

Organization Information

Legal Name

Fallbrook Healthcare Foundation Inc

DBA (if Applicable)

Foundation for Senior Care

Program Name/Title

Adult Day Care Program

Brief Program Description

Our Adult Day Care Program provides support, caregiving, and socialization for clients living with moderate to profound cognitive and medical impairments, as well as support for those who care for them.

Funding Amount Awarded

32000

Target Population - Age

| | Percent of program participants | Estimated number of participants |
|---|---------------------------------|----------------------------------|
| Children (infants to 12) | | |
| Young Adults (13-17) | | |
| Adults (18-60) | 12 | 6 |
| Seniors (60+) | 88 | 46 |
| We do not collect this data (indicate with 100%)* | | |

Target Population not collected - Age

NA

Target Population - Gender

| | Percent of program participants |
|------------|---------------------------------|
| Female | 52 |
| Male | 48 |
| Non-binary | |
| Unknown* | |

*Target Population - Gender

NA

Target Population - Income Level

| | Percent of program participants |
|---|---------------------------------|
| Extremely Low-Income Limits, ceiling of \$32,100 | 10 |
| Very Low (50%) Income Limits, ceiling of \$53,500 | 15 |
| Low (80%) Income Limits, ceiling of \$85,600 | 55 |
| Higher Than Listed Limits | 20 |
| We do not collect this data (indicate with 100%)* | |

*Target Population - Income Level

NA

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

52

Program/Services Description - Social Determinants of Health

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

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

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

Program Goal & Objectives

The program addresses specific physical and mental needs of cognitively or physically impaired seniors and adults through socialization, physical and mental enrichment activities, and movement exercises. To support and provide respite to our client's informal caregivers.

Program Outcomes & Measurables

The Adult Day Care program served 25 clients during this reporting period, providing 522 days of service. This is an increase of 7 clients and 131 days of service from the previous quarter. Among these 25 clients, two low-income seniors received a scholarship made possible by FRHD grant funding. Their attendance accounted for 21 of the 522 total days of service this quarter. Participating in our program, 25 families were able to take a break while their loved ones received care. During this cycle, three support sessions were provided through the Caregiver Support Group.

Anticipated Acknowledgment

Social Media Postings

Website Display

Other

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to be a stylized name or set of initials.

Contact Information

Contact Name

Perla Hurtado

Title

Executive Director

Primary Contact Phone

7607237570

Email Address

phurtado@foundationforseniorcare.org

Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Chinese (Mandarin/Cantonese)

Acknowledgment of District Support



FRHD 23-24Q2 Grant Repor... .docx

Impact Story



FRHD 23-24 Q2 Grant Repo... .docx

Program Budget



23_24 FRHD CHC Grant - FF... .xlsx

FRHD 23-24 Q2 Grant Report_ADC

Impact Story

Prue has some cognitive and physical challenges following a stroke several years ago. Leland, Prue's husband, brings her to the Adult Day Center five times a week because he still works full-time and cannot care for her during the day.

Once the life of the party, Prue became withdrawn and depressed after her stroke. After coming to the center on a regular basis, Prue learned that it was a safe haven filled with kind and attentive caregivers and activities that stimulated her mind and moved her body.

Things also changed for Leland. His initial anxiety about leaving Prue at the center shifted to relief as he quickly saw how Prue was "blossoming," he realized that while he was working, she was getting the exact interaction, companionship, and caregiving she needed.

The direct funding from the Fallbrook Regional Health District plays a pivotal role in sustaining our Adult Day Center. It supports experienced caregivers, ensures the smooth operation and upkeep of Fallbrook's sole program, creates a safe and trusted place for Prue and other guests like her, and offers family members peace of mind and respite relief critical for their physical and mental well-being.



Android Smartphone and Tablet

Class

A Foundation for Senior Care Technology Class

Class description: These are 4 progressive Android Smartphone and tablet classes that cover the basic features of your phone. You will learn about email, texting, photos, videos, and Zoom. The course will also covers apps, browsing the internet, and backing up data.

Instructors: Ivy Rudderow and Elaine Pedigo

What to bring to class: Your Android smartphone and/or tablet for hands-on instruction. Also bring your charging cord and plug.

Note: This class is NOT for iPhones or iPads.

Special thanks to the Fallbrook Regional Health District Community Health & Wellness Center for the use of their facility and their ongoing support.



Here is a map to safely enter the event location.



iPhone and iPad (4 Sessions)

Course description: This workshop consists of 4 loosely-structured workshops covering the basic functions of the iPad and iPhone. The workshop will provide hands-on training and support for students with differing experience levels.

- Workshop I: How to communicate with family and friends through the phone, email, Contacts, and messaging
- Workshop II: Using the Safari web browser, Maps, Calendar and managing applications
- Workshop III: Taking, editing, and sharing photos and videos
- Workshop IV: Using the built-in functionality of iCloud, Control Center, Notifications, Find my Friends, Find my iPhone, Emergency SOS, Part IV will also explore other applications based on student interest

This workshop will be a 4-part series over 4 weeks.

Note: This class is NOT for Samsung, Huawei, Google, Nokia, or any Android phone.

What to bring to class: The device you will be using, your iPhone or iPad charger, and your APPLE ID and APPLE PASSWORD.

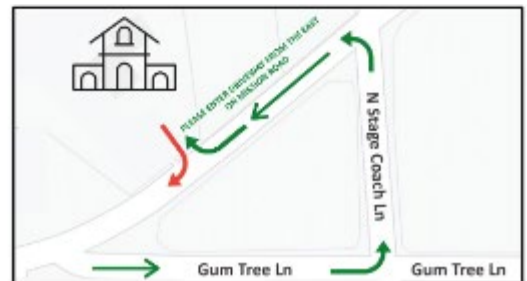
Instructors: Bob Cabauel, Len Tevebaugh and Dan Wite

This 4-part workshop will be taking place over 4 weeks on Wednesdays – July 26, August 2, August 9, and August 16 from 9:00 AM to 11:00 AM

Special thanks to the Fallbrook Regional Health District Community Health & Wellness Center for the use of their facility and their ongoing support.



Here is a map to safely enter the event location.



Internet Banking and Online Bill Payment

Classic

A Foundation for Senior Care Technology Class

Class Description: This 2-hour workshop will introduce online banking and online bill paying. Due to the variety of bank user interfaces, this session will be generic in nature and will not address specific banking user accounts. It will talk about general processes and capabilities and acquaint the student with the common capabilities that all banks provide.

What to Bring to Class: Your desire to learn about internet banking and online bill paying.

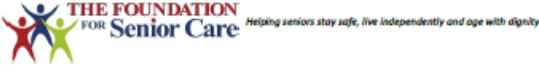
Instructor: Len Tevebaugh

Class date(s): Tuesday, July 25, 2023 from 9:30am - 11:30am.

Classes are held at:




1636 E. Mission Road, Fallbrook, CA 92028



TECHNOLOGY CLASSES FOR SENIORS

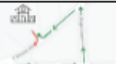
Stay in touch with friends and family! Manage everyday technical tasks like online banking and paying bills! Senior volunteers teach you how to easily and quickly operate your computer, smartphone or tablet.

| CLASS SCHEDULE FOR MAY THROUGH AUGUST 2023 | | | | |
|--|-----------------------|------------------|--|------|
| WEEKDAY | DATE | TIME | CLASS | COST |
| Monday | Jul 24, 31, Aug 7, 14 | 9:30am – 11:30am | Android Smartphones and Tablets (4-week class) | \$40 |
| Tuesday | Jul 25 | 9:30am – 11:30am | Online Banking and Bill Payment | \$10 |
| Wednesday | Jul 26, Aug 2, 9, 16 | 9:30am – 11:30am | iPhone and iPads (4-week class) | \$40 |
| Thursday | NO CLASSES | | | |
| Friday | Every Friday | 1:00pm – 3:00pm | Fix-It Friday | FREE |




IS YOUR COMPUTER GIVING YOU A HEADACHE? DOES YOUR PHONE REFUSE TO DO WHAT YOU ASK?
 We can help! . . . Every Friday from 1:00 pm to 3:00 pm we offer free help with your desktop, laptop, phone or tablet. We have one-on-one volunteers available to help you solve all those pesky technical problems . . . visit **COMPUTER CLASSES** on our website at www.foundationforseniorcare.org to learn more. **PRE-REGISTRATION IS ENCOURAGED**


For complete class descriptions, costs and registration information, visit our **SENIOR EDUCATION** page at www.foundationforseniorcare.org or call 760-723-7570



All classes are held at the
 Fallbrook Regional Health District
 Community Health & Wellness Center
 1636 E. Mission Road, Fallbrook, CA 92028








Caregiver Wellness Community

A support system for family caregivers

HOSTED BY CARE EXCELLENCE TEAM





We focus on the three S's
 SUPPORT • SELF-CARE • SAFETY

We provide education, resources, home-care tips and planning tactics for the future, as well as coping and preventative strategies for respite and self-care.

Everyone is welcome!
 Come join us to get ideas, ask questions, and learn from each other.

WHEN AND WHERE
The first Thursday of every month
 9:30 am to 11:30 am

Fallbrook Regional Health District
 Community Health & Wellness Center
 1636 E. Mission Rd., Fallbrook, CA 92028 • Room 4 in the Education Building

Contact the Foundation for Senior Care to reserve a spot at
760-723-7570 or dbadgley@foundationforseniorcare.org

The Foundation for Senior Care is a 501(c)(3) nonprofit organization that provides vital services to older adults in the Fallbrook, Brawley, Rancho and Del Mar areas. Services include transportation, referral and support advocacy, hospital-to-home recovery support, senior education, and adult day care counseling.

1636 E. Mission Road, Fallbrook, CA 92028 • 619-760-723-7570 • www.foundationforseniorcare.org

SOCIAL MEDIA



Agency Name: **Foundation for Senior Care** PROGRAM NAME: **Adult Day Care 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 | \$61,584.99 | \$0.00 | \$18,044.00 | | | |
| | 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 | \$193,973.35 | \$28,000.00 | \$30,438.00 | | | |
| | C | DIRECT PROGRAM EXPENSES | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL OTHER EXPENSES | \$35,424.00 | \$4,000.00 | \$8,928.00 | | | |
| | D | TOTALS | PROGRAM COST | FRHD Funds Awarded | Total Amount Q1 | Total Amount Q2 | Total Amount Q3 | Total Amount Q4 |
| | | | \$290,982.34 | \$0.11 | \$57,410.00 | \$0.00 | \$0.00 | \$0.00 |

Total funds expended to date: **\$57,410.00**