



577 East Elder, Suite U • Fallbrook, CA 92028 • 760-731-9187

NOTE LOCATION

BOARD OF DIRECTORS
REGULAR BOARD MEETING

WEDNESDAY
DECEMBER 9, 2015

6:00 PM

At

**FPUD
FALLBROOK PUBLIC UTILITY DISTRICT
990 EAST MISSION ROAD
FALLBROOK, CA 92028**

**REGULAR MEETING OF THE BOARD OF DIRECTORS OF THE
FALLBROOK HEALTHCARE DISTRICT**

The Regular meeting of the Board of Directors of the Fallbrook Healthcare District will be held, on WEDNESDAY, DECEMBER 9, 2015, at 6:00 p.m. in the Fallbrook Public Utilities District office at 990 East Mission Road, Fallbrook, CA.

AGENDA

WEDNESDAY - December 9, 2015

A. CALL TO ORDER - page
PLEDGE OF ALLEGIANCE
INTRODUCTION - New Executive Director Bobbi Palmer**B. ELECTION OF OFFICERS OF THE BOARD – page**

- B1. Nomination and Election by the Board
 - President
 - Vice President
 - Secretary
- B2. Appointment of the Treasurer by the newly elected President

C. ADDITIONS TO AGENDA - page

Pursuant to the Brown Act, additions to the Agenda as posted are exceptional, and expressly limited to three specific situations, as set forth in Government Code 54954.2(b): (1) an "emergency" as determined by majority vote of the board; (2) a 2/3 vote of the board finding that an item requires immediate action – and the need for this action arose in time after the agenda was posted or (3) the item was continued from an earlier meeting (no more than 5 days earlier), at which time the item was validly posted on the agenda of the earlier meeting.

D. BOARD MEMBER AND PUBLIC COMMENTS - page

Opportunity for board members and citizens to speak on items of interest within subject matter jurisdiction of the District. For the record, please state your name. "Request to speak" cards should be filled out in advance and presented to the Board President or the Administrator. The Board has a policy limiting any speaker to not more than five minutes.

E. CONSENT ITEMS – pages 4 - 11

- E1. Minutes of November 4, 2015 Special Board meeting - page
- E2. Minutes of November 12, 2015 Regular Board meeting - pages 4 - 6
- E3. Approval of OCTOBER 2015 Financial Statements – pages 7 - 11

F. REPORTS – pages

- F1. 2014-15 – Independent Auditor's Report - The Pun Group – Ken Pun, CPA
- F2. Finance Committee – Director Salmon
 - F2a. LAIF – page
 - F2b. CalTRUST – Contingency Fund - page
 - F2c. Property Tax Apportionment – page
 - F2d. Grant Program payments -
- F3. Community Healthcare Programs – Director Mroz
 - F3a. Report of CCC meeting
- F4. Gov't and Community Relations – Director Abbott/Tinker
- F5. Facilities – Director Tinker
- F6. Administrator – Vi Dupre
 - F6a. HEALTH CARE HEROES 2016
 - F6b. Community Collaborative Breakfast
 - F6c. Community Assessment
 - F6d. FHD Bylaws changes – Item G2
- F7. General Counsel – Blaise Jackson

G. DISCUSSION/ACTION ITEMS

- G1. FHD BYLAWS – Changes – General Counsel Blaise Jackson and Administrator Vi Dupre
 - G1a. Changes required as result of FHD/CHS Lease Termination and office relocation
 - G1b. Consideration of additional changes in/to structure and function

H. ITEMS FOR SUBSEQUENT MEETINGS - page

- H1. Other Director/Staff discussion items
 - H1a. Item(s) for future board agendas
 - i. Designation of CalTrust Account funds: Capital and Health Services Fund
 - H1b. Announcements of upcoming events:
 - i. CCC Meeting: TUESDAY DECEMBER 22 – 9 a.m.to 10:30 a.m.- FPUD
 - ii. Community Collaborative Breakfast: SATURDAY, JANUARY 23, 2016
- H2. Next Regular Board meeting – WEDNESDAY, JANUARY 13, 2016

I. CLOSED SESSION -

- I1. CONFERENCE WITH REAL ESTATE NEGOTIATOR CONCERNING REAL PROPERTY PURSUANT TO GOVT CODE 54956.8.
- I2. CONFERENCE WITH LEGAL COUNSEL CONCERNING POTENTIAL LITIGATION PURSUANT TO GOVT CODE 54956.9(d)(2) – one case.

J. RETURN TO OPEN SESSION – page

K. ADJOURNMENT

NOTE: This agenda posted at the entrance of Fallbrook Healthcare District Administration Office at 138 South Brandon Road, Fallbrook, CA on Sunday, December 6, 2015 at 5:00 p.m. 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.

ITEM E

CONSENT ITEMS

- E1. Minutes of November 4, 2015 Special Board Meeting
- E2. Minutes of November 12, 2015 Regular Board Meeting
- E3. Approval of OCTOBER 2015 Financial Statements

ITEM F

REPORTS

- F1. 2014-15 INDEPENDENT AUDITOR'S REPORT – The Pun Group
– Ken Pun, CPA
- F2. FINANCE COMMITTEE – Director Salmon
 - F2a. LAIF
 - F2b. CALTRUST – CONTINGENCY FUND
 - F2c. PROPERTY TAX APPORTIONMENT
 - F2d. GRANT PROGRAM PAYMENTS
- F3. COMMUNITY HEALTHCARE PROGRAMS
 - F3a. REPORT OF THE CCC MEETING
- F4. GOV'T AND COMMUNITY RELATIONS
- F5. FACILITIES
- F6. ADMINISTRATOR
 - F6a. HEALTHCARE HEROES 2016
 - F6b. COMMUNITY COLLABORATIVE BREAKFAST
 - F6c. COMMUNITY ASSESSMENT
 - F6d. BYLAWS CHANGES
- F7. GENERAL COUNSEL

**SPECIAL MEETING OF THE BOARD OF DIRECTORS OF THE
FALLBROOK HEALTHCARE DISTRICT**

A Special Meeting of the Board of Directors of Fallbrook Healthcare District was held at 5:30 p.m. on WEDNESDAY, NOVEMBER 4, 2015 at the District Offices, 138 Brandon Street, Second Floor, Fallbrook, CA 92028

Director Howard Salmon joined the meeting remotely by teleconference pursuant to government Code Section 54953 from the following location: Springhill Suites St. Louis, 1065 Chesterfield Parkway East, Chesterfield, MO 63017.

MINUTES

WEDNESDAY, NOVEMBER 4, 2015

Directors present: S. Abbott, G. Tinker, B. Mroz and F. Winton. H. Salmon by teleconference
Directors absent: None
Staff present: Blaise Jackson, General Counsel, and Vi Dupre, Administrator

A. CALL MEETING TO ORDER

The meeting was called to order by President Abbott at 5:35 p.m.

B. CLOSED SESSION

B1. PERSONNEL MATTERS PURSUANT TO GOVT CODE 54957 – APPOINTMENT OF PUBLIC EMPLOYEE

The full board conducted interviews of finalists for the Executive Director position.

C. RETURN TO OPEN SESSION/REPORT OUT OF CLOSED SESSION

The Board instructed counsel to take appropriate action with respect to the interviewed candidates and follow up with the ad hoc Committee (directors Abbott and Salmon). Further discussion at next regular board meeting on November 12, 2015.

E. ADJOURNMENT

The meeting adjourned at 7:55 p.m.

ATTESTATION

Stephen Abbott, President

Barbara Mroz, Secretary

**REGULAR MEETING OF THE BOARD OF DIRECTORS OF THE
FALLBROOK HEALTHCARE DISTRICT**

The Regular meeting of the Board of Directors of the Fallbrook Healthcare District was held, on THURSDAY, November 12, 2015, at 6:00 p.m. in the Fallbrook Public Utilities District office at 990 East Mission Road, Fallbrook, CA.

MINUTES

THURSDAY - November 12, 2015

Board members present: S Abbott; G. Tinker, H Salmon and F Winton
Board members absent: B Mroz
Staff members present: V Dupre, Administrator; B Jackson, General Counsel and Travis Ives, Brokerage Consultant

A. CALL TO ORDER - page 3

The PLEDGE OF ALLEGIANCE was led by President Abbott.

B. ADDITIONS TO AGENDA - page 3

There were no additions to the Agenda.

C. BOARD MEMBER AND PUBLIC COMMENTS - page 3

Mike McReynolds, member of the Board and Treasurer of the Foundation for Senior Care, addressed the District Board to express the Foundation's appreciation for the committed support of the District through its' generous grant program which allocates funds to their senior programs: Adult Day Care, Advocates, Care Van and the Expanded Rides.

D. CONSENT ITEMS – pages 4 - 11

D1. Minutes of OCTOBER 14, 2015 Regular Board meeting - pages 4 - 6

D2. Approval of SEPTEMBER 2015 Financial Statements – pages 7 - 11

Review and discussion of the Consent Items was called for by President Abbott. Director Salmon moved that the Consent Items be accepted as presented. The motion was seconded by Director Tinker. The motion carried by unanimous voice vote.

E. REPORTS – pages

E1. Finance Committee – Director Salmon

E1a. LAIF – page 13

E1b. Cal TRUST – Contingency Fund - page 14

E1c. Property Tax Apportionment – page 15

E1d. Grant payment distribution –

E1e. Audit 2014-2015 – Next Board meeting

Director Salmon reported that the Finance Committee met on November 2nd. In attendance: Directors Salmon and Mroz and Administrator Vi Dupre. Bank statement and reconciliation were reviewed and approved. Profit and Loss Statement for the quarter ending September 30, 2015: Net negative income of \$823,084 vs budget \$868,338; Revenue: \$73,176 vs \$59,422 comprised of interest, unearned income and lease income. Expenses showed no significant variances from budget: Admin \$114,423 vs budget \$129,660; Management and Maintenance - \$65,261 vs budget \$79,601 and Direct Care: A+ Urgent Care subsidy \$98,500 vs budget \$98,500. Total expense for the quarter was \$45,253 less than budgeted.

Investments: LAIF interest for the quarter was \$1354.50. Funds were transferred from LAIF to cover budgeted expenses not covered by YTD property tax distributions. LAIF balance on November 5th: \$1,418,104. CalTRUST balance on September 30th was \$4,187,660.66; up \$11,766.74 over the prior month.

Property Tax apportionment received was \$21,167.68. Fiscal YTD is \$60,453 which is down by \$11,882 from prior year. Grant program reports have been reviewed and accepted and payment totaling \$143,200 will be dispersed on 11/15/15. The Audit for 2014-15 will be presented to the Board in December. Draft document is in review.

E2. Community Healthcare Programs – Director Mroz

E2a. Report of CCC meeting

In absence of Director Mroz, Administrator Vi Dupre reported on Community Healthcare Programs. The Community Collaborative Committee met on November 24th at FPU.D. Focus of the meeting was on review and update of the Community Resource Directory with members of the CCC brainstorming suggestions to expand and improve the document. Outcome of the discussion will be addition of some new resources and revamping of placement/categories.

E3. Gov't and Community Relations – Director Abbott/Tinker

E4. Facilities – Director Tinker

E4a. Facility – Updates

Director Tinker reported that A+ Urgent Care continues to serve the community with increasing numbers of people being served in the extended hours of their facility.

E5. Administrator – Vi Dupre

Administrator Vi Dupre reported on the Safe Halloween event that was held on Halloween at the Fallbrook Community Center. The District provided a bean bag toss game, healthy treats and kid friendly prizes at the collaborative event sponsored each year to provide a safe environment for children and families. Invitation to the community to present nominees for 2016 Health Care Heroes have gone out to churches, organizations and to the Village News to encourage submissions. WOW event on November 5th featured presentation on digestive health to an audience of about 65 women and a few men. Dr. Annie Dai was the well-received presenter. The next WOW will be January 7th with presentation on health benefits of Yoga. Youth Advocate Coalition participated in the San Diego Veteran's Day Parade carrying their banner that was provided to them by the District. "Friends of the District", (members of the former Hospital Auxiliary) will hold their quarterly San Diego Blood Drive on December 10th at the Fallbrook Community Center. Promotion of their event will be aided by the new banner that the District has provided to display at the entrance to Major Market. They do 4 drives a year with 15 to 25 donors each time. The Community Assessment created by Centraforce will be available soon. As the new administrator is slated to begin the beginning of December, introduction and training on the reports content and use has been delayed until that person is in place.

The By-Laws of the District have been reviewed by the Administrator and need of several updates has been identified. Vi will present her findings to General Counsel and Director Abbott for discussion and determination of changes and/or additions to be considered by the full Board.

E6. General Counsel – Blaise Jackson

Blaise Jackson advised the Board that he has been approached by Bob Hemker, CEO of Palomar Health, to provide counsel on matters relative to the Brown Act and Governance. There is no matter of conflict with obligations to FHD as the advice sought is confined to compliance with open meeting laws, but wanted to alert FHD before undertaking the requested work. The Board expressed support with no reservations. Counsel reminded the Board that the December meeting is the annual organizational meeting where officers of the Board are determined by action and vote of the Board.

F. ITEMS FOR SUBSEQUENT MEETINGS - page 16**F1. Other Director/Staff discussion items****F1a. Item(s) for future board agendas**

- i. Designation of CalTrust Account funds: Capital and Health Services Fund
- ii. Centrefire and Visioning Report
- iii. Update of By-Laws

F1b. Announcements of upcoming events

- i. CCC Meeting: TUESDAY NOVEMBER 24 – 9 a.m. to 10:30 a.m. - FPUD
- ii. Health Care Heroes 2016 – Nominations
- iii. Community Collaborative Breakfast: SATURDAY, JANUARY 23, 2016

F2. Next Regular Board meeting – WEDNESDAY, DECEMBER 9, 2015**G. CLOSED SESSION -**

G1. CONFERENCE WITH REAL ESTATE NEGOTIATOR CONCERNING REAL PROPERTY PURSUANT TO GOVT CODE 54956.8.

G2. CONFERENCE WITH LEGAL COUNSEL CONCERNING POTENTIAL LITIGATION PURSUANT TO GOVT CODE 54956.9(d) (2) – one case.

G3. PERSONNEL MATTERS PURSUANT TO GOVT CODE 54957 – APPOINTMENT OF PUBLIC EMPLOYEE

H. RETURN TO OPEN SESSION – page 17

Following Open Session, staff was thus instructed:

H1. Item G1 - Staff was directed to take action as indicated. (Mr. Ives departed the meeting after G1)

H2. Item G2 - No action was taken.

H3. Item G3 - Staff and Counsel were directed to take action as indicated.

I. ADJOURNMENT

The meeting adjourned at 7:35 p.m.

ATTESTATION:

STEPHEN ABBOTT, PRESIDENT

BARBARA MROZ, SECRETARY

FALLBROOK HEALTHCARE DISTRICT
COMBINED BALANCE SHEET COMPARISON - ALL FUNDS
 Comparison of **OCTOBER 31, 2015 TO SEPTEMBER 30 2015**

	Oct 31, 15	Sep 30, 15	\$ Change
ASSETS			
Current Assets			
Checking/Savings			
102.9 · Cal Trust - Contingency Fund	4,186,536	4,187,661	(1,125)
102.1 · Cash in Bank-Operating Cash	5,971	79,832	(73,861)
102.6 · Cash in Bank -LAIF	1,618,104	1,616,750	1,355
Total Checking/Savings	5,810,611	5,884,242	(73,631)
Other Current Assets			
104 · Prepaid Insurance	29,820	33,547	(3,728)
114 · Interest Receivable	3,018	4,388	(1,370)
Total Other Current Assets	32,838	37,935	(5,097)
Total Current Assets	5,843,449	5,922,177	(78,728)
Fixed Assets			
121 · Equipment	19,396	19,396	0
121.2 · Depreciation	(18,054)	(17,916)	(138)
Total Fixed Assets	1,342	1,480	(138)
TOTAL ASSETS	<u>5,844,791</u>	<u>5,923,658</u>	<u>(78,867)</u>
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Other Current Liabilities			
202 · Accrued expenses	(1,850)	0	(1,850)
204 · Accrued Vacation & Sick Leave	33,059	33,059	0
211 · P/R Taxes Payable	4,558	4,603	(45)
215 · Comm Healthcare Programs Pble			
215.23 · Health Fair	11,680	11,680	0
215.24 · Community Collaborative	20,676	20,676	0
215.39 · PSA Screening	(332)	(332)	0
215.46 · FHD Promotional Float	386	406	(20)
215.47 · Healthcare Heroes	268	268	0
215.70 · Woman of Wellness (WOW)	3,099	3,099	0
215 · Comm Healthcare Programs Pble - Other	434,850	434,850	0
Total 215 · Comm Healthcare Programs Pble	470,627	470,647	(20)
Total Other Current Liabilities	506,394	508,309	(1,915)
Total Current Liabilities	506,394	508,309	(1,915)
Total Liabilities	506,394	508,309	(1,915)
Equity			
300 · Unrestricted fund balance	1,817,972	1,817,972	0
302.2 · Lse Termination Contingency Fd	9,837,856	9,837,856	0
3900 · Retained Earnings	(5426255)	(5426255)	0
Net Income	(891,176)	(814,224)	(76,952)
Total Equity	5,338,397	5,415,348	(76,952)
TOTAL LIABILITIES & EQUITY	<u>5,844,791</u>	<u>5,923,658</u>	<u>(78,867)</u>

FALLBROOK HEALTHCARE DISTRICT
Income Statement
For the Month Ended OCTOBER 30, 2015 and Year to Date

	Oct 15	Jul - Oct 15
Ordinary Income/Expense		
Income		
400. · District		
402 · Property tax revenue	21,168	69,313
403 · Interest / Dividends	3,017	13,199
406 · Unearned Inc(Loss) - Cal Trust	(4,157)	4,151
Total 400. · District	20,028	86,664
450. · Properties		
460 · Lease Income		
460.01 · A+ Urgent Care	4,800	19,200
460.02 · Utilities Credit	14,247	14,247
460 · Lease Income - Other		1,000
Total 460 · Lease Income	19,047	34,447
Total 450. · Properties	19,047	34,447
Total Income	39,074	121,110
Expense		
500 · Administrative Expenses		
500.10 · Salaries	12,606	49,059
500.12 · Payroll Taxes	1,064	4,281
500.14 · W/C Insurance	66	353
500.15 · Employee Health & Welfare	1,837	5,446
500.16 · Board Stipends	1,300	6,900
500.17 · Education & Conferences		60
500.18 · Dues & Subscriptions	2,804	11,293
500.19 · Insurance - General	3,632	14,528
500.20 · Accounting	850	3,400
500.21 · Annual Independent Audit		6,500
500.23 · General Counsel	12,912	46,203
500.25 · Office Expense	5,660	13,630
500.27 · Depreciation	138	554
500.29 · Dist Promotions & Publications	65	194
500.30 · Pension	150	600
500.32 · Consultant Fees	15,000	15,154
500.33 · Copier Lease	468	1,247
500.40 · Rent		3,626
500.85 · Calif Mandated Reimbursement	(1,987)	(12,039)
Total 500 · Administrative Expenses	56,565	170,987
590 · Management & Maintenance		
590.01 · Building Engineer	7,175	28,442
590.02 · Gas & Electric	12,907	37,647
590.03 · Water	4,360	10,065
590.04 · Waste Management	181	360
590.05 · Security	1,100	4,400
590.06 · Landscape - Grounds Environ...	3,978	11,478
590.08 · Elevator		330
590.09 · Vehicle Expenses		314
590.10 · Maintenance Services & Repairs		1,924
590.12 · Fire Alarm System	261	261
Total 590 · Management & Maintenance	29,962	95,222
600 · Community Healthcare Programs		
600.54 · Healthy Adventures Foundation		9,000
600.53 · Jeremiah's Ranch		9,400
600.01 · Courier Service		(1,923)
600.2 · Fallbrook Sports Park		4,000
600.04 · Boys & Girls Club		32,000
600.07 · Senior Citizens Center		50,000
600.08 · Smiles Project		70,000

FALLBROOK HEALTHCARE DISTRICT
Income Statement
For the Month Ended **OCTOBER 30, 2015** and Year to Date

	<u>Oct 15</u>	<u>Jul - Oct 15</u>
600.11 · Palomar Family Coun.Serv.		63,500
600.14 · Fibk Family Health Center		140,000
600.17 · Foundation for Senior Care		104,000
600.18 · Fibk Comm Project - FOOD PA...		56,000
600.23 · Community Health Fair		8,000
600.24 · Community Collaboratives		12,000
600.33 · REINS Therapy		22,500
600.37 · Trauma Intervention Programs		8,000
600.46 · North Inland Comm Prev Progr...		8,500
600.47 · FUHS - Asperger's Support Ctr		6,500
600.48 · Save Our Children's Sight		6,600
600.57 · North County Fire - Comm Disast		10,000
Total 600 · Community Healthcare Progra...		618,077
800 · District Direct Care Services		
800.02 · A+ Urgent Care	29,500	128,000
Total 800 · District Direct Care Services	29,500	128,000
Total Expense	116,026	1,012,287
Net Ordinary Income	(76,952)	(891,176)
Net Income	(76,952)	(891,176)

FALLBROOK HEALTHCARE DISTRICT						TRANSACTION TYPE KEY: RD = DISTRICT TRANSACTION					
LAIF ACCOUNT (Local Agency Investment Fund)						QRD= QUARTERLY FUND TRANSACTION					
DATE	TRANS TYPE	DEPOSIT AMOUNT	INTEREST	INTEREST RATE	TRANSFER AMOUNT	BALANCE	LAIF CONFIRMATION	TRANS FROM TO	LAIF STAFF	FHD ACCTS	TRANS BY:
FY: 2015-2016						\$ 1,855,438.22	BALANCE 06/30/15				
7/2/2015 RD					\$ 165,000.00	1,691,749.81	1471302	LAIF TO CKING	DONNA		HS/VID
9/15/2015 RD					\$ 75,000.00	1,616,749.81	1478698	LAIF TO CKING	JONATHAN		GT/BM/VID
10/15/2015 QRD			\$ 1,354.51	0.32%		1,618,104.32					
11/5/2015 RD					\$ 200,000.00	1,418,104.32	1484597	LAIF TO CKING	JONATHAN		HS/VID
INCEPTION 12/13/2001		TOTAL DEPOSITS	TOTAL INTEREST	TRANSFERS FROM	LAIF ACCOUNT BALANCE 6 30 2015	Y-T-D 2015-2016 LAIF ACCOUNT ACTIVITY					
report date		\$12,780,000.00	\$1,040,104.32	\$12,003,000.00	\$1,855,438.22	DEPOSITS:	\$0.00	TRANSFERS	\$440,000.00	INTEREST:	\$1,354.51

FALLBROOK HEALTHCARE DISTRICT						TRANSACTION TYPE KEY: RD = DISTRICT TRANSACTION					
LAIF ACCOUNT (Local Agency Investment Fund)						QRD= QUARTERLY FUND TRANSACTION					
DATE	TRANS TYPE	DEPOSIT AMOUNT	INTEREST	INTEREST RATE	TRANSFER AMOUNT	BALANCE	LAIF CONFIRMATION	TRANS FROM TO	LAIF STAFF	FHD ACCTS	TRANS BY:
FY: 2014-2015						\$ 1,698,593.64	BALANCE 06/30/14				
7/3/2014 RD					\$ 70,000.00	1,628,593.64	1436415	LAIF TO CKING	MELISSA		VID/LEVERING
8/14/2014 RD					\$ 40,000.00	1,588,593.64	1442051	LAIF TO CKING	JANICE		VID/LEVERING
9/26/2014 RD					\$ 454,000.00	1,134,593.64	1445143	LAIF TO CKING	JONATHAN		BRD/LEV/VID
10/8/2014 RD					\$ 75,000.00	1,059,593.64	1440634	LAIF TO CKING	DIANE		LEV/VID
10/15/2014 QRD			\$ 965.49	0.24%		1,060,559.13					
10/24/2014 RD					\$ 257,000.00	803,559.13	1449626	LAIF TO CKING	DIANE		LEV/VID
12/15/2014 RD	\$ 1,050,000.00					1,853,559.13	1452792	CKING TO LAIF	DIANE		SAL/VID
1/15/2015 QRD			\$ 689.89	0.25%		1,854,249.02					
2/28/2015						1,854,249.02					
3/31/2015						1,854,249.02					
4/15/2015 QRD			\$ 1,189.20	0.26%		1,855,438.22					
4/30/2015						1,855,438.22					
5/31/2015						1,855,438.22					
6/30/2015 QRD			\$ 1,311.59	0.28%		1,855,438.22					
INCEPTION 12/13/2001 TO 6/30/2015		TOTAL DEPOSITS	TOTAL INTEREST	TRANSFERS FROM	LAIF ACCOUNT BALANCE 6 30 2015	Y-T-D 2014-2015 LAIF ACCOUNT ACTIVITY					
report date		\$12,780,000.00	\$1,038,749.81	\$11,563,000.00	\$1,855,438.22	DEPOSITS:	\$1,050,000.00	TRANSFERS	\$896,000.00	INTEREST:	\$4,156.17

CALTRUST

MONTHLY STATEMENT LOG

FISCAL YEAR

LEASE TERMINATION CONTINGENCY FUND

2015-2016									
STATEMENT PERIOD	MONTH	TRANSACTIONS	BALANCE FORWARD	INCOME DISTRIBUTION PREVIOUS MONTH	UNREALIZED GAIN(LOSS)	ENDING BALANCE	INCOME ACCRUAL	CUMULATIVE UNREALIZED GAIN(LOSS)	REALIZED GAIN/LOSS
07 01 - 07 31	JULY		4,170,716.99	2,840.36	\$ 4,148.67	4,177,706.02	2,893.41	7,606.54	
08 01 - 08 31	AUGUST		4,177,706.02	2,893.41	\$ (8,303.08)	4,172,296.35	2,901.03	(696.54)	
09 01 - 09 30	SEPTEMBER		4,172,296.35	2,901.03	\$ 12,463.28	4,187,660.66	3,032.92	11,766.74	
10 01 - 10 31	OCTOBER		4,187,660.65	3,032.92	\$ (4,157.43)	4,180,536.25	3,017.47	7,609.31	
11 01 - 11 30	NOVEMBER								
12 01 - 12 31	DECEMBER								
01 01 - 01 31	JANUARY								
02 01 - 02 28	FEBRUARY								
03 01 - 03 31	MARCH								
04 01 - 04 30	APRIL								
05 01 - 05 31	MAY								
06 01 - 06 30	JUNE								
FISCAL YEAR TO DATE TOTAL				\$ 11,667.72	\$ 4,161.44				
				INCOME DIST.	GAIN (LOSS)				

2014-2015									
STATEMENT PERIOD	MONTH	TRANSACTIONS	BALANCE FORWARD	INCOME DISTRIBUTION PREVIOUS MONTH	UNREALIZED GAIN(LOSS)	ENDING BALANCE	INCOME ACCRUAL	CUMULATIVE UNREALIZED GAIN(LOSS)	REALIZED GAIN/LOSS
07 01 - 07 31	JULY		9,838,159.25	5,925.54	\$ (19,531.92)	9,824,552.87	5,841.21	8,290.18	
08 01 - 08 31	AUGUST		9,824,552.87	5,841.21	\$ 9,771.76	9,840,165.84	5,925.01	18,061.94	
09 01 - 09 30	SEPTEMBER		9,840,165.84	5,925.01	\$ (9,777.65)	9,836,313.20	6,078.87	8,284.29	
10 01 - 10 31	OCTOBER	(711,000.00)	9,836,313.20	6,078.87	\$ 9,783.69	9,141,175.76	5,965.85	16,764.07	
11 01 - 11 30	NOVEMBER		9,141,175.76	5,965.85	\$ 9,083.55	9,158,225.16	5,662.55	25,847.62	
12 01 - 12 31	DECEMBER		9,158,225.16	5,662.55	\$ (27,267.52)	9,134,620.19	5,726.30	(1,419.90)	
01 01 - 01 31	JANUARY	(5,000,000.00)	9,134,620.19	5,726.30	\$ 22,319.37	4,162,665.86	5,593.40	11,744.17	9,155.30
02 01 - 02 28	FEBRUARY		4,162,665.86	5,593.40	\$ (4,135.18)	4,164,124.08	2,697.14	7,608.99	
03 01 - 03 31	MARCH		4,164,124.08	2,697.14	\$ 4,137.86	4,170,989.08	2,628.08	11,748.85	
04 01 - 04 30	APRIL		4,170,989.08	2,626.08	\$ -	4,173,585.16	2,889.53	11,746.85	
05 01 - 05 31	MAY		4,173,585.16	2,689.53	\$ (4,143.13)	4,172,131.56	2,731.28	7,603.72	
06 01 - 06 30	JUNE		4,172,131.56	2,731.28	\$ (4,145.85)	4,170,716.99	2,840.36	3,457.87	
FISCAL YEAR TO DATE TOTAL				\$ 57,462.76	\$ (13,905.02)				
WITHDRAWAL \$ 5,711,000.00				INCOME DIST.	GAIN (LOSS)				

2015-2016 PROJECTED: \$1.6 Million					FALLBROOK HEALTHCARE DISTRICT			
COMPARISON BY MONTH					PROPERTY TAX APPORTIONMENT RECEIVED			
MONTH REC'D	DATE REC'D	CURRENT YEAR 2015 - 2016	TOTAL Y-T-D CURRENT Year	TOTAL Y-T-D Previous Year	2014-2015	2013-2014	2012-2013	2011-2012
JULY Refer to *Note					APPORTIONMENTS REC'D BY MONTH			
AUG FOR JULY	8/8/2015	\$ 28,898.35	\$ 28,898.35	\$ 21,313.46	\$ 21,313.46	\$ 22,702.68	\$ 20,462.94	\$ 19,875.46
SEPT FOR AUG	9/8/2015	\$ 10,387.11	\$ 39,285.46	\$ 36,513.39	\$ 15,199.93	\$ 14,634.29	\$ 16,866.21	\$ 20,074.14
OCT FOR SEPT	10/8/2015	\$ 21,167.68	\$ 60,453.14	\$ 48,570.46	\$ 12,057.07	\$ 17,743.79	\$ 20,734.47	\$ 18,975.81
NOV FOR OCT	11/2/2015	\$ 46,406.28	\$ 106,859.42	\$ 118,320.49	\$ 69,750.03	\$ 46,631.17	\$ 52,359.02	\$ 57,207.70
DEC FOR NOV			\$ 106,859.42	\$ 658,847.53	\$ 540,527.04	\$ 510,457.38	\$ 503,711.81	\$ 507,070.42
**JAN FOR DEC			\$ 106,859.42	\$ 912,122.50	\$ 253,274.97	\$ 245,082.72	\$ 213,109.17	\$ 198,585.55
FEB FOR JAN			\$ 106,859.42	\$ 954,775.23	\$ 42,652.73	\$ 40,322.18	\$ 23,767.74	\$ 21,910.01
MAR FOR FEB			\$ 106,859.42	\$ 1,000,757.83	\$ 45,982.60	\$ 38,842.82	\$ 47,263.63	\$ 40,724.77
***APR FOR MAR			\$ 106,859.42	\$ 1,389,246.13	\$ 388,488.30	\$ 354,699.68	\$ 387,063.80	\$ 391,361.81
MAY FOR APR			\$ 106,859.42	\$ 1,573,440.46	\$ 184,194.33	\$ 193,558.83	\$ 174,351.34	\$ 136,596.52
JUNE FOR MAY			\$ 106,859.42	\$ 1,586,653.43	\$ 13,212.97	\$ 8,266.55	\$ 10,194.21	\$ 11,693.10
JUNE FOR MAY			\$ 106,859.42	\$ 1,596,350.90	\$ 9,697.47	\$ 9,266.53	\$ 6,827.58	\$ 5,505.69
JULY FOR JUNE			\$ 106,859.42	\$ 1,605,210.96	\$ 8,860.06	\$ 8,909.13	\$ 8,540.81	\$ 9,955.38
*/- previous year total			2015-2016		6.0%	3.1%	1.8%	-1.1%
NOTES: * The July 2007 receipt was recorded as income in June 2007 in accord with Auditor's findings. PROP 1A : State repaid on 06/20/2013, \$129,280 plus interest of \$8594.								
Y-T-D		2015-16 \$ 106,859.42	% PREV YR TOTAL 6.7%		2014-2015 \$ 1,605,210.96	2013-2014 \$ 1,511,117.75	2012-2013 \$ 1,464,752.53	2011-2012 \$ 1,439,546.36

ITEM G

DISCUSSION / ACTION ITEMS

- G1. FHD BYLAWS CHANGES
- G1a. CHANGES REQUIRED AS A RESULT FHD/CHS LEASE TERMINATION and OFFICE RELOCATION
- G1b. CONSIDERATION OF ADDITIONAL CHANGES IN/TO STRUCTURE AND FUNCTION

ITEM H

ITEMS FOR SUBSEQUENT MEETINGS

- H1. Other Director/Staff discussion items
 - H1a. Item(s) for future board agendas
- i. Designation of CalTrust Account funds: Capital and Health Services Fund
 - H1b. Announcements of upcoming events
- i. CCC Meeting: Tuesday, DECEMBER 22nd – 9 a.m. to 10:30 a.m. – FPUD
- ii. Community Collaborative Breakfast – Saturday, JANUARY 23, 2016
- H2. Next Regular Board meeting – WEDNESDAY, JANUARY 13, 2016

ITEM I

CLOSED SESSION

- I1. CONFERENCE WITH REAL ESTATE NEGOTIATOR CONCERNING REAL PROPERTY PURSUANT TO GOVT CODE 54956.8.
- I2. CONFERENCE WITH LEGAL COUNSEL CONCERNING POTENTIAL LITIGATION PURSUANT TO GOVT CODE 54956.9(d)(2) – one case.

BYLAWS OF FALLBROOK HEALTHCARE DISTRICT

ARTICLE I. DEFINITIONS

~~“Hospital” means Fallbrook Healthcare District, 624 East Elder Street, Fallbrook, California 92028.~~

“Board” means the Board of Directors of the District.

“Director” means a member of the Board.

“District” means the Fallbrook Healthcare District.

~~“Lease” means lease of the Hospital to Fallbrook Hospital Corporation.~~

“President” means the president of the Board.

“Secretary” means the secretary of the Board.

ARTICLE II. ORGANIZATION, POWERS AND PURPOSES

ORGANIZATION.

The District is a political subdivision of the State of California organized under the Local Healthcare District Law, Division 23 of the Health & Safety Code.

PURPOSES AND POWERS.

The District is organized for the purposes described in the Local Healthcare District Law and shall have and exercise such powers in the furtherance of its purposes as are now or may hereafter be set forth in the Local Healthcare District Law and any other applicable statutes, rules or regulations of the State of California.

ARTICLE III. OFFICES

PRINCIPAL OFFICE.

The principal office of the District is hereby fixed and located at
~~577 East Elder, Suite U, 138 South Brandon Road~~ Fallbrook, CA 92028.

ARTICLE IV. BOARD

GENERAL POWERS.

The Board is the governing body of the District. All District Powers shall be exercised by or under the direction of the Board. The Board is authorized to make appropriate delegations of its powers and authority to officers and employees.

NUMBER AND QUALIFICATION.

The Board shall consist of five (5) members, each of whom shall be a registered voter residing in the District.

ELECTION AND TERM OF OFFICE.

An election shall be held in the District on the first Tuesday after the first Monday in November in each even-numbered year, at which time a successor shall be chosen to each Director whose term shall expire on the first Friday of December following such election. The election of Board members shall be an election at large within the District and shall be consolidated with the statewide general election. The candidates receiving the highest number of votes for the offices to be filled at the election shall be elected thereto. The term of office of each elected Board member shall be four (4) years or until the Board member's successor is elected and has qualified, except as otherwise provided by law in the event of a vacancy.

COMPENSATION.

Each Director shall be compensated as authorized by the Local Health Care District Law (Health & Safety Code 32103) at rate of \$100.00 per meeting, with limit of five meetings a month. For purposes of this paragraph, the word 'meeting' includes all regularly scheduled board meetings, special meetings, committee meetings and sanctioned meetings inclusive of events sponsored by other local governments at which Fallbrook Healthcare District (FHD) is expected or invited to be represented as an official participant; meetings and/or events of agencies of which FHD is a member or subscribing participant; such as Association of California HealthCare Districts (ACHD). Meeting compensation shall be extended for trainings/educational activities required of members of a board of directors of a local agency in compliance with State mandates inclusive of, but not limited to, ethics training (AB 1234). Additionally included are occasions that constitute the performance of official duties such as FHD sponsored special events; activities promotional of special events of FHD and in conducting review and/or site visits of FHD grant program applicants or recipients.

As amended by Board action 12/09/2009.

ARTICLE V. BOARD MEETINGS

REGULAR MEETINGS.

Regular meetings of the Board shall be held as follows:

On the second Wednesday of each month at 6:00 p.m. in the main conference room of the **Fallbrook Hospital, 624 East Elder Street, Fallbrook Public Utilities District, 990 East Mission Road Fallbrook, California, 92028**; provided, however, that should said date fall upon a legal holiday, then the meeting shall be held at the same time on the next business day.

As amended by Board action 10/13/2010

ORGANIZATION MEETING.

At the first regular Board meeting in December, the Board shall organize by the election of one of its members as President, one as Vice President, and one as Secretary. The **Board** President shall appoint a Treasurer who shall serve at the pleasure of the Board.

SPECIAL MEETINGS. **NEED TO REVISE TO INCLUDE DIGITIZED NOTIFICATIONS.**

A special meeting may be called at any time by the President, or by three Board members, by delivering written notice to each Board member and to each local newspaper of general circulation, radio or television station requesting such notice in writing, personally ~~or by mail~~ **by USPS mail or by email**. Such notice must be delivered personally ~~or by mail~~ **by USPS mail or by email** at least twenty-four (24) hours before the time of such meeting as specified in the notice. The call and notice shall specify the time and place of the special meeting and the business to be transacted. No other business shall be considered at special meetings. Such written notice may be dispensed with as to any Board member who at, or prior to the time the meeting convenes, files with the Secretary a written waiver of notice. Such waiver may be given by ~~telegram~~ **telegram or email**. Such written notice may also be dispensed with as to any member who is actually present at the meeting at the time it convenes.

QUORUM.

A majority of the members of the Board shall constitute a quorum for the transaction of business. The act of a majority of the Board members present at a meeting at which a quorum is present shall be the act of the Board.

ADJOURNMENT.

The Board may adjourn any regular, adjourned, regular, special or adjourned special meeting to a time and place specified in the Order of Adjournment. Less than a quorum may so adjourn from time to time. A copy of the Order or Notice of Adjournment shall be conspicuously posted on or near the door of the place where the meeting was held within twenty-four (24) hours after the time of the adjournment.

RULES AND REGULATIONS.

The Board may adopt rules and regulations governing the Board, the District, its facilities and programs, which rules and regulations shall not conflict with these bylaws.

RULES OF ORDER.

Unless otherwise provided by law, these bylaws, or Board rules, Board meeting procedures shall be in accordance with Robert's Rules of Order Newly Revised. However, technical failures to follow Robert's Rules shall not invalidate any action taken. The President may make and second motions and vote in the same manner as other Board members.

ARTICLE VI. COMMITTEES**APPOINTMENT.**

All Board committees, whether standing or special (ad hoc) shall be appointed by the President and shall be comprised of not more than 2 members of the Board of Directors and such additional members as may be appropriate. The chairperson of each committee shall be also appointed by the President. All committees shall be advisory only to the Board unless otherwise specifically authorized to act by the Board.

STANDING COMMITTEES.

Standing committees shall meet periodically and these shall be the following standing committees:

Finance/Audit/Grant/Investment. This committee shall be responsible for review of budgetary and financial matters related to the District including the annual audit and grant program. This committee shall also be responsible for review of the District investments and appraisal of market conditions relating to prudent investment of District funds.

Facilities. NEEDS TO BE UPDATED TO REFLECT CURRENT CONDITIONS/CIRCUMSTANCES.

This committee shall be responsible for periodic inspection of hospital facilities to ensure compliance with the terms of the lease and for review and consideration of real estate matters.

Long Range Planning. This committee shall be responsible for matters related to District long range planning.

Governmental and Public Relations. This committee shall be responsible for monitoring of healthcare legislation and public policy and for advisement of the District Board of possible/probable impact on matters of the District as/when indicated and for the initiation of appropriate action as/when indicated. This committee shall be responsible for interface with other agencies, including other government levels, as well as the public; inclusive of speeches or public appearances, press releases, etc. for the purpose of edification of the District's position/action on matters within the jurisdiction of the District.

Community Programs. This committee shall be responsible for development, execution and monitoring of community healthcare programs inclusive of the Community Collaborative Committee and the annual health fair as well as to help identify and preliminarily evaluate potential grant applicants or

other district sponsorship opportunities.

As amended by Board action 01/09/2008

SPECIAL COMMITTEES.

Special committees may be appointed by the President for special tasks as circumstances warrant, and upon completion of the task for which appointed such special committee shall stand discharged.

COMMUNITY ADVISORS.

A committee chairperson may invite additional individuals with expertise in a pertinent area to meet with and assist the committee. Such consultants shall not vote or be counted in determining the existence of a quorum.

MEETINGS AND NOTICE.

Meetings of a committee may be called by the President of the Board, the Chairperson of the Committee, or a majority of the committee's members.

QUORUM.

A majority of the members of a committee shall constitute a quorum for the transaction of business at any meeting of such committee. Each committee shall keep minutes of its proceedings and shall report periodically to the Board.

MANNER OF ACTING.

The act of a majority of the members of a committee present at a meeting at which a quorum is present shall be the act of the committee. No act taken at a meeting at which less than a quorum was present shall be valid unless approved in writing by the absent members.

ARTICLE VII. OFFICERS

PRESIDENT.

The Board shall elect one of its members as President at the first regular meeting in December of each year, and the President shall hold office until a successor is elected. The President shall be the principal officer of the District and the Board, and shall preside at all meetings of the Board. The President shall appoint all Board committee members and committee chairpersons, and shall perform all duties incident to the office and such other duties as may be prescribed by the Board from time to time.

VICE PRESIDENT.

The Board shall elect one of its members as Vice President at the first regular meeting in December of each year, and the Vice President shall hold office until a successor is elected. In the absence of the President, the Vice President shall perform the duties of the President.

SECRETARY *Need to develop a description that is reflective of current function of the Secretary*

The Board shall elect one of its members as Secretary at the first regular meeting in December of each year, and the Secretary shall hold office until a successor is elected. ~~The Secretary shall provide for the keeping of minutes of all meetings of the Board. The Secretary shall give or cause to be given appropriate notices in accordance with these bylaws or as required by law and shall act as custodian of District records, reports and the District's seal.~~

TREASURER.

The ~~Board~~ President shall appoint a Treasurer who shall serve at the pleasure of the Board. The Treasurer shall be charged with the safekeeping and disbursement of the funds in the Treasury of the District.

ARTICLE VIII. ADVISORY BOARD *This needs to be stricken from ByLaws as the CHS/FHC Agreement has been terminated and the hospital closed.*

The Board shall appoint four (4) members to the Fallbrook Hospital Advisory Board of Trustees for a term of two (2) years. All Advisory Board appointees shall live in the Hospital service area. Two of the Board's appointees shall be members of the Hospital Medical Staff, and the other 2 members of the Advisory Board shall be current members of the Board of the District. The Board's appointees shall serve terms which run with the calendar year, and the Board shall use best efforts to stagger the terms of its appointees to the Advisory Board. The Board's appointees may provide periodic reports to the Board on Hospital policies, operations, licensing activities, Department of Health Services issues, JCAHO and other important Hospital matters.

As Amended by Board action 08/14/2013

ARTICLE IX. AMENDMENT

These bylaws may be amended or repealed by vote of at least three members of the Board at any board meeting. Such amendments or repeal shall be effective immediately.

ITEM J

RETURN TO OPEN SESSION

ITEM K

ADJOURNMENT

ATTACHED ITEMS OF SPECIAL INTEREST:

- **ACHD 2016 – EDUCATION CALENDAR**
- **2016 HEALTHCARE HERO**
- **WOW – Health news article – The Village News**
- **YACS in VETERAN'S DAY PARADE in SAN DIEGO**
- **HEALTHY AND SAFE HALLOWEEN
COLLABORATIVE EVENT**

Vi Dupre

From: ACHD Registration <events@regonline.com>
Sent: Tuesday, December 01, 2015 8:19 PM
To: fallbrookhealthcare@earthlink.net
Subject: ACHD's 2016 Event Registration is now open!

If you are having trouble viewing this email, try [viewing it in a browser](#).

RegOnline® by Lanyon

Host your Own Event



ACHD

ASSOCIATION OF CALIFORNIA
HEALTHCARE DISTRICTS

ACHD 2016 Leadership Academy



REGISTER NOW!

Leadership Academy

Jan 21-22, 2016
Sacramento, CA

Legislative Day

April 4-5, 2016
Sacramento, CA

Annual Meeting

May 3-5, 2016
Monterey, CA

Register today to reserve your spot at ACHD's 2016 Educational Conferences. Each educational conference will provide elected officials and executive staff an opportunity to network with peer organizations as well as other elected officials.



**Fallbrook
Healthcare
District**

2016 Healthcare Hero

- SUBMIT YOUR NOMINEE! -

There are people among us whose commitment to health and well-being touch and benefit the lives of others in meaningful ways.

You are invited to honor someone special who serves others by nominating him or her for the Healthcare Hero Award, 2016.

- Nomination forms can be obtained by contacting the Fallbrook Healthcare District:
Telephone: 760.731.9187
Email: fallbrookhealthcare@earthlink.net
- Nominations must be received at the Fallbrook Healthcare District by 5pm, Wednesday, Dec. 9th.
- To nominate, you must be a resident of Fallbrook, Bonsall, Rainbow or De Luz.
- Nominee may live outside of this community but services must benefit the residents of this community.

The identity of the two Healthcare Heroes 2016 will be revealed at the annual Community Collaborative Breakfast on January 23, 2016

HEALTH

WOW attendees learn how to restore digestive health

Lucette Moramarco
Staff Writer

"An Integrative Approach to Restoring Digestive Health" was the subject of the Woman of Wellness (WOW) program presented by Hui-Wen Annie Dai, D.O. on Nov. 5. Hosted by the Fallbrook Healthcare District, the program was held in the community room of Fallbrook Library.

Dai said that there are many symptoms of gastrointestinal dysfunction: abdominal pain, food allergy and sensitivity, gastritis, esophagitis, colitis, diverticulitis, constipation or diarrhea, irritable bowel syndrome, reflux, belching, bloating, and flatulence.

The causes of these symptoms are related to digestion and absorption she explained. Digestive problems result from not eating mindfully and consciously, a lack of hydrochloric acid in the stomach (caused by overuse of H2 blockers and proton pump inhibitors), the eating of carbohydrates that are not digestible (known as FODMAPS), a lack of digestive enzymes which can lead to lactose intolerance, gluten intolerance or celiac disease, and a lack of fiber.

Each symptom is a piece of the puzzle, Dai said. "You can't fix just one part." One problem leads to another; too much bad bacteria causes the stomach to not work right while people who have

celiac disease cannot absorb iron and become anemic. Any kind of inflammation also affects the body's immune system.

According to Dai, when people have a "gut feeling" about something, that is an accurate description as the nervous system does affect the stomach. The vagus nerve travels from the brain to the abdomen and controls digestion so, relaxing while eating also helps with gastrointestinal problems. When the body is nervous, she explained, the stomach cannot digest food; the body freezes in fight or flight mode. So, people need to concentrate on eating at mealtime, allowing time for digestion.

Dai prescribes the "5

R Program" for people with gastrointestinal problems: remove, replace, reinoculate/repopulate, repair, and rebalance.

It is important to remove high processed/nutrition depleted foods as well as poor quality fats/oils from one's diet, she said. For some people, their digestive problems can be prevented by avoiding FODMAPS – foods that contain excess fructose (in fruits and sweeteners), lactose (in milk and cheese), fructans (in vegetables, cereals, fruits), galactans (in legumes) and polyols (in fruits, vegetables, sweeteners) – which their stomachs cannot digest/break down.

She recommended eliminating foods that are a problem. Food allergy testing can now be done with a blood test to identify the foods that are causing an individual's problems so they can avoid them.

Any infections present in the stomach also need to be treated and removed. Stool testing is done to look for the bad bacteria that cause infections. There are trillions of bacteria in the stomach, of which Dai said, "the more diversity you have, the better off you are."

"Would you give your child a pile of sugar cubes?" Dai asked while showing a picture indicating how much sugar is in a variety of drinks by the number of sugar cubes stacked in front of each can or bottle. There are 19.25 teaspoons of sugar in a 20-ounce bottle of Mountain Dew; even Gatorade's 20 ounce bottle has 8.5 teaspoons of sugar in it.

So, it is important to look at labels, Dai said, to see if a food or drink is healthy, and look at the

serving size too. Better nutrition is key to improving the health of one's stomach.

"Get rid of what you don't need, (sugars, stress), and get what you need (whole food, sleep, and relaxation)," Dai said. The next step involves replacing processed and refined foods, especially processed red meat and soda, with whole foods – whole grains, vegetables, fruits and protein. "Eat like a rainbow," she suggested, referring to bright colored fruits and vegetables.

Using digestive enzymes can also help, not only with the breaking down of food but also with the subsequent absorption of the nutrients in those foods.

Probiotics reinoculate or repopulate the stomach with good bacteria. Besides using probiotic supplements, one can add fermented foods, sauerkraut, miso, and kimchi to one's diet and take prebiotics to aid in the establishment of the beneficial bacteria.

To repair the gastrointestinal tract, there are healing supplements that contain L-glutamine, an amino acid; zinc carnosine for reflux; betaine HCL; vitamins B and C; and adaptogens, herbs including Asian ginseng that are for people under stress, to support their adrenal glands.

Stress management is important in rebalancing one's system. Dai said that means "slowing down, relaxing, enjoying life by taking it easy, going outside and supporting each other". Being part of a community also helps individuals to overcome physical and mental stress by staying in touch and being there for each other.

November 19, 2015 | villagenews.com | The Fallbrook Village News | D-9



Dr. Annie Dai listens to a question from the audience at the Nov. 5 Woman of Wellness program.

Lucette Moramarco photo

It is also important for people to overcome their fear whether it is a fear of losing something, such as their favorite food, a fear of having to make changes, or a fear of not getting the desired outcome from those changes in diet or lifestyle. She said, "Change your thought process, change your mind, change your actions; it is our mind set. When you believe you can do it, you can do it."

To illustrate her point, she told the story of Roger Bannister who was the first man to run a mile under four minutes. He visualized himself doing it and once he did it, then more people did it.

In answering questions from

the audience, Dai said the low dose melatonin helps a person to sleep better which improves digestion. All B vitamins are important prebiotics which help bacteria to grow and can be found in whole grains and vegetables. Coconut oil is good in small quantities and calcium rich foods are more important than calcium supplements.

There will be no WOW program in December, so the next one will be on Jan. 7, 2016 with Sandra Buckingham talking about the health benefits of yoga.

To comment on this story online, visit www.thevillagenews.com.



10-31-15 SAFE HALLOWEEN





YOUTH ADVOCACY COALITION
VETERAN'S DAY - NOV 11, 2015
PARADE
IN SAN DIEGO