

## 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)                                    | 3                               | 4                                |
| Seniors (60+)                                     | 97                              | 142                              |
| 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. Everyone has selected the decline to state box.

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

146

### 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 39 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 second quarter, we distributed a total of 2,579 meals to seniors, and 142 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 Eye Health for Diabetes, Foods that Lower Cancer Risk and Healthy Habits to protect your Heart. They also provide blood pressure and glucose checks. Additionally, we organized several special Holiday lunches for Thanksgiving, Christmas and New Years all with entertainment and lots of give aways.

### Anticipated Acknowledgment

Signage at Service Sites

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 DECEMBER 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: \$3.00 per meal for seniors 65 and older. There is a \$10.00 charge for non-seniors. Meals include soup, salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal + 1.000 mg of sodium.</p> <p><b>4</b> Chicken Ruffed Tacos<br/>Black Beans<br/>Mixed Green Salad w/garbanzo<br/>Brown Rice<br/>Orange</p> | <p><b>5</b> Swiss Steak<br/>Baby Carrots<br/>Baked Potato<br/>Mixed Green Salad<br/>Whole Wheat Roll<br/>Yogurt with Blueberries</p>    | <p><b>6</b> Chicken Pot Pie<br/>Spinach<br/>Mixed Green Salad<br/>Whole Wheat Roll<br/>Cantaloupe</p>   | <p><b>7</b> Turkey Meatballs with Whole Wheat Spaghetti<br/>Corn w/red pepper<br/>Mixed Green Salad w/red pepper<br/>Apple</p>   | <p><b>1</b> Tomato Basil Bisque Soup<br/>Tuna Sandwich on Whole Wheat<br/>California Blend<br/>Mixed Green Salad<br/>Ambrosia ▲</p>                       |
| <p><b>11</b> Bean and Cheese Burrito<br/>Florida Blend<br/>Quinoa<br/>Mixed Green Salad w/garbanzo<br/>Tropical Fruit</p>  | <p><b>12</b> Beef Stuffed Bell Pepper<br/>Spinach<br/>Brown Rice<br/>Mixed Green Salad<br/>Tangerine</p>                                | <p><b>13</b> Honey Mustard Chicken<br/>Broccoli Sprouts<br/>Baked Potato<br/>Mixed Green Salad w/garbanzo<br/>Whole Wheat Roll<br/>Grapes</p> | <p><b>14</b> Birthdays/Holiday Lunch<br/>Roast Beef w/gravy<br/>Glazed Carrots<br/>Mashed Potatoes<br/>Broccoli Salad<br/>Whole Wheat Roll<br/>Jello with Strawberries ▲</p> | <p><b>15</b> Cilantro &amp; Lime Tilapia<br/>Green Beans<br/>Mixed Green Salad<br/>Fennel<br/>Cantaloupe</p>  |
| <p><b>18</b> Minestrone Soup<br/>Black Beans<br/>Sweet Potato<br/>Mixed Green Salad<br/>Whole Wheat Roll<br/>Canned Peas ▲</p>   | <p><b>19</b> Orange Chicken<br/>Asian Blend<br/>Fennel<br/>Mixed Green Salad w/garbanzo<br/>Tangerine</p>                               | <p><b>20</b> Beef Fajitas<br/>Mixed Vegetables<br/>Whole Wheat Tortilla<br/>Mixed Green Salad<br/>Yogurt w/ Strawberries</p>                  | <p><b>21</b> BBQ Chicken<br/>Butternut Squash<br/>Baked Potato<br/>Mixed Green Salad w/beans<br/>Whole Wheat Roll<br/>Apple</p>  | <p><b>22</b> Baked Pollock<br/>Broccoli<br/>Brown Rice<br/>Mixed Green Salad w/garbanzo<br/>Canned Peaches</p>  |
| <p><b>25</b> CLOSED</p>  | <p><b>26</b> Baked Chicken<br/>Tuscan Blend<br/>Baked Potato<br/>Mixed Green Salad w/garbanzo<br/>Whole Wheat Roll<br/>Green Grapes</p> | <p><b>27</b> Teriyaki Beef<br/>Peas and Carrots<br/>Fennel<br/>Mixed Green Salad<br/>Orange</p>   | <p><b>28</b> Park Lein<br/>Butternut Squash<br/>Brown Rice<br/>Mixed Green Salad<br/>Strawberries</p>  | <p><b>29</b> New Year's Eve Celebration<br/>BBQ Ribs<br/>California Blend<br/>Sweet Potato Fries<br/>Mixed Green Salad<br/>Whole Wheat Roll<br/>Apple</p> |



Newsletter Support Page.pdf

## Impact Story



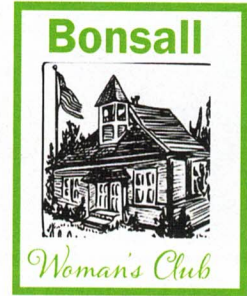
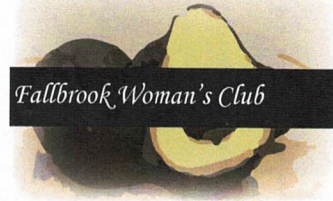
Story.docx

### Program Budget



Cong 23\_24 FRHD CHC Prog...xlsx

# - SUPPORTERS -



# - PARTNERSHIPS -



# - IN-KIND DONORS -



## Fallbrook Senior Center Story

My two sisters and I had a great time attending the Senior Center Lunch. We appreciate the delicious and nutritious meals, the warm attention from the staff and volunteers, and the camaraderie and friendships we've developed. It's a wonderful chance to socialize with others and escape the confines of our home.



**FRHD CHC GRANT BUDGET REPORTING FORM**

Agency Name: **Fallbrook Senior Citizens Service Club** PROGRAM NAME: **Congregate Meal Program**

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                       | <b>\$37,800.00</b>  | <b>\$0.00</b>       | <b>\$0.00</b>      |                    |                 |                 |
| <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                      | <b>\$71,500.00</b>  | <b>\$17,000.00</b>  | <b>\$4,250.00</b>  | <b>\$4,250.00</b>  |                 |                 |
| <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                         | <b>\$67,100.00</b>  | <b>\$30,000.00</b>  | <b>\$7,500.00</b>  | <b>\$7,500.00</b>  |                 |                 |
| <b>D</b>    | <b>TOTALS</b>                                | PROGRAM COST        | FRHD Funds Awarded  | Total Amount Q1    | Total Amount Q2    | Total Amount Q3 | Total Amount Q4 |
|             |  | <b>\$176,400.00</b> | <b>\$47,000.00</b>  | <b>\$11,750.00</b> | <b>\$11,750.00</b> | <b>\$0.00</b>   | <b>\$0.00</b>   |

Total funds expended to date: **\$23,500.00**