



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

Organization Name Fallbrook Healthcare Foundation dba Foundation for Senior Care (#14223795)

Person submitting the impact report Patricia 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)	10
Seniors (60+)	90
Unknown	

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

	Percentage served
Female	76
Male	24
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)	100
Very Low (50% Income (ceiling of \$53,500)	
Low (80%) Income (ceiling of \$85,600)	
Higher than listed limits	
Unknown	

How many District residents directly benefited (participant/client) from this program: 83

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 249

GOALS & OBJECTIVES

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

For Seniors & Disabled Adults Nutrition Program

In Q2 of this reporting year, we have 66 clients enrolled to receive nutritious food each week, through our home delivery program, exceeding our goal by 96%. Since many of the clients on the food delivery program have more than 1 person in their household, our 66 enrolled client deliveries actually provided food for 83 people.

Each qualified client received a weekly nutritious food box with an average weight of 45 pounds! This was over twice the volume of food than we originally targeted! The Fallbrook Food Pantry staff and volunteers have been very busy planning, collecting, weighing, packing, and coordinating deliveries for so many low-income residents in our community, ensuring their basic nutrition needs are being met for healthier independent living.

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

The Foundation for Senior Care Advocates screened 37 clients for food insecurity in Q2 to determine if they qualified for the Food Pantry nutrition program. Of those clients, 25 were pre-qualified and referred to the Food Pantry program. For each, a Home Delivery application was completed by the FSC Care Advocate and sent to the Food Pantry with pertinent information, including an indicator for the reason for home delivery.

Of the 66 clients enrolled in the Home Delivery Nutrition Program during Q2, the Care Advocates called to survey 48 of them regarding the impact and effectiveness of the program. Results were as follows:

- Clients physically mobility disabled: 29
- Clients physically mobility disabled and immune compromised: 9
- Clients in age group recommended to self-isolate due to COVID: 10
- Unable to reach (phone disconnected or no number available): 14
- 85% of clients rated the home delivery service a 5 out of 5
- In response to the question "What difference does this make in your life?", the top responses were:
 - o Clients grateful for food they need to survive – they can rely on food arriving on a consistent basis
 - o With such limited finances, they can now use money on other essentials
 - o Clients can maintain a healthy weight with balanced nutrition
- In response to the question "If you did not have this service what would be your options?", the top responses were:
 - o There are no other options because they lack support
 - o Those who cannot walk and have no support said they would die
 - o Those with compromised mobility, said they would try to get to the Food Pantry, but feared it would put them at risk for COVID
 - o They would lack a constant support system that ensured they would have food to eat

PARTICIPANT SUCCESS STORY

Participant Success Story:

STORY 1:

Jessica contacted The Foundation for Senior Care in desperate need of groceries. She had a challenging time obtaining groceries because of severe health reasons, lack of transportation, and no external support system. Upon assessment, we determined that Jessica did not qualify for CalFresh (food stamps) due to income. Although on paper, it appeared that she and her husband were financially stable, more than half of their income went to medical bills; as a result, they were left with barely enough for food or rent for their Affordable Housing property. Through the partnership with the Fallbrook Food Pantry, Jessica now receives nutritious food items each week, while conserving a little bit of money left over for other essential items. Additionally, she and her husband have had the opportunity to increase their support network, and now comprehend that there are two organizations in Fallbrook, The Foundation for Senior Care and The Fallbrook Food Pantry, that are here to encourage and support them! Jessica has stayed in contact with the Foundation and trusts that we will help at any time.

STORY 2:

Tom volunteered at the Fallbrook Food Pantry for more than 5 years. He was even awarded the Volunteer of the Year in years past. He is a veteran who suffered a head injury several years ago after serving our country. Tom has dedicated his life to helping others and is passionate about the Fallbrook Food Pantry. He has no kids or close relatives. Unfortunately for Tom, he was not able to continue volunteering at the Pantry, but he still qualified for our Home Delivery Program. Currently, he receives a box of commodities delivered to his home every week, and he is very thankful for us to help him.

STORY 3:

Alice is a disabled adult that the Fallbrook Food Pantry has helped for years. She suffers from an immune system illness that makes her very weak and unable to perform a basic daily routine. When COVID-19 started, Alice kindly asked for her food to be delivered since she is part of the high-risk population. The Fallbrook Food Pantry is committed to helping her as much as we can, so we make a special box for her since she needs to be on a special food diet. These include extra greens and salads, almond milk, dairy-free, and gluten-free foods. Thankfully, Alice's nutrition needs are met through this home-delivery food partnership and she knows she has the support of the community.

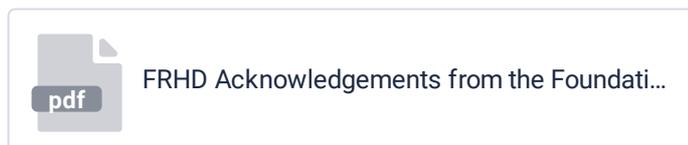
ACKNOWLEDGEMENT

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

The Foundation for Senior Care acknowledged the District in the following ways: Care Van logo, Facebook, Instagram, and Twitter social media posts, FRHD logo & thank you on large banner in front of building, Sponsorship acknowledgement on our website.

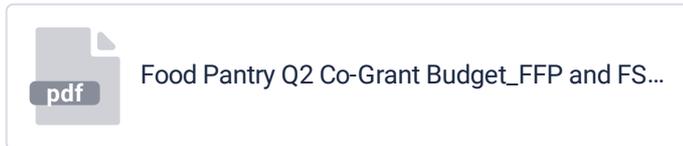
The Fallbrook Food Pantry also acknowledged the FRHD partnership in their Q4 2020 Newsletter, and acknowledges FRHD as a top financial sponsor.

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.

During our budgeting process, we anticipated hiring another advocate and a part-time driver to help accommodate the additional home delivery demand from the Food Pantry. Instead of hiring an additional resource during an ever-changing COVID 2020 year, we were able to utilize our Transportation Coordinator to schedule Food Pantry deliveries and have volunteer drivers deliver the food. Because of the use of volunteer drivers, our Q4 vehicle and labor expenses were much less than originally anticipated.

Please sign your form:



FRHD Acknowledgements from the Foundation for Senior Care Q2 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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Website: www.foundationforseniorcare.org

Address: 135 S. Mission Rd., Fallbrook, CA 92028

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

FOUNDATIONAL FOR SENIOR CARE

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

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

FOUNDATION FOR Senior Care

SENIOR RESOURCES FROM A TO Z

- TRANSPORTATION
- ADVOCACY
- ADULT DAY CARE
- EDUCATION

SERVING OUR COMMUNITY SINCE 1979

Building Entrance “Thank You” Banner

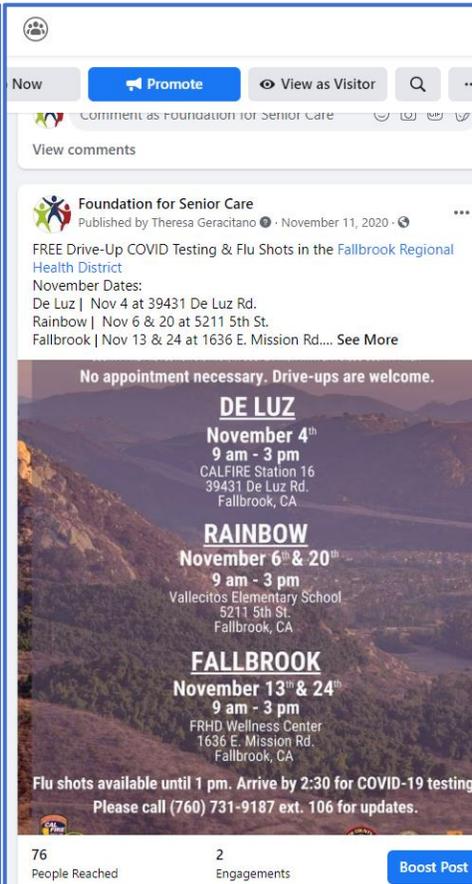
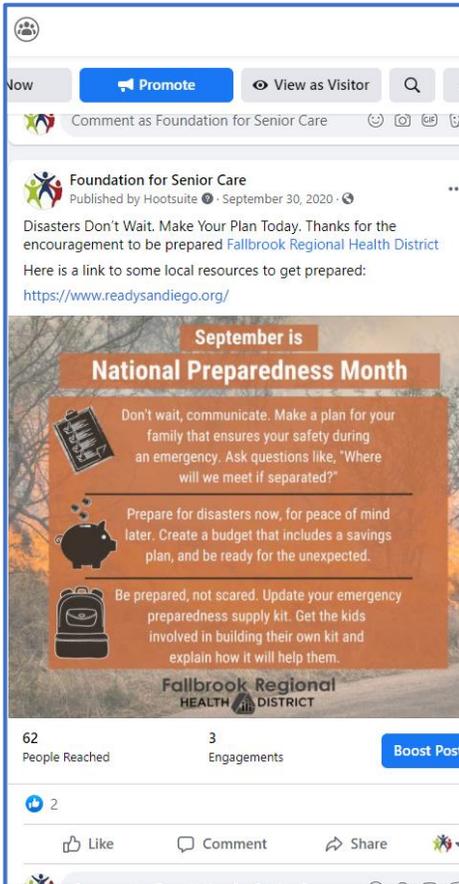


Website & Promotional E-Mails Acknowledgement



Sampling of Social Media Posts

Facebook



Now Promote View as Visitor Q

Foundation for Senior Care
Published by Hootsuite · September 30, 2020 ·

If you are a caregiver you are just an angel! It is no easy thing to be a caregiver, and you need to take care of yourself! Consider being a part of a 5 week long virtual Caregiver Support Group through Hospice of the Valleys. Call 951-200-7800 to register.
This program is available through a grant from the Fallbrook Regional Health District

Hospice of the Valleys Caregiver Support Group

Do you live in the Fallbrook area and are a caregiver for a loved one? This group will address the stresses of being a caregiver and offer suggestions for your own self-care in a supportive, sharing environment. This five week group for caregivers will be held virtually on Zoom, and both pre-registration and pre-screening are required prior to joining the group. The group is free and sponsored by the generous donation of Fallbrook Regional Health District.

FIVE CONSECUTIVE THURSDAYS
 October 8 • 2:00-3:00 p.m.
 October 15 • 2:00-3:00 p.m.
 October 22 • 2:00-3:00 p.m.
 October 29 • 2:00-3:00 p.m.
 November 5 • 2:00-3:00 p.m.

Now Promote View as Visitor Q ...

Foundation for Senior Care
Published by Theresa Geracitano · November 14, 2020 ·

Can you believe it? 1 in 10 Americans are unaware that they have diabetes! Thank you Fallbrook Regional Health District for supporting American Diabetes Month.

NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes affects nearly 1 in every 10 Americans. 1 in 5 of those Americans are unaware that they have the disease.

Symptoms can present themselves in the form of increased thirst, constant hunger, blurred vision, tingling in hands, and sudden weight loss.

Take steps today to prevent type 2 diabetes. You can take preventative measures by eating healthy, watching your weight, exercising regularly, and getting regular check-ups with your healthcare provider.

Fallbrook Regional Health District

87 People Reached 4 Engagements Boost Post

3 Like Comment Share

Comment as Foundation for Senior Care

Now Promote View as Visitor Q ...

Foundation for Senior Care
Published by Theresa Geracitano · November 17, 2020 ·

November is National Hospice and Palliative Care Month. While we may know what Hospice is about, Palliative Care can be very helpful for those struggling with a life-threatening illness. Thank you Fallbrook Regional Health District for the awareness!

NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

What is the difference between hospice and palliative care?

Palliative care improves quality of life for individuals facing life threatening illnesses; whereas hospice care focuses on helping individuals and their families make end-of-life decisions.

When a loved one is dying, they typically require an estimated 54 hours per week of care. That is where hospice and palliative care resources make all the difference.

Fallbrook Regional Health District

95 People Reached 6 Engagements Boost Post

3 Like Comment Share

Now Promote View as Visitor Q ...

Foundation for Senior Care
Published by Theresa Geracitano · December 17, 2020 at 2:44 PM ·

Concerned about COVID and getting together with family? Fallbrook Regional Health District has free COVID testing as well as free flu shots.

FREE COVID-19 TESTING + FREE FLU SHOTS

OFFERED BY CAL FIRE/SAN DIEGO COUNTY FIRE, FALLBROOK REGIONAL HEALTH DISTRICT, AND NORTH COUNTY FIRE PROTECTION DISTRICT, IN COOPERATION WITH SAN DIEGO COUNTY HHSA

Appointments are recommended.
Registration opens 5 days prior to testing date.
Schedule an appointment by calling 211 or visiting 211SanDiego.org

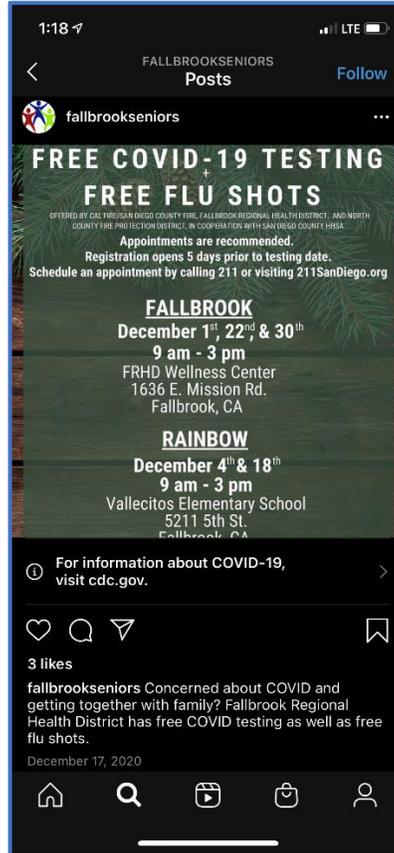
FALLBROOK
December 1st, 22nd, & 30th
9 am - 3 pm
FRHD Wellness Center
1636 E. Mission Rd.
Fallbrook, CA

RAINBOW
December 4th & 18th
9 am - 3 pm
Vallecitos Elementary School
5211 5th St.
Fallbrook, CA

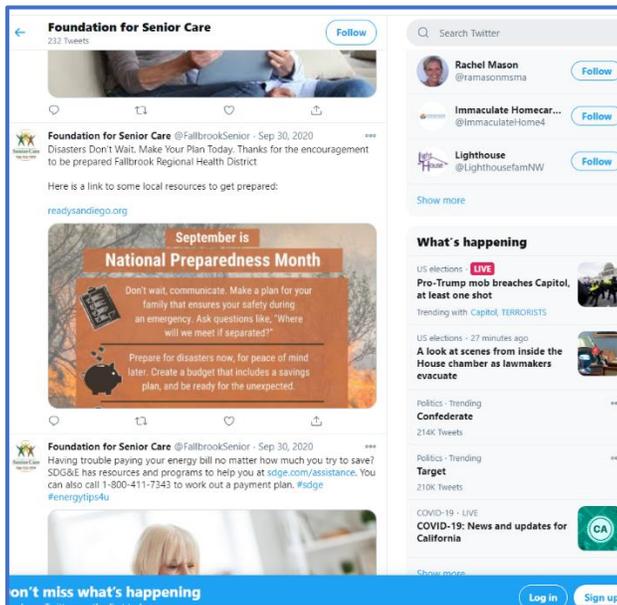
334 People Reached 19 Engagements Boost Post

2 Like Comment Share 3 Shares

Instagram:



Twitter





Fallbrook Food Pantry

140 N. Brandon Road | Fallbrook CA 92028
(760) 728-7608 | www.fallbrookfoodpantry.org

October - December 2020 Quarterly Newsletter

“THANK YOU! THANK YOU! THANK YOU!”

Through your thoughtfulness and generosity, the Fallbrook Food Pantry has been able to provide outstanding support to those in our community who have difficulties accessing adequate food. It was in September 2019, one year ago, that we began providing services at our new location at 140 North Brandon Road. The newer and larger building enabled us to serve a greater number of families who have been adversely impacted by COVID-19. But it was more than a larger building. It included:

More volunteers, partnerships with community organizations such as the Boys & Girls Clubs of North County, the Foundation for Senior Care, and the Fallbrook Healthcare District, generous donations of local citrus, avocados, and groceries, and monies to pay for increased operational costs.

I wish I could tell you that we have met the nutritional needs of all and that our services are no longer needed. Unfortunately, I can't. The need remains and will continue. I can say "Thank You" for your generosity during the 2020 year! I can also encourage you to continue being generous so that no one in our community goes hungry! As we approach Thanksgiving and Christmas, please join us in sharing our treasures with those in need.

Your heart will be blessed because of it.

Dale J Mitchell, Board President



We are proud to announce that out of 170,783 nonprofits in the entire state of California, the Fallbrook Food Pantry was nominated by Senator Brian Jones, and selected by the California Nonprofit Associate, as 1 of 100 who were recognized as "2020 California Nonprofit of the Year"! This is a huge accomplishment for us and we could not have done it without the support of our community! Our volunteers, board members, ambassadors, staff and donors have helped to make this possible! Even with the challenges of COVID19, we have been able to rise to the top and not only continue providing adequate and nutritious food to our existing clients, but we were able to feed an additional 2,100 people each month since March 16, 2020.



SHAE CAWLAK
Executive Director



**THANK YOU
TO ALL OF
OUR AMAZING
DONORS AND
VOLUNTEERS!**

**We could not
do what we do,
without your
support!**