



ADDITIONAL
HANDOUT
MATERIAL

DRAFT

TASK AND TIMELINE FOR DEVELOPMENT OF THE EAST MISSION PROPERTY		
Date	Task	Notes
By July 31	Schedule date for consultant presentation on developing community wellness centers	Presentation needs to be made by August 9 to impact planning process
By July 31	Stakeholder Survey/interviews completed regarding physical features and types of services and programs	
August 10 Strategic Planning Committee meeting	Based on matrix of desired physical features and types of services and programs, SPC reviews and develops a draft recommendation of features and generic programs and services and forwards to the Facilities Committee	
After August 10 and by August 15 Facility Committee convenes	Review and discuss the recommendation from SPC and develop recommendation to the Board	
After August 15 and before September 5 Special Board meeting	Board has in depth discussion of features and generic program and services based on SPC and FC recommendations.	Special effort to invite the public.
September 11 Board meeting	Board approves physical features and types of services and programs	
By end of September	Prepare architect RFP specs	
October 9 Board Meeting	Architect RFP specs Board approval Posted immediately	
Mandatory 30 day posting of RFP in Village News		

November Facility Committee	Architect proposals reviewed and recommendation to Board for selection finalized – this is going to be a tight deadline	Or should the review of proposals involve the entire Board?
December 11 Board meeting	Select Architect	
January - June	Renovation underway	
Grand opening July 2010		

Summary of Ideas generated on February 14, March 24 and March 31, 2018

by 62 attendees at Wellness Advisory Committee Meetings & 5 individuals who gave verbal comments outside the meetings

(An * indicates the number of times mentioned.)

Classes and activities that address risk factors

- Cardio Vascular Health**
- Diabetes – prevention and management ****
- Memory Preservation (prevention, support for those with Alzheimer's /other memory issues, etc.)
- Pilates
- Tobacco Cessation
- Drug Addiction Counseling
- Weight loss*
- Acupuncture
- Wellness offerings for disabled and elderly
- Exercise classes/ lectures/discussions *****
- Child and youth exercise classes/events
- Mommy and Me exercise classes
- Provide exercise equipment (stretch bands, exercise balls, small weights, etc.)
- Wellness coaching
- Eastern and Western healing modalities
- Silver Sneaker approved classes
- Health lectures/films**
- Emotional wellness classes
- Physical wellness classes
- Retreats

- Bio Hacking Conference
- Gang Prevention Program
- Therapy dog program
- Weekly men's gathering for open and honest sharing
- Swimming lessons
- Local entertainment
- Traveling entertainment
- After school programs for kids
- Camp Good Grief (grief process for children)
- Zumba classes*

Nutrition

- Healthy eating/cooking/nutrition classes*****
- Cooking classes for kids
- Food insecurity programs*
- Nutritional counseling*

Behavioral Health

- Low cost mental health services***
- Counseling for individuals and families
- Substance abuse treatment
- 12 step meetings
- Treatment referrals
- Medical detox
- Outpatient treatment

Stress Reduction Classes

- Yoga*****

- Chair exercise
- Mindfulness*****
- Stress reduction
- Pain Management
- Disease management
- Support groups (evening and weekend options)

Life management classes

- Composting
- Financial literacy
- Woman focused classes
- Life coaches
- Healthy Lifestyle

General Services

- Social Services
- Workforce development program*
- Vaccination Clinics
- Health Screenings (visions, hearing, blood pressure, osteoporosis, glucose level, etc.) **+
- Transportation to and from other community service agencies and the wellness center **
- “One stop shop” for VA, Medi-Cal, Food, Housing, County *
- Emergency response services/Urgent care/CERT **
- Info center on alternative therapies in Fallbrook
- Online resource library
- English Development classes

Trainings

- CPR

Facility Features

- Warm water pool
- Cardiac/physical rehab with licensed supervisor*****
- Outdoor track **
- Wi-Fi/tech support
- Conference center quality level ****
- Comfortable furniture that is easily movable for different configurations ****
- Flooring designed for exercise/dance classes
- Community heated pool*****
- Walking path with exercise stations****
- Community Garden (grow food, involve youth in planting/harvesting, gardening classes, etc.) *****
- Zen Garde
- Nutrition Center MNT
- Solar Power
- Commercial kitchen ***
- Aquaponics/tilapia farming/growing lettuce
- Classrooms
- Good lighting inside and out
- Community/meeting/social rooms*****
- Fitness center/low cost/flexible hours**
- Light colors
- Computer station for general use
- Space for people to talk privately with counselors/case workers, etc.
- Café with healthy food choices
- Exercise studio

- Flotation tank

Populations to be served

- People with disabilities
- Veterans
- Spanish speakers
- People with low incomes
- Families

Center Guiding Principles

- Reuse, Recycle, Reuse
- Make Things Better for All
- Provide childcare so parents can attend classes ****
- “One stop shop” for positive things to happen for Fallbrook.

Community Partners

- Fdn for Senior Care/Flbk Senior Center
- Care-Rite Vocational Services/Jeremiah’s Ranch/D’Vine Path
- Boy’s and Girl’s Club
- Community Center

FRHD Wellness Campus
"Form Follows Function"

Function	Possible Forms/Features	Notes
"Move and Groove" Spaces	Large space with appropriate flooring	Exercise classes, dance classes, fitness testing
Meeting Spaces	Multi use spaces that can expand and contract according to need	Conference space for 75-100 people – revenue stream from conferences and social events
Office spaces – multi purpose		
Office Spaces – specialties		
Multi Media Resources	Wall space for monitors Sound system	
Safe walking areas for purposeful walking	All-weather track	
Access to Vitamin N	Garden	
Outdoor events	Covered space for all weather use	
Accessible "when you like" fitness apparatus	Par Course	
Conference Center Space		
Solar Power		

	ORGANIZATION	PROGRAM NAME	CHC Program Coordinator	SITE ADDRESS	CITY	STATE	ZIP	2ND QTR SITE VISIT <small>(WEEK OF 11/21/15)</small>	3RD QTR SITE VISIT <small>(WEEK OF 1/30/16)</small>	4TH QTR SITE VISIT <small>(WEEK OF 5/18/16)</small>
BM	BE WELL THERAPY, INC.*	Be Well Yoga for Cancer Recovery	Deb Schork							
BM	MENTAL HEALTH SYSTEMS	MHS- NICP Fallbrook Youth Advocacy Coalition	Ron Stark							
BM	NORTH COUNTY COMMUNITY EMERGENCY RESPONSE TEAM (NC CERT) *	2019 CPR/AED Upgrades & Instructor Training	Jane Zeimantz							
BL	BOYS & GIRLS CLUB OF NORTH COUNTY	Triple Play Program	Lisa Ware	445 E. Ivy St	Fallbrook	CA	92028			
BL	SAN DIEGO NORTH COUNTY LIONS*	Lions Gift of Sight	Cristina Maynard							
BL	FALLBROOK FOOD PANTRY	Alleviating Hunger in the Greater Fallbrook Area	Shae Gawlak							
JJ	COMMUNITY HEALTH SYSTEMS, INC.- FALLBROOK FAMILY HEALTH CENTER	Womens of Wellness Program(2018-2019 Integrated Women's Health + NEW Component: Spanish WOW)	Naureen Khan	1328 S. Mission Rd.	Fallbrook	CA	92028			
JJ	FALLBROOK SENIORS CITIZENS SERVICE CLUB, INC.	Home-Delivered Meals Program to Local Home-Bound Seniors	Phyllis Sweeney	399 Heald Lane	Fallbrook	CA	92028			
JJ	FALLBROOK SMILES PROJECT	Celebrate Health	Janine Loescher	341 Heald Lane	Fallbrook	CA	92028			
JJ	MICHELLE'S PLACE	Cancer Assistance Program (2018-2019 Breast Health Assistance)	Kim Gerrish	41669 Winchester Rd. #101	Temecula	CA	92590			
JJ	TRAUMA INTERVENTION PROGRAMS OF SAN DIEGO, INC.	Trauma Intervention Programs	Sher DeWeese	4140 Oceanside Blvd, Suite 159-321	Oceanside	CA	92056			
HS	D'VINE PATH, INC.*	Life I Can Program	Lenila Batali	353 Morro Hills Rd.	Fallbrook	CA	92028			
HS	NEIGHBORHOOD HEALTHCARE*	Diabetes Footcare Education Project	Adrian Zavala							
HS	FALLBROOK CITIZENS CRIME PREVENTION COMMITTEE	GANAS Mentoring Program	Jennifer Handy							
HS	REINS THERAPEUTIC HORSEMANSHIP PROGRAM	Physical, Occupational, Speech and Behavioral Therapy Program (2018-2019 Behavioral Health & Wellness Therapy Program)	Canece Huber	4461 S Mission Rd	Fallbrook	CA	92028			
HS	REINS THERAPEUTIC HORSEMANSHIP PROGRAM	District Resident Healthy Volunteer Program	Canece Huber	4461 S Mission Rd	Fallbrook	CA	92028			
KS	PALOMAR FAMILY COUNSELING SERVICES, INC.	Healthy Bodies, Healthy Minds	Patti Christensen			CA	92025			
KS	FOUNDATION FOR SENIOR CARE	Door-Through-Door (hospital to home, without going back again)	Keith Birkfeld	135 S. Mission Rd.	Fallbrook	CA	92028			
KS	FOUNDATION FOR SENIOR CARE	Respite Care-Adult Day Care Program	Keith Birkfeld	135 S. Mission Rd.	Fallbrook	CA	92088			
KS	FOUNDATION FOR SENIOR CARE	Senior Transportation Program	Keith Birkfeld	135 S. Mission Rd.	Fallbrook	CA	92088			
KS	FOUNDATION FOR SENIOR CARE	Senior Care Advocacy Program	Keith Birkfeld	135 S. Mission Rd.	Fallbrook	CA	92088			