

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 older adults 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

Target Population - Age

| | Percent of program participants for the full grant cycle | Total number of participants |
|---|--|------------------------------|
| Children (infants to 12) | | |
| Young Adults (13-17) | | |
| Adults (18-60) | 1 | 6 |
| Seniors (60+) | 99 | 159 |
| We do not collect this data (indicate with 100%)* | | |

Target Population - Gender

| | Final percent of program participants |
|------------|---------------------------------------|
| Female | 64 |
| Male | 36 |
| 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 | |

| | Percent of program participants |
|---|---------------------------------|
| Low (80%) Income Limits, ceiling of \$85,600 | |
| 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.

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 50 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 with a minimal cost of \$5.00 for those 50 and above residing in the communities of Fallbrook, Bonsall, Rainbow and De Luz. Through social media, flyers, newsletters, and special events we continue 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 accordance with our goals, Fallbrook Senior Center has been providing an average of 42 meals per day, five days a week, at a minimal cost of \$5.00 to individuals aged 50 and above, fostering a sense of community that encourages social engagement. Throughout the third quarter, we distributed a total of 2672 meals to seniors, benefiting 165 residents of the Health District through our Congregate Meal Program. Additionally, we hosted numerous educational sessions led by nursing students from Cal State San Marcos, covering topics such as Special Nutrient Needs of Older Adults and Making Better Beverage Choices. These sessions also included blood pressure and glucose screenings. Our dedication to enriching seniors' lives features live music every Friday, and in May, we hosted a weeklong celebration filled with entertainment, food, and special events to mark our 50th Anniversary.

Anticipated Acknowledgment

Social Media Postings

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) did this program accommodate:

English

Spanish

Acknowledgment of District Support



Social Media.pdf

Impact Story



Testimonial.pdf

Impact Story





Testimonial.pdf

Program Budget



Cong 23_24 FRHD CHC Prog...xlsx

Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.

165



fallbrookseniorcenter • Follow



fallbrookseniorcenter We extend our appreciation to our esteemed partner, The Fallbrook Regional Health District, whose collaboration enables impactful initiatives within the Fallbrook community. Thank you!
 #fallbrookcalifornia #seniorcenter #partnerships

10w



fallbrookhealth You have a strong impact on the senior community in Fallbrook. Thank you for everything you do ❤️

10w Reply



10 likes

April 25

Log in to like or comment.

It's wonderful - nice
healthy meals at a good
price & great company!
B. Sacc

There are a couple of benefits that
I enjoy. First is the variety of foods.
If I eat at home it would be the same
thing over and over. Second, I like talking
and listening to other seniors. We can
talk and relate to things from the
past that are gone today like gas that
use to cost 25¢ a gallon and medical
issues that are mostly age related.
Jim Hyl

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) | A | INDIRECT EXPENSES: | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL INDIRECT EXPENSE | \$37,800.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| | B | PERSONNEL EXPENSES - PROGRAM SPECIFIC | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL PERSONNEL EXPENSE | \$71,500.00 | \$17,000.00 | \$4,250.00 | \$4,250.00 | \$4,250.00 | \$4,250.00 |
| | C | DIRECT PROGRAM EXPENSES | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL OTHER EXPENSES | \$67,100.00 | \$30,000.00 | \$7,500.00 | \$7,500.00 | \$7,500.00 | \$7,500.00 |
| | D | TOTALS | PROGRAM COST | FRHD Funds Awarded | Total Amount Q1 | Total Amount Q2 | Total Amount Q3 | Total Amount Q4 |
| | | | \$176,400.00 | \$47,000.00 | \$11,750.00 | \$11,750.00 | \$11,750.00 | \$11,750.00 |

Total funds expended to date: **\$47,000.00**

FRHD CHC GRANT BUDGET FORM

| | | | |
|--------------|---|---------------|--------------------------------|
| Agency Name: | Fallbrook Senior Citizens Service Club | 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.

| 1) A | INDIRECT EXPENSES: | PROGRAM COST | APPLYING ORGANIZATION | OTHER FUNDERS | REQUESTED FROM FRHD |
|-------------------------------|--|---------------|-----------------------|---------------|---------------------|
| A1 | Administrative Support | 21,000 | 6,000 | 15,000 | |
| A2 | General Insurance (not program specific) | 1,000 | 500 | 500 | |
| A3 | Accounting & audit expenses | 10,000 | 4,000 | 6,000 | |
| A4 | Consultant/Contractor Fees | | | | |
| A5 | Physical Assets (Rent, Facility Costs) | 1,000 | 500 | 500 | |
| A6 | Utilities | 2,000 | 1,000 | 1,000 | |
| A7 | IT & Internet | 300 | 300 | | |
| A8 | Marketing & Communications | 1,000 | 400 | 600 | |
| A9 | Office Supplies | 1,500 | 700 | 800 | |
| A10 | Training & Education | | | | |
| A11 | Other: specify | | | | |
| TOTAL INDIRECT EXPENSE | | 37,800 | 13,400 | 24,400 | - |

| B | PERSONNEL EXPENSES - PROGRAM SPECIFIC | PROGRAM COST | APPLYING ORGANIZATION | OTHER FUNDERS | REQUESTED FROM FRHD |
|--------------------------------|--|---------------|-----------------------|---------------|---------------------|
| B1 | Salary-Chef (0.4) | 16,000 | 3,000 | 5,000 | 8,000 |
| B2 | Salary-Kitchen Assistant (0.4) | 10,300 | 2,300 | 4,000 | 4,000 |
| B3 | Salary-Nutrition Mgr/Administrator (0.3) | 28,000 | 10,000 | 18,000 | |
| B4 | Salary-Lead Server (part-time 1.0) | 6,000 | 1,000 | 2,000 | 3,000 |
| B5 | Payroll Expenses (WC, taxes) | 8,500 | 2,000 | 4,500 | 2,000 |
| B6 | Benefits | 2,700 | 2,700 | | |
| B7 | Other: specify | | | | |
| TOTAL PERSONNEL EXPENSE | | 71,500 | 21,000 | 33,500 | 17,000 |

| C | DIRECT PROGRAM EXPENSES | PROGRAM COST | APPLYING ORGANIZATION | OTHER FUNDERS | REQUESTED FROM FRHD |
|-----------------------------|----------------------------|---------------|-----------------------|---------------|---------------------|
| C1 | Equipment | | | | |
| C2 | Program/Kitchen Supplies | 9,000 | 1,000 | 3,000 | 5,000 |
| C3 | Printing/Duplicating | 800 | 800 | | |
| C4 | Travel/Mileage | | | | |
| C5 | Program Specific Insurance | 3,000 | 1,000 | 2,000 | |
| C6 | Food | 50,000 | 5,000 | 20,000 | 25,000 |
| C7 | Kitchen Rental | 4,300 | 2,000 | 2,300 | |
| C8 | | | | | |
| C9 | | | | | |
| C10 | | | | | |
| C11 | | | | | |
| C12 | | | | | |
| C13 | | | | | |
| C14 | | | | | |
| C15 | | | | | |
| TOTAL OTHER EXPENSES | | 67,100 | 9,800 | 27,300 | 30,000 |

| D | TOTAL ALL EXPENSES | PROGRAM COST | % REQUESTED FROM FRHD |
|---|--------------------|-------------------|-----------------------|
| | | \$ 176,400 | 27% |

2) FUNDING SOURCES

| E | FUNDS FOR PROGRAM | | | |
|------------------------------|-----------------------|----------|----------------|---|
| E1 | APPLYING ORGANIZATION | X | 44,200 | 25% |
| E2 | OTHER FUNDERS | Y | 85,200 | 48% |
| E3 | REQUESTED FROM FRHD | Z | 47,000 | 27% |
| TOTAL FUNDING SOURCES | | | 176,400 | NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COST. |

3) % OF AGENCY BUDGET

| F | CALCULATE % of Total Agency budget that this Program represents. | 699,463 | 176,400 | 25% |
|---|--|-----------------|--------------|--------------------|
| | | AGENCY BUDGET** | PROGRAM COST | % of AGENCY BUDGET |

** Agency budget is your agency's entire budget for the year. Fill in the amount.

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

Total Organization Budget (Current Fiscal Year) \$ 699,463.00

Total Project Budget (Current Fiscal Year) \$ 176,400.00

Leave cells blank if they are not applicable to your organization - do not mark with NA.

Organization Sources of Revenue

(Total Organization Budget)

Sources of Funding

(This Project Request)

| Source of funds | \$ Amount | Percent of Total | One-time funding? (Yes/No) | \$ Amount | Percent of Total | One-time funding? (Yes/No) |
|----------------------------|------------------|------------------|----------------------------|------------------|------------------|----------------------------|
| Federal | | | | | | |
| State | | | | | | |
| City/County* | 180000 | 25.7% | No | 79000 | 44.8% | No |
| Other Govt. | | | | | | |
| Proposed FRHD | 124700 | 17.8% | No | 47000 | 26.6% | No |
| Fees for Service | | | | | | |
| Grants (non-gov't) | 72000 | 10.3% | No | 10000 | 5.7% | No |
| General Donations | 100000 | 14.3% | No | 32000 | 18.1% | No |
| Other Internal | | | | | | |
| Organizational Fundraising | 85000 | 12.2% | No | 8400 | 4.8% | No |
| Other (list): | | | | | | |
| Thrift Shop sales | 110000 | 15.7% | No | | | |
| Membership fees | 8000 | 1.1% | No | | | |
| Misc. (dividends/interest) | 19763 | 2.8% | No | | | |
| | | | | | | |
| | | | | | | |
| Total | \$699,463 | 100.0% | | \$176,400 | 100.0% | |

* City/County

If the organization currently receives funding from any Cities or Counties, please list the jurisdiction and contract amount below.

- \$50,000 from County of San Diego Community Enhancement Grant for the meal program.
- \$130,000 from County of San Diego Aging and Independence Services (AIS): Total annual contract amount is 14,160 meals (\$79,437) for our Home Delivered Meal Program and 10,000 meals (\$59,000) for our Congregate Meal Program. This is a reimbursing contract, and thus, only meals served are reimbursed to the Senior Center at a fixed price per meal. AIS will not allow a transfer of funds from one meal program to the other.

