

## Organization

**Official Name:** FALLBROOK SENIOR CITIZENS SER CLUB  
**\*Legal Name:** Fallbrook Senior Citizens Service Club  
**\*Year Company was Founded:** 1974  
**\*Address:** 399 HEALD LN  
**Address (2):**  
**\*City:** FALLBROOK  
**State:** California  
**Zip/Postal Code:** 92028-3029  
**\*Main Telephone:** 760-728-4498  
**Main Fax:**  
**Website Address:** www.fallbrookseniorcenter.com  
**\*Main Email Address:** fallbrooksc@att.net

**\*Mission Statement and History:** The Fallbrook Senior Citizens Service Club (Fallbrook Senior Center) was established in 1974 and began a nutrition program in 1978. The mission of the Fallbrook Senior Center shall be to act as a recreational and social location for persons fifty (50) years of age and older; to recognize the needs and problems of these seniors and strive to resolve them; to develop and administer programs and activities that support their efforts to remain healthy, active and independent members of the community; and to provide, coordinate, and advocate for services which promote the dignity and enrichment of life for seniors, such services as the Nutrition Program and others as needed .

**\*Board of Directors :**

1. John A. Schirner, President, Certified Internal Auditor (retired), finance industry
2. Nicole Williams, First Vice President, Association of Surgical Technologists, health industry
3. Russell Kortlever, Second Vice President, Business owner (retired), food industry
4. Joan Spencer, Treasurer, Accountant (retired), non-profit ministries
5. Irma Ciotti, Secretary
6. Michael Frank Bermudez, Director
7. Teresa Lynn King, Director, Realtor
8. Ronald Spencer, Director, Manager (retired), nuclear power plant (San Onofre), energy industry
9. Robyn Dahlson, Director, Business owner, "The Social Flower", retail industry

**Most Recent 990:** 2018-2019\_Form\_990\_FINAL.pdf  
**\*Most recent audited financial statement with management letter:** 2018-2019.Audit.FINAL.pdf, 2018-2019.AuditLettersToMgmt.pdf

## Proposal

**\*Request Owner:** Rachel Mason  
**Request Source:** External (Submitted 04/10/2020)  
**Proposal Type:** Ongoing Program

## Agency Capability

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**Briefly describe your organization's history and accomplishments. :**

The Fallbrook Senior Center started a nutrition program in 1978 and the program has been in continuous operation since that time. The Nutrition Program includes both congregate and home-delivered meals for any senior in our regional communities who is 60 years old and above, without regard to their ability to pay for the meals. The Fallbrook Senior Center also offers numerous recreational and social activities to support seniors' efforts to remain healthy, active and independent members of the community. New events, activities and services are added regularly to encourage participation and attract new seniors to the Center.

**What are the current activities and/or programs offered by your organization?:**

The Fallbrook Senior Center offers a nutritional lunch program Monday through Friday each week to the senior communities of Fallbrook, Bonsall, Rainbow and de Luz. The meals are offered at no cost to seniors 60 years and older. Recreational and social activities include pickleball, Bingo, brain games, Club tea and dance, exercise classes and a workout patio, bridge tournaments, watercolor painting, mahjong, billiards, a photography class, and gardening through a collaboration with the Mission Resource Conservation District. Through collaboration with AARP, the Senior Center provides income tax preparation services by CPAs at no cost to our members. Adjoining the main facility, the Senior Center operates a Thrift Shop offering the community bargains on clothing, furniture, dishes and much more.

**List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:**

1. The Fallbrook Senior Center is currently collaborating with the San Diego County Aging and Independence Services (AIS) for partial funding of our Nutrition Program. AIS provides strict nutritional guidelines along with a Registered Dietitian to help us develop healthy balanced meal plans. The Senior Center is listed as an approved Congregate Meals Program provider in the AIS section of the San Diego Health & Human Services Agency website, under "nutrition services."
2. The Fallbrook Senior Center also collaborates with the Foundation for Senior Care to provide transportation for some of our "guests" who would not otherwise be able to attend the Congregate Meal Program. Rides are provided through the Foundation's Care Van Program.
3. The Fallbrook Senior Center is also working together with Fallbrook's local newspaper, The Village News, to create a greater awareness of the meal programs available to seniors in the community. The Village News has published articles and photos with details of the nutrition program at no cost to the Senior Center as a community service. The inclusion of articles and advertising in The Village News also allows the Senior Center to attempt to reach as many low-income minorities as possible.

**Program Information**

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**Is this application being submitted in collaboration with another agency?:** Yes

**If yes, please provide the the collaborating organization name:** San Diego County Aging and Independence Services

**Project Title:** Congregate Meals Program

**Requested Cash Amount:** \$80,971.09

**This is an ongoing program that began on:** 10/01/1978

**Name of the person submitting the grant:** Joan Spencer  
714-325-4115  
joantaylor@yahoo.com

**Name of Program Coordinator:** Renae Rasmussen  
760-728-4498  
fallbrooksc@att.net

**Is the Program Coordinator responsible for submitting quarterly reports?:** Yes

**Ages Served:** Adults (18-60): 45%  
Seniors (60+): 55%

**Gender:** Female: 56%  
Male: 44%

**Select the income limit category of your target population:** We do not collect this data

**Projected number of residents (participant/client) that will directly benefit from this program:** 130

**Projected number of residents that will indirectly benefit from this program:** 300

**How will the program be staffed?:** Paid: 82%  
Volunteer: 18%

## Statement of Problem/Needs Assessment

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**Discuss the need for the proposed program or service within the District.:**

The village of Fallbrook is a rural, unincorporated community located in northern San Diego County, immediately east of U.S. Marine Corps Camp Pendleton, and inland from the City of Oceanside. According to the 2010 U.S. Census, Fallbrook's total estimated population is 32,988, of which 14% (4,618 people) are 65 years of age or older. More than 8% of those who are 65+ live below the poverty line. A recent assessment<sup>1</sup> conducted in 2019 by the San Diego Seniors Community Foundation, reports the senior (60+) population of the Fallbrook/Bonsall/Rainbow area is estimated at 13,000. Based on this number, the Fallbrook Senior Center is serving less than 4% of the regional senior population.

Food security and independence are growing concerns among our aging population. Seniors who live alone, and in particular, those who are reluctant or unable to cook their own food, must rely on someone outside their home to provide them with nutritious meals. Recent large-scale studies suggest that the quality and quantity of meals, like those served at our Congregate Meals Program, are extremely valuable in decreasing the risk for depression, benefiting mental and emotional health, and enhancing long-term, positive brain function.<sup>2</sup> Now more than ever, with the number of seniors who have lost their jobs and income as a result of the COVID-19 crisis, help is needed to assist the seniors in our community through this critical time. Providing food security to our seniors is available now through the Fallbrook Senior Center Congregate Meals Program.

**Reference your supporting data below.:**

1. San Diego Seniors Community Foundation (2019, Summer). "The State of San Diego Senior Centers". p. 90.
2. The American Counseling Association (2020, February 6). "Eating for better mental health". The Fallbrook Village News, p. D6.

**What other organizations within the community offer similar programs/ services that address this need?:**

There really is no other organization in our community that offers a hot nutritious meal five days a week at no cost to seniors (60+). The closest offerings would be: The Fallbrook Food Pantry that offers food boxes, but the food is not cooked; or Meals on Wheels that provide a week's food supply, frozen, and for a fee.

## Program/Services Description

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**The Fallbrook Regional Health District has identified several health disparities that effect the long term health and well being of our community. The following questions address how your program addresses these concerns. :**

**Which one of the following categories best describes the primary goal and objectives of your program?:**

Ancillary: Services that support our mission to promote health for the people of the District.

**Which of the following health disparities does the program address:**

- Cardiovascular health (e.g., High Cholesterol, Hypertension)
- Nutrition & Access to Food (e.g., Meal programs, Food Bank, Healthy Eating, Obesity, Type 2 Diabetes)

**Describe how the program provides the service.:** Congregate Meal Program participants, we refer to them as our guests, are not required to pre-register or make an advance reservation. Guests are welcomed for lunch on a walk-in basis and asked to sign in either as a senior (60+) or as a non-senior (under 60). Non-seniors are required to pay \$7 for their lunch. The program provides economically challenged seniors nutritious meals at no cost. Seniors are offered the opportunity to make a voluntary \$5 donation, it is not mandatory. After signing in, our guests select where they want to sit at tables set for up to eight people. The large table size encourages social interaction with other seniors in the community. Some of our seniors have told us this is their only opportunity during the week to get out of the house and be with other people and they cherish this time. A volunteer of the Senior Center offers guests a variety of beverages and their choice of a salad and/or fresh fruit. Volunteer servers will replenish drinks and clear dirty dishes, treating our guests as though they are dining at a fine restaurant. The substantial main entree is served hot with a choice of butter and a roll, followed by dessert. The meals follow strict nutritional guidelines established by the San Diego County Aging and Independence Services. Once each quarter, an educational presentation is made to all participants attending the congregate lunch that day, and includes informative material on the topic for each guest to take home. The nutrition education plan will cover a variety of topics such as shopping on a budget, meal planning, and how to exercise at home using a towel for stretching exercises and soup cans as weights for strengthening muscles. The take-home flyers/leaflets will provide helpful reminders of the day's presentation. After an individual has attended the program three times, we are required by San Diego County to complete an Intake Form that includes a nutritional assessment and the person's level of activities of daily living, forming a "Care Plan" for each guest. Periodic unscheduled visits are made at least five times each year by the San Diego County Nutritionist. During these visits, the kitchen is inspected and staff and volunteers are observed to determine that County health, safety, and nutrition guidelines are met. In addition, the Nutritionist will talk with our guests, sometimes as a group, sometimes to specific individuals as a follow-up to information from their Care Plan.

**What is/are the program goal(s) and what are the objectives for each goal.:**

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

**Measuring Success for Goal #1:** Objective 1: When guests arrive for the meal, they are greeted by a Senior Center volunteer and are required to sign in as a senior (60+) or non-senior and pay the applicable fee, or, if desired, make a voluntary donation. The sign-in sheets and the money collected are turned in by the volunteer to our staff bookkeeper to be counted, verified, and signed off by both people. The sign-in sheets confirm the number of lunches served each day and categorized by senior and non-senior. This number is included in a log sheet, tallied each month, and reported to the County. Our contract with AIS provides that they will pay us a fixed amount for each lunch served. The Senior Center measures success by the number of seniors attending the meal program along with the many compliments given on a regular basis to our chef and the volunteers serving the meals.

Objective 2: Menus for the Congregate Meal Program are prepared by our certified Co-Nutrition Manager one to two months 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 alterations required. The kitchen and dining room are subject to unscheduled, on-site evaluation inspections by the County to assess the food preparation environment, cleanliness, proper hygiene during serving of meals and clearing of dishes, as well as the satisfaction of our senior guests. During one such inspection, the inspector told the diners that our nutrition program was the finest in the County. Success is achieved when we pass these inspections with few or no corrective action items.

Objective 3: The Senior Center's mission of being a social location for seniors and to promote the dignity and enrichment of life is accomplished with the environment we create for our Congregate Meal Program. Our guests select where they want to sit at tables set for up to eight people. Tables are adorned with tablecloths, centerpieces, stainless flatware (not plastic), and large, embossed paper napkins. Volunteers are trained to serve our guests as though they are dining at a fine restaurant. The large table size encourages social interaction with other seniors in the community. Once each month, special recognition is given to those guests celebrating a birthday or anniversary. Some of our seniors have told us the lunch program is their only opportunity during the week to get out of the house and be with other people and they cherish this time.

**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:**

1: 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:**

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.

**Measuring Success for Goal #2:**

Objective 1: 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 survey is given to current guests who attend the congregate lunch on a regular basis. The survey results are compiled and the top four topics are addressed in the annual Nutrition Education Plan. The Plan is approved and the material monitored by the AIS Registered Dietician. Nutrition education will be provided a minimum of four times per year to participants in the Congregate 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.

Objective 2: 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 presented. The collateral may take the form of single-page flyer, booklet, or multi-page handout. The materials are approved and monitored by the AIS Registered Dietician. Sufficient quantities of the materials are made available for each guest of the congregate lunch to have a copy to take home. Offering material to take home provides our seniors with helpful visual reminders of the subject presented.

**Anticipated Acknowledgment**

**Acknowledgment:**

The approved monthly menus will advertise that the Nutrition Program is sponsored by the Fallbrook Regional Health District with the FRHD logo. The menu is posted in the dining hall where the congregate lunches are served. The FRHD sponsorship is also published in our monthly newsletter "Fallbrook Senior Center Chronicle", and posted on the website and at various locations inside the Fallbrook Senior Center. All of our printed marketing collateral highlights our partnership with FRHD. Articles published in the Village News that describe our Nutrition Program acknowledge support provided by the FRHD. Continual interaction with our community at large will allow for our collaborative relationship with the FRHD to be acknowledged during regular meetings with the Fallbrook Women's Club, Bonsall Women's Club, the Fallbrook Chamber of Commerce, the Bonsall Chamber of Commerce, and Rotary.

## Financial Reporting & Budget

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**Has your organization requested funding from FRHD for this program before?:** Have not applied before

**Have grant funds awarded to your organization ever been withdrawn, reduced or discontinued?:** No

**Please list other grant funders that have been approached by your organization in the past 3 years, including FRHD. Include Name, Date, Amount Requested, Declined or Pending.:**

San Diego County AIS: Applied 10/2019 4-year contract for \$53,681/year, approved beginning 01/2020 and being funded.

Archstone Foundation: Applied 12/2019 for \$38,100, declined due to a change in the Foundation's strategic direction.

Legacy Foundation: Applied 08/2019 for \$20,000, approved and funded.

**Please list the fund raising events conducted by yourself or other organization(s) where proceeds have been designated to your organization as beneficiary of funds raised. Include Name, Date, Amount:**

Fallbrook Senior Center Stepping Stone fundraiser, various dates in 2019, \$1,700

Fallbrook Senior Center & VFW Flag Day Event, June 2019 \$3,859

Better World Trust, June 2019 \$5,000

Fallbrook Chamber of Commerce Wine & Bite, August 2019, \$500

Fallbrook Chamber of Commerce Honorary Mayor Event, September 2019, \$1,578

Fallbrook Women's Club, April 2019 \$500, June 2019 \$748

Bonsall Women's Club, May 2019 \$500, June 2019 \$6,000

Angel Society, October 2019 \$10,000

Vintage Car Club, December 2019 \$2,000

**Describe your plan for maintenance/ continuation of the proposed program beyond the 2020-2021 fiscal year.:**

Our nutrition program has been serving seniors for almost 41 years in the Fallbrook regional area. Currently we receive from the San Diego County AIS funding that covers approximately 25% of the cost of the Congregate Meal Program. The County contract is for a four-year renewable period that just began in January 2020. We plan to continue the program with the aid of grants and donations, as well as fundraisers to cover the cost of the program. The plan to maintain this program is to continue to bring awareness through education, activities and interaction within the Greater Fallbrook area.

**Describe what other funding sources will be used to support this program; include fees for services contracts or other revenue sources?:**

The Fallbrook Senior Center operates a Thrift Shop adjoining its main facility. The revenue generated by the Thrift Shop is designated to fund our nutrition programs. We also charge a small fee to non-seniors (under 60) who attend the lunch program. For seniors (60+) who attend the lunch program, donations are suggested, but not mandatory. Grant applications will be submitted to various organizations throughout the year, along with donation letters requesting funding for our nutrition program.

**Program Budget File:** 2020\_2021\_FRHD\_CHC\_Program\_Budget\_Form\_v01-Cong.xlsx

**Attestation:**

- I certify that all information presented in or attached to this Application is complete and accurate

## Payment

## Scan

No matches were found

## Approval

**Requested Amount:** \$80,971.09

**\*Recommended Amount:**

**Prior Approved Grants:**

**Request Status:** External

## Contact

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**Salutation:** Ms.  
**\*First Name:** Renae  
**Middle Name:**  
**\*Last Name:** Rasmussen  
**Title:** Executive Director  
**Address:** 399 HEALD LN  
**Address 2:**  
**City:** FALLBROOK  
**State:** California  
**Province:**  
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**Telephone:** 760-728-4498  
**Fax:**  
**Email Address:** fallbrooksc@att.net  
**Contact Type:**  
**Creation Date:** 04/01/2020  
**Last Saved By:** 1000000010568463  
**Last Saved Date:** 01-APR-20 11.28.45.258302 PM  
**Notes:**  
**\*Internal Use Only?:** N  
**Suffix:**