



# ANNUAL REPORT

2018 – for Fiscal Year 2018.2019

A California Special District Serving the Communities of  
Bonsall, De Luz, Fallbrook & Rainbow

## MISSION

Promoting health for the people of the District

## VISION

*UPDATE: The Fallbrook Regional Health District is currently working to  
redefine its vision statement to align with strategic initiatives and  
projects currently under development.*

## VALUES

Dedication  
Efficiency  
Integrity  
Objectivity  
Prudence  
Respect  
Transparency

# 2018

## BOARD OF DIRECTORS



**GORDON TINKER**  
PRESIDENT



**BARBARA MROZ**  
TREASURER



**HOWARD SALMON**  
VICE PRESIDENT



**STEPHEN ABBOTT**  
SECRETARY



**WILLIAM "BILL"**  
LEACH  
DIRECTOR

# 2019

## BOARD OF DIRECTORS



**HOWARD SALMON**  
CHAIR



**JENNIFER JEFFERIES**  
TREASURER



**BARBARA MROZ**  
VICE CHAIR



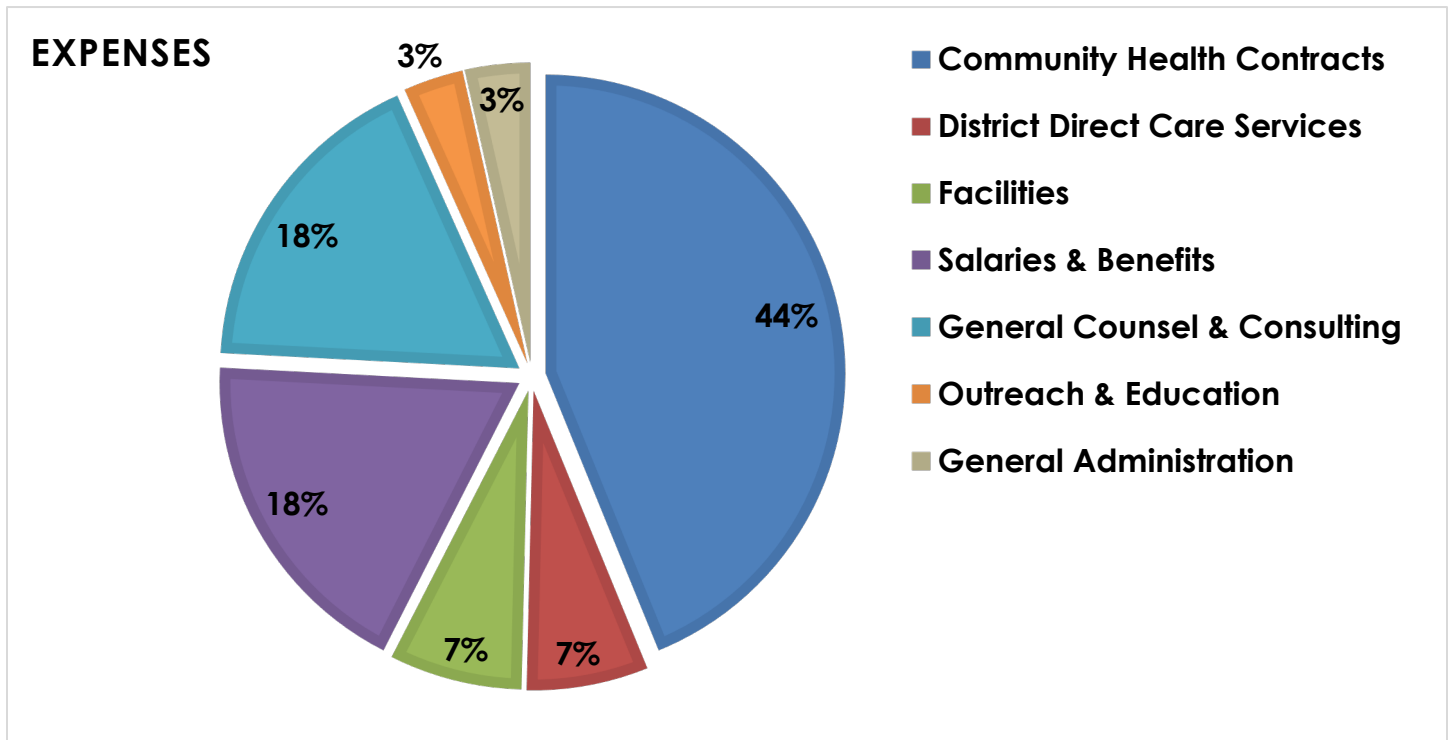
**WILLIAM "BILL"**  
LEACH  
SECRETARY



**KAREN "KATE"**  
SCHWARTZ-FRATES  
DIRECTOR

# FUNDING THE FRIENDLY VILLAGE

Fallbrook Regional Health District received \$2,328,473 in revenue during the 2018-2019 fiscal year. The chart below illustrates how money was apportioned to support the health and wellbeing of the community.



Community Health Contracts are grants made to community nonprofits and care service providers (see *the list of contract holders on the following page*). The distribution of funds is made through a competitive grant process. Each year FRHD receives more requests than can be funded; however, as of the close of the 2018.2019 fiscal year FRHD has provided \$9,756,690 in funding since 1999.

The FRHD's audited financials and operating budget are publicly available online at the District website: [www.fallbrookhealth.org](http://www.fallbrookhealth.org).

# COMMUNITY HEALTH CONTRACTS

**TOTAL AWARDED: \$910,415.97**

## Youth Programming

Boys & Girls Club of North County, Summer Water Safety Program:	\$9,240.00
Boys & Girls Club of North County, Triple Play:	\$36,750.00
Fallbrook Citizens Crime Prevention Committee, GANAS Mentoring Program:	\$10,500.00

## School Site Based Youth Services

Fallbrook Smiles Project:	\$75,075.00
Fallbrook Union High School District, Fallbrook High School Wellness Center:	\$20,000.00
Mental Health Systems, Fallbrook Youth Advocacy Coalition:	\$9,711.45
Palomar Family Counseling Service, Inc., Healthy Bodies, Healthy Minds:	\$82,950.00
UCSD EyeMobile for Children, @ UC San Diego/Shiley Eye Institute:	\$8,925.00

## Community Health & Fitness

Fallbrook Food Pantry, Preventing Hunger in the Greater Fallbrook Area:	\$125,600.00
Fallbrook Land Conservancy, Expanding Community Wellness Walking Resource:	10,000.00
Healthy Adventures, Fallbrook Community Wellness:	\$9,450.00

## Senior Citizens

Fallbrook Senior Center Service Club, Inc., Home Delivered Meals Program:	\$78,750.00
Foundation for Senior Care, Senior Care Advocacy Program:	\$62,830.16
Foundation for Senior Care, Senior Transportation Services:	\$72,169.65
Foundation for Senior Care, Door-Through-Door (Hospital to Home):	\$53,464.64
Foundation for Senior Care, Respite Support at the Adult Day Care:	\$31,062.57

## Support Services for Special Populations

Community Health Systems, Inc., Integrated Women's Health:	\$105,000.00
Jeremiah's Ranch, Jeremiah's Ranch Support Group:	\$15,487.50
Michelle's Place Breast Cancer Resource Center, Breast Health Assistance:	\$25,200.00
REINS Therapeutic Horsemanship Prgm, Behavioral Health & Wellness Therapy:	\$68,250.00

## DISTRICT DIRECT CARE SERVICES

North County Fire Protection District, Ambulance:	\$25,000.00
Med+ Urgent Care, Extended hours/Holiday Coverage:	\$110,000.00

# CHAIRMAN SALMON'S REPORT

Fallbrook Regional Health District was very busy supporting local organizations providing health services and planning for a new era centered on the District's Wellness Center on East Mission Road. These were key happenings in our 2018-2019 fiscal year:

- Reviewed 27 proposals from 19 community agencies and awarded \$1,193,243 to support 17 agencies, 22 programs.
- Began the planning and redevelopment of the previous church property, which sits on 4.7 acres, and hosts a school and house. This future FRHD wellness center will host many health education and wellbeing services.
- Worked with community representatives to transition from "at large" elections to 5 zones to prepare for 2020 and beyond elections
- Planned with North County Fire Protection District to add shared services such as medical leadership, community outreach to improve effectiveness and efficiency for both Districts
- Seated two new Board Directors elected in 2018 with histories of leadership and expertise
- Brought on board new executive leadership to boldly implement the programs and services the community has requested, and that studies have shown are needed.



**HOWARD SALMON**  
BOARD CHAIR

During the 2019-2020 year, the District will work with experts to create an excellent community health and wellness facility and programs to enhance the well-being of our residents.

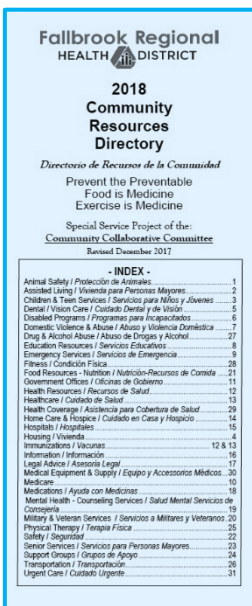
Additionally, we will have kicked off a pilot health care access transportation program with Lyft and our partner, the Fire District and other agencies to provide greater access to health care services.

Your elected Board Directors and Staff are looking forward to listening to you and implementing health and wellness services.

# COMMUNITY COLLABORATIVE FOR HEALTH & WELLNESS

The Community Collaborative for Health & Wellness include representatives from various healthcare and health related organizations or agencies that serve the District. The meetings are an opportunity for participants to share their programs and lend support to those of other organizations. Working together to share information and create solutions of mutual need, we avoid working at cross purposes and duplication of efforts. The collaborative is working on solutions to support Grandparents raising grandchildren, 2020 Census Awareness, and the County Revitalization priorities (Public Health, Public Safety, Transportation).

## COMMUNITY RESOURCES DIRECTORY



The Community Resource Directory is updated annually. Over 100,000 have been produced in the FRHD administrative office since 2002 and unknown quantities have been produced by those who also print and distribute them. The Community Resource directory is distributed to clinics, businesses, churches, civic groups, clubs, schools, fire station, sheriff station and more. It is a valuable resource for contact information for a broad range of health-related services. It is presented in English and in Spanish to best serve the population of this community. Each year the directory is produced in a different color to ensure that the most recent information is being circulated. The 2018 edition had 31 categories with 236 resources listed. An asterisk before the name of the agency indicates that they have a website that can provide additional information. The Resource Directory is the widest known project of the Community Collaborative for Health & Wellness (CCHW).

To request directories, contact the District at 760-731-9187 or  
[lbannerman@fallbrookhealth.org](mailto:lbannerman@fallbrookhealth.org).

You may also view the directory on the District website: [www.fallbrookhealth.org](http://www.fallbrookhealth.org)



# Fallbrook Regional HEALTH DISTRICT

FOR ADDITIONAL INFORMATION, CONTACT

PHYSICAL ADDRESS:  
138 SOUTH BRANDON ROAD  
FALLBROOK CA 92028

OFFICE: 760.731.9187  
FAX: 760.731.9131

Office Hours: Mon – Fri 9:00 a.m. – 5:00 p.m.

[www.fallbrookhealth.org](http://www.fallbrookhealth.org)

---

## **BOARD MEETINGS:**

**2<sup>ND</sup> WEDNESDAY OF EACH MONTH AT 6:00 P.M.  
138 SOUTH BRANDON ROAD - FRHD BOARD ROOM  
FALLBROOK, CA 92028**

ALL REGULAR MEETINGS OF THE BOARD ARE OPEN TO THE PUBLIC.  
AGENDAS ARE POSTED 72 HOURS IN ADVANCE OF REGULAR MEETINGS  
(FRHD Admin Office – FRHD Website)

CONTACT THE ADMINISTRATIVE OFFICE FOR ADDITIONAL INFORMATION  
OR SPECIAL NEEDS ASSISTANCE.

RACHEL A. MASON, MS., MA., EXECUTIVE DIRECTOR  
LINDA BANNERMAN, ADMIN. ASST./BOARD SECRETARY  
PAM KNOX, SPECIAL PROJECTS COORDINATOR BOARD SECRETARY  
MIREYA BANUELOS MPH, COMMUNITY HEALTH COORDINATOR