



AGENDA
BOARD OF DIRECTORS MEETING
Wednesday, February 14, 2024, 6:00 pm
1st floor Community Room, Administrative office
138 S. Brandon Road., Fallbrook, CA 92028
**All meetings are hybrid unless otherwise noted.*

***Please contact the Board clerk for language translation services 48 hours in advance of the meeting. In accordance with California Government Code Section 54953 teleconferencing will be used for this meeting. Board members, staff and members of the public will be able to participate by webinar by using the following link: <https://us02web.zoom.us/j/85092529608?pwd=Y21JN1IyVUc2T3pnditjS3pQNHkxZz09> Meeting ID: 850 9252 9608. Passcode: 336866 Participants will need to download the Zoom app on their mobile device. Members of the public will also be able to participate by telephone using the following number: +1-669-900-6833 Meeting ID: 850 9252 9608. Passcode: 336866**

A. CALL MEETING TO ORDER / ROLL CALL / ESTABLISH A QUORUM / PLEDGE OF ALLEGIANCE-

B. APPROVAL OF THE AGENDA-

C. PUBLIC COMMENTS - ANNOUNCEMENT

Members of the public may address the Board regarding any item listed on the Agenda at the time the item is being considered. Members of the public may also speak on any item not listed on the Agenda which falls within the subject matter jurisdiction of the District immediately prior to Board Comments & Items for Subsequent Meetings section below. Members of the public attending in-person need to fill-out a "Request to Speak" card and those attending by webinar need to raise their hand at this time and identify the Agenda item they would like to speak on. The Board has a policy limiting any speaker to not more than five minutes.

D. PRESENTATION -

Update from the Community Resource Navigator – Katia Elizondo Marquez

E. CONSENT ITEMS -

- E1. Minutes of January 3 , 2024, Finance Meeting
- E2. Minutes of January 10, 2024, Board of Directors Meeting
- E3. Minutes of January 13, 2024, Strategic Planning Workshop
- E4. Minutes of January 17, 2024, Facilities Committee Meeting
- E5. Finance Committee Report – Directors Brown and Jeffries
- E6. Facilities Committee Report – Directors Jeffries and Mroz
- E7. Community Health & Wellness Center Administrator Report- Theresa Geracitano
- E8. Chief Executive Officer Report – Rachel Mason
- E9. General Counsel Report– Jeffrey Scott

F. DISCUSSION POSSIBLE ACTION ITEMS-

- F1. Change in officers and Finance Committee – Appoint Jennifer Jeffries as Treasurer, elevate Mike Stanicek to Secretary and assign to Finance Committee.
- F2. Ambulance and Medical Services Officer Grants | Review of grant agreements with North County Fire Protection District.
- F3. Michelle’s Place Cancer Resource Center Agreement \ MOU
- F4. Chair Yoga Program Request for Proposal

F5. LAFCO Call for Nominations- Regular Special District Member Election on LAFCO

G. BOARD MEMBER COMMENTS & ITEMS FOR SUBSEQUENT MEETINGS -

Other Director/Staff discussion item. Item(s) for future board agendas-

Announcements of upcoming events:

See the District website event calendar at <https://www.fallbrookhealth.org/community-health-wellness-center>

Facilities Committee Meeting Wednesday, February 21, 2024, at 10:00 am

Strategic Planning Committee Meeting CANCELLED

Offices will be closed on Monday, February 19, 2024, in observance of Presidents Day.

Government & Public Engagement Committee Meeting CANCELLED

Finance Committee Meeting Wednesday, March 6, 2024, at 10:00 am

Next Board of Directors Meeting Wednesday, March 13, 2024, at 6:00 pm

H. ADJOURNMENT-

NOTE: I certify that on Friday, February 9, 2024 I posted a copy of the foregoing agenda near the regular meeting place of the Board of Directors of Fallbrook Regional Health District, said time being at least 72 hours in advance of the meeting. The American with Disabilities Act provides that no qualified individual with a disability shall be excluded from participation in, or denied the benefits of District business. If you need assistance to participate in this meeting, please contact the District office 24 hours prior to the meeting at 760-731-9187.

*Please contact the Board clerk for language translation services 48 hours before the meeting.



Executive Assistant / Board Clerk

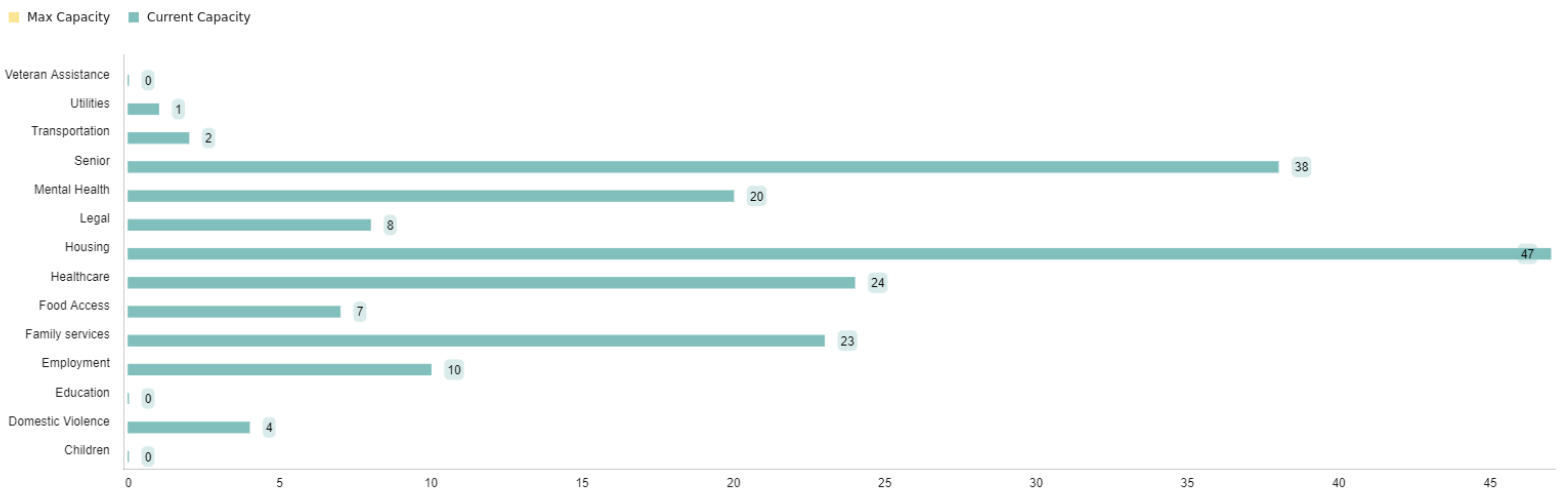
PRESENTATION
COMMUNITY RESOURCE NAVIGATOR
KATIA ELIZONDO MARQUEZ

Community Resource Navigator
Year End Report 2023

Overview:

In my role as Community Resource Navigator, I've forged partnerships with local organizations, including school districts, and presented at the Mexican Consulate's Ventanilla de Salud Meeting. In working with clients, I've identified pressing community needs: mental health, family services, healthcare, senior support, and housing. Recently, there's been a surge in requests for housing assistance, especially for affordable and emergency options in rural areas, prompting collaborations with key organizations like Community HousingWorks, PATH San Diego, and Interfaith Community Services. Senior assistance, particularly through the Foundation for Senior Care, has also been crucial. Serving a large Hispanic/Latino population, language barriers often compound their challenges in accessing resources, with common needs including food, housing, transportation, and healthcare assistance. Some of these situations have been particularly complex, necessitating consecutive assistance from the Community Resource Navigation Program. I'm committed to bridging these gaps by continuing to connect with organizations and providing support tailored to each individual's circumstances.

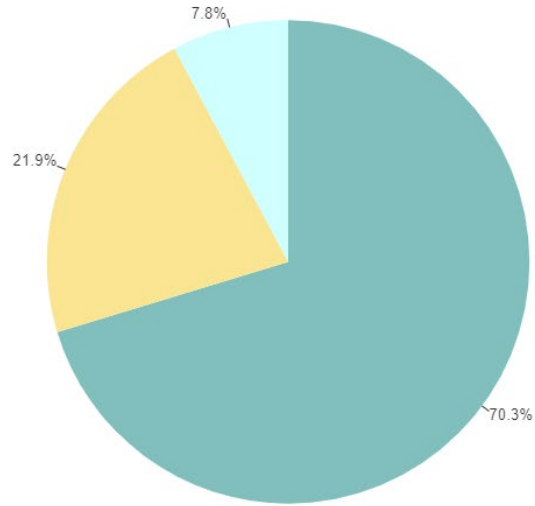
Needs:



Who we are serving Total of 68 clients in 2023

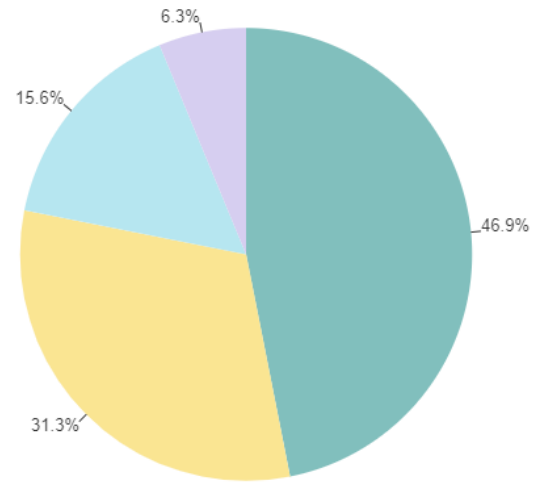
Female Male Missing

Gender



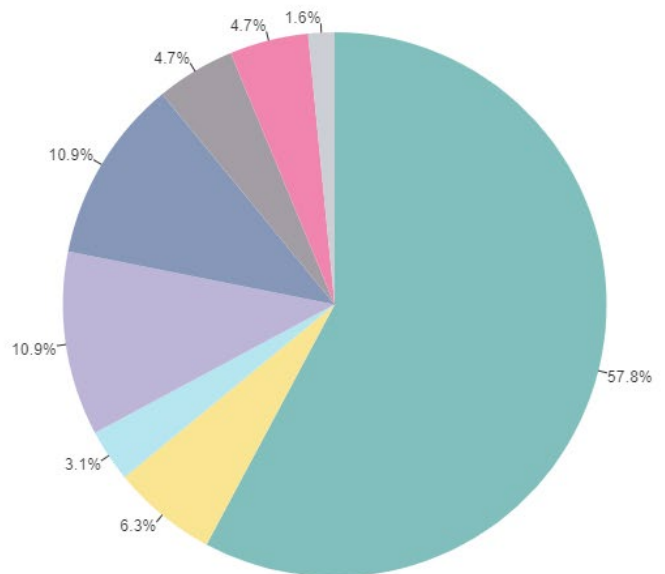
Hispanic/Latino Missing Not Hispanic/Latino unable to determine

Hispanic / Not Hispanic



<null> 30-39 40-49 50-59 60-69 70-79 80-89 90+

Age Range



Incoming Referrals:

Referral Source	Intakes
Bonsall Unified School District	6
Fallbrook Food Pantry	1
Fallbrook Union Elementary School District	18
Fallbrook Union High School District	1
Foundation for Senior Care	5
Friends and Family Referral	13
MAAC	2
North County Fire Protection District	1
Palomar Family Counseling Services	1
Self-Referral	51
Vallecitos School District	2
Ventanilla de Salud-Consulado General de Mexico	1
Grand Total	102

Who we are referring to:

Service Type	Provider Referred to
Domestic Violence	One Safe Place- The North County Family Justice Center
Employment	Chronic Disease and Health Equity Unit/ Public Health Services-Maternal, Child, and Family Health Services
Employment	Community Health & Wellness Center
Employment	Interfaith Community Services
Employment	San Diego Workforce Partnership
Family services	Angel Society of Fallbrook
Family services	Bonsall Unified School District
Family services	HOPE Clinic for Women
Family services	Interfaith Community Services
Family services	PATH San Diego
Family services	SDSURF WIC
Food Access	Fallbrook Food Pantry
Food Access	Interfaith Community Services
Healthcare	Community Health & Wellness Center
Healthcare	Fallbrook Family Health Center
Healthcare	Foundation for Senior Care
Healthcare	Michelle's Place
Healthcare	Oral Health Program
Healthcare	San Diego PACE-Vista
Housing	BDC International
Housing	Community Health & Wellness Center
Housing	Community HousingWorks
Housing	EQUUS Workforce Solutions
Housing	Interfaith Community Services
Housing	Operation HOPE-North County
Legal	UURISE

Mental Health	Community Health & Wellness Center
Mental Health	Fallbrook Family Health Center
Mental Health	Palomar Family Counseling Service
Mental Health	Tu Circulo
Mental Health	Wellness Center Counseling Services- Palomar Family Counseling Services
Senior	Foundation for Senior Care
Transportation	Foundation for Senior Care
Utilities	Saint Peter's Thrift Store

Impact Story:

The client and her husband were referred by the FUESD Mike Choate Early Childhood Education Center. Clients just received their residency/green card 6 months ago and moved from Michoacan, Mexico. This family was originally seeking food and housing resources. These are all the 8 resources that were provided:

- Based on resources provided, client found housing
- Fallbrook Food Pantry
- CalFresh and CalWORKs application assistance
- Tax Assistance (Interfaith Community Services)
- Legal Assistance for unlawful employment termination (Legal Aid Society of San Diego)
- Employment Assistance & Interview and Resume Preparation (Bonsall Unified ELAC Program)

Family is now housed, food secure and employed due to the Community Resource Navigation Program. Here is her letter of gratitude to the Community Resource Navigator.

“Dear Katia,
 Thank you for all the support that you have given us, for your time and empathy and for only wanting the best for us. Thank you for being an angel that has guided us through this path, we hope to always count on your beautiful friendship.

Sincerely,
 Client Family”





MINUTES

FINANCE COMMITTEE

Wednesday, January 3, 2024, at 10:00 A.M.
Administrative Office, 1st Floor Community Room
138 S. Brandon Rd., Fallbrook, CA

In accordance with California Government Code Section 54953 teleconferencing was used for this meeting. Board members, staff and members of the public can participate in the webinar.

1. Call to Order/Roll

In Attendance- Directors Brown and Jeffries, CEO Rachel Mason, Administrative Officer Judith Oswald, Wellness Center Administrator Theresa Geracitano, Executive Assistant Raquel Williams, CPA Susan Woodward

2. Public Comments – Announcement

None

3. Review of Financial Statements for November 2023

Report 1 – Balance Sheet of **November 2023**

Report 2 – Income Statement for the Month Ended **November 2023 & Fiscal Year to Date**

Report 3 – Profit & Loss Actual vs YTD Budget – **November 2023**

Report 4 – Local Agency Investment Fund (LAIF) Statement **November 2023**

Report 5 – CalTrust Statement – **November 2023**

Report 6 – California CLASS Statement- **November 2023**

FRHD Compliance Report

Report 7 - Check Detail Report as of **November 2023**

Report 8 – VISA Credit Card Statement – **November 2023**

Report 9 – Community Development Disbursement as of **November 2023**

4. Discussion Items-

Determine amount of funds for Foundation account- The committee agreed on \$25,000.00 to open the Foundation account.

5. Board Member Comments and Future Agenda Item-

None

6. Adjournment-

There being no further business the meeting was adjourned at 10:38 am.

A handwritten signature in blue ink, reading "Raquel Kilbi". The signature is fluid and cursive, with the first name "Raquel" being larger and more prominent than the last name "Kilbi".

Executive Assistant/Board Clerk



MINUTES
BOARD OF DIRECTORS MEETING
Wednesday, January 10, 2024, 6:00 pm
1st floor Community Room, Administrative office
138 S. Brandon Road., Fallbrook, CA 92028
**All meetings are hybrid unless otherwise noted.*

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A. CALL MEETING TO ORDER / ROLL CALL / ESTABLISH A QUORUM / PLEDGE OF ALLEGIANCE-

Chair Bill Leach called the meeting to order at 6:00 p.m. and led the Pledge of Allegiance.
In attendance: Directors Barbara Mroz, Jennifer Jeffries, Terry Brown, Mike Stanicek, CEO Rachel Mason, Accountant Susan Woodward, Legal Counsel Jeffrey Scott, Staff members: Executive Assistant Raquel Williams, Administrative Officer Judith Oswald,
Community Health & Wellness Center Administrator Theresa Geracitano
Members of the public: Josh Steeber, Sally Devito, Chris Shaw, Tom Frew

B. APPROVAL OF THE AGENDA-

Action: It was moved by Director Jeffries seconded by Director Brown to approve the agenda as presented.

Motion carried (5-0)

Director Leach...Aye
Director Jeffries...Aye
Director Brown....Aye
Director Stanicek...Aye
Director Mroz...Aye

C. PUBLIC COMMENTS - ANNOUNCEMENT

None

D. CONSENT ITEMS -

- D1. Minutes of December 6, 2023, Finance Meeting
- D2. Minutes of December 13, 2023, Board of Directors Meeting
- D3. Minutes of December 13, 2023, Foundation Meeting
- D4. Finance Committee Report – Directors Brown and Jeffries
Director Brown held an item for discussion. Regarding budgeting on the CH&WC we need to allocate a portion of the district’s revenue to the Wellness Center. Chair Leach agrees.
- D5. Community Health & Wellness Center Administrator Report- Theresa Geracitano
- D6. Chief Executive Officer Report – Rachel Mason
- D7. General Counsel Report– Jeffrey Scott
- D8. Authorization to destroy outdated records 2024 (Gov Code 34090)
- D9. FY 24.25 Community Health Contract Grant Policy
- D10. RFP for Chair Yoga Programs

Chair Leach commended the committee for the job well done on switching accounts.

Action: It was moved by Director Mroz seconded by Director Stanicek to approve all the consent items as presented except D4. To be held for discussion.

Motion carried (5-0)

Director Leach...Aye
Director Jeffries...Aye
Director Brown....Aye
Director Stanicek...Aye
Director Mroz...Aye

Director Brown held an item for discussion. Regarding budgeting on the CH&WC we need to allocate a portion of the district’s revenue to the Wellness Center.

Action: It was moved by Director Brown seconded by Director Jeffries to approve the D4 Consent item.

Motion carried (5-0)

Director Leach...Aye
Director Jeffries...Aye
Director Brown...Aye
Director Stanicek...Aye
Director Mroz...Aye

E. DISCUSSION POSSIBLE ACTION ITEMS-

E1. *Recommendation* from Finance Committee for \$25,000.00 to fund the Foundation bank account.

CEO Mason shared with the Board that the recommendation and requirement of the bank is to deposit \$25,000.00 allows for a 2 1/2 percent yield and should begin to generate funds while maturing.

Action: It was moved by Director Brown seconded by Director Stanicek to approve the recommendation from Finance Committee for \$25,000.00 to fund the Foundation bank account.

Motion carried (5-0)

Director Leach...Aye
Director Jeffries...Aye
Director Brown...Aye
Director Stanicek...Aye
Director Mroz...Aye

E2. SiteLogiQ Contract- Robust discussion regarding the parking/solar project. Legal Counsel Jeff Scott shared his opinions and thoroughly reviewed the contract. 52 weeks is the estimated length of time that this project will take to complete.

Action: It was moved by Director Jeffries seconded by Director Stanicek to approve the SiteLogiQ contract as presented.

Motion carried (5-0)

Director Leach...Aye
Director Jeffries...Aye
Director Brown...Aye
Director Stanicek...Aye
Director Mroz...Aye

F. BOARD MEMBER COMMENTS & ITEMS FOR SUBSEQUENT MEETINGS -

Chair Leach is looking forward to the project and thanks Staff, Board and vendor for the many meetings and hard work that has been done to get this project moving.

G. ADJOURNMENT-

There being no further business the meeting was adjourned at 6:25 pm.



Executive Assistant / Board Clerk



MINUTES
STRATEGIC PLANNING WORKSHOP

Saturday, January 13, 2023, 10:00 a.m. to 2:00 p.m.
Community Health & Wellness Center
1636 E. Mission Road., Fallbrook, CA 92028

In accordance with California Government Code Section 54953 teleconferencing was used for this meeting. Board members, staff and members of the public were able to participate in the webinar.

A. CALL MEETING TO ORDER / ROLL CALL / ESTABLISH A QUORUM / PLEDGE OF ALLEGIANCE

Chair Bill Leach called the meeting to order at 10:10 a.m. and led the Pledge of Allegiance.
In attendance: Directors Barbara Mroz, Jennifer Jeffries, Terry Brown, Mike Stanicek, CEO Rachel Mason
Staff members: Executive Assistant Raquel Williams, Administrative Officer Judith Oswald, Community Health & Wellness Center Administrator Theresa Geracitano, Programs Coordinator Bianca Heyming, Jasmine Thomas Outreach & Communications Coordinator, Katia Elizondo-Marquez
Community Resource Navigator, Patty Taylor Center Support Staff

B. APPROVAL OF THE AGENDA

Action: It was moved by Director Jeffries seconded by Director Mroz to approve the agenda as presented.

Motion carried (5-0)

Director Leach...Aye
Director Jeffries...Aye
Director Brown....Aye
Director Stanicek...Aye
Director Mroz...Aye

C. PUBLIC COMMENTS – ANNOUNCEMENT

None

D. DISCUSSION/POSSIBLE ACTION ITEMS

D1. One to Three Year: Short-term priorities Community Health & Wellness Center

CEO Mason asked the Board what expectations they had for generating income from rentals and program fees for the Community Health & Wellness Center. Chair Leach and the board have agreed that their focus is programming and want to reach as many people as possible at the Wellness Center. The Board was amenable to rental fees and limited programming fees, staff will determine guidelines and work with the Facilities Committee for clarification.

Currently following program recommendations from the 2020 Community Needs Assessment /Catalyst Report. Top priorities included differences in health outcomes by subgroup, importance to the community, magnitude, implementation, and cost. CEO Mason expressed that we will not be competing with local businesses and will not duplicate any services that already exist. Programming expectations include the Mindfulness Based Stress Reduction Program which is under development. Fit & Strong Program promotes healthy living, AHA Healthy for Life Heart health program, Potential program: Financial Literacy Education.

Director Jeffries inquired if there was a data point to compile the number of residents impacted. CEO Mason informed the group that Event Temple is the software we are now using. Director Brown also added that it was important that all zones were included in the counts.

Community Health Contracts – Grants MOU: MOUS for Programs or services that are located at the Center, serve a need not readily available within the community, and can be considered a partnered offering. Palomar Family Counseling- Mental/Behavioral Health services, Michelle's Place Cancer Resource Center, In development, offering cancer resources, patient navigation, Fallbrook Food Pantry- In development, use of facility grounds to install a program garden.

The Board agreed with CEO Mason towards moving some grants to a multi-year funding MOU may be the most beneficial for the district. CEO Mason asked the Board what the expectation is regarding the percentage of property tax income allocated to the Grants. Currently at 34%, the 20-

year average was 38% with a max at 66% during the pandemic and as low as 21% in 2005/2006. The Board agreed that further discussion and budgetary information is needed for this topic.

Review and Evaluation process of grants. CEO Mason shared that we will be shifting the way the Grantee presents their Impact reports. We will invite them to present at a Board meeting the report metrics, impact story and District acknowledgement will be reviewed and a new section in the grant application asks if the applicant was previously funded and provides an update on the current grant. Director Stanicek suggested a "Pitch Day" where potential grantee applicants could pitch their program for consideration.

D2. Three to Five Year: Mid-term priorities- Chair Leach opened the topic of Clinical Services in the district and how the Board has a consensus on having an actual Urgent Care. CEO Mason reminded the Board that Judith had already presented to the Board that it was not viable at this time since none of the Urgent care systems found it cost effective for them. Director Jeffries asked if we received the data from NCF regarding the 5:00 am to 5:00 pm phone calls. A consensus of the lack of providers is the issue that is affecting most rural communities. CEO Mason shared with the Board that Tri City/UCSD partnership with FRHD will be starting soon, and that it could provide us with the avenue to offer clinical services. Chair Leach conveyed that the Board has a strong desire to have clinical services within the next 3 – 5 years and the MOU with NCF is the most beneficial thing that the district can be doing for the community in the absence of Urgent Care. Cardiac Rehabilitation- The Board agrees that a cardiac rehabilitation program is something that was successful in the past and would be in the future. Director Brown suggested that we build on a public outreach/education with Tri City/UCSD where they "Ask the Dietician, Nurse, Physical therapist".

D3. Role of FRHD Foundation

A typical foundation will take a few years' worth of existence to become successful or self-sustaining, we will pursue grant funding via the Foundation as the opportunity arises. Collaboration grants with our nonprofit partners to expand services within our area and/or at the Center. No expectation that we will compete with our nonprofits to secure local grant funds that they typically seek. The Foundation can increase access to County, State and Federal funding options and could accept philanthropic donations to sustain programs.

D4. Open Discussion

Programming considerations- Chair Leach proposes that the district prepare to get as many of our community partners and grantees CPR /AED certified. It was agreed upon to pursue this programming. CEO Mason asked Programs Coordinator Bianca Heyming to share what is in the works with the County, San Marcos School of Nursing, and Community Partners to get this program off the ground. Directors asked that this program be put in the future Strategic Plan. Chair Leach would also ask that the team focus on an Opioid Awareness Program be part of the plan. CEO Mason asked the Board to please bring their program ideas to a Board meeting from a process standpoint and the Team will research, educate, and analyze cost. It will be brought back to the Board for final approval. CEO Mason shared that there was a program idea of small group fitness classes within the community and asked the Board if they were interested in the district pursuing it for the CH&WC. There was agreement to add the Fitness Program to a future agenda for further discussion by the Board. Chair Leach commended the FRHD Team on the "Eye on Health" Gift of Sight Event from last September and he would like to see the district put on more events like that.

The Bus stop at the center and transportation was the last topic that was discussed and will be placed on a future agenda. CEO Mason shared that there are conversations happening with community partners and more research is needed. This is a more than 5-year plan.

ADJOURNMENT

There being no further business to discuss the meeting was adjourned at 2:04 pm.



Board Clerk



MINUTES

FACILITIES COMMITTEE MEETING

Wednesday, January 17, 2024, at 10:00 A.M.

Administrative Office, 1st Floor Community Room

138 S. Brandon Rd., Fallbrook CA 92028

In accordance with California Government Code Section 54953 teleconferencing was used for this meeting. Board members, staff and members of the public were able to participate in the webinar.

1. CALL MEETING TO ORDER/ROLL CALL

In attendance- Director Jeffries and Director Mroz, CEO Rachel Mason, Executive Assistant Raquel Williams, Property Manager Roy Moosa.

2. PUBLIC COMMENTS - ANNOUNCEMENT

None

3. DISCUSSION ITEMS

Ongoing/Completed Projects at the Community Health & Wellness Center

a) Building B- Education Rooms 3-6 Conversion- CEO Mason shared that an RFP is needed for the project and should be brought to the full board in February.

Building A- Community Room 2 HVAC systems- The committee agrees to accept the estimate from JW Mechanical as presented \$19,785.00.

b) House of Wellness- Update for ADA compliance the restrooms need a full remodel, and an RFP will be needed for this project.

d) FirstNet/AT&T Public Safety Communications Tower- Director Jeffries asked where the staging area is going to be located and needed clarification on a few items in the contract. CEO Mason was able to respond and will gain clarification from the vendor.

The project has gone to the local planning committee, and they elected not to push the project through. It is going to the County of San Diego for absolute approval.

c) ADA accessible ramps- Surveying has been completed for the ramps. The next steps are estimates for concrete contractors.

4. BOARD MEMBER COMMENTS AND FUTURE AGENDA ITEMS-

None

5. ADJOURNMENT –

There being no further business the meeting was adjourned at 10:41 am.

A handwritten signature in blue ink, appearing to read "Raquel Williams", is written over a horizontal line.

Executive Assistant/Board Clerk

Fallbrook Regional Health District

Report #1 - Balance Sheet Comparison

As of December 31, 2023

	TOTAL		
	AS OF DEC 31, 2023	AS OF NOV 30, 2023 (PP)	% CHANGE
ASSETS			
Current Assets			
Bank Accounts			
Five Star Bank Account	250,000.00	50,000.00	400.00 %
Pacific Western Bank - Checking	560,112.69	86,524.74	547.34 %
Petty Cash	138.47	138.47	0.00 %
Total Bank Accounts	\$810,251.16	\$136,663.21	492.88 %
Other Current Assets			
Interest Receivable - LAIF	0.00	0.00	
Prepaid Insurance	18,159.04	21,185.54	(14.29 %)
Reimbursement Receivable - CDD	559.22	94,559.22	(99.41 %)
Tax Apportionment Receivable	387,531.90	814,871.09	(52.44 %)
Total Other Current Assets	\$406,250.16	\$930,615.85	(56.35 %)
Total Current Assets	\$1,216,501.32	\$1,067,279.06	13.98 %
Fixed Assets			
Accumulated Depreciation - All Buildings			
E. Mission Road	(274,752.40)	(270,159.40)	(1.70 %)
E. Mission Road - Improvements	1,441,539.86	1,441,539.86	0.00 %
E. Mission Road - Land	440,001.47	418,043.29	5.25 %
Total E. Mission Road	2,242,170.33	2,220,212.15	0.99 %
Equipment			
Equipment	85,471.17	85,471.17	0.00 %
Equipment - Depreciation	(60,536.52)	(59,645.10)	(1.49 %)
S. Brandon Road	161,578.00	161,578.00	0.00 %
S. Brandon Road - Improvements	233,355.76	233,355.76	0.00 %
S. Brandon Road - Land	129,662.00	129,662.00	0.00 %
Total S. Brandon Road	524,595.76	524,595.76	0.00 %
Total Fixed Assets	\$2,516,948.34	\$2,500,474.58	0.66 %
Other Assets			
California Class	1,024,196.17	1,019,398.25	0.47 %
CalTrust - Liquidity Fund	1,006,226.01	1,001,504.76	0.47 %
CalTrust - Medium Term Fund	4,818,986.97	4,760,260.99	1.23 %
LAIF	1,493,002.28	1,493,002.28	0.00 %
Note Receivable - East Alvarado Street	348,513.71	350,407.68	(0.54 %)
Total Other Assets	\$8,690,925.14	\$8,624,573.96	0.77 %
TOTAL ASSETS	\$12,424,374.80	\$12,192,327.60	1.90 %

Fallbrook Regional Health District

Report #1 - Balance Sheet Comparison

As of December 31, 2023

	TOTAL		
	AS OF DEC 31, 2023	AS OF NOV 30, 2023 (PP)	% CHANGE
LIABILITIES AND EQUITY			
Liabilities			
Current Liabilities			
Accounts Payable			
Accounts Payable (A/P)	34,670.18	40,550.92	(14.50 %)
Total Accounts Payable	\$34,670.18	\$40,550.92	(14.50 %)
Credit Cards			
Umpqua Bank - Credit Card	2,535.47	1,932.53	31.20 %
Total Credit Cards	\$2,535.47	\$1,932.53	31.20 %
Other Current Liabilities			
Payroll - Tax Payable	8,515.49	8,141.49	4.59 %
Payroll - Vacation & Sick Payable	44,228.88	46,947.06	(5.79 %)
Payroll - Wages Payable	21,281.63	21,173.69	0.51 %
Simple IRA Plan - Payable	6,929.66	11,218.13	(38.23 %)
Total Other Current Liabilities	\$80,955.66	\$87,480.37	(7.46 %)
Total Current Liabilities	\$118,161.31	\$129,963.82	(9.08 %)
Total Liabilities	\$118,161.31	\$129,963.82	(9.08 %)
Equity			
Community Development Disbursement	8,634,578.12	8,728,578.12	(1.08 %)
Opening balance equity	0.00	0.00	
Retained Earnings	0.00	0.00	
Unrestricted Operations Fund	2,878,900.88	2,878,900.88	0.00 %
Net Income	792,734.49	454,884.78	74.27 %
Total Equity	\$12,306,213.49	\$12,062,363.78	2.02 %
TOTAL LIABILITIES AND EQUITY	\$12,424,374.80	\$12,192,327.60	1.90 %

Fallbrook Regional Health District

Report #2 - Profit and Loss & Fiscal YTD

December 2023

	TOTAL	
	DEC 2023	JUL - DEC, 2023 (YTD)
Income		
Property Tax Revenue	387,531.90	1,404,653.00
Total Income	\$387,531.90	\$1,404,653.00
GROSS PROFIT	\$387,531.90	\$1,404,653.00
Expenses		
Advertising & Promotions	2,110.49	8,706.90
Ask My Accountant		0.00
Auto Expenses	15.72	1,502.67
Bank Fees & Service Charges		0.00
Community Health Contracts		
Bonsall/Fallbrook Little League		5,000.00
Boys & Girls Club of North County		42,241.50
Boys Warriors Soccer Booster, Inc.		5,000.00
Community Health Systems, Inc.		30,000.00
Fallbrook Band Boosters		5,000.00
Fallbrook Food Pantry		37,500.00
Fallbrook Senior Citizens		23,500.00
Foundation for Senior Care		70,000.00
Michelle's Place Cancer Ctr		24,331.00
NC Fire JPA (EMSO)		42,284.61
Palomar Family Counseling		33,430.00
Reins Therapeutic Horsemanship Program		12,500.00
Total Community Health Contracts		330,787.11
District Direct Care Services		
District Sponsored Events		2,962.68
Health Services & Clinics	5,010.00	14,795.11
Total District Direct Care Services	5,010.00	17,757.79
Dues & Subscriptions	654.00	18,670.02
Education & Conferences	240.00	17,039.11
Equipment Lease	1,669.84	9,709.88
General Insurance	2,715.58	16,510.30
IT Services	600.00	3,600.00
Legal & Accounting services		
Accounting	3,338.75	20,032.50
Independent Audit		15,500.00
Legal	4,585.00	6,982.50
Total Legal & Accounting services	7,923.75	42,515.00
Medical Records Expense	2,744.73	15,908.11

Fallbrook Regional Health District

Report #2 - Profit and Loss & Fiscal YTD

December 2023

	TOTAL	
	DEC 2023	JUL - DEC, 2023 (YTD)
Meeting Expenses	281.55	1,114.67
Office Expenses	66.00	66.00
General Office Expenses	330.38	2,639.35
Maintenance & Repairs	6,782.20	42,853.11
Office Equipment & Fixtures		8,682.66
Office Supplies	2,677.16	9,365.38
Postage & Shipping	57.90	169.31
Software & Website	816.10	4,180.59
Total Office Expenses	10,729.74	67,956.40
Payroll Expenses		
Board Stipends	1,653.75	12,127.50
Employee Benefits	8,834.17	47,399.19
Payroll Processing Fees	263.23	1,575.61
Payroll Taxes	4,713.90	26,283.63
Salaries	58,817.73	335,296.76
Simple IRA Match	1,781.74	8,656.04
Vacation & Sick Leave	(2,718.18)	(2,925.08)
Workers Compensation	310.92	2,623.52
Total Payroll Expenses	73,657.26	431,037.17
Property Management Fees	1,012.50	1,800.00
Utilities		
Cell Phones	350.00	2,100.00
General Utilities	2,685.39	17,874.69
Internet/Telephone	1,648.40	7,560.80
Total Utilities	4,683.79	27,535.49
Total Expenses	\$114,048.95	\$1,012,150.62
NET OPERATING INCOME	\$273,482.95	\$392,502.38
Other Income		
Interest/Dividend Income	25,820.00	156,623.79
Unrealized Gain/Loss - LAIF		39,669.25
Unrealized Gain/Loss CalTRUST	44,031.18	69,569.81
Total Other Income	\$69,851.18	\$265,862.85
Other Expenses		
Community Development Disbursements		(158,894.79)
Depreciation Expense		
Depreciation Expense - Brandon Road	1,480.92	8,885.52
Depreciation Expense - Mission Road	4,003.50	24,021.00
Total Depreciation Expense	5,484.42	32,906.52

Fallbrook Regional Health District

Report #2 - Profit and Loss & Fiscal YTD

December 2023

	TOTAL	
	DEC 2023	JUL - DEC, 2023 (YTD)
Other Miscellaneous Expense		(8,380.99)
Total Other Expenses	\$5,484.42	\$ (134,369.26)
NET OTHER INCOME	\$64,366.76	\$400,232.11
NET INCOME	\$337,849.71	\$792,734.49

Fallbrook Regional Health District
Report #3 - Budget vs. Actuals: FY 23-24 - Administrative Class
 July - December, 2023

	Administrative			
	Actual	Budget	over Budget	% of Budget
Income				
Property Tax Revenue	1,404,653.00	1,273,052.90	131,600.10	110.34%
Rental Income		16,468.75	(16,468.75)	0.00%
Total Income	\$ 1,404,653.00	\$ 1,289,521.65	\$ 115,131.35	108.93%
Gross Profit	\$ 1,404,653.00	\$ 1,289,521.65	\$ 115,131.35	108.93%
Expenses				
Advertising & Promotions	3,433.20	22,325.00	(18,891.80)	15.38%
Auto Expenses	1,157.03	1,020.36	136.67	113.39%
Community Health Contracts			0.00	
Boys & Girls Club of North County	42,241.50	37,241.50	5,000.00	113.43%
Community Health Systems, Inc.	30,000.00	30,000.00	0.00	100.00%
Fallbrook Food Pantry	37,500.00	37,500.00	0.00	100.00%
Fallbrook Senior Citizens	23,500.00	23,500.00	0.00	100.00%
Foundation for Senior Care	70,000.00	70,000.00	0.00	100.00%
Michelle's Place Cancer Ctr	24,331.00	24,331.00	0.00	100.00%
NC Fire JPA (Ambulance)		172,500.00	(172,500.00)	0.00%
Palomar Family Counseling	33,430.00	33,430.00	0.00	100.00%
Reins Therapeutic Horsemanship Program	12,500.00	12,500.00	0.00	100.00%
Total Community Health Contracts	\$ 273,502.50	\$ 441,002.50	\$ (167,500.00)	62.02%
District Direct Care Services			0.00	
District Sponsored Events	332.91	1,250.00	(917.09)	26.63%
Total District Direct Care Services	\$ 332.91	\$ 1,250.00	\$ (917.09)	26.63%
Dues & Subscriptions	18,306.02	19,590.00	(1,283.98)	93.45%
Education & Conferences	15,919.39	15,225.00	694.39	104.56%
Equipment Lease	4,932.26	9,714.30	(4,782.04)	50.77%
General Insurance	8,305.15	7,599.24	705.91	109.29%
IT Services	1,800.00	1,800.00	0.00	100.00%
Legal & Accounting services			0.00	
Accounting	20,032.50	18,000.00	2,032.50	111.29%
Independent Audit	15,500.00	16,500.00	(1,000.00)	93.94%
Legal	6,982.50	20,250.00	(13,267.50)	34.48%
Total Legal & Accounting services	\$ 42,515.00	\$ 54,750.00	\$ (12,235.00)	77.65%
Medical Records Expense	15,908.11	15,557.10	351.01	102.26%
Meeting Expenses	795.41	424.98	370.43	187.16%
Office Expenses			0.00	
General Office Expenses	1,874.53	1,000.00	874.53	187.45%
Maintenance & Repairs	11,564.20	15,414.00	(3,849.80)	75.02%
Office Supplies	2,571.20	5,000.00	(2,428.80)	51.42%
Postage & Shipping	111.41	480.00	(368.59)	23.21%
Software & Website	4,105.59	4,153.00	(47.41)	98.86%

Fallbrook Regional Health District
Report #3 - Budget vs. Actuals: FY 23-24 - Wellness Center
 July - December, 2023

	Wellness Center			
	Actual	Budget	over Budget	% of Budget
Income				
Program Fees		0.00	0.00	
Wellness Center Income - Event/Space Rental		750.00	(750.00)	0.00%
Total Income	\$ -	\$ 750.00	\$ (750.00)	0.00%
Gross Profit	\$ -	\$ 750.00	\$ (750.00)	0.00%
Expenses				
Advertising & Promotions	5,273.70	14,485.00	(9,211.30)	36.41%
District Direct Care Services			0.00	
District Sponsored Events	2,629.77	5,500.00	(2,870.23)	47.81%
Health Services & Clinics	14,795.11	55,870.00	(41,074.89)	26.48%
Total District Direct Care Services	\$ 17,424.88	\$ 61,370.00	\$ (43,945.12)	28.39%
Dues & Subscriptions	364.00	866.00	(502.00)	42.03%
Education & Conferences	1,119.72	9,150.00	(8,030.28)	12.24%
Equipment Lease	4,777.62	5,658.30	(880.68)	84.44%
General Insurance	8,205.15	7,599.24	605.91	107.97%
IT Services	1,800.00	1,800.00	0.00	100.00%
Legal & Accounting services			0.00	
Legal		6,750.00	(6,750.00)	0.00%
Total Legal & Accounting services	\$ -	\$ 6,750.00	\$ (6,750.00)	0.00%
Meeting Expenses	319.26	150.00	169.26	212.84%
Office Expenses			0.00	
General Office Expenses	764.82	1,000.00	(235.18)	76.48%
Maintenance & Repairs	31,288.91	26,710.00	4,578.91	117.14%
Office Supplies	6,794.18	8,000.00	(1,205.82)	84.93%
Total Office Expenses	\$ 38,847.91	\$ 35,710.00	\$ 3,137.91	108.79%
Payroll Expenses			0.00	
Employee Benefits	24,619.09	33,849.36	(9,230.27)	72.73%
Payroll Processing Fees	263.23	1,112.76	(849.53)	23.66%
Payroll Taxes	8,718.70	9,891.30	(1,172.60)	88.15%
Salaries	120,024.42	123,640.98	(3,616.56)	97.07%
Simple IRA Match	2,894.73	3,709.20	(814.47)	78.04%
Workers Compensation	932.76	420.00	512.76	222.09%
Total Payroll Expenses	\$ 157,452.93	\$ 172,623.60	\$ (15,170.67)	91.21%
Property Management Fees		300.00	(300.00)	0.00%
Utilities			0.00	
Cell Phones	900.00	600.00	300.00	150.00%
General Utilities	10,356.82	8,910.00	1,446.82	116.24%
Internet/Phone (deleted)		3,240.00	(3,240.00)	0.00%
Total Utilities	\$ 11,256.82	\$ 12,750.00	\$ (1,493.18)	88.29%
Total Expenses	\$ 246,841.99	\$ 329,212.14	\$ (82,370.15)	74.98%

Net Operating Income	\$	(246,841.99)	\$	(328,462.14)	\$	81,620.15	75.15%
Net Income	\$	(246,841.99)	\$	(328,462.14)	\$	81,620.15	75.15%

Tuesday, Jan 30, 2024 01:36:15 PM GMT-8 - Accrual Basis

California State Treasurer *Fiona Ma, CPA*



Local Agency Investment Fund
P.O. Box 942809
Sacramento, CA 94209-0001
(916) 653-3001

January 02, 2024

[LAIF Home](#)
[PMIA Average Monthly Yields](#)

FALLBROOK REGIONAL HEALTH DISTRICT

DISTRICT ADMINISTRATOR
138 SOUTH BRANDON ROAD
FALLBROOK, CA 92028

[Tran Type Definitions](#)

Account Number: XXXXXXXXXX

December 2023 Statement

Account Summary

Total Deposit:	0.00	Beginning Balance:	1,493,002.28
Total Withdrawal:	0.00	Ending Balance:	1,493,002.28



CaITRUST
 PO Box 2709
 Granite Bay, CA 95746
 www.caltrust.org
 Email: admin@caltrust.org
 Fax: 402-963-9094
 Phone: 833-CALTRUST (225-8787)

Investment Account Summary

12/01/2023 through 12/31/2023

SUMMARY OF INVESTMENTS

Fund	Account Number	Total Shares Owned	Net Asset Value per Share on Dec 31 (\$)	Value on Dec 31 (\$)	Average Cost Amount (\$)	Cumulative Change in Value (\$)
FALLBROOK REGIONAL HEALTH DISTRICT						
CalTRUST Medium Term Fund	[REDACTED]	490,731.871	9.82	4,818,986.97	4,916,415.65	(97,428.68)
CalTRUST Liquidity Fund	[REDACTED]	1,006,226.010	1.00	1,006,226.01	1,006,226.01	0.00
Portfolios Total value as of 12/31/2023				5,825,212.98		

DETAIL OF TRANSACTION ACTIVITY

Activity Description	Activity Date	Amount (\$)	Amount in Shares	Balance in Shares	Price per Share (\$)	Balance (\$)	Average Cost Amt (\$)	Realized Gain/(Loss) (\$)
		FALLBROOK REGIONAL HEALTH DISTRICT					Account Number: [REDACTED]	
CalTRUST Medium Term Fund								
Beginning Balance	12/01/2023			489,235.456	9.73	4,760,260.99		
Accrual Income Div Reinvestment	12/29/2023	14,694.80	1,496.415	490,731.871	9.82	4,818,986.97	0.00	0.00
Change in Value						44,031.18		
Closing Balance as of	Dec 31			490,731.871	9.82	4,818,986.97		
		FALLBROOK REGIONAL HEALTH DISTRICT					Account Number: [REDACTED]	
CalTRUST Liquidity Fund								
Beginning Balance	12/01/2023			1,001,504.760	1.00	1,001,504.76		
Accrual Income Div Reinvestment	12/29/2023	4,721.25	4,721.250	1,006,226.010	1.00	1,006,226.01	0.00	0.00
Change in Value						0.00		
Closing Balance as of	Dec 31			1,006,226.010	1.00	1,006,226.01		

Please note that this information should not be construed as tax advice and it is recommended that you consult with a tax professional regarding your account.



Summary Statement

December 31, 2023

Page 1 of 3

Investor ID: [REDACTED]

0000079-0000311 PDF 603940

Fallbrook Regional Health District
138 South Brandon Road
Fallbrook, CA 92028

California CLASS

California CLASS

Average Monthly Yield: 5.5417%

		Beginning Balance	Contributions	Withdrawals	Income Earned	Income Earned YTD	Average Daily Balance	Month End Balance
[REDACTED]	FRHD_CLASS_Prime	1,019,398.25	0.00	0.00	4,797.92	24,196.17	1,019,862.56	1,024,196.17
TOTAL		1,019,398.25	0.00	0.00	4,797.92	24,196.17	1,019,862.56	1,024,196.17



Account Statement

December 31, 2023

Page 2 of 3

Account Number: [REDACTED]

FRHD_CLASS_Prime

Account Summary

Average Monthly Yield: 5.5417%

	Beginning Balance	Contributions	Withdrawals	Income Earned	Income Earned YTD	Average Daily Balance	Month End Balance
California CLASS	1,019,398.25	0.00	0.00	4,797.92	24,196.17	1,019,862.56	1,024,196.17

Transaction Activity

Transaction Date	Transaction Description	Contributions	Withdrawals	Balance	Transaction Number
12/01/2023	Beginning Balance			1,019,398.25	
12/31/2023	Income Dividend Reinvestment	4,797.92			
12/31/2023	Ending Balance			1,024,196.17	



California CLASS

California CLASS

Date	Dividend Rate	Daily Yield
12/01/2023	0.000456048	5.5486%
12/02/2023	0.000000000	5.5486%
12/03/2023	0.000000000	5.5486%
12/04/2023	0.000152623	5.5707%
12/05/2023	0.000152273	5.5580%
12/06/2023	0.000151828	5.5417%
12/07/2023	0.000151777	5.5399%
12/08/2023	0.000455241	5.5388%
12/09/2023	0.000000000	5.5388%
12/10/2023	0.000000000	5.5388%
12/11/2023	0.000151914	5.5449%
12/12/2023	0.000151862	5.5430%
12/13/2023	0.000151788	5.5403%
12/14/2023	0.000151866	5.5431%
12/15/2023	0.000455943	5.5473%
12/16/2023	0.000000000	5.5473%
12/17/2023	0.000000000	5.5473%
12/18/2023	0.000152074	5.5507%
12/19/2023	0.000152082	5.5510%
12/20/2023	0.000151677	5.5362%
12/21/2023	0.000151519	5.5305%
12/22/2023	0.000605108	5.5216%
12/23/2023	0.000000000	5.5216%
12/24/2023	0.000000000	5.5216%
12/25/2023	0.000000000	5.5216%
12/26/2023	0.000151260	5.5210%
12/27/2023	0.000151510	5.5301%
12/28/2023	0.000151997	5.5479%
12/29/2023	0.000456228	5.5508%
12/30/2023	0.000000000	5.5508%
12/31/2023	0.000000000	5.5508%

Performance results are shown net of all fees and expenses and reflect the reinvestment of dividends and other earnings. Many factors affect performance including changes in market conditions and interest rates and in response to other economic, political, or financial developments. Investment involves risk including the possible loss of principal. No assurance can be given that the performance objectives of a given strategy will be achieved. **Past performance is no guarantee of future results. Any financial and/or investment decision may incur losses.**

LOCAL AGENCY INVESTMENT FUND (LAIF)

Through the Pooled Money Investment Account (PMIA), the State Treasurer invests taxpayers' money to manage the State's cash flow and strengthen the financial security of local governmental entities. PMIA policy sets as primary investment objectives safety, liquidity and yield.

As of December 31, 2023, the District's balance was \$1,493,002.28. This represents 17.90% of the District's investment portfolio. The Average Monthly Effective Yield for the month of December, 2023 was 3.929%. In December, 2023, the District reported \$0 in quarterly earnings.

CalTRUST

The CalTRUST Board works closely with the investment manager, State Street Global Advisors, to ensure that public dollars are managed securely and efficiently and are in full compliance with California Law. The primary objective is to safeguard the preservation of principal.

The District is invested in two CalTRUST Funds: Medium Term Fund and Liquidity Fund. As of December, 2023, the District's closing Net Asset Value was \$5,825,212.98. This represents 69.83% of the District's investment portfolio.

In December, 2023, the District earned \$ 19,416.05 in dividend income and reported an unrealized gain of \$44,031.18. The One Year Yield on the Medium-Term Fund was 3.52% and the One Year Yield on the Liquidity Fund was 5.22%.

California CLASS

The California Cooperative Liquid Assets Securities System (California CLASS) is a pooled investment option that invests in high-quality, short-to-medium-term securities that prioritizes principal preservation. The California CLASS management has appointed Public Trust Advisors, LLC to serve as the Investment Advisor and Administrator. As of December, 2023, the District's balance was \$1,024,196.17. This represents 12.27% of the District's investment portfolio. In December, 2023, the District reported \$4,797.92 in earnings. The 30-day average yield was 5.5417%.

The investments of the District are in compliance with the District's 2022-2023 Investment Policy. The balances in the District's investment accounts give the District the ability to meet its expenditure requirements for the next eighteen (18) months.

Fallbrook Regional Health District

Report #7 - Check Detail

December 2023

DATE	TRANSACTION TYPE	NUM	AMOUNT	SPLIT
24 Hour Elevator Inc.				
12/05/2023	Bill Payment (Check)	13871	(249.17)	Pacific Western Bank - Checking
12/01/2023	Bill	155609	249.17	Office Expenses:Maintenance & Repairs
Amazon Capital Services				
12/12/2023	Bill Payment (Check)	13895	(53.68)	Pacific Western Bank - Checking
12/10/2023	Bill	1FVC-L7HL-NR4V	53.68	Office Expenses:Office Supplies
12/20/2023	Bill Payment (Check)	13904	(133.55)	Pacific Western Bank - Checking
12/14/2023	Bill	1KW3-D6TN-1NCM	67.10	Office Expenses:Office Supplies
12/14/2023	Bill	14YJ-6TNX-T9GP	66.45	Office Expenses:Office Supplies
Bonsall Chamber of Commerce				
12/20/2023	Bill Payment (Check)	13905	(60.00)	Pacific Western Bank - Checking
12/18/2023	Bill	10190	60.00	Dues & Subscriptions
CalPERS				
12/05/2023	Bill Payment (Check)	13872	(8,315.67)	Pacific Western Bank - Checking
11/14/2023	Bill	CalPERS 1559595490	8,315.67	-Split-
12/20/2023	Bill Payment (Check)	13906	(8,694.77)	Pacific Western Bank - Checking
12/14/2023	Bill	ID # 1559595490	8,694.77	-Split-
Culligan of Escondido				
12/12/2023	Bill Payment (Check)	13896	(60.26)	Pacific Western Bank - Checking
11/30/2023	Bill	1092085	60.26	Office Expenses:General Office Expenses
Culligan of San Diego				
12/05/2023	Bill Payment (Check)	13873	(57.50)	Pacific Western Bank - Checking
11/30/2023	Bill	1395693	57.50	Office Expenses:General Office Expenses
Fallbrook Chamber of Commerce				
12/05/2023	Bill Payment (Check)	13874	(25.00)	Pacific Western Bank - Checking
11/16/2023	Bill	Xmas Parade	25.00	Advertising & Promotions
12/12/2023	Bill Payment (Check)	13897	(15.00)	Pacific Western Bank - Checking
12/05/2023	Bill	FF	15.00	Advertising & Promotions
Fallbrook Waste & Recycling - E. Mission				
12/05/2023	Bill Payment (Check)	13875	(295.03)	Pacific Western Bank - Checking
11/30/2023	Bill	Acct 20-T3 452088	295.03	Utilities:General Utilities
Fallbrook Waste & Recycling - S. Brandon				
12/05/2023	Bill Payment (Check)	13876	(96.50)	Pacific Western Bank - Checking
12/01/2023	Bill	Acct 20-T1 441078	96.50	Utilities:General Utilities
Fowler Pest Control, Inc.				
12/05/2023	Bill Payment (Check)	13877	(158.00)	Pacific Western Bank - Checking

Fallbrook Regional Health District

Report #7 - Check Detail

December 2023

DATE	TRANSACTION TYPE	NUM	AMOUNT	SPLIT
12/05/2023	Bill	255544	158.00	Office Expenses:Maintenance & Repairs
12/20/2023	Bill Payment (Check)	13907	(88.00)	Pacific Western Bank - Checking
12/15/2023	Bill	256420	88.00	Office Expenses:Maintenance & Repairs
Jasmine Thomas				
12/05/2023	Bill Payment (Check)	13878	(11.79)	Pacific Western Bank - Checking
11/30/2023	Bill	November Mileage	11.79	Auto Expenses
Juana Diaz				
12/05/2023	Bill Payment (Check)	13879	(1,020.00)	Pacific Western Bank - Checking
11/29/2023	Bill	165035	510.00	-Split-
11/15/2023	Bill	165033	510.00	-Split-
12/12/2023	Bill Payment (Check)	13898	(480.00)	Pacific Western Bank - Checking
12/06/2023	Bill	165036	480.00	-Split-
12/20/2023	Bill Payment (Check)	13908	(990.00)	Pacific Western Bank - Checking
12/13/2023	Bill	165037	510.00	-Split-
12/20/2023	Bill	165039	480.00	-Split-
Katia Elizondo Marquez				
12/05/2023	Bill Payment (Check)	13880	(46.57)	Pacific Western Bank - Checking
11/30/2023	Bill	November Mileage	46.57	Auto Expenses
Knight Security & Fire Systems				
12/05/2023	Bill Payment (Check)	13881	(44.00)	Pacific Western Bank - Checking
12/01/2023	Bill	180162	44.00	Office Expenses:Maintenance & Repairs
Konica Minolta				
12/20/2023	Bill Payment (Check)	13909	(1,592.55)	Pacific Western Bank - Checking
12/05/2023	Bill	43727952	1,592.55	-Split-
LDC Always Green Landscape				
12/05/2023	Bill Payment (Check)	13882	(1,950.00)	Pacific Western Bank - Checking
11/30/2023	Bill	1082	1,390.00	Office Expenses:Maintenance & Repairs
11/30/2023	Bill	1083	560.00	Office Expenses:Maintenance & Repairs
North County Fire Protection District				
12/05/2023	Bill Payment (Check)	13883	(21,779.70)	Pacific Western Bank - Checking
11/30/2023	Bill	24-002	21,779.70	Community Health Contracts:NC Fire JPA (EMSO)
Palomar Family Counseling Service Inc.				
12/05/2023	Bill Payment (Check)	13893	(1,350.00)	Pacific Western Bank - Checking
10/31/2023	Bill	12808	1,350.00	District Direct Care Services:Health Services & Clinics
Portero Services				
12/05/2023	Bill Payment (Check)	13884	(1,838.75)	Pacific Western Bank - Checking

Fallbrook Regional Health District

Report #7 - Check Detail

December 2023

DATE	TRANSACTION TYPE	NUM	AMOUNT	SPLIT
11/30/2023	Bill	3261	1,838.75	Legal & Accounting services:Accounting
Rachel Mason				
12/20/2023	Bill Payment (Check)	13910	(167.93)	Pacific Western Bank - Checking
12/18/2023	Bill	Reimbursement	167.93	Office Expenses:General Office Expenses
Raquel Williams				
12/12/2023	Bill Payment (Check)	13899	(60.51)	Pacific Western Bank - Checking
12/11/2023	Bill	Holiday Gift Baskets	60.51	Advertising & Promotions
Reeder Media				
12/12/2023	Bill Payment (Check)	13900	(100.00)	Pacific Western Bank - Checking
12/08/2023	Bill	INV-12047	100.00	Advertising & Promotions
Rotary Club of Fallbrook Village				
12/05/2023	Bill Payment (Check)	13885	(35.00)	Pacific Western Bank - Checking
12/03/2023	Bill	2750	35.00	Dues & Subscriptions
Safe and Sound Security				
12/20/2023	Bill Payment (Check)	13913	(11,958.18)	Pacific Western Bank - Checking
12/18/2023	Bill	23785	11,958.18	E. Mission Road:E. Mission Road - Improvements
SDG&E - 5971 - E. Mission				
12/05/2023	Bill Payment (Check)	13886	(760.57)	Pacific Western Bank - Checking
11/28/2023	Bill	Acct 0051 8261 3597 1	760.57	Utilities:General Utilities
SDG&E - 6994 - Brandon				
12/05/2023	Bill Payment (Check)	13887	(671.35)	Pacific Western Bank - Checking
11/28/2023	Bill	Acct 0040 6059 7699 4	671.35	Utilities:General Utilities
SDRMA				
12/12/2023	Bill Payment (Check)	13901	(697.27)	Pacific Western Bank - Checking
12/06/2023	Bill	H44000	697.27	-Split-
Spectrum - Mission				
12/05/2023	Bill Payment (Check)	13888	(490.91)	Pacific Western Bank - Checking
11/22/2023	Bill	Inv 60354112223	490.91	Utilities:Internet/Telephone
Springston Design LLC				
12/05/2023	Bill Payment (Check)	13889	(600.00)	Pacific Western Bank - Checking
12/01/2023	Bill	4844	600.00	-Split-
Sun Realty				
12/20/2023	Bill Payment (Check)	13912	(1,012.50)	Pacific Western Bank - Checking

Fallbrook Regional Health District

Report #7 - Check Detail

December 2023

DATE	TRANSACTION TYPE	NUM	AMOUNT	SPLIT
12/18/2023	Bill	November	1,012.50	Property Management Fees
Susan Woodward				
12/05/2023	Bill Payment (Check)	13890	(1,500.00)	Pacific Western Bank - Checking
11/30/2023	Bill	November	1,500.00	Legal & Accounting services:Accounting
Tracy Rosalee				
12/05/2023	Bill Payment (Check)	13891	(19.82)	Pacific Western Bank - Checking
11/30/2023	Bill	November Mileage	19.82	Auto Expenses
Uline				
12/12/2023	Bill Payment (Check)	13902	(193.20)	Pacific Western Bank - Checking
12/07/2023	Bill	171847758	193.20	Advertising & Promotions
Village News				
12/05/2023	Bill Payment (Check)	13894	(358.00)	Pacific Western Bank - Checking
11/30/2023	Bill	25610	358.00	Advertising & Promotions



Account Summary




Billing Cycle		12/31/2023
Days In Billing Cycle		33
Previous Balance		\$0.00
Purchases	+	\$812.32
Cash	+	\$0.00
Balance Transfers	+	\$0.00
Special	+	\$0.00
Credits	-	\$0.00
Payments	-	\$0.00
Other Charges	+	\$0.00
Finance Charges	+	\$0.00

NEW BALANCE \$812.32

Credit Summary

Total Credit Line	\$4,500.00
Available Credit Line	\$3,687.68
Available Cash	\$0.00
Amount Over Credit Line	\$0.00
Amount Past Due	\$0.00
Disputed Amount	\$0.00

Account Inquiries

-  Call us at: (866) 777-9013
Lost or Stolen Card: (866) 839-3485
-  Go to www.umpquabank.com
-  Write us at PO BOX 35142 - LB1181, SEATTLE, WA 98124-5142

Payment Summary

NEW BALANCE	\$812.32
MINIMUM PAYMENT	\$812.32
PAYMENT DUE DATE	01/25/2024

NOTE: Grace period to avoid a finance charge on purchases, pay entire new balance by payment due date. Finance charge accrues on cash advances until paid and will be billed on your next statement.

Cardholder Account Summary

Trans Date	Post Date	Plan Name	Reference Number	Description	Amount
12/21	12/22	PPLN01	24005943355300796453851	GOVERNMENT FINANCE OFFIC CHICAGO IL	\$315.00
12/27	12/28	PPLN01	24906413361190228415495	EIG*CONSTANTCONTACT.COM 855-2295506 MA	\$110.00
12/28	12/29	PPLN01	24765013363400003910297	FALLBROOK ACE HARDWARE FALLBROOK CA	\$15.03
12/30	12/31	PPLN01	24692163364102093458043	VBS*VONAGE BUSINESS 866-901-0242 GA	\$372.29

PLEASE DETACH COUPON AND RETURN PAYMENT USING THE ENCLOSED ENVELOPE - ALLOW UP TO 7 DAYS FOR RECEIPT

UMPQUA BANK
 PO BOX 35142 - LB1181
 SEATTLE WA 98124-5142



Account Number

####-####-####-3997

Check box to indicate name/address change
 on back of this coupon

AMOUNT OF PAYMENT ENCLOSED

Closing Date	New Balance	Total Minimum Payment Due	Payment Due Date
12/31/23	\$812.32	\$812.32	01/25/24

\$



JUDITH OSWALD
 FALLBROOK REG HEALTH DIST
 138 SOUTH BRANDON ROAD
 FALLBROOK CA 92028-2205

MAKE CHECK PAYABLE TO:

UMPQUA BANK COMMERCIAL CARD OPS
 PO BOX 35142 - LB1181
 SEATTLE WA 98124-5142

Finance Charge Summary / Plan Level Information									
Plan Name	Plan Description	FCM ¹	Average Daily Balance	Periodic Rate *	Corresponding APR	Finance Charges	Effective APR Fees **	Effective APR	Ending Balance
Purchases									
PPLN01 001	PURCHASE	E	\$0.00	0.06024%(D)	21.9900%	\$0.00	\$0.00	0.0000%	\$812.32
Cash									
CPLN01 001	CASH	A	\$0.00	0.06572%(D)	23.9900%	\$0.00	\$0.00	0.0000%	\$0.00
* Periodic Rate (M)=Monthly (D)=Daily							Days In Billing Cycle: 33		
** includes cash advance and foreign currency fees							APR = Annual Percentage Rate		
¹ FCM = Finance Charge Method									
(V) = Variable Rate If you have a variable rate account the periodic rate and Annual Percentage Rate (APR) may vary.									

Fallbrook Regional Health District

Report #9 - Community Development Disbursements

July - December, 2023

DATE	NUM	NAME	MEMO/DESCRIPTION	SPLIT	AMOUNT
Wellness Center					
07/14/2023	22448	Brand Assassins		Office Expenses:Maintenance & Repairs	2,478.00
08/06/2023	EST224	JK Drywall and Construction		E. Mission Road:E. Mission Road - Improvements	3,450.00
08/06/2023	EST223	JK Drywall and Construction		E. Mission Road:E. Mission Road - Improvements	5,800.00
08/06/2023	EST222	JK Drywall and Construction		E. Mission Road:E. Mission Road - Improvements	2,800.00
08/06/2023	EST221	JK Drywall and Construction		E. Mission Road:E. Mission Road - Improvements	6,200.00
08/08/2023	166962042	Uline		Office Expenses:Office Supplies	2,316.71
08/09/2023	MASON2	Langdon Floorcovering		E. Mission Road:E. Mission Road - Improvements	7,000.00
08/16/2023	23336	Fallbrook Rooter & Drain Service		Office Expenses:Maintenance & Repairs	612.44
08/23/2023	167560567	Uline		Office Expenses:Office Equipment & Fixtures	3,718.50
09/06/2023	Prop# 16369623	JW Mechanical		E. Mission Road:E. Mission Road - Improvements	7,982.50
09/28/2023	169058645	Uline	Chairs Utility Wagon	Office Expenses:Office Equipment & Fixtures	1,245.04
10/17/2023	169780260	Uline	Community Development Disbursement	Office Expenses:Office Equipment & Fixtures	3,719.12
10/26/2023	1636102623	JW Mechanical	Community Development Disbursement	E. Mission Road:E. Mission Road - Improvements	4,732.50
11/21/2023		JW Mechanical	CHWC - A-2 - CDD	E. Mission Road:E. Mission Road - Improvements	4,732.50
12/06/2023	163612623	JW Mechanical		E. Mission Road:E. Mission Road - Improvements	10,000.00
12/18/2023	23785	Safe and Sound Security		E. Mission Road:E. Mission Road - Improvements	11,958.18
12/27/2023	6873	KARN Engineering & Surveying	Survey for new ramps at WC	Office Expenses:Maintenance & Repairs	2,290.00
Total for Wellness Center					\$81,035.49

Fallbrook Reg Report #9 - Community July - I

Wellness Center	Date	Num	Name
	07/14/2023	22448	Brand Assassins
	08/06/2023	EST224	JK Drywall and Construction
	08/06/2023	EST223	JK Drywall and Construction
	08/06/2023	EST222	JK Drywall and Construction
	08/06/2023	EST221	JK Drywall and Construction
	08/08/2023	166962042	Uline
	08/09/2023	MASON2	Langdon Floorcovering
	08/16/2023	23336	Fallbrook Rooter & Drain Service
	08/23/2023	167560567	Uline
	09/06/2023	Prop# 16369623	JW Mechanical
	09/28/2023	169058645	Uline
	10/17/2023	169780260	Uline
	10/26/2023	1636102623	JW Mechanical
	11/21/2023		JW Mechanical
	12/06/2023	163612623	JW Mechanical
	12/18/2023	23785	Safe and Sound Security
	12/27/2023	6873	KARN Engineering & Surveying
Total for Wellness Center			

Tuesday, Jan 30

Wellness Center Administrator Report – February 2024

Programming / Center updates:

- We survived the rain well and the gutter repairs in Building B keep the walkways much drier.
- A goal in 2024 is to increase the types of screenings offered at Wellness Wednesdays, in January Glaucoma Screenings were provided through Lions Gift of Sight San Diego.
- We have fully moved away from any “donation” style classes. Current Affiliate Classes (meaning they rent space for their class) include Flourish Yoga, mat yoga, and Qi Gong.
- Recruitment for the new Lifestyle Change Program class starting on February 23 is going GREAT. Momentum has built surrounding the program and the final class size is expected to be around 25. We have several people “auditing” the program, meaning the Health District is not turning them away even if they do not meet the CDC criteria to be included in our data set. Should be another great class.
- Upcoming new programming for February includes
 - Love Your Heart (Feb 20th) in partnership with San Diego County, includes blood pressure screenings, heart education, hands-only CPR instruction
 - Tai Chi for balance class in partnership with Aging & Independence Services
 - Interfaith Mobile Unit
 - Lifestyle Change Program cohort 2
- Diabetes Prevention Program has achieved Full Plus Recognition from the CDC:



Diabetes Prevention Recognition Program Application

Registry of All Recognized Organizations

★ Organization has achieved full plus CDC recognition
★ Organization has achieved full CDC recognition
● Organization has preliminary recognition

Results per page: 50 1 - 1 of 1

Umbrella Organizations are organizations designated to provide administrative infrastructure support.
 ▲ Data sorted by this column (click column header to sort)

Organization ▲	Address	City	State	Zip Code	Phone Number	Website	Available Class Type(s)	Who can participate?	Umbrella Hub Organization
★ Fallbrook Regional Health District <small>Achieved Full Plus Recognition</small>	1636 E Mission Rd	Fallbrook	CA	92028-1730	(760) 731-9187		In-person	Public	Skinny Gene Project

Partnerships:

- Interfaith Community Services will be sending their mobile unit to the CH&WC once a month. This partnership grew out of the work that Katia has done with Interfaith. The mobile unit will be able to provide basic needs as well as 2 care-workers.
- Our relationship with Vista Community Clinic and their Promotores Program continues to grow. We are discussing having office space and a meeting space available to them at the Center to support their efforts in our community with farm workers. They also reached out to us for assistance with 40 families in De Luz who were severely affected by the rain. Katia was able to connect them to the Food Pantry for emergency supplies as well as getting them enrolled at the Food Pantry. She is also working on getting warm clothing donated to the families through our partnerships with local thrift stores.

CHIEF EXECUTIVE OFFICER'S REPORT - FEBRUARY

Community Health & Wellness Center:

- Facility construction updates
 - HVAC for Bldg A-Room 1 is currently being stalled and should be ready by the end of the month.
 - Karn Engineering sent me the final designs for two ADA compliant ramps that would allow access from Bldg A to Bldg B, and from the main parking area down to the shade structure. They will finalize the design docs, and then I'll seek concrete contractors for the next phase.
 - I will be bringing this to our planning meeting with SiteLogiQ to ensure that we aren't going to impede their project timeline.
 - I have drafted an RFP for Architectural services for Bldg A-Rm 2 – once it is complete and blessed by Jeff it will go to Facilities for review.
 - I am awaiting some feedback from two contractors who reviewed the ADA design needs of Bldg C (the house), as well as the renovation needs for Bldg-B rooms 3-6 and the restrooms in that building.
- The lease agreement with the Communications tower provider was reviewed by Jeff. After some negotiations Public Safety Towers (PST) is reviewing our counter. There was a no vote by the Fallbrook Planning Committee, but the County is still likely to support. This has gone back to Facilities until the County decides if they would allow for the MUP of the project.

Community Partnerships/Grants:

- Palomar Family Counseling Service Open House and Ribbon Cutting on January 30th was well received and generated some good will. We've added their metrics to this report.
- The FY 24.25 Community Health Contract Grant application window is now open. Applications will be accepted until 2/29, then Raquel and I will work to get them to the Board by 3.13. The Board will then have until April 1 to review and score – see the attached scoring sheet.
- I will be heading to the ACHD Board of Directors meeting on 2/21 in Sacramento. I'll add any important updates to the March Board report.

Administrative Projects:

- Updated FRHD District Policy Manual – has been emailed over to Jeff for his review before it comes back to the Board for review and adoption. This project will ensure that our policies are current and in line with our actual operations and not referenced back to the hospital. This will also include policies for employee driving or District vehicles, email and social media policies, and several other policies that get us in compliance with many HR best practices.
- Strategic Planning document – I am still working to outline the results from our 1.13 conversation. I am hoping to have a planning document ready for review by the March Board meeting.

LAW OFFICES OF
JEFFREY G. SCOTT

16935 WEST BERNARDO DRIVE, SUITE 170
SAN DIEGO, CA 92127

=====
(858) 675-9896
FAX (858) 675-9897

JEFFREY G. SCOTT

Of Counsel
JAMES R. DODSON

DATE: February 9, 2024

TO: Board of Directors
Rachel Mason, CEO

FROM: Jeffery G. Scott, General Counsel

RE: **Board Member Vacancy Process and Options**

Director Brown has submitted his resignation as a director effective February 29, 2024.

Government Code section 1780 provides the method for filling a vacancy of Healthcare District Board members. The District Board will have up to 60 days (until Monday April, 29, 2024) to appoint or call an election to fill the vacant seat.

In accordance with Health & Safety Code §32100.1, a new appointee will be required to be a resident from Director Brown's Zone 5 area. If the District Board appoints, that member will serve out Director Brown's term ending with the November, 2026 election. If the District Board decides not to fill the vacancy or does not call for an election within 60 days, the San Diego County Board of Supervisors has the authority to fill the vacancy within the subsequent 30 days (until May 29, 2024) or to direct the District to call an election to fill the vacancy. If the Board of Supervisors directs the District to call an election, it will be held on November 5, 2024 and the person elected will serve out Director Brown's term ending with the November, 2026 election.

If the Board decides to fill the vacancy, the Government Code requires that the District post a Notice of Vacancy in three conspicuous places within the District for at least 15 days prior to the meeting in which the applicants will be interviewed. The District may also want to post the notice on the District's website and advertise the notice in a local newspaper. Staff can coordinate with the Board President, scheduling a convenient date and time for a Special meeting. The interview process and vote of the Board will be done in open session at that Special meeting.

GRANT AGREEMENT

This Agreement is entered into by the **Fallbrook Regional Health District** ("DISTRICT"), a California health care district organized and operating pursuant to Health and Safety Code section 32000 et seq., and North County Fire Protection District ("RECIPIENT"), and is effective upon execution by the parties.

1. Grant

As a result of the significant impacts and accumulated effects of the hospital closure, and the change in the way NCFPD now delivers Emergency Medical Services, NCFPD has approached FRHD for ongoing financial support in order to assure high quality EMS services to residents. Such that, NCFPD maintains a fleet of six ambulances, each with a lifespan of six years. Assuring three frontline ambulances and three reserve ambulances being available at all times requires the purchase of one new ambulance each year. Thus, financial assistance from FRHD is necessary to ensure NCFPD can continue and enhance the quality of service to our community that they want and deserve.

Amount: NCFPD would like the FRHD to participate in a 50% cost share for the replacement of one ambulance each fiscal year; for the term of the current Joint Powers Agreement. Total cost of an ambulance is approximately \$210,000.00, divided by 2 = \$105,000.00 FRHD cost share portion per year. This cost can vary slightly, in either direction, based on manufacture pricing and any equipment needs at the time of purchase. It is always the intent of NCFPD to be as fiscally responsible as possible with all apparatus replacement.

2. Term of Agreement

The term of this agreement is from July 1, 2019 through June 30, 2024, subject however, to earlier termination as provided herein.

3. Legal Responsibility/Liability

In authorizing execution of this agreement, the governing body of RECIPIENT accepts legal responsibility to ensure that the funds provided by DISTRICT are allocated for the purpose or purposes for which the grant was intended, as outlined in RECIPIENT'S Request for Proposal/Grant Application. RECIPIENT agrees to be knowledgeable of the requirements of this agreement and responsible for compliance with its terms. In no event shall DISTRICT be legally responsible or liable for RECIPIENT's performance or failure to perform under the terms of the grant or this agreement.

4. **Reduction of Awarded Funds**

DISTRICT may reduce, suspend, or terminate the payment or amount of the grant if the RECIPIENT is not meeting the objectives of the grant as determined in the sole discretion of DISTRICT. RECIPIENT understands and agrees that RECIPIENT's failure to comply with its obligations under this Agreement, including, without limitation paragraphs 11, 16, and 18 herein, may result in RECIPIENT's disqualification from participation in subsequent grant cycles with the DISTRICT. RECIPIENT hereby expressly waives any and all claims against DISTRICT for damages arising from the termination, suspension, or reduction of the funds provided by DISTRICT.

5. **Other Funding Sources**

RECIPIENT shall make available, as requested by DISTRICT, information regarding other funding sources for the programs or services provided by RECIPIENT.

6. **Amended Program Work Plan**

RECIPIENT shall submit to the DISTRICT with the signed grant agreement, an amended work plan if original grant request is not fully funded.

7. **Fund Use Description**

RECIPIENT shall have available for prospective participants or others a description detailing the nature of the program or service(s) that are being funded by DISTRICT. This written program description may be a separate document or incorporated in the overall program materials developed by the RECIPIENT. Upon request, RECIPIENT shall provide a copy of the program or service(s) description to DISTRICT.

8. **Independent Contractor Status**

The relationship between DISTRICT and RECIPIENT, and the agents, employees, and subcontractors of RECIPIENT, in the performance of this agreement shall be one of independent contractors, and no agent, employee, or subcontractor of RECIPIENT shall be deemed an officer, employee, or agent of DISTRICT.

9. **Use of Funds for Lobbying or Political Purposes**

RECIPIENT is prohibited from using funds provided by DISTRICT for any political campaign or to support attempts to influence legislation by any governmental body.

10. **Federal, State, Local Laws, Regulations, and Organizational Documents**

RECIPIENT shall comply with all federal, state, and local laws and regulations, including but not limited to labor laws, occupational and general safety laws, and licensing laws. All licenses, permits, notices, and certificates as are required to be maintained by RECIPIENT shall be in effect throughout the term of this agreement. RECIPIENT shall notify DISTRICT immediately if any required licenses or permits are canceled, suspended, or otherwise ineffective.

11. **Monitoring/Evaluation**

RECIPIENT shall cooperate in efforts undertaken by DISTRICT to evaluate the effectiveness and use of the grant funds. RECIPIENT shall participate in and comply with all on-site evaluation and grant monitoring procedures, including interviews with RECIPIENT's staff. RECIPIENT, at the request of the DISTRICT, shall also provide a written and/or oral status report to DISTRICT in a format provided and schedule defined by DISTRICT.

Report and Payment Schedule is appended hereto as "Exhibit 1".

12. **Changes or Modifications to the Use of DISTRICT Grant Funds**

RECIPIENT shall submit to DISTRICT, in writing, any requests for revisions prior to implementation of any proposed changes in the use of DISTRICT grant funds. The DISTRICT must receive such requests at least thirty (30) days prior to the date that requested changes are to be implemented.

13. **Conflict of Interest/Self Dealing**

RECIPIENT and RECIPIENT's officers and employees shall not have a financial interest or acquire any financial interest, direct or indirect, in any business entity or source of income that could be financially affected by, or otherwise conflict in any manner or degree with, the performance of services required under this agreement.

14. **Authorization and License to Use Commercial Image In Promotional Materials**

RECIPIENT understands that DISTRICT may wish to utilize RECIPIENT'S name and logo, along with any photographic or video images of RECIPIENT'S premises, operations and activities in promotional materials designed to publicize the DISTRICT'S mission and service to the community served by the DISTRICT. RECIPIENT hereby grants the DISTRICT permission and license to utilize RECIPIENT'S name, logo, commercial image, along with any photographs, videotape footage, or other graphic illustrations of RECIPIENT'S premises, operations, and activities, as further consideration for receipt of the Grant Funds.

15. **Indemnify and Hold Harmless**

RECIPIENT agrees to indemnify, defend, and hold harmless DISTRICT and its officers, agents, employees, and servants from any and all claims and losses accruing or resulting to any and all employees, contractors, subcontractors, laborers, and any other person, firm, or corporation furnishing or supplying work, services, materials, or supplies in connection with the performance of this agreement and from any and all claims and losses accruing or resulting to any person, firm, or corporation who may be injured or damaged by RECIPIENT in the performance of this agreement.

16. **Budget and Payment Schedule**

Unless RECIPIENT and DISTRICT agree upon alternative arrangements, grant funds shall be allocated quarterly upon District's receipt of an invoice with appropriate back-up documentation. In the event that RECIPIENT fails to provide appropriate invoice and back-up documentation in a timely manner, RECIPIENT may be subject to discontinuance of funding or, in instance of full payment at onset of grant year, return of balance of funds to DISTRICT.

17. **Fiscal/Accounting Principles**

RECIPIENT shall maintain an accounting system that accurately reflects and documents all fiscal transactions for which grant funds are used.

18. **Documentation of Revenues and Expenses**

RECIPIENT shall maintain full and complete documentation of all revenue and expenses (including subcontracted, overhead, and indirect expenses) associated with use of the grant funds covered by this agreement. During the term of this agreement and thereafter, DISTRICT or its authorized representative(s) shall have the right to review all RECIPIENT financial records including records related to the use of the grant funds.

19. **Reports and Record Retention**

All records of RECIPIENT pertaining to the use of grant funds shall be maintained at RECIPIENT's main local office for at least five (5) years following the year in which funds were granted.

20. **Governing Law**

This agreement shall be governed by and construed in accordance with the laws of the State of California.

21. **Assignment or Transfer**

RECIPIENT may not assign or transfer any interest in this agreement or entitlement to grant funds without the written consent of District.

22. **Entire Agreement, Amendment**

This agreement contains the entire understanding and agreement of the parties with respect to the subject matter hereof and supersedes all prior and contemporaneous agreements not contained herein. This agreement may only be amended or modified by a writing signed by both parties.

23. **Notices**

Any notice required or permitted thereunder may be given by a party to the other party at the address set forth in the signature block of this agreement. Either party may change its address for purposes of notice by complying with the requirements of this section.

- Continued on next page -

24. **Signatories**

The persons executing this agreement on behalf of the RECIPIENT have been designated by the governing body or fiscal agent of the RECIPIENT as the official signatory of this agreement and all related documents. At least one of these persons is a member of the RECIPIENT's governing board.

(1) Stephen Abbott
Fire Chief/CEO

(2) Fred Luevano
Board President

330 S. Main Avenue
Fallbrook, CA 92028

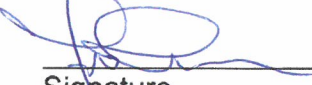
330 S. Main Avenue
Fallbrook, CA 92028

760-731-9187

760-723-2005



Signature



Signature

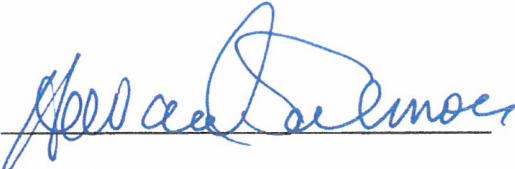
9-25-19

Date

9/24/19

Date

25. **Authorized Signatory for the Fallbrook Regional Health District:**



9/11/19

Date

HOWARD SALMON, CHAIR
Fallbrook Regional Health District
138 S. Brandon Road
Fallbrook, CA 92028
- or -
P.O. Box 2587
Fallbrook, CA 92088
Telephone: 760-731-9187

EXHIBIT 1

REPORT AND PAYMENT SCHEDULE

FRHD WILL PROVIDE FUNDS WITHIN 30 DAYS OF NOTICE OF NCFPD'S
INTENT TO PURCHASE AN AMBULANCE.

EXHIBIT 2

PAPER AND DIGITIZED COPY OF GRANT APPLICATION IS MAINTAINED IN
FRHD FILES WITH COPY OF FULLY EXECUTED AGREEMENT.

GRANT AGREEMENT

This Agreement is entered into by the **Fallbrook Regional Health District** ("DISTRICT"), a California health care district organized and operating pursuant to Health and Safety Code section 32000 et seq., and North County Fire Protection District ("RECIPIENT"), and is effective upon execution by the parties.

1. Grant

The Senior Medical Services Officer (SMSO) is integral to the quality assurance for training and the overall operations of the District's emergency medical service. Current services delivered by .50 FTE SMSO Position: a) basic quality assurance for EMS services; b) articulation with receiving facilities; c) basic continuing education for paramedics. However, service expansion delivered by fulltime SMSO Position, in addition to those listed above: d) expand "Door-Through-Door" senior program; e) initiate Mobile Integrated Health Program (MIP); f) develop Tele Health capacity; g) pursue AED program; h) promote Stop the Bleed campaign/Community CPR and First Aid training; j) integration of Lyft program; and k) provide for alternate destination transportation. Expanding the SMSO half time position to a fulltime position has the potential to increase services from 3 to 10 for our communities.

Amount: NCFPD would like the FRHD to participate in a 50% cost sharing collaboration with FRHD for 50% of a full-time Emergency Medical Services Officer each fiscal year.

- Total salary and benefits for full-time SMSO is \$160,000.00, divided by 2 = \$80,000.00 FRHD cost share portion per year.
- The SMSO is not an employee of the FRHD, any and all employee rights and responsibilities are the responsibility of NCFPD.

2. Term of Agreement

The term of this agreement is from July 1, 2019 through June 30, 2024, subject however, to earlier termination as provided herein.

3. Legal Responsibility/Liability

In authorizing execution of this agreement, the governing body of RECIPIENT accepts legal responsibility to ensure that the funds provided by DISTRICT are allocated for the purpose or purposes for which the grant was intended, as outlined in RECIPIENT'S Request for Proposal/Grant Application. RECIPIENT agrees to be knowledgeable of the requirements of this agreement and responsible for compliance with its terms. In no event shall DISTRICT be legally responsible or

liable for RECIPIENT's performance or failure to perform under the terms of the grant or this agreement.

4. **Reduction of Awarded Funds**

DISTRICT may reduce, suspend, or terminate the payment or amount of the grant if the RECIPIENT is not meeting the objectives of the grant as determined in the sole discretion of DISTRICT. RECIPIENT understands and agrees that RECIPIENT's failure to comply with its obligations under this Agreement, including, without limitation paragraphs 11, 16, and 18 herein, may result in RECIPIENT's disqualification from participation in subsequent grant cycles with the DISTRICT. RECIPIENT hereby expressly waives any and all claims against DISTRICT for damages arising from the termination, suspension, or reduction of the funds provided by DISTRICT.

5. **Other Funding Sources**

RECIPIENT shall make available, as requested by DISTRICT, information regarding other funding sources for the programs or services provided by RECIPIENT.

6. **Amended Program Work Plan**

RECIPIENT shall submit to the DISTRICT with the signed grant agreement, an amended work plan if original grant request is not fully funded.

7. **Fund Use Description**

RECIPIENT shall have available for prospective participants or others a description detailing the nature of the program or service(s) that are being funded by DISTRICT. This written program description may be a separate document or incorporated in the overall program materials developed by the RECIPIENT. Upon request, RECIPIENT shall provide a copy of the program or service(s) description to DISTRICT.

8. **Independent Contractor Status**

The relationship between DISTRICT and RECIPIENT, and the agents, employees, and subcontractors of RECIPIENT, in the performance of this agreement shall be one of independent contractors, and no agent, employee, or subcontractor of RECIPIENT shall be deemed an officer, employee, or agent of DISTRICT.

9. **Use of Funds for Lobbying or Political Purposes**

RECIPIENT is prohibited from using funds provided by DISTRICT for any political campaign or to support attempts to influence legislation by any governmental body.

10. **Federal, State, Local Laws, Regulations, and Organizational Documents**

RECIPIENT shall comply with all federal, state, and local laws and regulations, including but not limited to labor laws, occupational and general safety laws, and licensing laws. All licenses, permits, notices, and certificates as are required to be maintained by RECIPIENT shall be in effect throughout the term of this agreement. RECIPIENT shall notify DISTRICT immediately if any required licenses or permits are canceled, suspended, or otherwise ineffective.

11. **Monitoring/Evaluation**

RECIPIENT shall cooperate in efforts undertaken by DISTRICT to evaluate the effectiveness and use of the grant funds. RECIPIENT shall participate in and comply with all on-site evaluation and grant monitoring procedures, including interviews with RECIPIENT's staff. RECIPIENT, at the request of the DISTRICT, shall also provide a written and/or oral status report to DISTRICT in a format provided and schedule defined by DISTRICT.

Report and Payment Schedule is appended hereto as "Exhibit 1".

12. **Changes or Modifications to the Use of DISTRICT Grant Funds**

RECIPIENT shall submit to DISTRICT, in writing, any requests for revisions prior to implementation of any proposed changes in the use of DISTRICT grant funds. The DISTRICT must receive such requests at least thirty (30) days prior to the date that requested changes are to be implemented.

13. **Conflict of Interest/Self Dealing**

RECIPIENT and RECIPIENT's officers and employees shall not have a financial interest or acquire any financial interest, direct or indirect, in any business entity or source of income that could be financially affected by, or otherwise conflict in any manner or degree with, the performance of services required under this agreement.

14. **Authorization and License to Use Commerical Image In Promotional Materials**

RECIPIENT understands that DISTRICT may wish to utilize RECIPIENT'S name and logo, along with any photographic or video images of RECIPIENT'S premises, operations and activities in promotional materials designed to publicize the DISTRICT'S mission and service to the community served by the DISTRICT. RECIPIENT hereby grants the DISTRICT permission and license to utilize RECIPIENT'S name, logo, commercial image, along with any photographs, videotape footage, or other graphic illustrations of RECIPIENT'S premises, operations, and activities, as further consideration for receipt of the Grant Funds.

15. **Indemnify and Hold Harmless**

RECIPIENT agrees to indemnify, defend, and hold harmless DISTRICT and its officers, agents, employees, and servants from any and all claims and losses accruing or resulting to any and all employees, contractors, subcontractors, laborers, and any other person, firm, or corporation furnishing or supplying work, services, materials, or supplies in connection with the performance of this agreement and from any and all claims and losses accruing or resulting to any person, firm, or corporation who may be injured or damaged by RECIPIENT in the performance of this agreement.

16. **Budget and Payment Schedule**

Unless RECIPIENT and DISTRICT agree upon alternative arrangements, grant funds shall be allocated quarterly upon District's receipt of an invoice with appropriate back-up documentation. In the event that RECIPIENT fails to provide appropriate invoice and back-up documentation in a timely manner, RECIPIENT may be subject to discontinuance of funding or, in instance of full payment at onset of grant year, return of balance of funds to DISTRICT.

17. **Fiscal/Accounting Principles**

RECIPIENT shall maintain an accounting system that accurately reflects and documents all fiscal transactions for which grant funds are used.

18. **Documentation of Revenues and Expenses**

RECIPIENT shall maintain full and complete documentation of all revenue and expenses (including subcontracted, overhead, and indirect expenses) associated with use of the grant funds covered by this agreement. During the term of this agreement and thereafter, DISTRICT or its authorized representative(s) shall have the right to review all RECIPIENT financial records including records related to the use of the grant funds.

19. **Reports and Record Retention**

All records of RECIPIENT pertaining to the use of grant funds shall be maintained at RECIPIENT's main local office for at least five (5) years following the year in which funds were granted.

20. **Governing Law**

This agreement shall be governed by and construed in accordance with the laws of the State of California.

21. **Assignment or Transfer**

RECIPIENT may not assign or transfer any interest in this agreement or entitlement to grant funds without the written consent of District.

22. **Entire Agreement, Amendment**

This agreement contains the entire understanding and agreement of the parties with respect to the subject matter hereof and supersedes all prior and contemporaneous agreements not contained herein. This agreement may only be amended or modified by a writing signed by both parties.

23. **Notices**

Any notice required or permitted thereunder may be given by a party to the other party at the address set forth in the signature block of this agreement. Either party may change its address for purposes of notice by complying with the requirements of this section.

- Continued on next page -

24. **Signatories**

The persons executing this agreement on behalf of the RECIPIENT have been designated by the governing body or fiscal agent of the RECIPIENT as the official signatory of this agreement and all related documents. At least one of these persons is a member of the RECIPIENT's governing board.

(1) Stephen Abbott
Fire Chief/CEO


(2) Fred Luevano
Board President

330 S. Main Avenue
Fallbrook, CA 92028

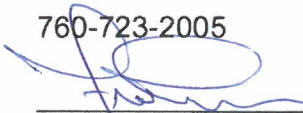
330 S. Main Avenue
Fallbrook, CA 92028

760-731-9187

760-723-2005



Signature



Signature

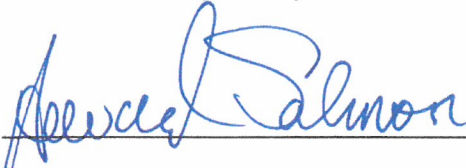
9-25-19

Date

9/24/19

Date

25. **Authorized Signatory for the Fallbrook Regional Health District:**



9/11/19

Date

HOWARD SALMON, CHAIR
Fallbrook Regional Health District
138 S. Brandon Road
Fallbrook, CA 92028
- or -
P.O. Box 2587
Fallbrook, CA 92088
Telephone: 760-731-9187

EXHIBIT 1

REPORT AND PAYMENT SCHEDULE

RECOGNITION OF THE FRHD'S SUPPORT OF THE SMSO WOULD BE MADE IN NCFPD'S MEDIA CAMPAIGNS, SELECTED TRAININGS PROVIDED BY THE SMSO AT NO LESS THAN FOUR PRE-DETERMINED FRHD SPONSORED EVENTS, AND PRESENCE OF THE SMSO AT JOINT COMMUNITY PRESENTATIONS AS MUTUALLY AGREED UPON.

FRHD will provide funds on a quarterly basis.

EXHIBIT 2

PAPER AND DIGITIZED COPY OF GRANT APPLICATION IS MAINTAINED IN
FRHD FILES WITH COPY OF FULLY EXECUTED AGREEMENT.

2023-2024 COMMUNITY HEALTH CONTRACT GRANT AGREEMENT #430

This Community Health Contract Agreement (“Agreement”) is entered into by the **FALLBROOK REGIONAL HEALTH DISTRICT** (“DISTRICT”), a California health care district organized and operating pursuant to Health and Safety Code section 32000 et seq., and **MICHELLE'S PLACE CANCER RESOURCE CENTER** (“RECIPIENT”) and is effective upon execution by the parties.

1. Contract

The Purpose of this Contract Agreement is to assist **MICHELLE'S PLACE CANCER RESOURCE CENTER** in operation of its **Health, Education and Outreach Program** as outlined in RECIPIENT’S Community Health Contract Proposal submitted on or about February 28, 2023. RECIPIENT’S work plan for its Community Health Contract Proposal is incorporated herein by reference.

Contract # **430**, Award Amount: \$21,428.00 (“the contract funds”) payable in *four payments* the week of the following dates:

07/05/2023 Quarter 1 Payment: \$5,357.00

11/01/2023 Quarter 2 Payment: \$5,357.00

02/07/2024 Quarter 3 Payment: \$5,357.00

05/01/2024 Quarter 4 Payment: \$5,357.00

2. Term of Agreement

The term of this agreement is from July 1, 2023, through June 30, 2024, subject however, to earlier termination as provided herein.

3. Budget and Payment Schedule

Unless RECIPIENT and DISTRICT agree upon alternative arrangements, contract funds shall be allocated quarterly upon District’s receipt of a report with appropriate back-up documentation. Any anticipated delay in reporting, of more than one week should be reported to the appropriate DISTRICT staff. If RECIPIENT fails to provide appropriate report and back-up documentation in a timely manner, RECIPIENT may be subject to discontinuance of funding or, in instance of full payment at onset of contract year, return of balance of contract funds to DISTRICT.

RECIPIENT must submit reports by the following due dates:

10/11/2022 Quarter 1 Report

01/10/2023 Quarter 2 Report

04/10/2023 Quarter 3 Report

07/10/2023 Quarter 4 Report

4. Recipient Obligations

RECIPIENT shall cooperate in efforts undertaken by DISTRICT to evaluate the effectiveness and use of the contract funds. RECIPIENT shall participate in and comply with all on-site evaluation and contract monitoring procedures, including interviews with RECIPIENT’S staff. RECIPIENT, at the request of the DISTRICT, shall also provide a written and/or oral status report to DISTRICT in a format provided and schedule defined by DISTRICT. RECIPIENT shall attend at least one (1) regular meeting of the FRHD; this including sending a representative to the monthly Community Collaborative for Health & Wellness meeting during the contract period.

5. **Acknowledgment Requirement**

RECIPIENT shall provide acknowledgement of the DISTRICT with an official sponsor line as well as the FRHD logo on all print and electronic materials, press releases, website references, and any other form of written and verbal publicity that relates to the funded program. Other than as provided in the preceding sentence, RECIPIENT shall have no other permission to publicize or use the FRHD logo without the prior written consent of the DISTRICT.

The DISTRICT will provide RECIPIENT with monthly content to be used for social media promotion of the DISTRICT.

6. **Changes or Modifications to the Use of DISTRICT Contract funds**

RECIPIENT shall submit to DISTRICT, in writing, any requests for revisions prior to implementation of any proposed changes in the use of DISTRICT contract funds. The DISTRICT must receive such requests at least thirty (30) days prior to the date that requested changes are to be implemented.

7. **Legal Responsibility/Liability**

In authorizing execution of this agreement, the governing body of RECIPIENT accepts legal responsibility to ensure that the contract funds provided by DISTRICT are allocated for the purpose or purposes for which the contract was intended, as outlined in RECIPIENT'S Community Health Contract Proposal. RECIPIENT agrees to be knowledgeable of the requirements of this Agreement and responsible for compliance with its terms. In no event shall DISTRICT be legally responsible or liable for RECIPIENT's performance or failure to perform under the terms of this Agreement.

8. **Reduction of Awarded Funds**

DISTRICT may reduce, suspend, or terminate the payment or amount of the contract funds if the RECIPIENT is not meeting the objectives of the Agreement as determined in the sole discretion of DISTRICT. RECIPIENT understands and agrees that RECIPIENT'S failure to comply with its obligations under this Agreement, including, without limitation paragraphs 11, 16, and 18 herein, may result in RECIPIENT'S disqualification from participation in subsequent contract cycles with the DISTRICT. RECIPIENT hereby expressly waives any and all claims against DISTRICT for damages arising from the termination, suspension, or reduction of the funds provided by DISTRICT.

9. **Other Funding Sources**

RECIPIENT shall make available, as requested by DISTRICT, information regarding other funding sources for the programs or services provided by RECIPIENT.

10. **Fund Use Description**

RECIPIENT shall have available for prospective participants or others a description detailing the nature of the program or service(s) that are being funded by DISTRICT. This written program description may be a separate document or incorporated in the overall program materials developed by the RECIPIENT. Upon request, RECIPIENT shall provide a copy of the program or service(s) description to DISTRICT.

11. **Independent Contractor Status**

The relationship between DISTRICT and RECIPIENT, and the agents, employees, and subcontractors of RECIPIENT, in the performance of this agreement shall be one of independent contractors, and no agent, employee, or subcontractor of RECIPIENT shall be deemed an officer, employee, or agent of DISTRICT.

12. **Use of Funds for Lobbying or Political Purposes**

RECIPIENT is prohibited from using contract funds provided by DISTRICT for any political campaign or to support attempts to influence legislation by any governmental body.

13. **Federal, State, Local Laws, Regulations, and Organizational Documents**

RECIPIENT shall comply with all federal, state, and local laws and regulations, including but not limited to labor laws, occupational and general safety laws, and licensing laws. All licenses, permits, notices, and certificates as are required to be maintained by RECIPIENT shall be in effect throughout the term of this agreement. RECIPIENT shall notify DISTRICT immediately if any required licenses or permits are canceled, suspended, or otherwise ineffective.

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16. **Indemnify and Hold Harmless**

RECIPIENT agrees to indemnify, defend, and hold harmless the DISTRICT and its officers, agents, employees, and servants from any and all claims and losses accruing or resulting to any and all employees, contractors, subcontractors, laborers, and any other person, firm, or corporation furnishing or supplying work, services, materials, or supplies in connection with the performance of this Agreement and from any and all claims and losses accruing or resulting to any person, firm, or corporation who may be injured or damaged by RECIPIENT in the performance of this Agreement.

17. **Fiscal/Accounting Principles**

RECIPIENT shall maintain an accounting system that accurately reflects and documents all fiscal transactions for which contract funds are used.

18. **Documentation of Revenues and Expenses**

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All records of RECIPIENT pertaining to the use of contract funds shall be maintained at RECIPIENT's main local office for at least five (5) years following the year in which funds were contracted.

20. **Governing Law**

This agreement shall be governed by and construed in accordance with the laws of the State of California.

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RECIPIENT may not assign or transfer any interest in this Agreement or entitlement to contract funds without the written consent of District.

22. **Entire Agreement, Amendment**

This agreement contains the entire understanding and agreement of the parties with respect to the subject matter hereof and supersedes all prior and contemporaneous agreements not contained herein. This agreement may only be amended or modified by a writing signed by both parties.

23. **Notices**

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24. **Signatories**

The persons executing this agreement on behalf of the RECIPIENT have been designated by the governing body or fiscal agent of the RECIPIENT as the official signatory of this agreement and all related documents. At least one of these persons is a member of the RECIPIENT's governing board.

(1) Charles P. Boylston
Board President

(2) Kim Gerrish
Executive Leader

41669 Winchester Rd. #101, Temecula, CA 92590

Address

951-699-5455

Phone Number

Signature

June 16, 2023

Date

41669 Winchester Rd. #101, Temecula, CA 92590

Address

951-699-5455

Phone Number

Signature

6/19/2023

Date

24. **Authorized Signatory for the Fallbrook Regional Health District:**

Signature

7/12/23
Date

BILL LEACH, CHAIR
Fallbrook Regional Health District
138 South Brandon Road
Fallbrook, CA 92028
760-731-9187



2023-2024 COMMUNITY HEALTH CONTRACT GRANT AGREEMENT #431

This Community Health Contract Agreement (“Agreement”) is entered into by the **FALLBROOK REGIONAL HEALTH DISTRICT** (“DISTRICT”), a California health care district organized and operating pursuant to Health and Safety Code section 32000 et seq., and **MICHELLE'S PLACE CANCER RESOURCE CENTER** (“RECIPIENT”) and is effective upon execution by the parties.

1. Contract

The Purpose of this Contract Agreement is to assist **MICHELLE'S PLACE CANCER RESOURCE CENTER** in operation of its **Mental Health for Cancer Patients Program** as outlined in RECIPIENT’S Community Health Contract Proposal submitted on or about February 28, 2023. RECIPIENT’S work plan for its Community Health Contract Proposal is incorporated herein by reference.

Contract # **431**, Award Amount: \$27,234.00 (“the contract funds”) payable in *four payments* the week of the following dates:

07/05/2023 Quarter 1 Payment: \$6,808.50

11/01/2023 Quarter 2 Payment: \$6,808.50

02/07/2024 Quarter 3 Payment: \$6,808.50

05/01/2024 Quarter 4 Payment: \$6,808.50

2. Term of Agreement

The term of this agreement is from July 1, 2023, through June 30, 2024, subject however, to earlier termination as provided herein.

3. Budget and Payment Schedule

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RECIPIENT must submit reports by the following due dates:

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01/10/2023 Quarter 2 Report

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(1) Charles P. Boylston
Board President

(2) Kim Gerrish
Executive Leader

41669 Winchester Rd. #101, Temecula, CA 92590

Address

951-699-5455

Phone Number

Signature

June 16, 2023

Date

41669 Winchester Rd. #101, Temecula, CA 92590

Address

951-699-5455

Phone Number

Signature

6/19/2023

Date

24. **Authorized Signatory for the Fallbrook Regional Health District:**

Signature

7/12/23

Date

BILL LEACH, CHAIR
Fallbrook Regional Health District
138 South Brandon Road
Fallbrook, CA 92028
760-731-9187

Leslie Salmon, E-RYT500
1674 Baja Vista Drive
Fallbrook, CA 92028

January 28, 2024

Rachel Mason, MS, MA
Chief Executive Officer
FALLBROOK REGIONAL HEALTH DISTRICT
138 S. Brandon Road
Fallbrook, CA 92028

Dear Ms. Mason,

In response to the RFP for a Chair Yoga Program at the Community Health and Wellness Center, I have included my information and qualifications. I have also included copies of Certifications and appropriate insurance documents.

If you need further information, please contact me at leslie.l.salmon@gmail.com or via my cell, 801-557-6841.

Thank you for your consideration of this submission.

Sincerely,



Leslie Salmon, E-RYT500 - Yoga Aliance
Certified Internatonaal Association of Yoga Therapists
Certified, Anusara School of Hatha Yoga
www.lesliesalmonyoga.com

/ls
Enclosures: Response
Certificate Copies
Insurance Documents

RESPONSE

to

REQUEST FOR PROPOSAL FOR CHAIR YOGA PROGRAM FOR THE FALLBROOK COMMUNITY HEALTH AND WELLNESS CENTER

Submitted by **Leslie Salmon**, E-RYT500
Certified, Anusara School of Yoga
Certified, International Association of Yoga Therapists

INTRODUCTION

Chair Yoga is a method to provide the movement benefits of a traditional Yoga practice to a population who may be:

- unsteady on their feet / have balance issues,
- recovering from an injury or illness,
- challenged by a chronic condition,
- new to Yoga, or
- looking for a gentler means to move their body.

The tools needed to offer this type of yoga movement are a chair and a room. Other props (straps, blocks, blankets) are helpful, but not required.

A regular Chair Yoga practice is shown to offer the following benefits:

- Increase balance and flexibility,
- Improve muscle tone and strength,
- Boost mood and mental well-being,
- Offer an opportunity to be in community with new friends.

All of the above benefits lead to improved agility and a sense of awareness.

Agility is defined as 'the ability to move with ease and dexterity'. Through a regular Yoga practice (chair or mat), one develops strength, flexibility and balance — all needed for the cultivation of agility.

Awareness is defined as 'the state of being aware' - In Yoga, that means bringing more attention to how the body moves and whether those movements are beneficial or not.

WHO IS LESLIE SALMON?

Leslie is a 13-year resident of Fallbrook. She is a wife, mother, grandmother and dog lover. For 26 years, she has practiced, taught and offered Therapeutic Yoga.

Leslie is a **Yoga Therapist** in addition to being a Yoga teacher - Yoga Therapy is defined as 'the professional application of the principles and practices of Yoga to promote health and well-being within a therapeutic relationship including personalized assessment, goal setting, lifestyle management and Yoga practices for individuals or small groups' (IAYT.org 2024).

Some History:

Leslie began her Yoga practice in 1998. She attended classes, workshops and teacher trainings in Salt Lake City and around the country. She also purchased and managed a Yoga studio for 7 years before moving to Fallbrook.

In Fallbrook, Leslie first taught at the Fallbrook Library. Classes quickly grew from 4 students to 30 students. In 2014, she moved her teaching to a local martial arts center with a large unused room. In 2016, she was invited and accepted a position to teach at Sage Yoga, specifically to teach public classes and to develop and lead the studio's Yoga Teacher Trainings (of which 70 Yoga Teachers have graduated).

The therapeutic benefits of a Yoga practice led her to enroll in the 4-year Yoga Therapy program at Loyola Marymount University in Los Angeles in 2017. Attending monthly weekend lectures, Leslie completed the program and received a Certificate from the International Association of Yoga Therapists.

Leslie teaches public classes at Sage Yoga in Fallbrook/Bonsall, and has an office in Bonsall where she offers Yoga Therapy and individual Yoga Instruction.

She maintains insurance through Philadelphia Insurance - General and Professional Liability \$2,000,000 / \$4,000,000 (attachment 1), and her business insurance is through Farmers Insurance Business Group - Retail/Service (attachment 2). She also retains CPR Certification.

Leslie is Certified by the International Association of Yoga Therapists and by the Anusara School of Hatha Yoga (attachment 3). Leslie is an E-RYT500 (Experienced Registered Yoga Teacher at the 500-hour level) through Yoga Alliance, which sets standards for teacher trainings and requires continuing education hours (screen shot attachment 4), for verification: <https://www.yogaalliance.org/TeacherPublicProfile?tid=24974>

FRHD STATED OBJECTIVES:

Flexibility Measurements: Through the Yoga Therapy program, Leslie was trained to measure flexibility and outcomes.

Strength, Balance & Flexibility = Agility: The result of a regular Yoga practice is development of strength, balance & flexibility. This work offers participants improved agility (the ability to move with ease).

Breathing Techniques: Each Yoga practice includes breath work, which reveals:

- Many have little knowledge of the impact of breath work on their physical and emotional states. This is particularly true of older adults.
- Nasal breathing is optimal (Breath by James Nestor, 2020).
- Breathing techniques are valuable for nervous system regulation.
- Optimal breathing strengthens the diaphragm.

Meditation / Mindfulness: Each Yoga practice also includes time for a short guided meditation. In combination with observation of the breath, meditation is accessible to everyone.

Stress Reduction: Students state they feel better at the end of a class — why? According to the Mayo Clinic ‘Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever.’

A class containing components of the stated objectives will include:

- Strength, flexibility and balance work, leading to agility.
- Breath work, with instructions to strengthen the diaphragm which will, in turn, bring more oxygen to the lower portions of the lungs and to the body.
- Meditation, allowing the nervous system to move out of the sympathetic (reactionary) to a parasympathetic (rest) state.
- Community. When people come together in a class there is a shared, yet non-competitive, goal: to move better and to feel better.

REIMBURSEMENT:

\$60/hour + \$6/student if class number exceeds 10.

Anticipated hours:

2 Hours	Pre- and Post-Program criteria development with District staff
4 Hours *	The <u>first session</u> includes an intake assessment for each participant to include measurement of participants' flexibility, recording of health or injury challenges, creation of a file for each participant to include intake notes for reference upon completion.
9 Hours	<u>Weeks 2-7 (1.5 hours/session)</u> , short verbal check-ins to see how each participant is feeling before class begins; remain for at least 15 minutes to discuss/answer questions.
4 Hours *	<u>Week 8 - Assessment Week</u> - 4 hours to measure and record outcomes.

19 Hours Anticipated total hours

** Hour calculation based on 10 students.*

CONCLUSION:

As a Yoga Therapist and Yoga Teacher, Leslie is qualified to conduct an outcome-oriented Chair or Mat Yoga Program. She has experience teaching Chair Yoga and finds the chair can be as gentle or challenging as the population sitting in class desires.

Other teaching experiences (apart from regular classes) include:

- 6 years teaching a one-hour class for the Salt Lake City Jail (10 inmates - white, hispanic, other nationalities).
- 6 months teaching a one-hour class at the Utah Schools for the Deaf.
- 2 years teaching a one-hour class at the Fallbrook Library, with class numbers up to 30. This class included students with chronic illness (diabetic, macular degeneration), and who were neuro-diverse.

PROPOSAL

Date: January 26, 2024

To: Fallbrook Regional Health District
Attention Rachel Mason, CEO
138 S. Brandon Rd.
Fallbrook, CA 92028

From: Patricia Gomez, Yoga Instructor
31909 Del Cielo Este Unit 16
Bonsall, CA 92003
(760) 458-3562

Subject: Response to REQUEST FOR PROPOSAL FOR CHAIR YOGA PROGRAMS

Ms. Mason:

I am pleased to respond to your request with the following proposal to provide my services as a yoga instructor for the Chair Yoga Program that the FRHD is contemplating.

My Qualifications and Experience:

1. Completed 200 Hour Yoga Teacher Training, August 2016
2. Completed 55 Hour Be Well Yoga for Cancer Recovery Training, October 2019
3. Completed second degree level of Reiki Natural Healing, October 2019
4. Awarded Be Well Therapy Teacher of the Year for 2022
5. Floor yoga instructor in the Vista public library since 2019. Transitioned Vista program to independent online instruction from 2020 through 2022 in response to COVID.
6. Floor yoga instructor in the Fallbrook public library since 2022.
7. Yoga for Cancer Recovery instructor for Spanish speaking students since 2020.
8. Chair yoga instructor with Flourish Yoga at the Community Health and Wellness Center since 2022.
9. Floor yoga instructor at the Community Health and Wellness Center since 2022.
10. Wheelchair yoga instructor at Regency Fallbrook assisted living facility since 2023.
11. Online floor yoga instructor for Spanish speaking class since 2022.
12. Online private yoga instructor specialized in hands and feet for Spanish speaking family since 2022.

My Liability Insurance Limits:

1. Each occurrence: \$2,000,000
2. Aggregate: \$4,000,000
3. FRHD is currently additional insured.
4. Requested endorsements have been confirmed acceptable.

My Understanding of the FRHD Chair Yoga Program:

1. Students will be participants in the FRHD Lifestyle Change program or meet other selection criteria as established by FRHD.
2. The objectives of the Program include improvement in balance, flexibility, muscle tone, and strength, plus benefits to mood and mental well-being.
3. The Program will be organized into eight-week cohorts consisting of two classes per week for between 8 and 25 students per class. Subsequent cohorts would be scheduled sequentially with a maximum of six cohorts per year.
4. I will meet with FRHD staff to draft procedures for administering pre- and post-tests to assess individual progress resulting from the Program.
5. At the end of each cohort, I will report to FRHD on attendance, and level of completion, and I will have students complete course evaluations.

Proposed Compensation and Conditions of Service:

1. I propose a compensation rate of \$1,200 per eight-week cohort, including planning and reporting activities, to be paid in monthly installments. This corresponds to a rate of \$75 per class.
2. Since different cohorts could be scheduled at irregular intervals, and planned or unplanned personal issues could interfere with consistent availability of any one individual instructor, I recommend that FRHD selects multiple yoga instructors. Alternatively, it may be necessary to have approved substitute instructors that could operate independently or under my contract if the need arises. My personal issues that could require FRHD to use an alternate instructor for some classes involves my role as executor of my father's will that is currently entering probate in Mexico City. This could cause me to need to travel to Mexico from time to time over the next year or two.

Attachments:

1. Certificate of Liability Insurance
2. Certificate of Completion, 200 Hour Yoga Teacher Training
3. Certificate of Completion, 55 Hour Be Well Yoga for Cancer Recovery Training
4. Certificate of Completion, Reiki Natural Healing
5. Certificate of Achievement, Be Well Therapy Teacher of the Year

Thank you in advance for your consideration. I look forward to working with you to create a successful Chair Yoga Program for FRHD.

Very respectfully,



Patricia de los Angeles Gomez Bustamante



San Diego County
Local Agency Formation Commission
 Regional Service Planning | Subdivision of the State of California

RECEIVED
 1.29.24

CALL FOR NOMINATIONS

January 24, 2024

TO: Independent Special Districts in San Diego County

FROM: Erica Sellen, Commission Clerk

SUBJECT: **Call for Nominations | Regular Special District Member Election on LAFCO**

This notice serves as a call for nominations pursuant to Government Code Section 56332(1) to solicit one regular special district member on the San Diego County Local Agency Formation Commission (LAFCO). The term is for four years and commences on May 6, 2024. The incumbent holder – Jo MacKenzie with Vista Irrigation District – is expected to seek nomination and run for a new term. Additional details follow.

- **Eligibility**

Candidates eligible for election must be members of the legislative body of an independent special district who reside within San Diego County but may not be members of the legislative body of a city or county.

- **Authorized Nominations**

State Law specifies only the presiding officer or their alternate as designated by the governing board must sign the nomination form. Attached is nomination form for the LAFCO regular special district member (**Attachment A**).

- **Submittal Process and Deadline**

Signed nominations and a limited **two-page** resume indicating the candidate’s District and LAFCO experience must be returned to San Diego LAFCO **no later than Monday, February 26, 2024**. Nominations received after this date will be invalid. Nominations and resumes may be mailed to the San Diego LAFCO Office at 2550 Fifth Avenue, Suite 725, San Diego, CA 92103 or by email to erica.sellen@sdcounty.ca.gov, if necessary, include “**Special District Call for Nominations 2024**” and your “**District Name**” in the subject title, to meet the submission deadline, but the original form must be submitted.

Administration
 Keene Simonds, Executive Officer
 2550 Fifth Avenue, Suite 725
 San Diego, California 92103
 T 619.321.3380
www.sdlafco.org
lafco@sdcounty.ca.gov

Chair Jim Desmond
 County of San Diego
 Joel Anderson
 County of San Diego
 Nora Vargas, Alt.
 County of San Diego

Kristi Becker
 City of Solana Beach
 Dane White
 City of Escondido
 John McCann Alt.
 City of Chula Vista

Stephen Whitburn, Vice Chair
 City of San Diego
 Marni von Wilpert, Alt.
 City of San Diego

Jo MacKenzie
 Vista Irrigation
 Barry Willis
 Alpine Fire Protection
 David Drake, Alt.
 Rincon del Diablo

Vacant
 General Public
 Harry Mathis, Alt.
 General Public

After nominations and resumes are received it is anticipated a candidate's forum will be held in conjunction with the California Special Districts Association quarterly meeting with confirmation being provided under separate/future cover. Election materials will be mailed out **no later than Friday, March 1, 2024** unless otherwise communicated by the LAFCO Executive Officer. Should you have any questions, please contact me at (619) 321-3380 or by email at erica.sellen@sdcounty.ca.gov.

Respectfully,



Erica Sellen
Commission Clerk

Attachment:

- A) Nomination form – LAFCO regular special district member

ATTACHMENT A

**NOMINATION OF THE SPECIAL DISTRICT REPRESENTATIVE
FOR THE SAN DIEGO LOCAL AGENCY FORMATION COMMISSION
REGULAR MEMBER**

The _____ is pleased to nominate _____ as a
(Name of Independent Special District) (Name of Candidate)

Candidate for the San Diego Local Agency Formation Commission as a regular special district member with a term expiring in 2028.

As presiding officer or his/her delegated alternate as provided by the governing board, I hereby certify that:

- The nominee is a member of a legislative body of an independent special district who resides in San Diego County.

(Presiding Officer Signature)

(Print name)

(Print Title)

(Date)

PLEASE ATTACH RESUME FOR NOMINEE

- Limit two-pages
- Must be submitted with Nomination Form

