



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

Organization Name Fallbrook Senior Citizens Service Club

Person submitting the impact report Christopher Tobin

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)	5
Seniors (60+)	95
Unknown	

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

	Percentage served
Female	50
Male	50
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 Income limits: 4 person family).

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

How many District residents directly benefited (participant/client) from this program: 267

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.

Due to the current state of our world and community during this pandemic, The Fallbrook Senior Center is taking extra precautions and providing safety standards to our members and the most vulnerable seniors we serve on a weekly basis. Our program's name and operations has slightly changed from Congregate to "Meals-to-Go" in regards to social distancing standards. We are currently following state guidelines to maintain six-feet apart by interaction purposes and having a hygienic meet-up station process through means of food distribution. We are still serving approximately 39-50 congregate meals each day, five days a week, Monday through Friday, at no cost to the seniors 60 years and older in the communities of Fallbrook, Bonsall, Rainbow and de Luz. Our healthy meals are still prepared and provide substantial nutritious support given by strict guidelines established by the San Diego County Aging and Independent Services. The program is tailored to the needs of seniors and their overall well-being in a safe environment. The Fallbrook Senior Center is still providing a warm welcomed experience of engagement to our seniors, but because of the current pandemic the seniors do not gather for any mass social interaction. One staff member sometimes two and volunteers pass out each meal as a "meals to go" curbside service of excellence. The Fallbrook Senior Center is currently posting up an outreach tent nearby the center with a sanitized table, hand-sanitizer bottle for seniors to utilize, an insulated hot box full of food provisions and a check-in sheet. Each senior is greeted with a heartfelt smile and embraced with care. Each interaction is respected and honored by each senior's request. Staff members and volunteers are handling each food exchange with protective gloves and face masks. We even at times had the best service experience, when our board members would come out to volunteer and see the Meals-to-Go program in action. This impact increase monetary support by our board members and ensured return of support for next time. Every senior is also wearing masks for each food pickup by walk-up support or in-car service. This past Christmas holiday season we incorporated a small and safe holiday delicious lunch celebration with all the fixings, over 52 seniors came in attendance, biggest number yet to date in 2020 for a single day. This magical crisp winter day brightened up every senior's attitudes and spirits. We look forward to increasing our outreach and number of meals served so that no senior in the greater Fallbrook/Bonsall area goes hungry or without a meal in hand!

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

Nutrition education is currently continuing to flourish in a positive manner with all participants whom come to our program on a daily basis. We take nutrition education seriously by advocating meal instructions for "Warm Take Home Meals" by support of handling out flyers for directions on how to consume food immediately within two hours to prevent foodborne illnesses and or ways to reheat or freeze each sealed food package. On another note, because we cannot gather due to our current state of the nation our nutrition education presentations have been altered to educational handout fliers. December's Topic was: Nutrition and Aging; followed by other upcoming topics each quarter to ensure a healthy lifestyle and safety procedures during these uncertain times. Each presentation is currently postponed until further notice, but each topic moving forward will be sent out to each senior via flyer or brochure encouraging them to read the information

provided to upkeep knowledgeable understanding of current news. We hope to open back up to physical presentations next quarter if state and nation laws permits.

PARTICIPANT SUCCESS STORY

Participant Success Story:

"Thank you for your nice service to us 'old people' through this past year. I wish we could hug someone right now in appreciation." Linda J.

"We love the food at the Center. The meals itself have solved so many issues for my partner and I that it has become a daily routine for us that we now enjoy. We appreciate that you call us when sometimes we forget to feed ourselves." - Marc C.

"Thank you for your nice service to us 'old people' through this year. I wish we could hug someone right now in appreciation." Sally S.

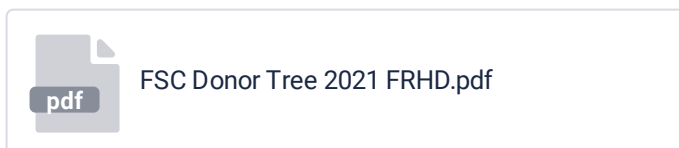
"As one ages, nutrition needs changes. I am grateful for The Meals-to-Go Program here at the Center to ensure that every meal is not only packed with flavor, but portioned quite nicely with all the right carbs, fruits, proteins and veggies you need. I do not have to worry no more because it's a great monthly menu. I look forward to Seafood Friday's too!" Primo S.

ACKNOWLEDGEMENT

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

- *Nutrition Angel Flyer
- *Stepping Stone Flyer
- *Donor Tree Flyer
- *Monthly Fallbrook Senior Center "Chronicle"
- *Fallbrook Senior Center Website

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



BUDGET

Please upload a copy of the program budget you submitted with the application, with an additional column demonstrating the current utilization of grant funds.



Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.

No significant differences in budget. The Fallbrook Senior Center Board is in talk to getting our lunches catered in the near future with a vendor, but nothing yet set in stone. As food and labor costs are going up this year in 2021; our program's participants have increased its service to accommodate the demand for support.

Please sign your form:

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