



**Organization Information**

**Legal Name**

Fallbrook Senior Citizens Service Club, Inc

**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.**

96

**Target Population - Age**

	Percent of program participants	Total Number of Participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	4	4
Seniors (60+)	96	96
We do not collect this data (indicate with 100%)*		

## Target Population - Gender

	Percent of program participants	Total Number of Participants
Female	62	64
Male	38	32
Non-binary		
Unknown*		

## Target Population - Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	71	70
Very Low (50%) Income Limits, ceiling of \$53,500	23	20
Low (80%) Income Limits, ceiling of \$85,600	26	6
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 3rd quarter thus ensuring that all clients served received one third of their daily nutritional needs. During the 3rd quarter we served 1882 meals to seniors and 96 residents of the Health District directly benefited from the Congregate Meal Program

## FRHD Grant Support Acknowledgment

Social Media Postings

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 428 members every month. Total outreach for the 3rd quarter was 1350 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.

FALLBROOK SENIOR CENTER MARCH 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 meal &lt;1,000 mg of sodium</p> <p><b>1</b> Orange Chicken Broccoli Brown Rice Mixed Green Salad w/garbanzos Whole Wheat Roll Canned Peaches</p>	<p><b>2</b> Beef Stew Cauliflower Baked Potato Mixed Green Salad Whole Wheat Roll Grapes</p>	<p><b>3</b> Crab Cake Baby Carrots Quinoa Coleslaw Cantaloupe</p>	<p><b>6</b> Chicken Rolled Tacos Black Beans Brown Rice Mixed Green Salad Orange</p>	<p><b>7</b> Vegetarian Chili California Blend Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Apple</p>
<p><b>13</b> BBQ Chicken Butternut Squash Baked Potato Mixed Green Salad Oatmeal Cookie Cantaloupe</p>	<p><b>14</b> Turkey Meatballs w/ Spaghetti California Blend Whole Wheat Pasta Mixed Green Salad w/garbanzos Canned Pears</p>	<p><b>8</b> Honey Mustard Chicken Baby Carrots Brown Rice Mixed Green Salad w/walnuts Tropical Fruit</p>	<p><b>9</b> Birthday Lunch Black Forest Ham Green Beans Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Applesauce</p>	<p><b>10</b> Fish Veracruz Broccoli Quinoa Mixed Green Salad Banana</p>
<p><b>20</b> Vegetable Lasagna Baby Carrots Three Bean Salad Whole Wheat Garlic Bread Mandarin Orange</p>	<p><b>21</b> Chicken Noodle Soup Broccoli Whole Wheat Cheese Quesadilla Mixed Green Salad Applesauce</p>	<p><b>15</b> Beef Tips with Gravy Sweet Potato Brown Rice Mixed Green Salad Grapes</p>	<p><b>16</b> Tuna Noodle Casserole Peas and Carrots Whole Wheat Pasta Mixed Green Salad w/walnuts Yogurt with Strawberries</p>	<p><b>17</b> St. Patrick's Day Corned Beef and Cabbage Mixed Vegetables Mixed Green Salad w/garbanzos Potatoes Whole Wheat Roll Tropical Fruit</p>
<p><b>27</b> Chicken Cordon Bleu Butternut Squash Brown Rice Mixed Green Salad w/walnuts Tropical Fruit</p>	<p><b>28</b> Turkey Burger Mixed Vegetables Baked French Fries Mixed Green Salad w/garbanzos Whole Wheat Bun Tangerine</p>	<p><b>22</b> Beef Stuffed Red Bell Pepper Spinach Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Canned Pears</p>	<p><b>23</b> Green Chile Chicken Tamale Black Beans Brown Rice Mixed Green Salad Cantaloupe</p>	<p><b>24</b> Baked Pollock Quinoa Mixed Green Salad Ambrosia</p>
		<p><b>29</b> Beef Fajitas Fiesta Blend Whole Wheat Tortilla Mixed Green Salad w/Red Pepper Strawberries</p>	<p><b>30</b> Baked Herb Chicken Green Beans Sweet Potato Mixed Green Salad Whole Wheat Roll Green Apple</p>	<p><b>31</b> Baked Breaded Shrimp Broccoli Brown Rice Mixed Green Salad w/garbanzos Fruit Cocktail</p>



Newsletter Support Page.pdf

## Program Budget



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

## Impact Story



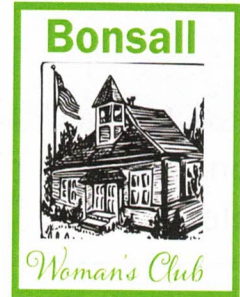
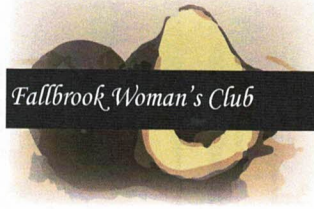
Rose Letter.docx



# - SUPPORTERS -



Fallbrook Woman's Club



# - PARTNERSHIPS -



# - IN-KIND DONORS -



National Charity League, Inc.  
Mothers AND Daughters SERVING COMMUNITIES Together



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	\$1,328	
A2	General Insurance (not program specific)	\$815	\$187	\$47	\$47	\$47	
A3	Accounting & audit expenses	\$7,200	\$1,656	\$414	\$414	\$414	
A4	Consultant/Contractor Fees	\$0	\$0				
A5	Physical Assets (Rent, Facility Costs)	\$945	\$217	\$54	\$54	\$54	
A6	Utilities	\$1,682	\$387	\$97	\$97	\$97	
A7	IT & Internet	\$300	\$69	\$17	\$17	\$17	
A8	Marketing & Communications	\$710	\$163	\$41	\$41	\$41	
A9	Office Supplies	\$1,324	\$305	\$76	\$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>\$2,074</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	\$1,741	
B2	Salary-Chef Assistant	\$7,738	\$3,637	\$909	\$909	\$909	
B3	Salary-Kitchen Assistant	\$1,934	\$909	\$227	\$227	\$227	
B4	Salary-Nutrition Mgr/Administrator	\$17,000	\$7,990	\$1,997	\$1,997	\$1,997	
B5	Salary-Meal Delivery Driver						
B8	Payroll Expenses (WC, taxes)	\$5,460	\$2,566	\$641	\$641	\$641	
B9	Benefits	\$10,920	\$5,132	\$1,283	\$1,283	\$1,283	
B7	Other: specify	\$12,865	\$5,532	\$1,383	\$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>\$8,181</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	\$1,392	
C3	Printing/Duplicating	\$810	\$389	\$97	\$97	\$97	
C4	Travel/Mileage	\$0	\$0				
C5	Program Specific Insurance (Bus Liab, Auto)	\$3,000	\$1,440	\$360	\$360	\$360	
C6	Food	\$48,000	\$23,040	\$5,760	\$5,760	\$5,760	
C7	Kitchen Rental	\$4,320	\$2,074	\$518	\$518	\$518	
C8	Telephone	\$730	\$350	\$87	\$87	\$87	
C9	Maintenance and Repairs	\$150	\$72	\$18	\$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>\$8,232</b>	<b>\$0</b>

<b>D</b>	<b>TOTALS</b>	<b>PROGRAM COST</b>	<b>FRHD Funds Expended</b>
		<b>\$184,311</b>	<b>\$55,462</b>

Under the auspices of the Fallbrook Senior Center there is a "special gem" that Seniors are privileged and grateful to be able to use at the congregate lunch program.

These young, dedicated Cal State San Marcos Student Volunteers come to the Fallbrook Senior Center Lunch as part of their prerequisite in working towards their prospective degrees. Giving us their time and knowledge to make sure we stay healthy. They come to check out our vitals, to make sure we are following our doctor's advice, taking our medicine and that we are involved in some healthy activities or exercises.

I get really excited when I go up to the table to get my vitals checked, I want to see if my vitals are good or bad or staying stable. The students keep a record of my results, and they are very good in keeping an eye on my results. There are times that it's not so good and they will give me that concern look and start asking me several questions. Did I take my medications, did I eat yet and what did I eat? Are you stressed or have you been sick? They sometime mention maybe I need to see my doctor just to be sure I'm alright. They also tell me that taking walks is a form of good exercise. The students are very nice, and I like the fact that they are concerned about me. It makes me feel special. I'm very grateful for their service.

The student volunteers share with us by giving important updated information to help us stay informed, to stay well and happy. One day, each one will become full pledge nurses and doctors. Being a member of the Fallbrook Senior Center has many advantages. They offer a variety of day-to-day activities to keep the minds of our "golden years" young, humorous, fit as well as keeping our social life active. Seniors are provided with these free services at least twice a month. It's a great partnership made in heaven. Thank you for your time and your caring heart!

With gratitude,  
Rose Marie