

# Joan Spencer

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Submitter **Joan Spencer**

Submission Date **Feb 21, 2024 4:25 PM**

Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**

Collaborative/Joint Application **NO**

### Organization Information

Legal Name DBA (if Applicable)  
Fallbrook Senior Citizens Service Club, Inc. Fallbrook Senior Center


### Contact Information

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### Organization Physical Address

**399 Heald Lane  
Fallbrook, CA, 92028**

### Board of Directors

 **2024 Board of Directors.pdf**  
369.92 KB

### Financial Documents - Audit

 **FSCSC. Audit. 2022-23 Final.pdf**  
2.67 MB



Management Representation Letter 2021-2... .pdf

1.76 MB

Financial Documents - P&L and Balance Sheet



Balance Sheet.pdf

43.03 KB



FINAL-Profit and Loss.pdf

42.6 KB

Financial Documents - 990



12 pgs 2022-23 Form 990 - for grants.pdf

4.25 MB

Organization's Mission Statement

The mission of the Fallbrook Senior Center is to promote healthy aging, independence and the well-being of active, older adults in the communities we serve. We will provide programs and services which support the dignity and enrichment of life for seniors fifty (50) and above.

Organization's Vision Statement

The vision of the Fallbrook Senior Center is to transform the experience of aging for the families and Community of Fallbrook through the development of a new, vibrant, and inclusive Center and bridging multicultural and generational gaps while enriching the well-being and longevity of our members and their families.

Organization History & Accomplishments

The Fallbrook Senior Center started a nutrition program in 1978 and the program has been in continuous operation since that time. In 2020 at the outbreak of COVID-19, the Fallbrook Senior Center immediately adapted the Congregate (restaurant-style) Meal program to a Meals-to-Go program that was offered with curbside delivery to maintain social distancing. Although socialization was curtailed, meals were provided to alleviate food insecurity for older adults in the community. The Meals-to-Go program was in place from March 2020 through November 2021. During the past few years, the Senior Center has strived to provide a variety of musical entertainment during meal periods to enhance the dining experience and encourage socialization. One such event has been our annual celebration of Mexico's Independence Day on September 16th. A mariachi band was brought in and the public was invited, even if they didn't partake of the meal, just to enjoy the entertainment and enhance socialization. Beginning January 2024, the age of eligibility was lowered from 60 to 50 years old and above who may now enjoy a hot, nutritious, freshly prepared meal for the low cost of just \$5.00. The Nutrition Program includes restaurant-style meals for any older adult (50+) in our District communities.

Program Name/Title Nutrition Program 2024-2025

Brief Program Description The Fallbrook Senior Center offers a restaurant-style lunch 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.

Is this a new initiative/service or established program within your organization? Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24). YES

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. In line with our objectives, The Fallbrook Senior Center has been providing approximately 39 meals daily, five days a week, free of charge, to seniors aged 60 and above, creating a communal environment that encourages social interaction. During the first half of this fiscal year, we distributed a total of 4,649 meals to seniors, and 258 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, Healthy Habits to protect your Heart Health, and the advantages of staying adequately hydrated. Blood pressure and glucose checks are also provided by the nursing students. Additionally, we organized an enjoyable Fiesta featuring a Mariachi Band to commemorate Mexican Independence Day. Special holiday lunches were offered for Thanksgiving, Christmas and New Years, all with entertainment and lots of give-aways. We have monthly birthday celebrations with music, and lunch every Friday is enjoyed with music as well.

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.

Instagram-FaceBook acknowledgement 02....pdf 105.53 KB

Menu acknowledging FRHD.pdf 891.88 KB

Newsletter acknowledging FRHD.pdf 571.8 KB

Funding Amount Being Requested 50000

Program Information - Type Ongoing

Projected number of residents that will directly benefit 516

(participant/client) from this program.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	4	20
Seniors (60+)	96	495
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	60
Male	40
Non-binary	
Unknown*	

\*Target Population - Gender

NA

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%)*	100

\*Target Population - Income Level

We do ask the question, however there is a decline to state box on the form. So far, everyone has selected the decline to state box.

What language(s) can this program accommodate:

- English
- Spanish

What demographic group does this program predominately serve:

Older Adults

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)

Social Determinants of Health - Economic Stability

The Fallbrook Senior Center Nutrition Program addresses the Food Insecurity element of the SDOH Economic Stability. The congregate meals provided through the Nutrition Program are substantial, have a high nutritional value, and are available five days a week to help lessen the food insecurity of older adults in our community. Participation in the program not only reduces food insecurity, it offers the benefits of healthy aging, improved quality of life through good nutrition, a clean environment with a friendly staff that fosters socialization, and the ability for our clients to remain in their homes as is safely possible. Our Nutrition Program will improve the long-term health and the well-being of older adults within our community.

Social Determinants of Health - Neighborhood and Built Environment

The Fallbrook Senior Center Nutrition Program addresses the element of Access to Foods that Support Healthy Eating Patterns as part of the SDOH Neighborhood & Built Environment. The lunchtime meals provided through the Nutrition Program are substantial, have a high nutritional value, and are available five days a week to provide the older adults in our community with near daily access to foods that support healthy eating patterns. The program offers a variety of foods as well as preparation with a focus on good nutrition that includes a suitable proportion of protein, fruits, vegetables, grains, and dairy. The monthly menu strives to demonstrate to our participants healthy eating patterns that are necessary to promote healthy aging, independence and well-being. The Nutrition Program supports the dignity and enrichment of life for older adults in the communities we serve by providing access to foods that support healthy eating patterns.

Statement of Need/Problem

A study by the San Diego Hunger Coalition estimates that, as of June 2023, nearly 1 in 4 (24%) San Diegans experience nutrition insecurity. The area researched includes Fallbrook, Bonsall, and Rainbow (the FRHD). "Out of the **790,000 total people estimated to be nutrition insecure** in San Diego County, 202,000 of them are children, **161,000 are older adults (age 60+)**, and 134,000 of them are living with disabilities" <https://www.sandiegohungercoalition.org/research>. Food insecurity means that little or no food is available at home, and those who are food insecure do not know how they will get their next meal. **Times New Roman** The US Census reports Fallbrook's population in 2020 at 32,267, of which 17.8% are age 65 or better, an increase of almost 4% over the past ten years. In Bonsall, the 65+ population is 22% and in Rainbow, 29% are age 65 or better. Moreover, the Hispanic population in Fallbrook has grown to 51% as of 2020. This is important to note as research by the San Diego Hunger Coalition reports that nutrition insecurity disproportionately impacts people of color, specifically at a rate of 50% for Hispanic/Latino, the largest disparity by race/ethnicity in our region.

Working to alleviate food insecurity for older adults in our District is critical, and equally important is reducing isolationism that can be similarly harmful. The socialization provided by a congregate meal program addresses both important issues. **Large-scale studies by the American Counseling Association suggest that the quality and quantity of meals, as well as the**

social setting are extremely valuable in decreasing the risk for depression, benefiting mental and emotional health, and enhancing long-term, positive brain function. Two of the people served by the Nutrition Program reinforce the above research: "After COVID, many of my mom's loved ones passed away and she fell into a depression; she didn't eat, she stopped walking and she often seemed fatigued and unhappy. I found this [Senior Center lunch] program and began taking her every day and I was so happy to see my mom begin to become herself and have more of a hunger for life and regain the appetite she had lost. To this day, she wakes up and immediately looks forward to going to the Senior Center lunch where she sees the many friends she has made and gets out of the house for a few hours. When she's here at home, she hardly has an appetite and it's hard to get her to finish her food, but when I take her to the senior lunch, she finishes all her meals, has a few laughs with friends and is happy the rest of the day. There's definitely a difference in her when we go to the senior lunch and when we miss a day; it's the puzzle piece that completes her day. I hope you find it in your heart to keep this program because it truly is what has been the saving grace for my mother and many of her friends there." *Dalila R. and Dalila M.*

How are other organizations addressing this need in the community?

The Fallbrook Senior Center is the **only** organization in our District that provides daily, freshly prepared meals to older adults in an environment strongly encouraging socialization. The Fallbrook Food Pantry delivers to their senior clients one box each week containing fresh foods, canned, and dry goods that they must prepare themselves. Meals on Wheels delivers hot meals daily to customers for a fee. These other providers offer a brief wellness check during delivery, but **NONE** offer important, extended socialization. **<span style="font-size:11.0pt;font-family:"Calibri";sans-serif"></span>**Our Nutrition Program provides older adults a hot, nutritious lunch daily. The Food Pantry offers a good complimentary program for just a few meals during the week (ex. breakfast) at no cost to their clients. Our District has over 1,700 nutrition-insecure older adults. FSC does not have the capacity to feed that many older adults; we must all work together to meet their need for food.

Program/Services Description - Program Entry & Follow Up

Introduction to our Nutrition Program happens through various channels. Fallbrook Senior Center members receive *The Chronicle*, our once-a-month newsletter that features the monthly menu and details of special lunchtime events. We also share updates on Instagram and Facebook. Anyone searching online for "senior lunch in Fallbrook" will find our website offering program information. Additionally, The Foundation for Senior Care distributes our flyers to potential clients. Most importantly, is by positive testimonials from our participants: "I have visited 2 [senior centers] in northern California and several more in San Diego and Riverside counties. This [Fallbrook] is the very best center I have found. For me, cooking at home is almost out of the question – with my "one good meal a day" motto, lunch fits perfect and healthy too! The daily salad is Great! Always fresh and with extras – chick peas, beets, nuts." *Anonymous*

When an individual attends the Nutrition Program for the first time, they complete an Intake Form that includes personal contact information and their birth date.

Once a week, nurses and nursing students from Cal State San Marcos provide nutrition and health training for all attendees of the senior lunch meal. In addition, a personal wellness check is provided for those meal recipients who are interested. The wellness check includes private, one-on-one consultations with a nurse who monitors blood pressure, temperature, and, if necessary, glucose, while encouraging clients to ask questions about health-related issues. During this time, the nurse will review the training materials being provided to encourage adherence to healthy nutrition recommendations.

Program/Services Description - Program Activities

At the heart of the Fallbrook Senior Center lies a compassionate mission: to extend a helping hand to older adults facing food insecurity. Each weekday,

we open our doors to offer more than just food; we provide warm, freshly prepared meals served with a side of companionship and care, all at the low cost of \$5 to those aged 50 and above. The very low-cost of our three-course meals coincides with our desire to ease the burden on those with limited budgets, ensuring they can prioritize their needs without worrying about where their next meal will come from. This is one way the Fallbrook Senior Center is able to support the dignity and enrichment of life for the older adults in our District.

Within our welcoming restaurant-style setting, older adults find more than just nourishment; they discover a vibrant community eager to embrace them. As they gather around tables set for shared enjoyment, laughter, and connection, they forge friendships that brighten their days and lift their spirits. In a world where loneliness can weigh heavily, especially in the aftermath of challenging times like the pandemic, our Center serves as a beacon of warmth and inclusion, reminding older adults they are never alone.

We understand the importance of independence for our seniors, but we also recognize the dangers of isolation. That's why we go the extra mile to encourage social interaction, knowing that a simple conversation over a meal can work wonders for both physical and emotional well-being. As one participant aptly said, "The Fallbrook Senior Center lunch program creates an environment that fosters social connections and friendships. The psychological benefits of meeting and conversing with new people every week should not be overlooked. This opportunity to connect with others has brought immense joy and vitality to my life. It has also played a significant role in preserving my youthfulness by keeping me socially engaged and fulfilled."  
*Jack K.*

To stimulate learning and dialogue, our Nutrition Program hosts "Lunch and Learn" sessions bi-monthly, featuring guest speakers covering engaging topics, along with "Doc Talk" sessions where medical experts delve into health issues and field questions.

To further support the health and well-being of our older adults, we're pleased to partner with students from Cal State San Marcos School of Nursing to provide weekly sessions on nutrition and health conducted during the mealtime. These sessions are more than just educational; they're a chance for older adults to learn, grow, and thrive together. From budget-friendly shopping tips to easy exercises that can be done at home, our goal is to empower older adults with the knowledge and tools they need to live their best lives, long after the last bite of lunch.

At the Fallbrook Senior Center, we believe in the power of food to nourish not just bodies, but also spirits. With every meal shared and conversation exchanged, we're reminded of the profound impact of kindness and compassion when we come together.

#### Program Goal

The Nutrition Program aims to reduce both food insecurity and social isolation among older adults by offering nutritious meals, entertainment, and activities in a communal setting. Targeting individuals aged 50 and above, the program anticipates serving approximately 50 meals daily, and, while this number is not as high as we would like, each meal is important to the recipient. By providing a very low-cost meal in a socially interactive environment, the program endeavors to draw older adults out of their homes and into the Program, fostering socialization and reducing isolation and food insecurity. Various activities such as music sessions, intergenerational events, 'Doc Talk', 'Lunch & Learn' sessions, and visits from nursing students are incorporated to stimulate conversation and cultivate social connections. In this grant cycle, the program aims to consistently provide 50 meals each weekday within a socially enriched atmosphere that reduces food insecurity and social isolation among older adults.

## Program Objectives & Measurable Outcomes

The primary objective of the Nutrition Program is to increase participation among older adults, thereby reducing food insecurity within our Health District. In this grant cycle, our aim is to surpass the number of meals served in the previous year. The very low-cost of our three-course meals are tailored to draw more older adults out of their homes and into the Program by easing the burden on those with limited budgets, ensuring they can prioritize their needs without worrying about where their next meal will come from. By achieving this, the Fallbrook Senior Center contributes to enhancing the dignity and quality of life for older adults in our community. Success is measured by the increased engagement of older adults in our program.

The Nutrition Program also serves as a social location for older adults, fostering a welcoming atmosphere during lunchtime gatherings. Our restaurant-style setup encourages interaction and combats isolation by providing a platform for meaningful connections. The socially interactive environment is designed to draw older adults out of their homes and into the Program, nurturing socialization and reducing isolation. As they gather around tables set for shared enjoyment, laughter, and connection, they forge friendships that brighten their days and lift their spirits. Fused into the lunchtime environment are various forms of music, intergenerational events, educational sessions with Doc Talk and Lunch & Learn, and visits from nursing students all designed to stimulate conversation and cultivate social connections. As we survey those participating in the Nutrition Program, we can gauge the level of satisfaction with the social activities. Feedback from participants underscores their pleasure with these social initiatives. A recent survey prompted appreciation from a lunchtime guest, "I also enjoy all the extra programs too – especially the live music. I have met so many nice people. Thanks so much." Another participant offered praise, "A great service to have the nurses and healthcare 'come to us'!! Appreciate it. They are very kind, understanding and patient. The B.P. [blood pressure] checks are a great help!" *Connie M.* As we continue to enhance the social aspect of the Nutrition Program, we anticipate a rise in daily participation from the current average of 39 attendees, reflecting its positive impact on reducing social isolation among older adults in our community.

## Organization Collaborations

- a. One of our most valued partnerships is with the Fallbrook Regional Health District. The FRHD has been a vital resource during COVID-19 for information and services as well as supplies to keep our staff and clients safe. FRHD has facilitated collaboration with other grantees that has fostered relationships we might not otherwise have. FRHD has connected us with groups such as PACE and Southern California Alzheimer's Association who we then scheduled to present to members of our organization.
- b. The San Diego County Aging and Independence Services (AIS), the Fallbrook Community Center, and the Fallbrook Senior Center have been collaborating over the past year to provide intergenerational activities before, during and after the Congregate meal. The goal is to have youth and older adults participate in activities together. These activities might include the youth providing singing or entertainment during the meal time. Or, after lunch, the older adults help the youth make a craft that they can take home. Before lunch, a team of older adults taught over 15 youths how to play pickleball. After lunch, the youth and adults watched a "Wild Wonders" animal show together.
- c. We are collaborating with the Foundation for Senior Care to bring relevant presenters to our Congregate Meal program. One such event was with Kaiser Permanente promoting their mobile health unit.
- d. A long-time collaboration with students from Cal State San Marcos School of Nursing creates nutrition and health education materials that are presented and distributed to all meal recipients on a weekly basis. A personal wellness check is provided for those meal recipients who are interested.



Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Anticipated Acknowledgment

Anticipated acknowledgement of the funding received from the Fallbrook Regional Health District will be in our monthly newsletter and on our website. The monthly meal menus will feature the Fallbrook Regional Health District logo as well as social media posts throughout the year (Facebook and Instagram).

Funding History

NO

Program Budget



24\_25 FRHD-Nutrition Program Budget.xlsx  
55 KB

Terms and Conditions

Accepted

Authorized Signature