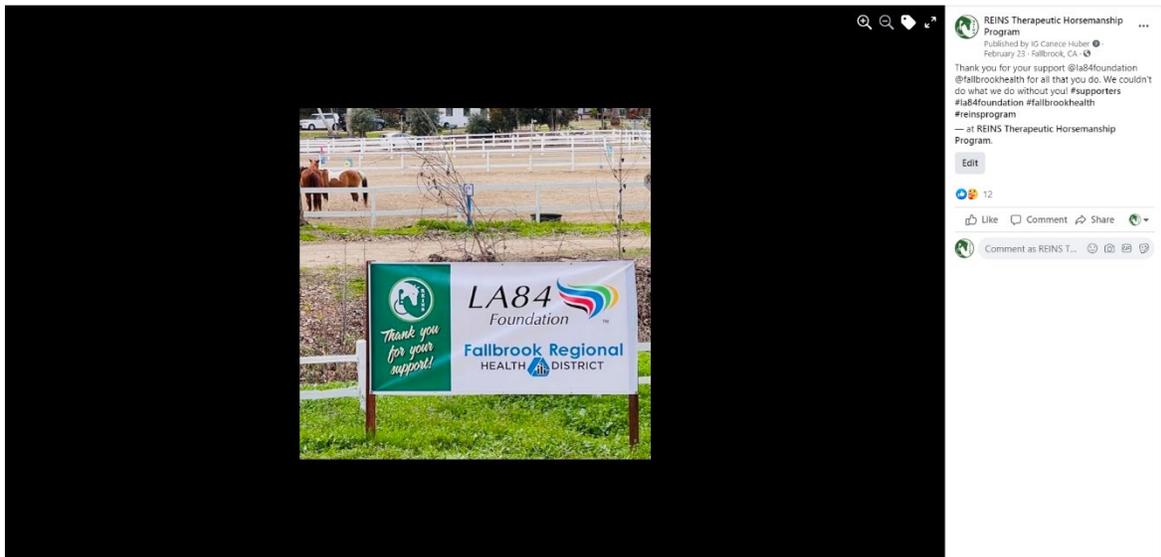
7w 1 like Reply

Liked by kimmyshinner and 50 others

FEBRUARY 23

Add a comment... Post

Facebook: <https://www.facebook.com/reinsprogram/posts/10157429442490633>



March 1, 2021

Share the Love Article – Village News

<https://www.villagenews.com/story/2021/02/25/local-events/sharing-the-love-for-reins/65320.html>

Screenshot of FRHD shoutout

Huber, who began her relationship with REINS as a volunteer more than 10 years ago before becoming an employee, said the idea for the current fundraiser was the result of a brainstorming session with all the development staff. Currently the nonprofit has 100 weekly volunteers and more than 800 annually from ages 12 to 79. There are five fulltime and 18 part-time staff members.

"We work diligently to fundraise, grant write and engage with our generous donors," she said. "Debbie Shinner, our executive director (since 1995), reminds everyone that REINS has grown to serve almost 200 riders (ages 2-78) weekly through the support of our community. We are always grateful that through the years, the **Fallbrook Regional Health District** has supported REINS as one of the few services available for the special needs community locally."

The Nelson family has created a "Share the Love" fundraising page where they stated that REINS has been invaluable to their family and expressed how impressed they are with the nonprofit.

"From their expertise, organization and professionalism, down to their friendliness and commitment to helping everyone, especially military families, they are truly an excellent organization," Yuuki and George Nelson wrote on behalf of their student, Nina. "We are wholeheartedly fundraising for REINS Therapeutic Horsemanship Program because they do amazing work and we love their program. REINS makes their lessons affordable for all their students and families through their year-round fundraising efforts, and they are grateful for any amount you can donate."

Riders are asked to pay 25% of the actual cost of lessons, but Huber said the center works hard to never turn anyone away due to financial hardship, which is why fundraisers are so crucial to the nonprofit.

March 15, 2021

Instagram: <https://www.instagram.com/p/CMcqXpKbg8-/>



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REINS Therapeutic Horsemanship Program

Last month we had our Share the Love fundraiser and we exceeded our goal! We want to thank @villagenews for writing a full spread article about our fundraiser and the inspiring stories our families shared with us. If you missed the newspaper, you can still read it on their website: <https://www.villagenews.com/story/2021/02/25/local-events/sharing-the-love-for-reins/65320.html?m=true>

#reinsprogram #sharethelove #lovereins #fundraiser

Like by kimmyshinner and 75 others

MARCH 15

Add a comment...

For information about vaccines, visit [cdc.gov](https://www.cdc.gov).

Facebook: <https://www.facebook.com/reinsprogram/posts/10157468608265633>

REINS Therapeutic Horsemanship Program is with Fallbrook Regional Health District

Published by Cindy Mam · March 15 at 9:31 AM

Here is some Monday news for you. Did you know March is National Kidney Month? Thanks Fallbrook Regional Health District for this awesome info. Remember lets take charge of our health!

March is National Kidney Month

Did you know? Chronic Kidney Disease (CKD) affects over 37 million Americans, which is nearly 15% of the adult population.

CKD is more common in those with a family history of the disease, as well as those who have diabetes, high blood pressure, or are over 60 years of age.

Symptoms of CKD include puffy eyes, fatigue, painful urination, blood in urine, foamy urine, and increased thirst. CKD can cause heart attack, stroke, kidney failure and more if not properly treated.

You can keep your kidney healthy by staying hydrated, exercising, eating healthy, and quitting smoking. Ask your doctor about your kidney health and how to monitor it during your next visit.

Fallbrook Regional Health District

Source: NKF

258 People Reached | 9 Engagements

Boost Post

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