



**Organization Information**

**Legal Name**

Fallbrook Senior Citizens Service Club

**DBA (if Applicable)**

Fallbrook Senior Center

**Program Name/Title**

Congregate Meal Program

**Contact Information**

**Contact Name**

Susie Gonsalves

**Title**

Executive Director

**Primary Contact Phone**

760-728-4498

**Email Address**

fallbrookscdirector@gmail.com

**Organization Mailing Address**

399 Heald Lane  
Fallbrook, CA, 92028

**Organization Physical Address**

399 Heald Lane  
Fallbrook, CA, 92028

**Total number of residents that benefited (participant/client) from this program this quarter.**

120

**Target Population - Age**

	Percent of program participants	Total Number of Participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	20	24
Seniors (60+)	80	120
We do not collect this data (indicate with 100%)*		

## Target Population - Gender

	Percent of program participants	Total Number of Participants
Female	68	71
Male	32	49
Non-binary		
Unknown*		

## Target Population - Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	69	83
Very Low (50%) Income Limits, ceiling of \$53,500	25	30
Low (80%) Income Limits, ceiling of \$85,600	6	7
Higher Than Listed Limits		
We do not collect this data (indicate with 100%)*		

## 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/Services Description - FRHD Community Needs Assessment

Health (Diabetes - prevention, management)

Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)

Health (Healthy Food/Nutrition)

Social (Economic Security, Health Literacy, Family/Child Support, Legal/Advocacy)

## Program Objectives

Goal 1 Statement: The primary goal of the Congregate Meal Program is to alleviate food insecurity by providing hot, freshly prepared nutritious meals daily to as many seniors as possible in the greater Fallbrook area, who otherwise would not have regular access to such meals.

## Program Outcomes/Measurables

To meet the stated goal, The Fallbrook Senior Center has provided approximately 30 meals each day, five days a week, at no cost to seniors (60+), in a Congregate setting to encourage socialization. Meals provided were substantial, hot and nutritious, meeting the strict dietary guidelines established by the San Diego County AIS and based on the specific nutritional needs of seniors. Menu plans, food preparation, and meal service successfully passed all the San Diego County inspections conducted during the 2nd quarter thus ensuring that all clients served received one third of their daily nutritional needs. During the 2nd quarter we served 1905 meals to seniors and 120 residents of the Health District directly benefited from the Congregate Meal Program

## FRHD Grant Support Acknowledgment

Print Materials to Service Recipients

Website Display

## FRHD Grant Support Acknowledgment

The Fallbrook Regional Health District logo is listed under our Supporters and Partnerships category in our monthly newsletter *The Senior Center Chronicle*. The FRHD logo is also on our monthly menu page. The Senior Center Chronicle is distributed to 536 members every month. Total outreach for the 2nd quarter was 1600 newsletters distributed.

The FRHD logo is also prominently displayed on our website under About Us - Supporters.

## Please provide an example of how the District's grant funding was acknowledged.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE.</b> <b>MONDAY RESERVATIONS DUE THE FRIDAY PRIOR.</b>	<b>Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad, bread, and 1% M&amp;T. Meals are subject to change without notice. A donation of \$1,000.00 of meals.</b>	 	<b>1</b> Vegetarian Chili beans Corn Sweet Potato Mixed Green Salad w/grapes Whole Grain Corn Bread Grapes	<b>2</b> Baked Pollock w/lemon Carrots Baked Potato Mixed Green Salad Whole Wheat Roll Cantaloupe
<b>5</b> Chicken Carbon Bleu California Blend Brown Rice Mixed Green Salad Tropical Fruit	<b>6</b> Beef Stew Broccoli Baked Potato Mixed Green Salad w/grapes Whole Grain Corn Bread Apple	<b>7</b> Baked Chicken Butternut Squash Quinoa Mixed Green Salad w/walnuts Strawberries	<b>8</b> Birthday Lunch Beef Meat Loaf w/gravy Peas and Carrots Mashed Potatoes Mixed Green Salad w/grapes Whole Wheat Roll Tangerine	<b>9</b> Fish Veracruz Roasted Brussels Sprouts Quinoa Mixed Green Salad Banana
<b>12</b> Honey Mustard Chicken Carrots Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Tropical Fruit	<b>13</b> Beef Stuffed Bell Peppers Spinach Brown Rice Mixed Green Salad w/grapes Strawberries	<b>14</b> Soft Chicken Taco's Fiesta Blend Mixed Green Salad w/grapes Whole Wheat Tortilla Orange	<b>15</b> Holiday Lunch A County Christmas Black Forest Ham Green Beans Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Apple	<b>16</b> Crab Cake California Blend Quinoa Mixed Green Salad w/walnuts Whole Wheat Roll Banana
<b>19</b> Vegetable Lasagna Zucchini w/red peppers Mixed Green Salad w/red pepper and parmesan Whole Wheat Roll Canned Pears	<b>20</b> Tuna Noodle Casserole Peas and Carrots Whole Wheat Pasta Mixed Green Salad Tangerine	<b>21</b> Sirloin Steak Roasted Brussels Sprouts Mashed Potatoes Mixed Green Salad w/grapes Whole Wheat Roll Applesauce	<b>22</b> Chicken Baked Taco's Black Beans Brown Rice Mixed Green Salad Strawberries	<b>23</b> Baked Breaded Shrimp Broccoli Quinoa Mixed Green Salad Fruit Cocktail
<b>26</b> CLOSED	<b>27</b> Beef Stroganoff Baby Carrots Whole Wheat Pasta Mixed Green Salad w/grapes Mandarin Orange	<b>28</b> Minestrone Soup Wack Beans Baked Sweet Potato Fries Mixed Green Salad Yogurt w/Walnuts and Strawberries	<b>29</b> New Years Party Chicken Fajitas w/peppers Fiesta Blend Whole Wheat Tortilla Mixed Green Salad w/red pepper Tropical Fruit	<b>30</b> Fish and Chips Winter Blend Baked Potato Fries Mixed Green Salad w/grapes Whole Wheat Roll Melon



Newsletter Support Page.pdf

## Program Budget



Congregate-22\_23 FRHD CH... .xlsx

## Impact Story



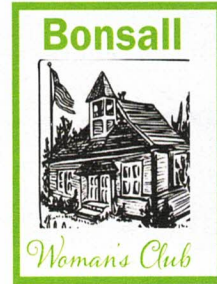
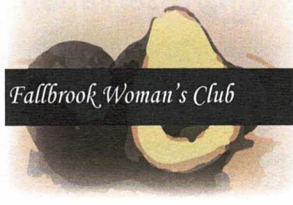
Nannette Schuyler.docx



# - SUPPORTERS -



Fallbrook Woman's Club



# - PARTNERSHIPS -



# - IN-KIND DONORS -



Agency Name: **Fallbrook Senior Citizens Service Club Inc.**

PROGRAM NAME: **Congregate Meal Program**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

<b>A</b>	<b>INDIRECT EXPENSES:</b>	<b>PROGRAM COST</b>	<b>REV'D REQ FROM FRHD</b>	<b>AMOUNT USED Q1</b>	<b>AMOUNT USED Q2</b>	<b>AMOUNT USED Q3</b>	<b>AMOUNT USED Q4</b>
A1	Administrative Support	\$23,104	\$5,314	\$1,328	\$1,328		
A2	General Insurance (not program specific)	\$815	\$187	\$47	\$47		
A3	Accounting & audit expenses	\$7,200	\$1,656	\$414	\$414		
A4	Consultant/Contractor Fees	\$0	\$0				
A5	Physical Assets (Rent, Facility Costs)	\$945	\$217	\$54	\$54		
A6	Utilities	\$1,682	\$387	\$97	\$97		
A7	IT & Internet	\$300	\$69	\$17	\$17		
A8	Marketing & Communications	\$710	\$163	\$41	\$41		
A9	Office Supplies	\$1,324	\$305	\$76	\$76		
A10	Training & Education	\$0	\$0				
A11	Other: specify	\$0	\$0				
<b>TOTAL INDIRECT EXPENSE</b>		<b>\$36,080</b>	<b>\$8,298</b>	<b>\$2,074</b>	<b>\$2,074</b>	<b>\$0</b>	<b>\$0</b>

<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<b>AMOUNT USED Q1</b>	<b>AMOUNT USED Q2</b>	<b>AMOUNT USED Q3</b>	<b>AMOUNT USED Q4</b>
B1	Salary-Chef	\$14,820	\$6,965	\$1,741	\$1,741		
B2	Salary-Chef Assistant	\$7,738	\$3,637	\$909	\$909		
B3	Salary-Kitchen Assistant	\$1,934	\$909	\$227	\$227		
B4	Salary-Nutrition Mgr/Administrator	\$17,000	\$7,990	\$1,997	\$1,997		
B5	Salary-Meal Delivery Driver						
B8	Payroll Expenses (WC, taxes)	\$5,460	\$2,566	\$641	\$641		
B9	Benefits	\$10,920	\$5,132	\$1,283	\$1,283		
B7	Other: specify	\$12,865	\$5,532	\$1,383	\$1,383		
<b>TOTAL PERSONNEL EXPENSE</b>		<b>\$70,737</b>	<b>\$32,731</b>	<b>\$8,181</b>	<b>\$8,181</b>	<b>\$0</b>	<b>\$0</b>

<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<b>AMOUNT USED Q1</b>	<b>AMOUNT USED Q2</b>	<b>AMOUNT USED Q3</b>	<b>AMOUNT USED Q4</b>
C1	Equipment	\$0	\$0				
C2	Program/Kitchen-Meal Delivery Supplies	\$11,600	\$5,568	\$1,392	\$1,392		
C3	Printing/Duplicating	\$810	\$389	\$97	\$97		
C4	Travel/Mileage	\$0	\$0				
C5	Program Specific Insurance (Bus Liab, Auto)	\$3,000	\$1,440	\$360	\$360		
C6	Food	\$48,000	\$23,040	\$5,760	\$5,760		
C7	Kitchen Rental	\$4,320	\$2,074	\$518	\$518		
C8	Telephone	\$730	\$350	\$87	\$87		
C9	Maintenance and Repairs	\$150	\$72	\$18	\$18		
C10	0	\$0	\$0				
C11	0	\$0	\$0				
C12	0	\$0	\$0				
<b>TOTAL OTHER EXPENSES</b>		<b>\$68,610</b>	<b>\$32,933</b>	<b>\$8,232</b>	<b>\$8,232</b>	<b>\$0</b>	<b>\$0</b>

<b>D</b>	<b>TOTALS</b>	<b>PROGRAM COST</b>	<b>FRHD Funds Expended</b>
		<b>\$184,311</b>	<b>\$36,975</b>

Nannette Schuyler

I am very grateful for the meal program at the Senior Center. It is where I have met good friends who I enjoy eating with every day and who I can spend time with and count on outside of the center. I live alone and those friendships mean a lot to me. Since I no longer cook, the lunch has become my main meal of the day. I know that I am getting a well-balanced nutritious meal then, so even if I don't eat great later in the day, I have had a good nutritious lunch.

Several times a month the nurses from the college come in and take our blood pressure and glucose numbers. I really appreciate having them. It keeps me on track knowing that they are coming. The month of December, with the holidays and the nurses on break, my numbers started to run a little high. I know it helps me when they are here checking in with me on a regular basis, it helps keep me accountable.