

Organization Information

Legal Name

Fallbrook Senior Citizens Service Club, Inc

DBA (if Applicable)

Fallbrook Senior Center

Program Name/Title

Congregate Meal Program

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The food program has made a significant community impact by providing nutritious, sit-down, restaurant-style meals for a \$5 nominal fee, Monday - Friday to seniors and older adults 50 and above in Fallbrook, Bonsall, Rainbow and Deluz. The program has created a welcoming environment where seniors can gather for meals, fostering both nutritional well-being and social interaction. The program serves as a crucial intervention for seniors who might otherwise struggle to maintain balanced diets, offering consistent, high-quality meals that support their health and independence. This quarter, the program has served 2,528 of meals, reaching 208 seniors and helping to enhance their quality of life through better nutrition and community engagement. In addition to daily meals, the program offers a variety of social and educational activities. "Lunch and Learn" sessions provide seniors with valuable information on topics such as health, nutrition, and senior-specific care. Nursing students from Cal State San Marcos attend these sessions to conduct health screenings, including blood pressure checks, and to offer information on chronic conditions. The program also celebrates community and culture with monthly birthday parties for seniors and vibrant Mexican fiestas, fostering a sense of belonging and enjoyment. These activities contribute to both the physical and emotional well-being of participants.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	1	6
Seniors (60+)	99	202
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Target Population - Gender

	Percent of program participants
Female	65
Male	35

	Percent of program participants
Non-binary	
Unknown*	

***Target Population - Gender**

N/A

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	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	0

***Target Population - Income Level**

We do ask the question, they decline to answer.

Projected number of residents that will directly benefit (participant/client) from this program.

208

Social Determinants of Health (SDOH)

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

The goal of the food program is to improve the nutritional well-being and social engagement of seniors in Fallbrook, Bonsall, Rainbow, and Deluz by providing consistent, restaurant-style meals in a welcoming community setting, Monday through Friday. The program aims to serve sit-down, restaurant-style meals that offer seniors balanced nutrition and opportunities for social interaction each weekday. It targets serving 45-50 seniors daily, with an overall goal of roughly 2,800 meals by the end of each quarter. With current resources, staffing, and volunteers, the program is well-equipped to achieve this target. Additionally, the program features classes that include specialists such as a joint doctor, foot doctors, and discussions on managing high blood pressure and diabetes, further addressing the health needs of participants. This objective directly responds to the need for improved nutrition and social support among Fallbrook’s senior population, enhancing their quality of life and fostering independence.

Anticipated Acknowledgment

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Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Eligibility Check

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

Organization Information

Contact Information

Contact Name

Susie Gonsalves

Title

Executive Director

Primary Contact Phone

760-728-4498

Email Address

fallbrookscdirector@gmail.com

Organization Physical Address

399 Heald Lane
Fallbrook, California, 92028

Writing Instructions:

Program Information

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Older Adults

Program Objectives & Measurable Outcomes

The program has several key objectives aimed at enhancing the well-being of seniors in the Fallbrook area. The first objective is to provide nutritious, weekday meals to seniors, offering sit-down, restaurant-style meals Monday through Friday. Each meal is designed to meet at least 550 calories of the Recommended Dietary Allowance (RDA) for seniors, nutrition

guidelines. The goal is to serve 225 meals weekly, and success will be measured by tracking the number of meals served and collecting feedback through satisfaction surveys. The second objective is to improve social engagement among seniors by fostering a communal dining experience that encourages interaction and community-building. In addition to meals, "Lunch and Learn" sessions will be offered, covering topics such as health screenings, preventive care, and managing chronic conditions. Attendance will be tracked, surveys will measure the perceived improvement in social connectedness, with a target of 60% of attendees reporting positive social engagement by the end of the quarter. The program's measurable outcomes include the number of meals served, with a goal of serving 945 meals monthly. Social engagement will be measured by the number of attendees at each meal service, aiming for a 60% improvement in social well-being based on quarterly survey data.

Financial Reporting & Budget

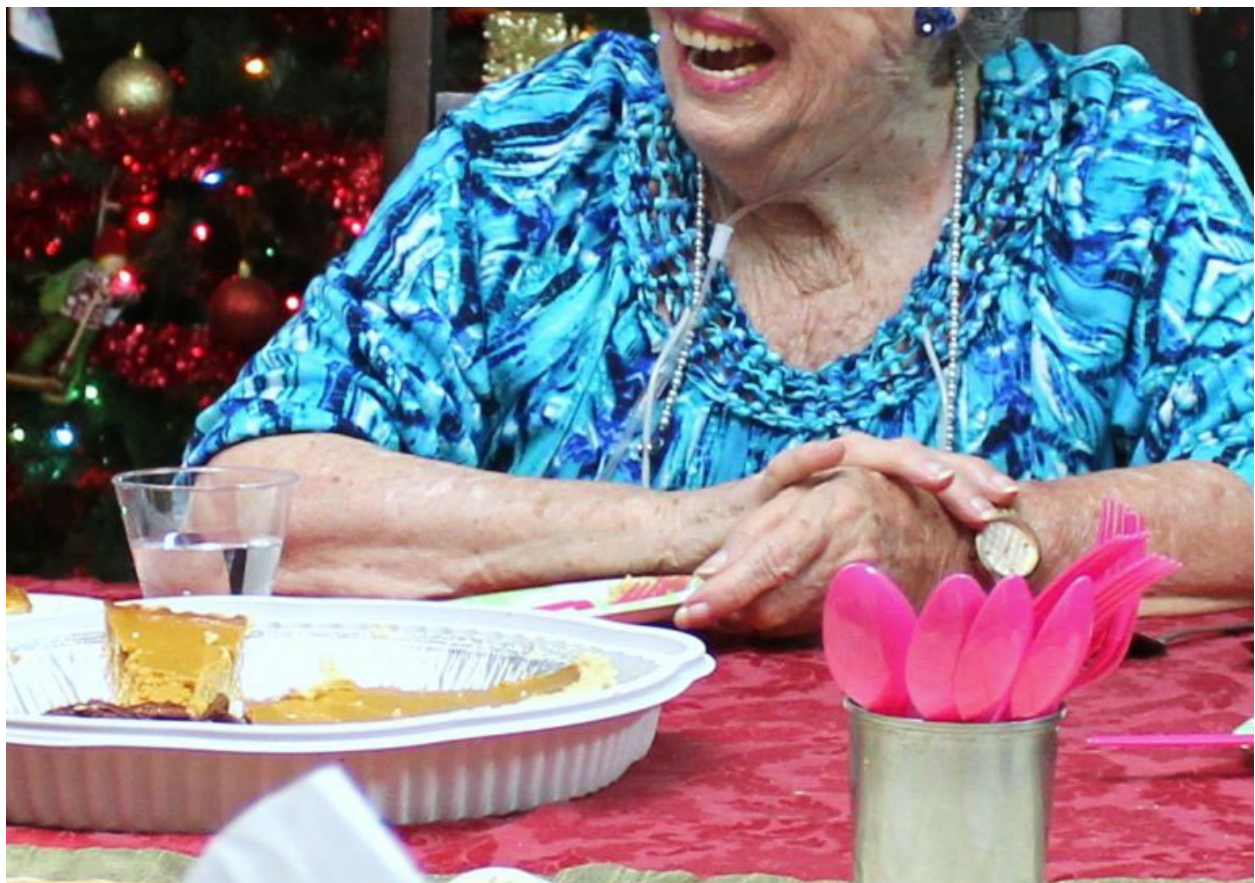
Program Budget



97_24_25 FRHD-Nutrition Pr... .xlsx

Impact Story Qtr. 1 - Fallbrook Senior Center

I have been coming to the Senior Center lunch for quite some time. It is my outing for the day to visit with my friends and share what is going on in our lives. It is also an easy way to meet new people as they come in and join the table we are at. My husband has been gone for years so this is my social time each day to be able to talk and have people of my own age to listen and understand. The food is good too and I am grateful not having to cook it, I usually have plenty left over for my dinner later in the day. I would be lost if I did not have this place to come to daily.



Thank You

THANK YOU SO MUCH FOR BEING
PART OF OUR COMMUNITY!
WE REALLY APPRECIATE ALL THE
SUPPORT YOU HAVE GIVEN US.




Fallbrook Regional
HEALTH  **DISTRICT**



FALLBROOK SENIOR CENTER SEPTEMBER 2024 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED LABOR DAY	3 Beef Lasagna Vegetable Garlic Bread Salad Fruit ▲	4 Baked Chicken Spinach Baked Potato Salad/Roll Fruit	5 Scrambled Eggs Biscuits with gravy Sausage Fruit/Muffin	6 Curried Shrimp Pasta Vegetable Salad/Roll Fruit
9 Sweet and Sour Meatballs Vegetables Barley Salad/Roll Fruit	10 Black Forest Ham Vegetable Baked Potato Salad/Roll Fruit	11 Chicken Salad w/Pita Vegetable Sweet Potato Salad/Roll Fruit	12 Birthday Lunch Meat Loaf w/gravy Vegetable Mashed Potatoes Salad/Roll Cupcake ▲	13 Fish Taco Vegetable Brown Rice Salad/Roll Fruit
16 Chicken Parmesan Vegetable Farro Fruit	17 BBQ Pork Chop Vegetable Baked Potato Salad/Roll Fruit	18 Been & Cheese Burrito Vegetable Barley Salad/Roll Fruit	19 Beef Stew Vegetable Corn Bread Salad/Roll Fruit	20 Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit ▲
23 Chicken Rolled Taco's Vegetable Brown Rice Salad/Roll Fruit	24 Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	25 Roasted Chicken Vegetable Baked Potato Salad/Roll Fruit	26 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	27 Baked Cod Vegetable Farro Salad/Roll Fruit
30 Tomato Basil Soup Cheese Quesadilla Vegetables Salad/Roll Fruit ▲			 	Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.

▲ Denotes meal that is > 1,000 mg of sodium.

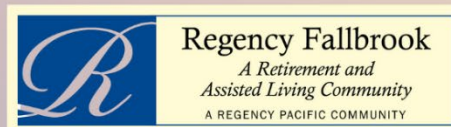
SUPPORTERS



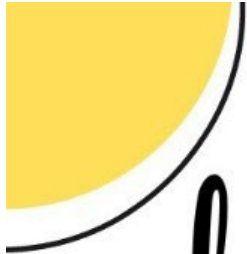
Bonsall Woman's Club



National Charity League, Inc.®




Bringing independence to living and quality to life



thank you!

Thank you to the Fallbrook Regional Health District for your support!

Fallbrook Regional
HEALTH  **DISTRICT**



FRHD CHC GRANT BUDGET REPORTING FORM

 Agency Name: **Fallbrook Senior Citizens Service Club** PROGRAM NAME: **Nutrition Program 2024-2025**

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	\$48,900.00	\$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	\$87,750.00	\$23,000.00	\$5,750.00			
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$76,000.00	\$27,000.00	\$6,750.00			
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$212,650.00	\$0.24	\$12,500.00	\$0.00	\$0.00	\$0.00

 Total funds expended to date: **\$12,500.00**