



# 2020-2021 COMMUNITY HEALTH CONTRACT (CHC) GRANT IMPACT REPORT

**Organization Name** Fallbrook Senior Citizens Service Club

**Program Name** Home Delivered Meals Program

**Person submitting the impact report** Renae Rasmussen

**Ages: List the percentages of your program participants' ages who received services during this reporting time frame.**

	Percentage served
Children (infants to 12)	
Young Adults (13-18)	
Adults (18-60)	
Seniors (60+)	100
Unknown	

**Gender: List the percentages of your program participants' gender identification who received services during this reporting time frame.**

	Percentage served
Female	68
Male	32
Non-binary	
Unknown	

**Income: List the percentages of your program participants' income limit category of those who received services during this reporting timeframe (2019 HUD – AMI Incomelimits:4person family).**

	Percentage served
Extremely Low-Income (ceiling of \$32,100)	100
Very Low (50% Income (ceiling of \$53,500)	
Low (80%) Income (ceiling of \$85,600)	
Higher than listed limits	

	<b>Percentage served</b>
<b>Unknown</b>	

**How many District residents directly benefited (participant/client) from this program:** 192

**Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program:** -0

## **GOALS & OBJECTIVES**

**Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.**

The goal of the Fallbrook Senior Center Home Delivered Meals Program is to provide food security to home-bound and economically challenged seniors in the greater Fallbrook area. The high nutritional value of meals coupled with home delivery allows seniors the ability to remain in their home for as long as safely possible.

During this quarter, the Fallbrook Senior Center provided a total of 3,545 Home Delivered Meals for home-bound seniors 60 and over.

There are two objectives of the Home Delivered Meals Program:

1. Provide approximately 60-65 meals each day, seven days per week, including direct delivery to senior's homes at no cost.
2. Provide meals that are substantial, hot and nutritious, meeting the strict guidelines established by the San Diego County Aging and Independence Services and based upon specific nutritional needs of seniors.

Objective1: Due to the limited capacity of the Hot Shot delivery truck (60 to 65 meals), we are restricted in the number of home-bound seniors we are able to serve through the Home Delivered Meals Program. During this quarter, we were at full capacity of delivering 60 meals per day, Monday through Friday, direct to the homes of our home-bound seniors. On Fridays, the delivery included two additional frozen meals.

Objective 2: The Home Delivered Meals Program begins with meal planning from our Chef's conception to maintain an interesting and varied menu for the month. Our Nutrition Manager takes those ideas and creates specific recipes, insuring each one meets the precise nutritional requirements mandated by the County of San Diego Aging and Independence Services.

Menus for the Home Delivered Meal Program were prepared one month in advance during this quarter and was approved by the AIS Registered Dietician. The menu planning guidance was from the California Department of Aging California Title III. The meal included specific types of foods: protein, dairy, fruits/vegetables, whole wheat, as well as, the exclusion of excessive salt, fat and sugar. The meal also included Vitamin C (25mg per meal), Vitamin A (at least 3 times per week), and Fiber (7 grams per meal). All menus submitted were approved by the AIS Nutritionist with no or minimal alterations required.

Throughout the delivery day, the driver assured proper food safety temperatures in Hot Shot food compartments by maintaining a temperature log. A daily temperature log is maintained to ensure safety of the meals. The kitchen, where meals are prepared, received an Inspection Score of 100% Grade A from the County of San Diego Department of Environment Health during this quarter.

The Home Delivered Meals Program has remained sustainable and not affected throughout the

pandemic. The goal is to hire a second driver and maintain a second Hot Shot in an effort to serve more seniors as stated in the Senior Center's Strategic Plan.

**Goal 2 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.**

The Fallbrook Senior Center has a goal of providing nutrition education as an element of the Home Delivered Meals Program. By providing current and relevant nutrition education on topics of interest to seniors, we hope to promote an enrichment of life for the seniors we serve.

Nutrition education will be provided a minimum of four times per year to all participants of the Home Delivered Meals Program. The education will include informative material related to a specific topic and will be delivered to meal recipients along with their daily food as a handout.

During this quarter, the Fallbrook Senior Center provided nutrition education on the topics of Nutrition and Aging and Physical Fitness & Exercise from the National Institute on Aging. The Nutrition Education Plan is based on a Nutrition Survey conducted each year. The education plan for 2020/2021 is Nutrition and Aging, Physical Fitness, Healthy Eating on a Budget, Nutrition and Oral Health. The single-page flyer, booklet or multi-page handout is approved and monitored by the AIS Registered Dietician

## **PARTICIPANT SUCCESS STORY**

### **Participant Success Story:**

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

"I would like to give kudos to David the Fallbrook Senior Center driver who comes every day, rain or shine to drop off meals for me. He is the only friendly face I see on a daily basis. He has become a constant friend because he makes sure I am fed and cared for since my family is not nearby to support me." - Anonymous

"I appreciate the Home Delivery program because it enables me not to stand for long periods of time in the kitchen to cook while preparing a meal for my wife and myself. I have osteoarthritis in my hips and knees which does not allow me to move fast enough around the grocery store aisles." - Anonymous

"I am thankful for the Home Delivery Program because I am blind and unable to cook for myself. The meals are nutritious and I look forward to them each day." - Anonymous

"I count on the Home Delivery Program at the Fallbrook Senior Center because it gives me a peace of mind that I can rely on. By the grace of God, you are our angels on earth!" - Anonymous

"Being a senior I strive to be independent for the most part, but when it comes to such expenses like food I am grateful to get support from the Fallbrook Senior Center, because the meals keep me going. I would not do so well without them; it's such a fantastic service!" - Anonymous

### **Participant Success Story:**



## **ACKNOWLEDGEMENT**

**Please describe how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting timeframe.**

The Fallbrook Senior Center acknowledges Fallbrook Regional Health District's investment in the following flyers and communications:

- Fallbrook Senior Center Chronicle
- Fallbrook Senior Center website
- Donor Tree Flyer
- Stepping Stone Flyer
- Nutrition Angel Flyer

Future publications:

- Village News Ads with partnering Logo
- Social Media Platforms
- E-blast communication with partnering Logo

**Acknowledgment example: please upload an example of one method in which the District was acknowledged.**



## **BUDGET**

**Please sign your form:**

A handwritten signature in black ink, appearing to be 'R. R.'.