

Fallbrook Regional HEALTH DISTRICT

BOARD WORKSHOP

MINUTES

Saturday, January 27, 2018, 8:00 a.m. – 12:00 p.m.
Fallbrook Regional Health District, Board Room, 138 S. Brandon Rd., Fallbrook, CA

A. CALL MEETING TO ORDER

Board President Gordon Tinker called the meeting to order at 8:15 a.m.

Present: Directors Howard Salmon, Barbara Mroz, Stephen Abbott and Gordon Tinker.

Absent: Director William Leach

Also present: CEO Bobbi Palmer and staff members Linda Bannerman and Pam Knox.

B. DISCUSSION ITEMS

- 20 B1. Wellness Committee Barbara/Bill/Linda/Bobbi
CEO Bobbi Palmer and staff discussed their efforts to date in preparation for the upcoming wellness center. Prior to the next regular board meeting, at 5:00 p.m. on February 14th a meeting will take place to discuss planning for the wellness center. Through ads, banners, and invitation flyers the public has been invited to express their thoughts about what types of services and activities they would like to have included in the wellness center. Linda said that Director Leach and she had provided a presentation for the Association of California Health Districts regarding the steps the District has taken to position itself to move forward with health and wellness initiatives. (See tab 1 of the workshop packet). There was discussion regarding CentraForce, the company hired by the District to identify health disparities in our communities. FRHD will provide another presentation next month for ACHD regarding an exciting new program funded by the District *Door through Door* and facilitated by the Foundation for Senior Care and North County Fire Protection District. The purpose is to prevent falls and re-hospitalizations.
CEO Bobbi Palmer said she would like to initiate a program with the physicians in the community *Walking with the Docs*, which is a national initiative. She said she will discuss this idea with former board director, Frank Winton, M.D., Family Medicine and Sports Medicine.
Bobbi Palmer said there is a collective impact model developed by Stanford that she intends to use as a framework for the upcoming wellness center.
- 10 B2. Health & Wellness Centers Barbara/Bill/Linda/Bobbi
(Trips to Beach Cities & Tri-City)
An upcoming tour of the Tri-City Wellness Center is being planned for February 20th. At least two members of the Board and the CEO along with others will participate.
- 10 B3. Community Gardens (one in each District area) Barbara/Pam/Bobbi
Director Mroz discussed her visit to Olivewood Community Garden in Chula Vista. She said students can work in the gardens and take cooking classes. Produce is shared in

the community. FRHD has initiated an MOU with the Mission Resource Conservation District to help restart the community garden they developed some time ago and is no longer being used. CSUSM RN students developed a new banner which has been placed on the fence and they will be creating brochures for distribution to the residents in the area. The goal is to have a community garden in each community in our District.

- 20 B4. Blue Zones Bobbi
- A. How does an organization become certified?
Money and resources will be required and there are specific stages in the process.
- B. What is the process?
There is a specific process to be followed which is outlined in the packet.
- C. Financial Impact/Cost?
There is a financial impact with the cost yet to be determined.
- D. Site Visit – Loma Linda -TBD Barbara/Bill/Linda/Bobbi
Bobbi Palmer said she has been in touch with a professor at Loma Linda University who has worked with Blue Zones and can assist us in becoming a Blue Zone. She also met a nurse from Loma Linda who is excited about working with us as she also worked with Blue Zones and lives in Bonsall. Discussion ensued. FRHD is contracted with CentraForce and will add the Blue Zone project to the services they already provide.
- 20 B5. Expanded Behavioral Health Services Bobbi
(All age groups: youth, teens, adults, Sr. adults)
Report from CentraForce
CentraForce provided data which indicates that behavioral health needs in Fallbrook are 6-10 percent higher than the needs in the County. The top four areas of behavioral health disease include major depressive disorder, mood disorder, anxiety, acute alcohol disorder and impulse disorder. More than 57 percent of our population is 55 and older. This affects the rate of Alzheimer's disease and Dementia in our District. CentraForce highlighted Fallbrook for a case study: Responding to Behavioral Health Needs which was reviewed and discussed. They also provided a Fallbrook community overview regarding behavioral health. There was discussion regarding District programs, specifically the Woman of Wellness events. Bobbi Palmer said one of our goals is to include more outreach to the men in our communities.
- 20 B6. Preventative Health Bobbi
- A. Science of Meditation
- B. Science of Mindfulness
- C. Yoga and other Modalities
- Articles about mindfulness and mindful living were included in the packet in preparation for the Meditation/Mindfulness Experience next on the agenda.
- 30 Meditation/Mindfulness Experience
Sandra Buckingham, E-RYT200, RYT500, YACEP
Experienced Registered Yoga Teacher, Yoga Alliance, Continuing Education Provider
Fallbrook Wellness Directory Founder

Sandra Buckingham briefly explained the benefits of meditation and mindfulness and led the group in a brief breathing exercise followed by a counting meditation. She explained that there are many free meditation techniques available online and provided a brief PowerPoint

presentation discussing the types and techniques. Throughout her presentation she answered questions and lastly she facilitated: *10 Minutes of Mindfulness*, a guided meditation. It was very much appreciated by all present. Discussion ensued regarding the value of this type of activity and its inclusion in our plans for the future wellness center.

- 10 B7. Ribbon Cutting – Pre-Launch Bobbi
 (Fallbrook Healing Center and District’s Role) Info only – Oct. 2018
 Save the Date – All Board Members to attend.
 It is likely that the Fallbrook Healing Center will be ready to open in the fall of 2018.
- 20 B8. Prevent the Preventable Communication Only
 A. Food is Medicine – CBS Video
 B. Exercise is Medicine
 (Both of above in Partnership with the American College of Sports Medicine
 and the American Heart Association.)
 A video was viewed regarding Food is Medicine; Exercise is Medicine which supports
 the concept we have for our future wellness center and our initiatives: Prevent the
 Preventable: Food is Medicine – Exercise is Medicine.
- 20 B9. EMS/Mobile Health Care Howard & Stephen
 LYFT Presentation
 Director Salmon said he would like to see the Board consider a pilot program with LYFT
 for non-emergency medical transportation. Only five percent of ambulance calls are
 truly life-threatening. He said LYFT could possibly be doing this type of program
 elsewhere and it would be worth a call to them. Discussion ensued regarding 911 calls
 for medical care.
- 30 B10. A+ Urgent Care Gordon & Howard
 RFP
 Responses
 Gordon Tinker said conversations have taken place with the physicians of A+ Urgent
 Care and the ongoing requests from them for support of their operation. In response to
 the RFP for Urgent Care Services, one of the responders was Community Health
 Systems, Inc., who own and operate the Fallbrook Family Health Center. It was
 determined that they had provided the most comprehensive response for after-hours
 services.

By consensus it was agreed to place discussion of the current Vision Statement on the agenda for the next regular board meeting with a draft Resolution modifying it to include working to become a designated Blue Zone.

There being no further business, the meeting was adjourned at 12:07 p.m.

Gordon Tinker, President

Stephen Abbott, Secretary