

Impact Report

Organization: Fallbrook Senior Citizens Service Club (#14257589)

Request: Home Delivered Meals Program (#59947451)

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: Home Delivered Meals Program

Project Start Date:

Project End Date:

This is an ongoing program that began on:

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

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Ages Served: Seniors (60+): 100%

Gender: Female: 68%

Male: 32%

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: 192

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

Number of Objectives for this program: 2

Objective 1: Provide approximately 60 -- 65 meals each day, seven days a week, at no cost to seniors (60+), including delivery direct to their homes in the Fallbrook regional area.

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

Objective 3:

Objective 4:

Measuring Success for Goal #1:

Objective 1: 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. We measure success when we are at full capacity for the program delivering approximately 60 meals each day, Monday through Friday, direct to the homes of our home-bound seniors. On Fridays, the delivery includes two additional frozen meals to meet the client's nutrition needs during Saturday and Sunday. Full capacity means the recipients of our home-delivered meals are satisfied with the quality of our nutrition program. The Home-Delivered Meals Program never charges a client for the cost of the meal. Our clients are informed during the intake process that our services rely in part on donations, with the suggested amount being \$5, but no one is denied a meal based on whether or not they donate. Objective 2: Meal planning for the Home-Delivered Meal Program starts with our Chef's conception to maintain an interesting and varied menu for the month. Our Nutrition Manager then takes those ideas and creates specific recipes, insuring each one meets the precise nutritional requirements mandated by AIS. Menus for the Home-Delivered Meal Program are prepared one month in advance and must be approved by the AIS Registered Dietician. Of particular consideration are the inclusions of certain foods and food groups, specifically protein, dairy, and fruit/vegetable content as well as the exclusion of excessive salt, fat, and sugar. Including foods in the menu that contain a certain amount of vitamins and minerals specific to the health of seniors is also an AIS requirement. Success is achieved when menus are submitted and approved by AIS with no or minimal alterations required. Throughout the delivery day, the driver assures proper food safety temperatures are maintained in the Hot Shot food compartments. A temperature log is maintained daily to ensure that healthy, uncontaminated meals are provided to our seniors. The kitchen where meals are prepared is subject to unscheduled, on-site evaluation inspections by the County to assess the food preparation environment, cleanliness, and proper hygiene of food handlers during packaging of meals. In addition to the kitchen inspections, at least once each year, the County Nutritionist will inspect the Hot Shot delivery truck to confirm that the temperature-regulated compartments are functioning properly. As part of the inspection/evaluation, the Nutritionist will accompany our driver for a number of the meal deliveries. The Nutritionist will engage with our clients and solicit their comments on the food and service provided. This interaction with our clients allows the Nutritionist to confirm information from client Care Plans and our assessment intake forms. Success is achieved when we pass these inspections with few or no corrective action items.

To conclude, due to the pandemic and the COVID-19 virus this essential program remained sustainable and not affected. The positive measures of support remain open for those that qualify to receive assistance. We are working towards hiring a second driver and purchasing an additional truck to serve more seniors as it is stated in our upcoming strategic plan for the center's future.

Define goal #2 for this program if applicable.:

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

Number of Objectives for Goal #2 of this program:

1

Objective 1 for Goal #2:

Nutrition education will be provided a minimum of four times per year to all participants of the Home-Delivered Meal Program. Each educational installment will include informative material related to a specific topic and will be delivered to meal recipients along with their daily food. Providing the material for our seniors offers helpful visual reminders to reinforce the quarterly education topic.

Objective 2 for Goal #2:

Objective 3 for Goal #2:

Objective 4 for Goal #2:

Measuring Success for Goal #2:

Our Nutrition Education Plan is based on a needs assessment that is conducted each year through a Nutrition Education Survey developed and provided by the San Diego County AIS. The Senior Center delivery driver distributes and returns the survey for our Home Delivery clients. The survey results are compiled and the top four topics are addressed in our annual Nutrition Education Plan. Nutrition education will be provided a minimum of four times per year to participants in the Home-Delivered Meal Program. The education plan for 2019/2020 is Physical Fitness, Eating on a Budget, Nutrition & Aging, and Nutrition & Dental Health. The Senior Center is partnering with the Community Healthcare Collaborative, Madelyn Lewis and CSU San Marcos School of Nursing students to develop a Nutrition Education Plan for 2020 that will provide current and meaningful education for our seniors. The annual Nutrition Education Plan includes professionally created collateral provided by the Community Healthcare Collaborative. These materials are specific and help reinforce the quarterly education topic. The collateral may take the form of a single-page flyer, booklet, or multi-page handout. The Plan is approved and the materials monitored by the AIS Registered Dietician. Providing the materials for our seniors offers helpful visual reminders to reinforce the quarterly education topic.

Participant Success Story: Testimonials -FSC Home Delivered 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_Home Delivery_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 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 taken 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 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 keeps me going. I would not do so well without them; it's such a fantastic service!" 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