

## Organization Information

### Legal Name

Fallbrook Senior Citizens Service Club, Inc

### DBA (if Applicable)

Fallbrook Senior Center

## Program Name/Title

Congregate Meal Program

## Brief Program Description

The Fallbrook Senior Center offers congregate meals to foster the well-being of seniors by supporting healthy aging, ensuring proper nutrition, and encouraging social interaction. Additionally, we organize health focused trainings and entertaining events with music to promote socialization and enjoyment.

## Funding Amount Awarded

47000.00

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	7	9
Seniors (60+)	93	116
We do not collect this data (indicate with 100%)*		

## Target Population - Gender

	Percent of program participants
Female	60
Male	40
Non-binary	
Unknown*	

## 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	
Low (80%) Income Limits, ceiling of \$85,600	

	Percent of program participants
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	100

### \*Target Population - Income Level

We do ask the question, however there is a decline to state box on the form. So far everyone has selected the decline to state box.

### Actual number of residents that directly benefited (participant/client) from this program during this quarter.

125

### Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

### Program Goal & Objectives

Through the Congregate Meal Program, the Fallbrook Senior Center strives to reach as many adults as possible aged 60 and over to help alleviate food insecurity and isolation. The goal of the Senior Center is to provide meals with high nutritional value in a social setting at no cost for seniors 60+ residing in the communities of Fallbrook, Bonsall, Rainbow and De Luz. Initiatives are being developed to create greater awareness of the program and thereby attract more seniors who could benefit from participation in the program. The benefits include healthy aging, improved quality of life through good nutrition, and the ability to remain in their homes as long as is safely possible.

### Program Outcomes & Measurables

In line with our objectives, The Fallbrook Senior Center has been providing around 34 daily meals, five days a week, free of charge, to seniors aged 60 and above, creating a communal environment that encourages social interaction. During the first quarter, we distributed a total of 2,070 meals to seniors, and 116 residents of the Health District derived direct benefits from our Congregate Meal Program. Furthermore, we conducted multiple educational sessions, facilitated by nursing students from Cal State San Marcos, covering important subjects like Diabetes, Heart Health, and the advantages of staying adequately hydrated. Additionally, we organized an enjoyable Fiesta featuring a Mariachi Band to commemorate Mexican Independence Day. We have monthly birthday celebrations with music too. Lunch on Fridays is enjoyed with music as well.

### Anticipated Acknowledgment

Print Materials to Service Recipients

Website Display

### Terms and Conditions

Accepted

### Authorized Signature



## Contact Information

### Contact Name

Susie Gonsalves

### Title

Executive Director

### Primary Contact Phone

7607284498

### Email Address

fallbrookscdirector@gmail.com

## Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

## Acknowledgment of District Support

FALLBROOK SENIOR CENTER SEPTEMBER 2023 MENU				
Serving Lunch at the Fallbrook Community Center - 341 Heald Lane Monday - Friday Doors open at 10:30 760-728-4498				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes total &gt;1,600 mg of sodium.</p> <p>Fallbrook Regional HEALTH DISTRICT HHSAA</p>				
<b>4</b> CLOSED Labor Day	<b>5</b> Baked Chicken Roasted Brussels Sprouts Sweet Potato Mixed Green Salad w/garbanzo Whole Wheat Roll Apple	<b>6</b> Sweet and Sour Chicken Meatballs Butternut Squash Whole Wheat Pasta Mixed Green Salad w/beans Yogurt with Strawberries	<b>7</b> Meat Loaf w/gravy Spinach Baked Potato Mixed Green Salad w/red peppers Whole Wheat Roll Blueberries	<b>8</b> Celebrating Seniors' Day Crab Cake Broccoli Quinoa Coleslaw Ambrosia
<b>11</b> Egg Plant Parmesan Cauliflower Three Bean Salad Whole Wheat Pasta Yogurt with Blueberries	<b>12</b> Beef Stew Corn Sweet Potato Mixed Green Salad Whole Wheat Roll Banana	<b>13</b> Honey Mustard Chicken Spinach Brown Rice Mixed Green Salad w/garbanzo Apple	<b>14</b> Birthday Lunch Roasted Turkey Green Beans Mashed Potatoes Mixed Green Salad w/beans Whole Wheat Roll Strawberries	<b>15</b> Mexican Independence Celebration Fish Taco's Fiesta Blend Black Beans Reservations Required Tortilla Coleslaw Mango
<b>18</b> Chicken Condon Bleu Collard Greens Quinoa Mixed Green Salad w/garbanzo Honeydew Melon	<b>19</b> Teriyaki Beef Caper Blend Barley Mixed Green Salad w/red peppers Tropical Fruit	<b>20</b> Vegetable Noodle Soup Black Beans Whole Wheat Quesadilla with Cheese Mixed Green Salad w/beans Orange	<b>21</b> Chicken Fajitas Fiesta Blend Brown Rice Mixed Green Salad w/garbanzo Cantaloupe	<b>22</b> Fish Veracruz Corn with red peppers Coleslaw Roasted Potato Whole Wheat Roll Yogurt w/Strawberries
<b>25</b> Beef Lasagna Zucchini Whole Wheat Garlic Bread Mixed Green Salad Orange	<b>26</b> Chicken Salad Sandwich Asparagus Sweet Potato Whole Wheat Sandwich Roll Mixed Green Salad w/beans Apple	<b>27</b> Turkey Stuffed Bell Pepper Miner Blend Farro Mixed Green Salad w/garbanzo Canned Peaches	<b>28</b> Beef Stroganoff Baby Carrots Whole Wheat Pasta Mixed Green Salad Cantaloupe	<b>29</b> Fish and Chips Broccoli Coleslaw Baked Potato Fries Whole Wheat Roll Ambrosia



Newsletter Support Page.pdf

## Impact Story



Story.docx

## Program Budget



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