Organization Information

Legal Name

Fallbrook Senior Citizens Service Club, Inc

DBA (if Applicable)

Fallbrook Senior Cemter

Program Name/Title

Congregate Meal Program

Brief Program Description

The Fallbrook Senior Center offers congregate meals to foster the well-being of seniors by supporting healthy aging, ensuring proper nutrition, and encouraging social interaction. Additionally, we organize health focused trainings and entertaining events with music to promote socialization and enjoyment.

Funding Amount Awarded

47000.00

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	7	9
Seniors (60+)	93	116
We do not collect this data (indicate with 100%)*		

Target Population - Gender

	Percent of program participants
Female	60
Male	40
Non-binary	
Unknown*	

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	
Low (80%) Income Limits, ceiling of \$85,600	

	Percent of program participants
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	100

*Target Population - Income Level

We do ask the question, however there is a decline to state box on the form. So far everyone has selected the decline to state box.

Actual number of residents that directly benefited (participant/client) from this program during this quarter.

125

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program Goal & Objectives

Through the Congregate Meal Program, the Fallbrook Senior Center strives to reach as many adults as possible aged 60 and over to help alleviate food insecurity and isolation. The goal of the Senior Center is to provide meals with high nutritional value in a social setting at no cost for seniors 60+ residing in the communities of Fallbrook, Bonsall, Rainbow and De Luz. Initiatives are being developed to create greater awareness of the program and thereby attract more seniors who could benefit from participation in the program. The benefits include healthy aging, improved quality of life through good nutrition, and the ability to remain in their homes as long as is safely possible.

Program Outcomes & Measurables

In line with our objectives, The Fallbrook Senior Center has been providing around 34 daily meals, five days a week, free of charge, to seniors aged 60 and above, creating a communal environment that encourages social interaction. During the first quarter, we distributed a total of 2,070 meals to seniors, and 116 residents of the Health District derived direct benefits from our Congregate Meal Program. Furthermore, we conducted multiple educational sessions, facilitated by nursing students from Cal State San Marcos, covering important subjects like Diabetes, Heart Health, and the advantages of staying adequately hydrated. Additionally, we organized an enjoyable Fiesta featuring a Mariachi Band to commemorate Mexican Independence Day. We have monthly birthday celebrations with music too. Lunch on Fridays is enjoyed with music as well.

Anticipated Acknowledgment

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature

In Dul

Contact Information

Contact Name

Susie Gonsalves

Title

Executive Director

Primary Contact Phone

7607284498

Email Address

fallbrookscdirector@gmail.com

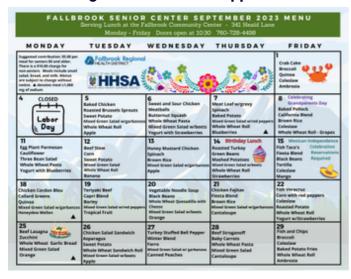
Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Acknowledgment of District Support





Newsletter Support Page.pdf

Impact Story





Story.docx

Program Budget



Cong 23_24 FRHD CHC Prog....xlsx