

Impact Report

Organization: Fallbrook Healthcare Foundation dba Foundation for Senior Care (#14223795)

Request: SENIORS & DISABLED ADULTS NUTRITION PROGRAM (#60553773)

Impact Report Type: Fallbrook Regional Health District Impact Report

Disposition: Completed

Completed by: Organization on 10/13/2020 by Karen Geuy

Required?: Yes

Available Date: 10/01/2020

Due Date: 10/14/2020

Comments:

Revision Comments: The description of services and actual numbers served for Goal #2 is missing. Please correct and resubmit.

GrantSeeker Editor: Karen Geuy

Project Title: Senior and Disabled Nutrition Assistance Program

Project Start Date:

Project End Date:

This is an ongoing program that began on: 07/01/2020

Person Submitting the impact report?: Karen Geuy

760-723-7570

kgeuy@foundationforseniorcare.org

Ages Served: Adults (18-60): 10%

Seniors (60+): 90%

Gender: Female: 80%

Male: 20%

Select the income limit category of your target population: Extremely Low-Income Limits, ceiling of \$32,100

How many residents directly benefited (participant/client) from this program: 83

Approximately how many residents received an indirect benefit: 249

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 : FFP will provide at least 35 clients with 15-20 lbs. of food per client.

Number of Objectives for this program: 1

Objective 1: FFP will provide a weekly menu of supplemental nutritious food to everyone who qualifies for assistance.

Objective 2:

Objective 3:

Objective 4:

Measuring Success for Goal #1: Each person per household, will receive a minimum of 15-20 pounds of food each week. This is quantified by the weekly menu, which is weighed before weekly distribution begins.

We have successfully served 77 clients each week nutritious food, through our home delivery program, exceeding our goal by 100%. Our weekly average of food distributed was 20-22 pounds of food to each senior/disabled adult in the household, which too exceeded our goal by nearly 20%. In addition, we also included, each week, Ensure and we provided a monthly hygiene kit with shampoo, conditioner, toothbrush, toothpaste, body lotion and a bar of soap.

Define goal #2 for this program if applicable.:

FSC will assess and maintain records at least 35 clients on a monthly basis who can benefit from the services that the FFP offers.

Number of Objectives for Goal #2 of this program:

1

Objective 1 for Goal #2:

FSC will create needs assessments for qualified clients and share relevant information with the FFP.

Objective 2 for Goal #2:

Objective 3 for Goal #2:

Objective 4 for Goal #2:

Measuring Success for Goal #2:

The measurement of success for Goal #2 is the number of clients served, added to, and maintained on the program monthly with services provided in addition to FFP referrals.

A client list is maintained that tracks the number of clients that make contact with FSC first and are then referred to the Food Pantry for inclusion on their nutritional assistance list, as well as the reverse. A client list has been included detailing the individuals by their case numbers, the numbers of members in the household served and the referrals generated.

In the case of those clients who are sent from the FFP to the FSC, the FSC Care Advocates complete a needs assessment prior to referral to the FFP to determine if there are any additional needs not being met. An example of this assessment is included.

Clients will remain active from the date of referral. This is verified by monthly reports of active clients provided by FFP to FSC. FFP will notify FSC immediately if a client goes inactive. FSC will contact the client that does inactive to re-access needs.

The success of the program will also be measured with a monthly follow up phone call, to verify the overall health and safety of the client.

Participant Success Story:

Home Delivery Assessment_FSC.pdf, Senior Nutrition Assistance Impact Stories.pdf, Client List_FFP and FSC Grant 378_Q1 FY2020-2021_v3.xlsx

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

FRHD Acknowledgment_Senior Nutrition Assistance.pdf

Actual Program Budget File:

Grant 378 Q1 2020-2021 FRHD Report_Budget Acutals_Senior and Disabled Nutrition Assistance.xlsx



FRHD GRANT #378 - Q1 FY2020-2021

SENIOR AND DISABLED NUTRITION ASSISTANCE

IMPACT STORY 1

"Hunger is not a problem. It is an obscenity. How wonderful it is that nobody need wait a single moment before starting to improve the world." Anne Frank

We are grateful that the Fallbrook Regional Health District approved grant funding for the first time with our newly developed joint program with the Fallbrook Food Pantry. As part of the needs assessment conducted by our Senior Care Advocates, there are those that demonstrate the need for nutritional assistance and we partner with the Food Pantry to make sure that these clients don't miss a meal whenever possible. But rarely do these cases get resolved in such a cleanly prescribed manner as uncovering hidden factors in nutritional need often involves a tremendous amount of effort, communication, and collaboration with our local partners.

A recent client perfectly illustrates the challenging nature of such an endeavor and why it's critical to have a team of profoundly dedicated staff looking to find ways to make this program work and serve our local seniors. The Foundation received a referral from the Temecula Valley Hospital during the non-visiting phase of the lock-down that prevented home visits from the FSC's Senior Care Advocate group, which made things more difficult to assess client's needs. It was being reported that a client was suffering from chronic pain that was not being managed well. Our senior was new to the area, and the hospital only identified the need for care and furniture items, but they hoped that we could assess the client for other needs.

The only method allowed during COVID to reach our client caused delays in the assessment because our calls went unanswered. After contacting the manager of the development where the client lived, our concern was escalated with behaviors that were related by the manger that were concerning, including a possible need for food. We quickly made the arrangements to pick up two emergency boxes from the Fallbrook Food Pantry. After obtaining permission for the emergency delivery, we were unable to deliver it, because upon arrival to the home, we were informed that our client had just been transported back to the hospital because our client was starving and had no food in the home. After coordinating with the social worker at the hospital, we relayed the relevant information about our client, including the observation that the client never went out, or no one ever came to her home. It was then assessed that that the client had no method of obtaining food, and along with other mental health issues that were preventing our senior from being able to obtain or arrange for basic needs, the Foundation set up the client on the Food Pantry Delivery Program.

Since then, there have been no more transports to the hospital, except from a fall that resulted in a break that further compromised mobility.

Without adequate nutrition, and an efficient community system in place to help delivery it in case of emergency or for those seniors and disabled in dire need, no healing or recovery efforts

would be successful. In this first quarter of FY2020-2021, this new grant program has already benefited dozens of clients and their extended network.

IMPACT STORY 2



Meet Joyce

Joyce is a 70-year old cancer survivor who has been in remission for 1 year and is on a fixed-income. We learned of Joyce's situation when she was going through chemo in 2018 and needed additional support with getting a ride to her appointments each week. The Foundation for Senior Care provided Joyce with a ride-share opportunity through their Care Van program, along with a few other services. In 2020, when COVID19 changed the way we perform normal daily functions, like grocery shopping, the Fallbrook Food Pantry was contacted by a Care Advocate at the Foundation, to help Joyce receive weekly groceries delivered to her home. It was imperative that Joyce remain sheltered from anyone who may have been exposed to or is a carrier of CV19. Once we were notified, Joyce began receiving weekly groceries from FFP in April and we will continue to support her needs, and other seniors like Joyce, if and/or when our services are no longer needed.



Fallbrook Food Pantry

140 N. Brandon Road | Fallbrook CA 92028
(760) 728-7608 | www.fallbrookfoodpantry.org

October - December 2020 Quarterly Newsletter

“THANK YOU! THANK YOU! THANK YOU!

Through your thoughtfulness and generosity, the Fallbrook Food Pantry has been able to provide outstanding support to those in our community who have difficulties accessing adequate food. It was in September 2019, one year ago, that we began providing services at our new location at 140 North Brandon Road. The newer and larger building enabled us to serve a greater number of families who have been adversely impacted by COVID-19. But it was more than a larger building. It included:

More volunteers, partnerships with community organizations such as the Boys & Girls Clubs of North County, the Foundation for Senior Care, and the Fallbrook Healthcare District, generous donations of local citrus, avocados, and groceries, and monies to pay for increased operational costs.

I wish I could tell you that we have met the nutritional needs of all and that our services are no longer needed. Unfortunately, I can't. The need remains and will continue. I can say “Thank You” for your generosity during the 2020 year! I can also encourage you to continue being generous so that no one in our community goes hungry!

As we approach Thanksgiving and Christmas, please join us in sharing our treasures with those in need.

Your heart will be blessed because of it.

Dale J Mitchell, Board President



We are proud to announce that out of 170,783 nonprofits in the entire state of California, the Fallbrook Food Pantry was nominated by Senator Brian Jones, and selected by the California Nonprofit Associate, as 1 of 100 who were recognized as "2020 California Nonprofit of the Year"! This is a huge accomplishment for us and we could not have done it without the support of our community! Our volunteers, board members, ambassadors, staff and donors have helped to make this possible! Even with the challenges of COVID19, we have been able to rise to the top and not only continue providing adequate and nutritious food to our existing clients, but we were able to feed an additional 2,100 people each month since March 16, 2020.



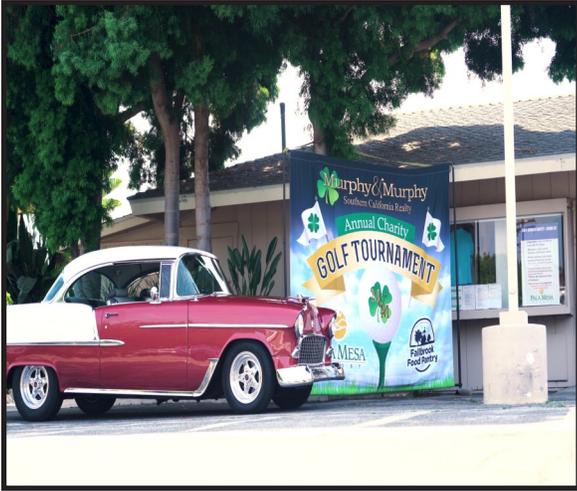
SHAE GAWLAK
Executive Director



**THANK YOU
TO ALL OF
OUR AMAZING
DONORS AND
VOLUNTEERS!**

**We could not
do what we do,
without your
support!**

6th Annual Charity Dinner & Golf Tournament Results



We thank Murphy & Murphy Southern California Realty for the Sixth Annual Charity Dinner, Live Auction & Golf Tournament benefiting the Fallbrook Food Pantry. Our August 21st golf tournament drew 90 golfers and the online Zoom dinners event drew 180 attendees over the following 2 weekends. This year, an amazing \$138,000 was raised for the Fallbrook Food Pantry. We are grateful to our generous event sponsors:

Presenting Sponsor: Murphy & Murphy; **Premium Sponsor:** Ken & Catherine Sousa; **Gold Sponsors** Del Rey Avocado, Bob & Susan Lucy, Kendall Farms & Grocery Outlet; **Silver Sponsors:** William & Constance O'Connor, New American Funding, Heritage Escrow, Ticor Title; **Bronze Sponsors:** Dave Hague, Shae Gawlak, Young & Chris Milton, Chris & Jacqueline Pierson, Swenson Advisors, North Coast Church, Arnie, Ed & Jan, D'Vine Path; **Dawn Patrol** Forster Home Inspections, Evans Group Home Loans, NSDCAR, Sancia Obermueller, Hayley Brown & Jan LaBrie. **We want to thank our sponsors, golfers and dinner guests for this successful event. Stay tuned for next year's event details...**

Adopt-A-Family Program

The clients at the Fallbrook Food Pantry are beginning to think about how they will provide Christmas cheer for their families this year. When the total income to provide for a family is at or below the national poverty level, holidays can be especially stressful. That's why we invite YOU to lend a helping hand at this special time. We are looking for groups or individuals who can adopt a family and help provide these family with a Holiday dinner (or a grocery gift card), and each child with a gift of shoes or clothing. Families are available to be adopted starting **November 1, 2020**.



**To adopt a family, please contact Carolina Miller at
Email: programs@fallbrookfoodpantry.org**



Year-to-date the Pantry has distributed a total of **780,501** lbs. of food, serving **2,810** families in need. Our volunteers have donated a total **6,787** volunteer hours.

2020 Upcoming Events

Oct—Adopt a Family Program
Nov—Thanksgiving Turkey Drive

**PLEASE VISIT OUR WEBSITE
www.fallbrookfoodpantry.org**

Awards and Recognitions

Fallbrook Food Pantry 2020 Volunteers of the Year



Eufemia Carreno is an outstanding volunteer who has tirelessly contributed to Fallbrook Food Pantry since 2013. In addition to daily responsibilities, she enjoys making lunch for fellow volunteers. See her story on next page on why she loves giving back to the community.



Mike Bermudez is a steadfast and dedicated volunteer driver for Fallbrook Food Pantry since 2010. He picks up food from local markets and delivers food to the homebound. He likes the happy work environment of the pantry and looks forward to it each time he comes in, which is about 2-4 times per week.

North County Philanthropy Council 2020 Volunteer of the Year



Young Milton has been a volunteer with the Fallbrook Food Pantry since her daughter's first day of Kindergarten. Her daughter is now a Sophomore in college! We are proud to acknowledge Young for the many contributions she has made to make Fallbrook Food Pantry the successful organization. Young is a dedicated worker and an enthusiastic advocate for the Fallbrook Food Pantry. She gives her time generously, and she draws others in to the cause. Her leadership as past President and as Director of the Board has touched the lives of countless individuals and families throughout Fallbrook and beyond.

Fallbrook Food Pantry was selected as a Super Pantry from San Diego Food Bank

A one-time \$20,000 grant was awarded in response to the increase in demand for food assistance from families impacted by the Coronavirus pandemic.

The San Diego Food Bank announces that the Fallbrook Food Pantry is Pantry of the Month for October!



My story, by Eufemia Carreño

In 1983 I was a young mother of five. Me and my the husband (who is now deceased) ran a restaurant in Fallbrook for several years. That restaurant was ruined by an arsonist and my husband and I were left with nothing. We had no money for food or means to care for our children, the youngest was barely 4 months old. I knew it was going to be a difficult year for all of us, and it was going to be a heart-breaking Thanksgiving and Christmas, because I could not provide for my family. One day in the late fall, my family and I received visitors. I didn't recognize the people that were coming towards our house. I opened the door and I was floored when they said they were volunteers and they came bearing gifts for my children and food as well. I couldn't believe that God heard my prayers. I was in awe that people that I didn't even know were providing food for me and my children.

I asked them who they were, and they simply said they were from the Fallbrook community. I forgot to ask for their names, but I have never forgotten them. It was people like that I have always cherished in my heart. Many years went by. My children are now grown, and they have families of their own.

One day several years ago I was talking with someone and I was asked what I thought about volunteer work. I gave it a thought, but I had no idea where to begin. I would walk to the public library to use the computer and I had heard that there was a food pantry nearby. I never had seen a food pantry, nor did I know one existed. They pointed the direction, but it wasn't until after three attempts that I finally found the location. I visited the food pantry on Wednesday when they were distributing food and I was shocked to see so many people standing in line to receive food. I asked about volunteering and they wrote my information and I was asked to come back on a Monday. I went in on the next Monday and I never looked back.

Helping people has always been what I have done. Through working in restaurants serving people, serving in my church community, or simply helping friends of family when they were in need, but I could only do so much at that time because I had children to raise, and I worked many jobs to put food on the table and I don't know how I was able to afford to clothed my children.

Helping at the food pantry feeds my soul. I thank God for allowing me to pay it forward to other families in need. I love to serve people and give them hope whenever I can. Life is interesting because I have always believed to not look into the past and move forward. We can't change the past, but in writing this letter, I had to realize that I can't forget the past. That is it the lessons we learned and the people that have touched my life, that it is the reason why I help my community. I was there at one point in my life, and I am truly blessed to help my Fallbrook community.



Press Release:

VILLAGE NEWS

ADVERTISEMENT
susan g. komen
MORE THAN PINK WALK
Inland Empire
VIRTUAL EDITION



Walk where you

OCTOBER 11, 2020

REGISTER NOW

#WalkWhereYouAreSGKIE
komen.org/morethanpinkwalk

[Home](#) [News](#) [Community](#) [Sports](#) [Lifestyles](#) [Regional](#) [National](#) [State](#) [Opinion](#) [Entertainment](#)

Foundation for Senior Care receives support for elderly programs

[Share](#) [Tweet](#) [Pin](#) [+](#) 0 Comments

Last updated 7/9/2020 at 4:21 am



Fallbrook Regional Health District Executive Director Rachel Mason receives the first copy of the Seniors' Bill of Rights from Foundation for Senior Care President Dr. Robert Pace. The foundation awards copies of the Seniors' Bill of Rights to notable groups and citizens that support independence efforts for the elderly in the two-county area.

FALLBROOK – Recognizing the unique kinds of support needed to support seniors in North San Diego County, many organizations, prominent citizens and local nonprofit organizations made much-needed donations in the first half of the year to keep Foundation for Senior Care programs up and running for area elderly.

Keith Birkfeld, executive director for the Fallbrook-based organization, noted that some emergency funding was earmarked to continue many transportation services provided by the Foundation for Senior Care, among them grocery deliveries to sheltered-in-place seniors. Other funds supported ongoing transportation of elderly to and from medical and other appointments.

"A critical amount of support came through when operational funding was reduced and various government sources were temporarily halted as many

Social Media: posts are on Facebook, Instagram and Twitter

Instagram

fallbrookseniors

AUGUST COVID-19 TESTING DATES



OFFERED BY
NORTH COUNTY FIRE PROTECTION DISTRICT, FALLBROOK REGIONAL HEALTH DISTRICT,
AND SAN DIEGO COUNTY FIRE, IN COOPERATION WITH SAN DIEGO COUNTY HHSA

AUGUST 4th, 18th, & 25th | 9:00AM - 2:00PM



1636 E. Mission Rd.
Fallbrook, CA

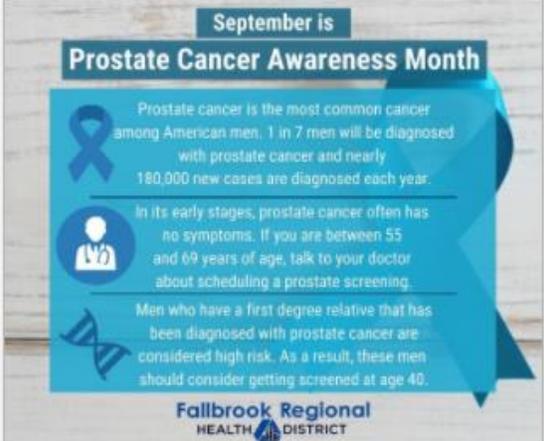
Schedule an appointment online at: 211sandiego.org
Registration opens 4-6 days before testing.
Drive-ups are welcome.
(760) 731-9187

fallbrookseniors Easy drive through COVID testing on Aug 25 provided by Fallbrook Regional Health Distri... more

Instagram

fallbrookseniors

September is Prostate Cancer Awareness Month



Prostate cancer is the most common cancer among American men. 1 in 7 men will be diagnosed with prostate cancer and nearly 180,000 new cases are diagnosed each year.

In its early stages, prostate cancer often has no symptoms. If you are between 55 and 69 years of age, talk to your doctor about scheduling a prostate screening.

Men who have a first degree relative that has been diagnosed with prostate cancer are considered high risk. As a result, these men should consider getting screened at age 40.

Fallbrook Regional HEALTH DISTRICT

fallbrookseniors September is National Prostate Cancer Awareness Month. Men over age 55 should co... more

Instagram

fallbrookseniors



Support a local Senior!
Donate Today!
GivingHeartsCare.org

Senior Care
760-723-7570

fallbrookseniors
<https://www.sandiegouniontribune.com/north-county-community-news/story/2020-08-03...> more





Flyers: COVID testing flyers were posted on our community announcement board, and distributed to clients through the Care Advocates, Adult Day Care, Transportation, and Grocery Delivery programs.

Email Signatures: Every employees email signature included the Health District logo and recognizes the support.



FOUNDATION FOR Senior Care



Theresa Geracitano
Outreach and Development Officer
Office: (760) 723-7570 **Fax:** (760) 723-0358
Email: tgeracitano@foundationforseniorcare.org
Website: www.foundationforseniorcare.org
Address: 135 S. Mission Rd., Fallbrook, CA 92028
Nonprofit tax designation ID# 95-3389263

Support for our programs is made possible by the:
Fallbrook Regional HEALTH DISTRICT

Website: Recognized as top supporter on website page with a link to the Health District website



Building entrance Thank You Banner:

