

2019-2020 COMMUNITY HEALTH CONTRACT
350 Home-Delivered Meals Program to local Home Bound Seniors

Quarter 4 (April-June) Reporting Form

Goal 4

To provide Home-Bound seniors a nutritious meal.

S.M.A.R.T. Objective 4a

The SMART objective is to continue to provide meals to our Home-Bound Seniors.

Projected Cost:

Contract Dollars Expended to Date:

\$68,750.00

\$31,250.00

Progress/Accomplishment of Goals & Objectives

The progress/accomplishment of goals and objectives in measurable terms is the satisfaction of serving local home-bound seniors healthy food for the sustenance of life and their livelihood Monday through Friday.

The cost of the fourth quarter excluding June 2020: \$29,386.37. The June report will be provided upon completion of the financial statements.

The outcome of the Home Delivered Meal Program to date:

Home Delivered Meals:

April 2020 - 1,293

May 2020 - 1,207

Quarterly contract dollars spent to date:

Auto Expense = 762.38

Fuel = 821.92

Food = 8,706.08

Salaries = 16,251.05

Insurance =

Professional/Outside Fees = 50.00

Rent = 528.00

Kitchen Supplies = 1,833.82

Taxes & Licenses =






Telephone = 205.02

Utilities = 228.10

This is a necessary program for our local home-bound seniors. The community is benefited by the Fallbrook Regional Health District and the Fallbrook Senior Center's collaborative effective effort to serve our home-bound seniors with daily nutritious meals.

Fallbrook Senior Center — April 2020 Menu

— 399 Heald Lane, Fallbrook CA 92028 • 760-728-4498 —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Stuffed Cabbage w/Ground Beef</p> <p>Roasted Potatoes California Blend Vegetables Whole Wheat Roll Mixed Green Salad Dessert/Fruit</p>	<p>7 Pork Loin w/Verde Sauce</p> <p>White Rice Refried Beans Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>1 Split Pea Soup w/Tuna Sandwich</p> <p>Baby Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p> <p>April Fool's Day</p>	<p>2 Teriyaki Chicken</p> <p>White Rice Oriental Vegetables Whole Wheat Roll Mixed Green Salad Dessert/Fruit</p>	<p>3 Fish Veracruz</p> <p>Brown rice Cauliflower Coleslaw Dessert/Fruit</p>
<p>13 Chicken Alfredo</p> <p>Fettucini Peas & Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>14 Swiss Steak</p> <p>Roasted Potatoes Spinach Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>8 Health & Wellness Fair</p> <p>Sweet & Sour Meatballs</p> <p>Brown Rice Carrots Mixed Green Salad Dessert/Fruit</p>	<p>9 BIRTHDAY LUNCH</p> <p>Roast Beef w/Gravy Mashed Potatoes • Green Beans Mixed Green Salad Whole Wheat Roll Birthday Dessert/Fruit</p> 	<p>10 Fried Shrimp</p> <p>Sweet Potato Fries Broccoli Coleslaw Whole Wheat Roll Dessert/Fruit</p> 
<p>20 BBQ Chicken</p> <p>Baked Potato Butternut Squash Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p> 	<p>21 Pork Chops</p> <p>Scalloped Potatoes Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>15 Beef Fajitas</p> <p>White Rice Black Beans Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>16 Spaghetti & Meatballs</p> <p>Whole Wheat Spaghetti Italian Mixed Vegetables Mixed Green Salad Dessert/Fruit</p>	<p>17 Baked Fish</p> <p>Quinoa Normandy Blend Vegetables Coleslaw Dessert/Fruit</p>
<p>27 Chicken Tamales</p> <p>White Rice Refried Beans Mixed Green Salad Dessert/Fruit</p>	<p>28 Chili w/Ground Beef</p> <p>Cornbread Mixed Vegetables Mixed Green Salad Dessert/Fruit</p> 	<p>22 Beef Stew</p> <p>Brown Rice Cauliflower Mixed Green Salad Dessert/Fruit</p> 	<p>23 Meat Loaf w/Gravy</p> <p>Mashed Potatoes Broccoli Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>24 Fish & Chips</p> <p>Malibu Blend Vegetables Coleslaw Whole Wheat Roll Dessert/Fruit</p>
<p>29 Chicken Pot Pie</p> <p>California Blend Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>30 Turkey Sandwich</p> <p>Sweet Potato Fries Oriental Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>1 Split Pea Soup w/Tuna Sandwich</p> <p>Baby Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>2 Teriyaki Chicken</p> <p>White Rice Oriental Vegetables Whole Wheat Roll Mixed Green Salad Dessert/Fruit</p>	<p>3 Fish Veracruz</p> <p>Brown rice Cauliflower Coleslaw Dessert/Fruit</p>

NOTICE: During this COVID-19 crisis, the Fallbrook Senior Center's two meal programs are continuing. The Congregate Meal program is changing to curbside pick up. Congregate meals inside the Community Center have been temporarily cancelled, however Meals to Go are available between 10:00-11:00am, Monday-Friday, by calling 24 hours ahead at 760-728-4498.

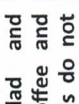
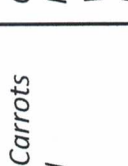
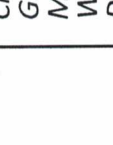




Suggested donation: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad and bread. Beverages: Milk, coffee and juice. Home delivered meals do not include coffee or juice. Menus are subject to change without notice. ▲ denotes meal ≥1,000mg of sodium

Spring has Sprung...

 COUNTY OF SAN DIEGO
HHSA
 HEALTH AND HUMAN SERVICES AGENCY
 Aging and Independent Services
 Fallbrook Regional HEALTH DISTRICT

Fallbrook Senior Center — May 2020 Menu






— 399 Heald Lane, Fallbrook CA 92028 • 760-728-4498 —


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTICE: During this COVID-19 crisis, the Fallbrook Senior Center's two meal programs are continuing. The Congregate Meal program is changing to curbside pick up. Congregate meals inside the Community Center have been temporarily cancelled, however "Meals-to-go" are available between 10:00-11:00am, Monday-Friday, by calling 24 hours ahead at 760-728-4498.</p>	<p>Fallbrook Senior Center Sponsors:  HHSA <small>COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY Aging and Independence Services</small> Fallbrook Regional HEALTH DISTRICT</p>	<p>Suggested donation: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad and bread. Beverages: Milk, coffee and juice. Home delivered meals do not include coffee or juice. Menus are subject to change without notice. ▲ denotes meal ≥1,000mg of sodium.</p>		
<p>4 Chicken Parmesan Whole Wheat Penne Pasta Broccoli Mixed Green Salad Dessert/Fruit</p>	<p>5 Barbeque Pork Chops Scalloped Potatoes Peas Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p> 	<p>6 Beef Stuffed Bell Peppers Rosted Potatoes • Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>7 Turkey Chili w/Beans Cornbread California Blend Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>8 Fried Shrimp ▲ Brown Rice Oriental Vegetables Coleslaw Dessert/Fruit</p>
<p>11 ▲ Cheese Ravioli Asparagus Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>12 Beef Fajitas White Rice Refried Beans Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>13 Health & Wellness Fair Turkey w/ Stuffing Cranberry Sauce Green Beans Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>BIRTHDAY LUNCH 14 Roast Beef w/Gravy Mashed Potatoes Malibu Blend Vegetables Mixed Green Salad Birthday Dessert/Fruit</p> 	<p>15 Fish Veracruz Brown Rice Spinach Coleslaw Dessert/Fruit</p>
<p>18 BBQ Chicken Baked Potato Four Way Mixed Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p> 	<p>19 Salisbury Steak Brown Rice Broccoli Mixed Green Salad Dessert/Fruit</p>	<p>20 Baked Cod Scalloped Potatoes Butternut Squash Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>21 Polish Sausage w/Sauerkraut Roasted Potatoes Peas & Carrots Whole Wheat Roll Mixed Green Salad Dessert/Fruit</p>	<p>22 Tuna Sandwich w/Cream of Broccoli Soup Coleslaw Whole Wheat Roll w/Sandwich Dessert/Fruit</p>
<p>CLOSED - MEMORIAL DAY 25  Never Forget Their Service ★ ★ ★</p>	<p>26 Whole Wheat Spaghetti & Meatballs Italian Mixed Vegetables Mixed Green Salad Dessert/Fruit</p>	<p>27 Chicken Pot Pie Cauliflower Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p> 	<p>29 Beef Meatloaf Mashed Potatoes Baby Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit</p>	<p>30 Curried Shrimp Spinach Coleslaw Egg Noodles Whole Wheat Roll Dessert/Fruit</p> 

Fallbrook Senior Center — June 2020 Menu

— 399 Heald Lane, Fallbrook CA 92028 • 760-728-4498 —



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Chicken Brown Rice Peas Mixed Green Salad Whole Wheat Roll Dessert/Fruit	2 Pork Loin Baked Potato Broccoli Mixed Green Salad Whole Wheat Roll Dessert/Fruit 	3 Beef Stew Cornbread Carrots Mixed Green Salad Dessert/Fruit	4 Chicken Tamales White Rice Black Beans Mixed Green Salad Whole Wheat Roll Dessert/Fruit	5 Crab Cakes Oven Roasted Potatoes California Blend Vegetables Coleslaw Whole Wheat Roll Dessert/Fruit
8 Honey Mustard Chicken Brown Rice Spinach Mixed Green Salad Dessert/Fruit	9 Beef Stroganoff Noodles Peas & Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit	10 Health & Wellness Fair Lasagna Cauliflower Mixed Green Salad Whole Wheat Roll Dessert/Fruit	BIRTHDAY LUNCH 11 Roast Beef w/Gravy Mashed Potatoes Normandy Blend Vegetables Mixed Green Salad Birthday Dessert/Fruit 	12 Fish & Chips Brussel Sprouts Coleslaw Whole Wheat Roll Dessert/Fruit
15 Mandarin Chicken White Rice Oriental Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit	16 Baked Cod Brown Rice Butternut Squash Mixed Green Salad Whole Wheat Roll Dessert/Fruit	17 Beef Short Ribs Mashed Potatoes California Blend Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit	18 Ground Turkey Stuffed Peppers Scalloped Potatoes • Carrots Mixed Green Salad Whole Wheat Roll Dessert/Fruit	19 Fried Shrimp Sweet Potato Fries Mixed Vegetables Coleslaw Whole Wheat Roll Dessert/Fruit 
22 Pork Chops w/Applesauce Brown Rice Green Beans Mixed Green Salad Dessert/Fruit	23 Chicken Pot pie Spinach Mixed Green Salad Whole Wheat Roll Dessert/Fruit 	24 Ground Beef Meatloaf Mashed Potatoes Malibu Blend Vegetables Mixed Green Salad Whole Wheat Roll Dessert/Fruit	25 Barbeque Chicken Baked Potato Corn Whole Wheat Roll Mixed Green Salad Dessert/Fruit 	26 Fish Veracruz White Rice Broccoli Coleslaw Dessert/Fruit
29 Fried Chicken Macaroni & Cheese Cauliflower Mixed Green Salad Whole Wheat Roll Dessert/Fruit	30 Swedish Meatballs Brown Rice Baby Carrots Mixed Green Salad Dessert/Fruit	<p>NOTICE: During this COVID-19 crisis, the Fallbrook Senior Center's two meal programs are continuing. The Congregate Meal program is changing to curbside pick-up. Congregate meals inside the Community Center have been temporarily cancelled, however "Meals-to-go" are available between 10:00-11:00am, Monday-Friday, by calling 24 hours ahead at 760-728-4498.</p>		

Fallbrook Senior Center Sponsors:
 COUNTY OF SAN DIEGO

 HEALTH AND HUMAN SERVICES AGENCY
 Aging and Independence Services
Fallbrook Regional HEALTH DISTRICT

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MEET YOUR STAFF

Renaë Rasmussen
Executive Director

Phyllis Sweeney
Special Projects Manager

Marci Crockett
Server/Housekeeping/Driver

Jeffrey Dionisio
Administrative Assistant

Sue DiMino
Nutrition Manager

Steven Spencer
Kevin Kotula
Kitchen Assistants

Rodolfo Pedroza - Chef

David Vidaca
Home Delivered Meals Driver

The Fallbrook Senior Center Form 990 can be viewed and printed from the Guidestar website — www.guidestar.org —

Fallbrook Senior Center
399 Heald Lane
Fallbrook, CA 92028

Office Hours

Monday-Friday 8 a.m. - 4 p.m.
Closed Saturday & Sunday
760-728-4498

fallbrooksc@att.net
www.fallbrookseniorcenter.com

Thrift Shop
760-723-4602

Monday - Friday 9-3
Closed Saturday & Sunday

Managers

Phoenix Vantveer & Sali Raddani

An Important Message from the Executive Director... Coronavirus Update - 5/15/20

To Fallbrook Senior Center members, activity groups and staff:

In compliance with the State of California's mandate to shelter-in-place, the Fallbrook Senior Center has adjusted our services temporarily to meet the urgent needs of our seniors by continuing the Nutrition Program. A new Meals-to-go program has been established for seniors who are able to pick-up a nutritious warm meal curbside. Meals-to-go are available by calling 760-728-4498 to make a reservation. Also, freshly prepared meals are continuing to be delivered daily to our home-bound seniors.

While the Senior Center is temporarily closed during regular business hours, we will be answering emails and messages daily. Please leave your message at 760-728-4498 or email at fallbrooksc@att.net.

Until further notice, the Fallbrook Senior Center has suspended ALL activities and social events out of an abundance of caution to prevent the spread of coronavirus disease. This specifically includes: Senior Wellness Exercise, Water Color, Pinochle, Mah Jong, Cribbage, ACBL Bridge, Social/Beginning Bridge, Line Dancing, Scrabble/Chess, Pool Tournament, Chair Yoga, Ukulele, AA, Alonon, HOA Room Rentals, AARP Tax Appointments, Sheriff Volunteer Patrol, Club Tea & Dance, Photography Class, BINGO and the Thrift Shop. While observing the USTA covid-19 recommendations, the Pickleball and Community Garden activities have re-opened.

You can reach the Fallbrook Senior Center via telephone, email or website:

Phone: 760-728-4498

Website: www.fallbrookseniorcenter.com

Email: fallbrooksc@att.net

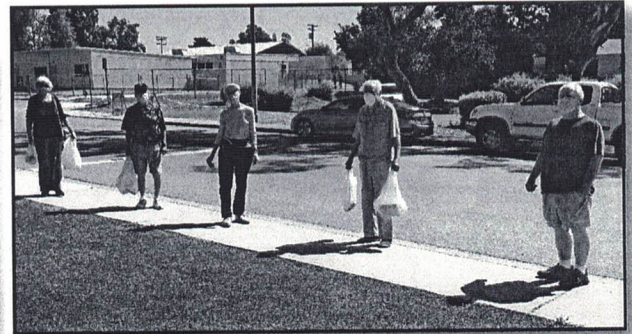
After business hours: 951-757-8162

Sincerely,
Renaë Rasmussen,
Executive Director

Fallbrook Senior Center Sponsors:

Fallbrook Regional HEALTH DISTRICT

COUNTY OF SAN DIEGO
HHS
HEALTH AND HUMAN SERVICES AGENCY
Aging and Independence Services



— Pickleball Coronavirus Update 5/15/20 —

Pickleball, if played properly, can be a great opportunity for you to relieve stress, socialize with others and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe.

Because Pickleball does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that pickleball offers so long as you practice social distancing by keeping six feet apart from other players to ensure you are in a safe exercise environment and follow other safety recommendations included here.

• Be aware that although restrictions are being eased, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.

• Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.

• Do not play if *any of you*:

□ Are exhibiting **any** symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.

□ Have been in contact with someone with COVID-19 in the last 14 days.

□ Are a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

FALLBROOK SENIOR CENTER DONOR TREE

Mission Statement:

The Fallbrook Senior Center mission is to improve the quality of life and promote independence and enhance wellness. It is a recreational and social location for people 50 (fifty) and above.

Here is how you can help our local seniors:
Visit our Senior Center and see our terrific **DONOR TREE!**

Purchase a leaf to be part of this tree:

Gold \$5,000 & Up • Silver \$1,000 • Copper \$500



Example
Shown
Actual Size
1 1/2 x 4 inches

**Your
Donations
Support Your
Local Senior
Center!**

Fallbrook Senior Center
is a non-profit organization,
501 (c)(3).
Tax ID #95-2892632
Donations are tax deductible.

*Fallbrook Senior
Center Sponsors:*

**Fallbrook Regional
HEALTH DISTRICT**

Aging and Independence Services

www.fallbrookseniorcenter.com



Fallbrook Senior Center
399 Heald Lane, Fallbrook CA 92028
— 760-728-4498 —

Be a
Senior Center Annual
"Home-Delivered Meals" Angel!



Fallbrook Regional
HEALTH  DISTRICT

*Fallbrook Senior Center Home-Delivered
Meals Program for local Home-Bound Seniors
partially funded by Fallbrook Regional Health District*

\$20_____ \$40_____ \$100_____ Other_____

Cash Check

*Make checks payable to
Fallbrook Senior Center Special Projects*

Name: _____

Address: _____

City, State, Zip _____

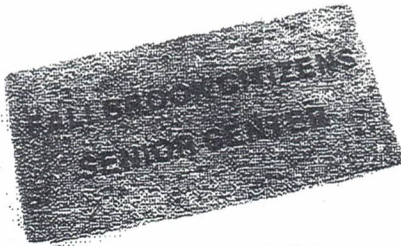
**THANK YOU FOR BEING AN ANNUAL
SENIOR CENTER HOME-BOUND MEALS ANGEL!**

Fallbrook Senior Center Stepping Stone - Brick Fundraiser

The purchase of your Stepping Stone/Brick
pays for 6 of our "Home-Delivered Meals"
to one of our Seniors.

Cost: \$100.00.

\$20.00 for 2 lines of engraving
\$80.00 toward meals



It is a Tax Deductible donation.
Senior Center Tax ID#95-2892632

Information for your brick:

2 Lines - 18 characters maximum, including spaces

Example:

Line 1 Fallbrook Citizens
Line 2 Senior Center

Line 1 is 18 characters
Line 2 is 13 characters

Information for Brick:

Line 1: _____

Line 2: _____

Date of Order: _____

Cash Check No. _____

Received by: _____

Fallbrook Regional
HEALTH  DISTRICT

Question or additional information contact:

Phyllis Sweeney, Special Projects Manager
Senior Center 760-728-4498
FALLBROOK SENIOR CITIZENS CENTER
399 Heald Lane, Fallbrook, CA 90282

