

The Fallbrook Animal Sanctuary is a no-kill, non-profit, safe haven for animals, staffed entirely by volunteers.

FAS receives no government funds, relying on donations from the public.

January - September 2022

	Dogs	Cats
Intake	46	388
Adopted	47	269
Spayed/ Neutered	31	264



Adoptions are by appointment only. Send an email to info@fallbrookanimalsanctuary.org or contact us through social media.



A Note from FAS President, Dr. John Daly

In my few months as president of the Fallbrook Animal Sanctuary, I have learned what a large and vibrant community we are. Our volunteers, medical staff, team leaders, foster families, donors, and many other helpers come from all sectors of the Fallbrook community and beyond. FAS is fortunate to have such partners as our local veterinarians and the support of local businesses such as Kahoots, the Angel Shop, Major Market and many more. Our mission would not be possible without all of you.

It has been another challenging year for FAS. But when things seemed most desperate, angels appeared from within the community with donations of food, supplies, and funds to carry us through.

Among our goals for the next year are raising enough funds on Giving Tuesday to fund another four free spay-and-neuter clinics through SNAP, and funding for infrastructure improvements to expand our infirmary and cat housing.

To all of you we extend our never-ending gratitude in this holiday season, and we wish you all the best in the New Year.



SNAP and Giving Tuesday



SNAP, Spay Neuter Action Project is in the house! We are so lucky to have a wonderful partnership with SNAP. Not only do they spay and neuter all the dogs and cats that find themselves at FAS in need of a second chance, they also provided 4 FREE spay/neuter clinics for the Fallbrook community sponsored by FAS. This was made possible by the generous donations to our 2021 Giving Tuesday Campaign. We raised enough funds to provide 4 FREE clinics and also sponsor a microchipping clinic with SNAP. That's 130+ pets whose families don't have to worry about their pet contributing to the overpopulation of unwanted cats and dogs. Help us continue to support our community and help keep animals out of the shelters. All donations made from November 1st through November 29th in honor of Giving Tuesday will automatically be DOUBLED up to \$5,000!

“My fashion philosophy is, if you’re not covered in dog hair, your life is empty.”

Elayne Boosler



Puppies and kittens can be spayed/neutered as young as 8 weeks old. Don't delay.

Advantages

- Spayed females won't experience the physical and behavioral issues associated with going into heat.
- Neutered males are generally better behaved and less likely to roam away from home.
- The risk of certain cancers is lowered and, in some cases, eliminated.
- Over 32,000 kittens can potentially be born from one unspayed female cat and her offspring in seven years. Spaying significantly reduces pet overpopulation.

Christmas Store 2022

The Christmas Store has a new location! After 10 years in our old space in the Major Market center, we were informed in early October that the new owner of the property is unwilling to allow us to use the space anymore. A frantic effort to find a new store location ensued. We contacted every commercial property for lease in Fallbrook to no avail. At the 11th hour, hearing of our plight, Justin Coen (son of Dr Timothy Coen of Fallbrook Urgent Care) offered us a wonderful space on Main Avenue at a rent way below market value. We extend our most heartfelt thanks to the Coen family for making it possible for Fallbrook's much-loved Christmas Store to be in business for another year!



The new store will be right next door to Meineke Car Care, on the other side of Main Avenue directly across from the Major Market center. The store will be open until Christmas Day.

Please come and visit us! Bring your donations (we're low on trees this year!) and shop to your heart's content. In addition to Christmas decor, the store will have necessities for dogs and cats (leashes, harnesses, dishes, beds, etc), pet-themed paraphernalia, and gift baskets. This is our biggest fundraiser of the year. Come and help us make it the best one ever!

746 S Main Avenue

Hours: Monday - Saturday 10 am - 5 pm Sunday 11 am - 3 pm



KAHOOTS



Vax@Home
Mobile Pet Vaccinations
Jane Koepcke, DVM
(442) 248-7254



The Fallbrook Animal Sanctuary can only fulfill its mission with the support of our community. In addition to the many individuals who have given generously to keep the doors open, FAS would like to give special thanks to the following business sponsors for their ongoing partnerships:

FAS Volunteer of the Year



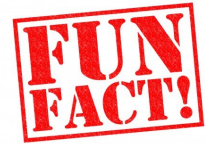
In 2017 Linda Carstensen began volunteering with FAS. Linda is very dependable and does whatever is needed on any given day. She not only takes care of our animals, but she does it with love, enthusiasm, and dedication.

Linda does it all! If needed for an additional day, she will be there. Need someone to do the feeding? She can. Need someone to take care of special needs or adoption or intake?

She can do it! Oh, and let's not forget the laundry, dishes, sweeping, or mopping. She will do that too.

We hope you know that your service has helped us to achieve our goals. Thank you for generously sharing your time and energy with us! Thank you for being a selfless and tireless volunteer. You set a good example for us all. We appreciate your most incredible gift: your service.

On behalf of everyone at FAS, the Board of Directors, volunteers, medical staff, and the animals in our care, we would like to take this opportunity to thank Linda Carstensen for her continued support and dedication to FAS. Congratulations to you on being our 2022 Volunteer of the Year.



Feral cats have been living at the Disneyland Resort for decades and are actually used to (ironically) help control the rodent population within the park. Mickey Mouse better watch out!



Volunteering and its Surprising Benefits

By Jeanne Segal, Ph.D. and Lawrence Robinson

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering: 4 ways to feel healthier and happier

1. Volunteering connects you to others.
2. Volunteering is good for your mind and body.
3. Volunteering can advance your career.
4. Volunteering brings fun and fulfillment to your life.





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*From the FAS
family to yours*

4 Steps to Better Giving

How to Put Your RMD and Your IRA to Work for Your Favorite Charity

By: K. Brad Tedrick, CFA, CFP, President, Vantage Wealth

We meet people every day that want to donate to charity for all the right reasons but finding ways to effectively give can feel both daunting and overwhelming. It's time to take a closer look at your IRA, its required minimum distributions (RMDs), and how they can go to work for you. If you have an RMD and you don't need these funds, you can donate it to charity as a qualified-charitable distribution (QCD). This is a great way to support charities and causes that you care about. A QCD of up to \$100,000 directly from an IRA to a charity will not be taxed.

So how can you make this happen? Here are some ideas:

Calculate and plan: Find out what your minimum RMD is for this year. Next, decide which account to make withdrawals from and how much of that withdrawal you plan to give.

Arrange: Select a qualified 501(c) 3 organization to support.

Give: Gifts of up to \$100,000 from an IRA or an employer-sponsored retirement account can be given tax-free. Donations made by Dec. 31 will qualify for this year's tax return. When you file, make sure to include your donations on the right tax documents, (Form 10r 99-R, Form 1040, or Form 8606).

Think Ahead: Start thinking ahead to next year and how you will distribute next year's withdrawal. There is always the possibility that tax laws could change so it's important to talk to a financial advisor and stay ahead of the curve so you can continue to give with both your heart and your mind.

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