

## Organization Information

### Legal Name

Michelle's Place Cancer Resource Center

### DBA (if Applicable)

N/A

## Program Name/Title

Health Education and Outreach

## Brief Program Description

The Health Education and Outreach program empowers the Fallbrook Health District residents with information and resources to make the best choices for their health and provides cancer patients and their families with resources to support them in their fight against cancer.

## Funding Amount Awarded

21428

## Target Population - Age

	Percent of program participants for the full grant cycle	Total number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	50	164
Seniors (60+)	50	164
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

N/A

## Target Population - Gender

	Final percent of program participants
Female	100
Male	
Non-binary	
Unknown*	

## \*Target Population - Gender

N/A

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	25
Low (80%) Income Limits, ceiling of \$85,600	75
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	

### \*Target Population - Income Level

n/a

## Program/Services Description - Social Determinants of Health

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

### Program Goal & Objectives

The goal of this program is to reach over 2,000 people in the FRHD with education on health and wellness. Through this outreach we hope to increase the number of cancer resources provided by the Fallbrook location by 20%. Program objectives: The Patient Navigator will host at least eight programs at the Fallbrook location that focus on health and wellness. The Patient Navigator will attend at least 12 community events and/or speaking engagements within the FRHD presenting information on free cancer resources available through Michelle's Place. Michelle's Place will provide 20% more resources to the residents of the FRHD than last year.  $375 \times 20\% = 450$  free resources through the Community Health and Wellness Center.

### Program Outcomes & Measurables

Program objectives: 1. The Patient Navigator will host at least eight programs at the Fallbrook location. This goal was met by hosting a total of twelve cancer support circle meetings. Additionally, art classes, Tai Chi and some other educational classes were provided. 2. The Patient Navigator will attend at least 12 community events and/or speaking engagements within the FRHD. Michelle's Place staff presented at 9 different locations and visited fourteen local businesses to ensure the community knows about Michelle's Place resources. This goal was met. 3. Michelle's Place will provide 20% more resources to the residents of the FRHD than last year.  $375 \times 20\% = 450$ . We provided 328 resources to cancer patients from the district. We fell short of this goal. But, know that we will continue doing outreach and education to ensure any cancer patient within the District knows we are there for them.

### Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites


Print Materials to Service Recipients

Website Display

### Terms and Conditions

Accepted

**Authorized Signature**

A handwritten signature in black ink, consisting of a stylized initial 'K' followed by a cursive 'M'.

## Contact Information

### Contact Name

Kim Gerrish

### Title

Executive Director

### Primary Contact Phone

9516995455

### Email Address

kim@michellesplace.org

## Writing Instructions:

What language(s) did this program accommodate:

English

Spanish

### Acknowledgment of District Support



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### Acknowledgment of District Support



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## Impact Story



Impact Story FRHD 4th Q.docx

## Impact Story



Impact Story FRHD 4th Q.docx

## Program Budget



97\_Impact Story FRHD 4th ... .docx

**Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.**

328



*no one should face cancer alone*

Empowering individuals and families impacted by cancer through education and support services.

## How can you help?

### Volunteer, Donate, Attend

Please visit our website at [michellesplace.org](http://michellesplace.org) for available volunteer and donation opportunities.



41699 Winchester Rd. #101 Temecula, CA 92590-2645

1636 E. Mission Rd. Fallbrook, CA 92028

P: 951-699-5455 F: 951-699-3631 E: [Info@michellesplace.org](mailto:Info@michellesplace.org)

The Fallbrook satellite location is made possible through funding from:



Michelle's Place is a 501c3 non-profit organization | Tax ID: 33-0951216

## Michelle's Story

Michelle's Place Cancer Resource Center was created as a legacy of Michelle Watson, who lost her battle with breast cancer at the young age of 26. This is her story.

As a resident of Temecula, Michelle was frustrated with the lack of local resources available to her while facing the challenges of cancer treatment. A cancer diagnosis is always a shock. Even more so for a healthy young woman like Michelle who was vegan, studied holistic medicine, and interested in joining the Peace Corp. Michelle shared concerns about a lump in her breast on several occasions, to different medical providers. Each time she was assured she was too young and healthy for any concern. It was her Peace Corp physical examination that prompted a biopsy, and finally, a diagnosis of Stage IV breast cancer at the age of 23.



Michelle was desperate to find others who understood the emotional toll that cancer is. She found support at the Santa Barbara Breast Cancer Resource Center- the first place Michelle said that someone cared about her as a person, and not the cancer. She envisioned a local resource center in the Temecula Valley that would offer the same emotional comfort, support, and hope. The Center she dreamed of would include both educational and supportive components for the whole family.

Instead of focusing on missed opportunities, Michelle's family and friends chose to take positive action and bring Michelle's wish to reality. Michelle's Place was founded in her honor less than a year after she earned her angel wings.

Michelle always shared her knowledge and experience in battling cancer in a positive, uplifting way. This continues to be the goal for Michelle's Place every day. Michelle's Place offers all services at no cost to the community, tailored to meet the needs of the client: financial assistance, support groups, comfort items (wigs, prosthetics, etc.), wellness classes, a behavioral health team, and educational resources.



PinkRibbonMP



Michelles\_Place

## Hope

### Purple Ribbon Assistance (PRA)

The fight against cancer is difficult enough without worrying about transportation, food resources, and holidays. The financial costs of treatment can be a huge strain on families. The PRA program provides temporary financial assistance with grocery gift cards, free transportation to medical appointments, and assistance throughout the year at holidays and for back to school supplies.

### Educational Resources

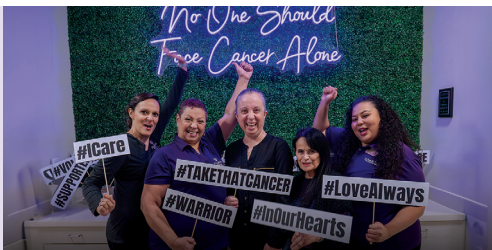
Education is key to empower individuals to take control of their health. Michelle's Place offers monthly educational seminars that cover a wide variety of topics, led by content experts. The center has a library filled with books and magazines to help clients throughout their journey.

### Behavioral Health Program

A client diagnosed with cancer is twice as likely to suffer mental and emotional distress than the average American. Stress and anxiety can affect and prevent the body from fighting disease and recovering from surgeries and treatment. Michelle's Place offers behavioral health resources in house and at no cost to clients and their families, eliminating the need for a lengthy referral process.

### Transportation Assistance

Transportation Assistance provides free transportation to clients with cancer to non-emergency medical appointments.



## Care Team

Patient Navigators are the first members of the care team a client will meet and are integral to Michelle's Place.

Navigators assess the needs of clients and their families and connect them with other members of the Care Team, depending on the identified needs of the clients.

The Care Team surrounds the client and offer comfort, hope, and understanding. The team has compiled hundreds of resources to build a Center that partners with other organizations, and are relevant to the specific cancer diagnosis of the client.

Care Team staff are bilingual, offering assistance in both English and Spanish.

“Take today’s opportunities and live your dreams” —Michelle Watson

## Comfort

### Support Services

All of the services provided at Michelle's Place are free of charge to our clients. We offer support groups and classes with many different focuses to help our clients with the impact of cancer in their lives. We want our clients and their families to have a place where they feel safe, hopeful and comfortable.



### Personal Services

We provide personal services and resources to help our clients find comfort throughout their journey. Comfort items (wigs, hats, prosthesis, scarves, etc.) are available to all clients at no cost, allowing them to focus on healing.



### Wellness Services

We provide a multitude of services that focus on the wellbeing of our client's minds, bodies and spirits. We provide a safe space where our clients can focus on themselves and implement self-care routines into their lives.







On May 28th, Michelle's Place partnered with Dream Dinners to hold a "Spice it Up" date night. Six couples were invited to learn how to make simple, nutritious meals for each other while the Behavioral Health Team led a conversation on maintaining intimacy in a relationship after cancer. One couple that attended were Fallbrook residents. Heather H reported, "Michelle's Place hosted a Date Night at Dream Dinners in Temecula, and it was a blessing to be included. My husband has not been active with Michelle's Place, as it has always been a place for me to get support, be active in art classes, and make friends going through the same challenges that I am. This time he was able to be involved and meet other spouses. Michelle's Place has and always does go above and beyond for their clients."

Agency Name: **Michelle's Place Cancer Resource Center** PROGRAM NAME: **Mental Health for Cancer Patients**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1) <b>A</b>	<b>INDIRECT EXPENSES:</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL INDIRECT EXPENSE	\$14,800.00	\$4,672.00	\$1,168.00	\$2,900.00	\$332.00	\$272.00
<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL PERSONNEL EXPENSE	\$128,215.00	\$18,662.00	\$1,866.00	\$6,000.00	\$6,000.00	\$4,800.00
<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL OTHER EXPENSES	\$20,600.00	\$3,900.00	\$1,900.00	\$825.00	\$862.00	\$315.00
<b>D</b>	<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
		\$163,615.00	\$27,234.00	\$4,934.00	\$9,725.00	\$7,194.00	\$5,387.00

Total funds expended to date: **\$27,240.00**