



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

Organization Name Foundation for Senior Care

Program Name Adult Day Care

Person submitting the impact report Patty Sargent

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 | 59 |
| Male | 41 |
| 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) | 18 |
| Low (80%) Income (ceiling of \$85,600) | 82 |
| Higher than listed limits | |

| | |
|----------------|--------------------------|
| | |
| | Percentage served |
| Unknown | |

How many District residents directly benefited (participant/client) from this program: 17

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 51

GOALS & OBJECTIVES

Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

Although attendance has been reduced since COVID-19, our Day Care has continued to remain open and serving seniors and disabled adults, although it has been difficult to reassure clients that it is safe to return. However, we are finally starting to see a few new clients. We averaged 3.33 scholarship clients per month during this reporting period. During March, we met our scholarship goal of 4 clients receiving scholarships. We provided a total of 78 respite days for these scholarship clients.

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

We did conduct a family caregiver survey in March. Overall, our clients' families are doing very well caring for their loved ones with dementia or other cognitive and/or physical impairments. In summary, the caregivers of our clients feel very satisfied with their roles as caregivers and are prepared to do this long-term. Survey responders are not planning on taking their loved ones to a long-term care facility, despite needing a break at times. Our familial caregivers feel as though they have a strong support system. The most prevalent responses expressed by our family caregivers were:

- All caregivers responded that they were prepared to be a long-term caregiver for their loved one-two partners and one daughter of a client.
- All caregivers responded that feel as though caregiving is satisfying for them.
- All caregivers feel as though they need a break from caregiving at times.
- All caregivers feel as though they have a strong support system.
- Most caregivers responded that they had called 911 in the past 6 months for their loved one. (Only 1 respondent did not call 911.)
- Most caregivers do not have anyone to come in on a scheduled basis to help with their loved one at home.

We regularly offer support and education to our clients' family caregivers. Our Day Care Coordinator often meets with family caregivers to discuss their challenges and offer support or advice, as needed. We send out educational material as we receive or identify pertinent information that may be helpful to them. For example, when we receive applicable Provider Information Notices (PINs) from Community Care Licensing, such as at-home safety practices for COVID-19, we forward pertinent parts of that material to our clients' families to keep them informed on best practices.

PARTICIPANT SUCCESS STORY

Participant Success Story:

Our Adult Day Care, known affectionately to our clients as "The Club", is known and differentiated by the care and personal touch we give. We seek to find new and enticing ways to engage our clients so

that they are safe, happy, and stress-free. This, in turn, leads to a more manageable time interacting in their home environment.

In January 2021, we partnered with Fallbrook STEM Academy to conduct an intergenerational activity between our clients and classroom children in grades 1-4. Each day was a different activity that engaged our clients, and the students, in different ways. They conducted interviews (via Zoom) with several clients, taught them how to draw pictures, created lists together of their “favorite things”, and shared stories read aloud by the younger children. Our clients found this so satisfying that many of them were talking it about it all week and wanted to do it again – this will now become a regular collaboration that brings joy to all involved.

And speaking of intergenerational relationships, we have regularly seen social interactions blossom in our Day Care, sometimes between the most unlikely souls. One of our clients, in his 40s, has lost the ability to speak. Another client, in his 90s, has lost his mobility and is now in a wheelchair. They speak different languages and come from different ethnic and cultural backgrounds. Their friendship thrives and they call each other best friends.

We also engaged our Club clients in February to work on a community project by making flowers and cookies for other isolated seniors in the FRHD region. Our Club clients expressed joy in doing this project, especially knowing they were being given out to others in need. They worked together to achieve these goals, as they often do in the daily activities and exercises.

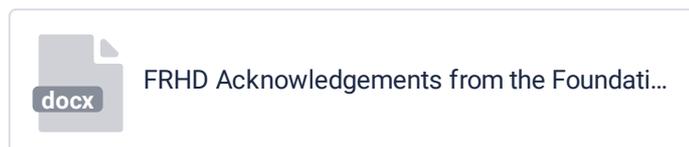
These interactions demonstrate how The Club, our Adult Day Care, addresses Social and Physical Determinants of Health. We encourage and support intergenerational and intercultural relationships and interactions, and we seek to reach out to others in need in our community outreach efforts, and we accommodate and support those with disabilities. Additionally, we provide Transportation to and from The Club for more than half of our Club clients, ensuring they are not prohibited Access to Care due to lack of transportation. Finally, through our scholarship program that is funded primarily by grants, we are able to offer this program to local residents, and respite to their families, from 1 to 4 days a week for those demonstrating economic need.

ACKNOWLEDGEMENT

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

- The FRHD logo is affixed to the sides of our Care Vans.
- We continue to include the FRHD logo and official sponsor designation in all emails from every staff member.
- Our organization and specific Care Van program brochure features the FRHD logo and official sponsor language.
- FRHD logo and status appears on our website
- We promote District events on a monthly basis (or whenever received from the District) via Social Media.

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.

Because of COVID's impact on our Adult Day Care attendance, we have been operating with minimal staffing. We have not hired the additional Caregivers that we anticipated (prior to COVID), but instead are using volunteers to supplement our staff when census is high.

Our new Executive Director's salary was added to our administrative expense this quarter - the prior two quarters of this year were without this position's salary expense.

Please sign your form:

Patty Dargenti

FRHD Acknowledgements from the Foundation for Senior Care Q3 2020-2021

Care Van Acknowledgement



Email Signature & Logo Acknowledgement

All Foundation for Senior Care staff use this signature block, which includes our acknowledgement of FRHD.



Patty Sargent *Executive Director*



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The mission of the Foundation for Senior Care is to provide programs and resources enabling seniors to enhance their well-being and offer them a more meaningful life. Nonprofit tax designation ID# 95-3389263

Grant funding for programming is generously supported by the



Program Brochure FRHD Logo & Official Sponsor Language

OUR AREA OF SERVICE

De Luz Heights
Rainbow
Fallbrook
Bonsall

- FALLBROOK
- BONSCALL
- RAINBOW

*ASK ABOUT OUR EXPANDED RIDES FOR MEDICAL APPOINTMENTS OUT OF AREA

FALLBROOK CHAMBER OF COMMERCE
2019
Non-Profit of the Year
AWARD
Foundation for Senior Care

OUR SUPPORTERS

Fallbrook Regional HEALTH DISTRICT

LEGACY ENDOWMENT
Your pathway to community giving

VOLUNTEERS NEEDED
HELP SERVE OUR MISSION

GIVING Heart

The Foundation for Senior Care is a 501(c)(3) Non-Profit public charity that relies on donor support. Tax ID#95-3389263

FOUNDATION FOR Senior Care

SENIOR RESOURCES FROM A TO Z

- TRANSPORTATION
- ADVOCACY
- ADULT DAY CARE
- EDUCATION

VISIT US!
135 S. Mission Road
Fallbrook, CA 92028
760-723-7570
WWW.FOUNDATIONFORSENIORCARE.ORG

SERVING OUR COMMUNITY SINCE 1979

Building Entrance "Thank You" Banner

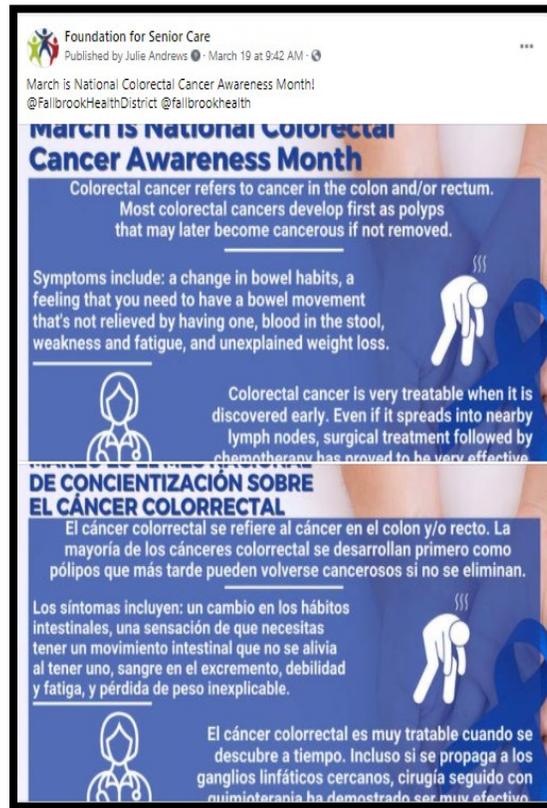
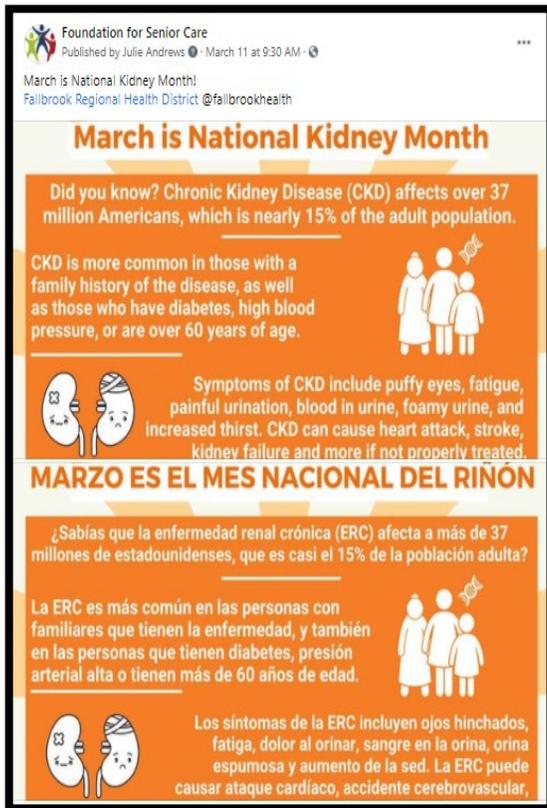


Website & Promotional E-Mails Acknowledgement



Sampling of Social Media Posts

Facebook



 **Foundation for Senior Care**
700 like this · Nonprofit Organization

Yesterday · 🌐 · We are working hand in hand with the Fallbrook Healthcare District to get COVID vaccinations to seniors in our community. To be placed on the local vaccination interest list, please fill out the form on the Fallbrook Healthcare District's website here: <https://bit.ly/3sTjtop>



 2

Instagram:

March is National Endometriosis Awareness Month

Endometriosis affects about 200 million women worldwide and about 1 out of every 10 women in the United States.

Endometriosis is a condition where tissue similar to the lining of the uterus is found elsewhere in the body such as under the ovaries or behind the uterus.



The cause of endometriosis is unknown. It is most common among women in their 30s and 40s. Individuals are at increased risk of endometriosis if they have a mother or sister with endometriosis or have heavy cycles that last more than 7 days.



75% of women with endometriosis experience pelvic pain. You can lower your risk of endometriosis by exercising regularly and maintaining a low amount of body fat.



Fallbrook Regional
HEALTH DISTRICT
Source: CDC

 **fallbrookseniors** ...

 fallbrookseniors March is National Endometriosis Awareness Month! @fallbrookHealthDistrict @fallbrookhealth

2w

 Liked by yourbonsallambassador and 4 others

MARCH 25

 Add a comment... Post



 **fallbrookseniors** ...

 fallbrookseniors We are working hand in hand with the Fallbrook Healthcare District to get COVID vaccinations to seniors in our community. To be placed on the local vaccination interest list, please fill out the form on the Fallbrook Healthcare District's website here: <https://bit.ly/3sTjtop>

1d

 Liked by paisleysugarhammer and 4 others

1 DAY AGO

 Add a comment... Post

 Visit the COVID-19 Information Center for vaccine resources. >

Twitter

