

Impact Report

Organization: Fallbrook Senior Citizens Service Club (#14257589)

Request: Congregate Meals Program (#60461075)

Impact Report Type: Fallbrook Regional Health District Impact Report

Disposition: Completed

Completed by: Organization on 10/14/2020 by Joan Spencer

Required?: Yes

Available Date: 10/01/2020

Due Date: 10/14/2020

Comments:

Revision Comments:

GrantSeeker Editor: Joan Spencer

Project Title: Congregate Meals Program

Project Start Date:

Project End Date:

**This is an ongoing program that began
on:**

Person Submitting the impact report?: *Renae Rasmussen/Christopher Tobin

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Ages Served: Adults (18-60): 4%

Seniors (60+): 96%

Gender: Female: 51%

Male: 49%

**Select the income limit category of your
target population:** Very Low (50%) Income Limits, ceiling of \$53,500

**How many residents directly benefited
(participant/client) from this program:** 257

**Approximately how many residents
received an indirect benefit:** 0

**The following category was identified as
the best descriptive of the program's
primary goal and objectives:** Ancillary: Services that support our mission to promote health for the people of the District.

**You defined the measure of success of
the program's interventions or services
during the application process.:**

Define goal #1 for this program : The goal of the Fallbrook Senior Center Congregate Meal Program is to provide food security with high nutritional value in a social setting for seniors who are economically challenged in the communities of Fallbrook, Bonsall, Rainbow and de Luz.

Number of Objectives for this program: 3

Objective 1: Offering approximately 30 -- 45 congregate meals each day, five days a week, Monday through Friday, at no cost to seniors 60 years and older in the communities of Fallbrook, Bonsall, Rainbow and de Luz.

Objective 2: Provide congregate meals that are substantial, hot and nutritious, meeting the strict guidelines established by the San Diego County Aging and Independence Services and based specifically on the nutritional needs of seniors.

Objective 3: Create a welcoming environment for the congregate meal with table and seating arrangements that encourages social interaction with other seniors in the community.

Objective 4:

Measuring Success for Goal #1:

Due to the current state of our world and community during this pandemic, The Fallbrook Senior Center is taking extra precautions and providing safety standards to our members and the most vulnerable seniors we serve on a weekly basis. Our program's name and operations has slightly changed from Congregate to "Meals-to-Go" in regards to social distancing standards. We are currently following state guidelines to maintain six-feet apart by interaction purposes and having a hygienic meet-up station process through means of food distribution. We are still serving approximately 30-45 congregate meals each day, five days a week, Monday through Friday, at no cost to the seniors 60 years and older in the communities of Fallbrook, Bonsall, Rainbow and de Luz. Our healthy meals are still prepared and provide substantial nutritious support given by strict guidelines established by the San Diego County Aging and Independent Services. The program is tailored to the needs of seniors and their overall well-being in a safe environment. The Fallbrook Senior Center is still providing a warm welcomed experience of engagement to our seniors, but because of the current pandemic the seniors do not gather for any mass social interaction. One staff member sometimes two and volunteers pass out each meal as a "meals to go" curbside service of excellence. The Fallbrook Senior Center is currently posting up an outreach tent nearby the center with a sanitized table, hand-sanitizer bottle for seniors to utilize, an insulated hot box full of food provisions and a check-in sheet. Each senior is greeted with a heartfelt smile and embraced with care. Each interaction is respected and honored by each senior's request. Staff members and volunteers are handling each food exchange with protective gloves and face masks. Every senior is also wearing masks for each food pickup by walk-up support or in-car service.

Define goal #2 for this program if applicable:

The Fallbrook Senior Center has a goal of providing nutrition education as an element of the Congregate Meal Program. By providing current and relevant nutrition education on topics of interest to seniors, we hope to support the efforts of our seniors to remain healthy, active and independent members of the community.

Number of Objectives for Goal #2 of this program:

2

Objective 1 for Goal #2: Nutrition education will be provided a minimum of four times per year to all participants attending the congregate lunch that day.

Objective 2 for Goal #2: Each educational presentation will include informative material related to the topic presented for each guest to take home. Offering material to take home provides our seniors with helpful visual reminders of the subject presented.

Objective 3 for Goal #2:

Objective 4 for Goal #2:

Measuring Success for Goal #2:

Nutrition education is currently continuing to flourish in a positive manner with all participants whom come to our program on a daily basis. We take nutrition education seriously by advocating meal instructions for "Warm Take Home Meals" by support of handing out flyers for directions on how to consume food immediately within two hours to prevent foodborne illnesses and or ways to reheat or freeze each sealed food package. On another note, because we cannot gather due to our current state of the nation our nutrition education presentations have been altered to handout announcement fliers. On September 18th, a Nutrition Education Survey went out to all our seniors. The survey results for continued nutrition education will begin again on December 10th - Topic: Nutrition and Aging; followed by other designated topics each quarter following to ensure a healthy lifestyle and safety procedures during these uncertain times. Each presentation is currently postponed until further notice, but each topic moving forward will be sent out to each senior via flyer or brochure encouraging them to read the information provided to upkeep knowledgeable understanding of current news. We hope to open back up to physical presentations next quarter if state and nation laws permits.

Participant Success Story:

Testimonials -FSC Congregate Meal Program.docx

Please list how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting time frame.:

Fallbrook Regional Health District acknowledgment investment CT.docx

Actual Program Budget File: FINAL FSC_CHC_Program_Budget_- for FRHD.xlsx

Everyone who receives these warm nutritious meals are so grateful, the following are a few testimonials:

"I would like to compliment the people who compile the menu for the Fallbrook Senior Center food. It is diverse and well thought out, low in sodium and high to taste. We can always count on having one hot meal each day. My wife and I look forward to picking up our food for the day. The real KUDOS goes to the cook and the people who pass out the food. We moved from Orange County area and have used the senior food service there. This is much superior. It is far more appealing in its looks, taste, and it doesn't leave us wanting more. This cook does a fantastic job preparing the food in the Fallbrook Senior Center. The food is hot, with just the right amount of seasoning, and cooked just right, GREAT COOK! The people who serve the meals are friendly and caring. They care for the people they serve. WE LOVE THEM!"

- Beverly and Bobby Rainwater

"I am thankful for the Congregate Meal Program. The meals are tasty and provide food for most of the day. I don't cook much at home anymore. They also provide a safe place to say hello to friends from a safe distance. I'll be glad when we can sit around the table together again."

-Nannette Schuyler

"Thank you for the service you are providing for us during the covid-19 time."

- Carmen Cervantes

"Many thanks are due to the providers and those who support them for the service to the community in this time of troubles. The nutritious drive by meals has been essential to families with seniors observing distance rules." - John Watson

"Having the opportunity to pick up ready to eat tasty and nutritionally balanced meals is a real gift to the senior community of Fallbrook. During this stressful time of covid-19, with self-imposed isolation and crowd avoidance for my high risk family, the Congregate meal program has helped lessened the need for frequent grocery store visits and provided a nice variety of balanced meals to enjoy. I have been picking up the meals for my parents, who are in their mid-90s, elderly friends and for my husband and I for over a month now. It is a daily treat we all look forward to. It will be a sad day if this Meals-to-go program has to end. Thank you so much for all your time and effort." - Claudia Watson

"Many thanks are due the providers and those who support them for the service to the community in this time of troubles. With restaurants closed, or partially opened within safe measures; the nutritious congregate meal program has been essential to families with seniors observing social distance rules." -Anonymous

Fallbrook Regional Health District's investment partnership support:

Currently Mentioned in our:

- *Nutrition Angel Flyer
- *Stepping Stone Flyer
- *Donor Tree Flyer
- *Monthly Fallbrook Senior Center "Chronicle"
- *Fallbrook Senior Center Website

Future and projected in our:

- *Village News Ads with partnering Logo
- *Social Media Outlets (Facebook, Twitter, Instagram)
- *E-blast communication supporter logo