



BOARD WORKSHOP

MINUTES

Saturday, January 12, 2019 8:00 a.m. – 2:30 p.m.
Fallbrook Regional Health District, Conference Room, 138 S. Brandon Rd., Fallbrook, CA

A. CALL MEETING TO ORDER

President Salmon called the meeting to order at 8:07 a.m.

Present: Directors Jennifer Jeffries; Bill Leach; Barbara Mroz; Howard Salmon and Kate Schwartz-Frates.

Also present: Legal Counsel Blaise Jackson and the following District staff; Linda Bannerman, Mireya Banuelos, Pamela Knox, and consulting staff Wendy Lyon.

B. DISCUSSION ITEMS

B1. Mission, Vision and Values

President Salmon reviewed the Mission, Vision and Values of Fallbrook Regional Health District (FRHD). He explained the history of how the Vision came to include becoming Blue Zones certified in that the Board felt the Blue Zones Project could be a vehicle for the District to meet the wellness goals of the District. Since that time, concerns arose regarding the cost. He said the Mission generally remains the same, as do the values. The Vision is subject to change and should set the direction for the District some time. He asked members of the Board to consider the Statement of Mission, Vision and Values as they work through the following agenda items and determine the path for FRHD in 2019, with consideration of if, when and how the Vision might change. Director Jeffries noted that as a new member of the Board, she needs more information about Blue Zones prior to contributing her opinion on the Mission, Vision, Values statement. Director Schwartz-Frates asked if the District had a strategic plan in place. Discussion ensued regarding the history of the District since signing a lease and operating agreement with Community Health Systems (CHS) in late 1998 to take over the hospital operations. The District's role and relevance changed at that time and strategic plans were developed, the most recent including a contingency plan if CHS no longer operated the hospital. Since that time, the strategic plan has not been revised. The District worked extensively trying to locate an operator for the hospital to no avail and the hospital closed. It was then sold to Crestwood Behavioral Health and with the purchase of the property at 1636 E. Mission with a goal of developing a wellness center, this is the ideal time to consider a strategic plan. Director Schwartz-Frates noted that the District is a member of Live Well San Diego.

B2. FRHD 2019 Initiatives

- Lyft transportation conversation
Information had been provided previously regarding the possibility of using LYFT for transportation services. District Resolution #421 was passed by the Board of Directors to pursue this transportation possibility. The Community Health Contract recipients had been asked to incorporate the utilization of LYFT transportation as part of their agreements. It was successful for one of the contract recipients and did not apply to most of them. President Salmon said the District will pursue with LYFT how their services might be best utilized to assist us with transportation needs in our communities. President Salmon will work with Mireya Banuelos to pursue the possibility of a pilot program.
 - Blue Zones Project Review/Financing Alternatives
A teleconference with Stephen Sachtleben, Consultant to Blue Zones and Michael Aker, Sr. Vice President and General Manager of The Blue Zones Project was initiated. Members of the Board asked questions regarding the pricing structure and cost; the experiences of other Blue Zones Project participants; skepticism regarding centuries old cultures with engrained behaviors being inculcated to modern society; how well-being is measured (all based on self-reported data?). Other questions included whether the Blue Zones Project is evidence based; what is the value of “Blue Zone Certified” and what does it represent; and a question as to whether the assessment of infrastructure was done when Blue Zones visited previously. President Salmon requested that members of the board individually e-mail any further questions regarding Blue Zones to him. He will compile the questions and send them to legal counsel. He will then obtain a list of like-sized communities participating in Blue Zones, and others opting not to participate. Board members can then divide the list and call to ask the questions. Further discussion ensued as to whether this added effort regarding Blue Zones is necessary. Director Jeffries suggested that the next Executive Director might be the appropriate person to complete this follow up.
Action: It was moved by Director Leach, seconded by Director Schwartz-Frates to table a decision on the Blue Zones Project indefinitely.
Discussion: Most of the directors expressed that they were not in favor of the Blue Zones due to the cost. President Salmon said he believes the Blue Zones Project has resources that could be of value to our community and would like to seek additional information.
Motion carried. 4-1 (Director Salmon Nay)
Motion: President Salmon moved to continue with following up on additional background information about the Blue Zones Project and its application to other communities of similar size.
Motion carried: 5/0
- If possible, Director Leach will visit Beach Cities when Blue Zones representatives are there in January to ask further questions.
- CentraForce services
President Salmon said several years ago the District signed an agreement with CentraForce for data regarding the medical needs for our communities. Since the contract term is over, he said there had been discussion about letting it lapse for a

period. Now the District has received there is a bridge contract proposal from CentraForce. Discussion ensued and questions were raised regarding the data. It was noted that the detail report of data had not been in the workshop packet, only a summary report. It was determined that Directors Jeffries and Schwartz-Frates would review the detailed data and report back to the full board. It was also decided to wait on a decision regarding CentraForce until a decision has been made regarding Blue Zones and the District's Vision.

- Urgent Care Discussions/Solution
This topic will be discussed during Closed Session.
- Community Health Contracts
Discussion ensued regarding the Community Health Contracts (CHC). Applications will be made available April 1st for the 2019/2020 Community Health Contracts. Mireya Banuelos had provided the current year evaluation criteria and her draft of the next fiscal year's CHC evaluation criteria in which she removed the language requiring a tie in to the Blue Zones and requiring a presence at the Wellness Center. President Salmon suggested the criteria for next year's fiscal year contracts be referred to the Strategic Planning Committee for further review. Director Jeffries commented that she likes the use of the Smart Goals model, which is evidence based, and that five percent of the funding come from another source. Ms. Banuelos said her goal is to have the criteria and the reporting forms accurately reflecting the Board's expectations. The Strategic Planning Committee will meet in February.
- Current and Former FRHD Activities
A list of the District's current activities and former activities no longer taking place was reviewed and discussed. There was discussion regarding the second Woman of Wellness event in Spanish. It was suggested that the District could possibly fund this type of program for the Fallbrook Family Health Center. Monthly walks were also suggested, and it was noted that the Fallbrook Land Conservancy was funded to provide walks, at least on a quarterly basis. The Activity List was also referred to the Strategic Planning Committee. There was a question regarding the non-profits in the community and consideration of further non-profits for Community Health Contract consideration. Director Jeffries offered to work with Ms. Banuelos on developing a list for the Strategic Planning Committee to consider.

B3. Wellness Center facilities/services

- Discussion regarding use of buildings.
President Salmon said he had wanted to discuss the criteria for the use of the buildings at the Wellness Center. Following discussion, it was determined to have the criteria for use of the Wellness Center discussed at the Strategic Planning Committee. Following discussion and under the advice of legal counsel, the Board determined that meetings taking place at the Wellness Center be moved to the District office until there is a determination regarding zoning and what activities are permitted.
- Wellness Center repairs/requirements
Director Leach said he has discussed with property manager Roy Moosa the status of the Wellness Center regarding repairs and conditions, as well as zoning and usage.

Mr. Moosa reported that the Wellness Center property was inspected prior to the purchase, and all needed repairs were identified and negotiated in the purchase price. He said it is his understanding that any repairs of \$500 or less he is authorized to facilitate. Anything more than \$500 will go through the Facilities Committee.

Discussion ensued regarding the truck owned by the Food Pantry being parked at the Wellness Center. Legal Counsel was directed to develop an Letter of Agreement with the Food Pantry to cover the time they will need to park their truck at the Wellness Center. Insurance is in place. Director Mroz offered that she can facilitate access to the Wellness Center prior to District regular office hours. There was consensus that she can do that on a temporary basis. During regular hours, staff opens the gate for them.

Mr. Moosa was directed to follow up with detailed information regarding roof replacement for all properties owned by the District, including cost. A bidding process is required for any project exceeding \$25,000.

Mr. Moosa said the property is currently zoned as a religious facility. The process for re-zoning should begin as soon as possible as it can take up to a year at a cost of \$100,000 or more. Director Jeffries said a school was operated on the property for approximately 3-4 years. Perhaps it could be used for educational purposes. Mr. Moosa will follow up to determine if educational programs are currently permitted.

Motion: It was moved by Director Leach, seconded by Director Jeffries to proceed with an RFP for a land use consultant to assist us in the change in zoning process.

Motion carried. 5-0

A lunch break was called at 11:40 a.m. The workshop reconvened at 11:55 a.m.

B4. Continuation of Existing Services

- Galvanized Strategies services

President Salmon provided a brief history of the relationship with Galvanized Strategies. When the hospital building was being sold, this firm was contracted for community engagement services. They provided a needed service at that time. An extension to their agreement had been received from them to continue working with the Wellness Advisory Committee. Since the committee is presently on hold, there was discussion regarding whether the contract has an option for termination.

Director Schwartz-Frates wanted to recognize former board member Stephen Abbott, Fire Chief, for his excellence in communicating with the public regarding North County Fire Protection District business.

Legal Counsel said he will review the contract to determine if it can be terminated. The Board directed legal counsel to review the contract with Galvanized Strategies and report back to the President his findings regarding its termination. It was agreed that termination would be accomplished as soon as possible.

Discussion ensued regarding social media and the current Facebook page.

Motion: It was moved by Director Jeffries, seconded by Director Schwartz-Frates, to suspend the District Facebook page at the present time, and suspend payment for those services.

Motion carried: 5-0

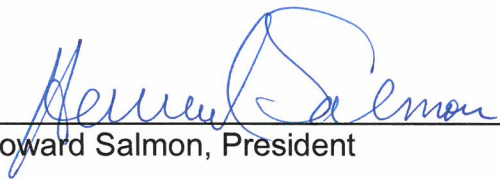
B5. Closed Session

The Board entered into Closed Session at 12:20 p.m.

- B5.1 Pursuant to Government Code Section 54957(b), 54957.6,
Public Employment/Personnel Matters
- B5.2 Pursuant to Government Code Section 54957 Real Estate Matters
Price & Terms – Urgent Care Clinic Lease

- B6. Return to Open Session
The Board returned to Open Session at 1:45 pm

- B7. Adjournment
There being no further business, the meeting was adjourned at 1:47.



Howard Salmon, President



Board Secretary/Clerk