

Organization

Official Name: FALLBROOK SENIOR CITIZENS SER CLUB
***Legal Name:** Fallbrook Senior Citizens Service Club
***Year Company was Founded:** 1974
***Address:** 399 HEALD LN
Address (2):
***City:** FALLBROOK
State: California
Zip/Postal Code: 92028-3029
***Main Telephone:** 760-728-4498
Main Fax:
Website Address: www.fallbrookseniorcenter.com
***Main Email Address:** fallbrooksc@att.net

***Mission Statement and History:** The Fallbrook Senior Citizens Service Club (Fallbrook Senior Center) was established in 1974 and began a nutrition program in 1978. The mission of the Fallbrook Senior Center shall be to act as a recreational and social location for persons fifty (50) years of age and older; to recognize the needs and problems of these seniors and strive to resolve them; to develop and administer programs and activities that support their efforts to remain healthy, active and independent members of the community; and to provide, coordinate, and advocate for services which promote the dignity and enrichment of life for seniors, such services as the Nutrition Program and others as needed .

***Board of Directors :**

1. John A. Schirner, President, Certified Internal Auditor (retired), finance industry
2. Nicole Williams, First Vice President, Association of Surgical Technologists, health industry
3. Russell Kortlever, Second Vice President, Business owner (retired), food industry
4. Joan Spencer, Treasurer, Accountant (retired), non-profit ministries
5. Irma Ciotti, Secretary
6. Michael Frank Bermudez, Director
7. Teresa Lynn King, Director, Realtor
8. Ronald Spencer, Director, Manager (retired), nuclear power plant (San Onofre), energy industry
9. Robyn Dahlson, Director, Business owner, "The Social Flower", retail industry

Most Recent 990: 2018-2019_Form_990_FINAL.pdf
***Most recent audited financial statement with management letter:** 2018-2019.Audit.FINAL.pdf, 2018-2019.AuditLettersToMgmt.pdf

Proposal

***Request Owner:** Rachel Mason
Request Source: External (Submitted 04/10/2020)
Proposal Type: Ongoing Program

Agency Capability

Briefly describe your organization's history and accomplishments. :

The Fallbrook Senior Center started a nutrition program in 1978 and the program has been in continuous operation since that time. The Nutrition Program includes both congregate and home-delivered meals for any senior in our regional communities who is 60 years old and above, without regard to their ability to pay for the meals. The Fallbrook Senior Center also offers numerous recreational and social activities to support seniors' efforts to remain healthy, active and independent members of the community. New events, activities and services are added regularly to encourage participation and attract new seniors to the Center.

What are the current activities and/or programs offered by your organization?:

The Fallbrook Senior Center offers a nutritional congregate lunch program five days each week, and a home-delivered lunch program seven days a week to the senior communities of the Greater Fallbrook area. The meals are offered at no cost to seniors 60 years and older. Recreational and social activities include pickleball, Bingo, brain games, Club tea and dance, exercise classes and a workout patio, bridge tournaments, watercolor painting, mahjong, billiards, a photography class, and gardening through a collaboration with the Mission Resource Conservation District. Through collaboration with AARP, the Senior Center provides income tax preparation services by CPAs at no cost to our members. Adjoining the main facility, the Senior Center operates a Thrift Shop offering the community bargains on clothing, furniture, dishes and much more.

List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:

1. The Fallbrook Senior Center is currently collaborating with the San Diego County Aging and Independence Services (AIS) for partial funding of our Nutrition Program. AIS provides strict nutritional guidelines along with a Registered Dietitian to help us develop healthy balanced meal plans. The Senior Center is listed as an approved Congregate Meals Program provider in the AIS section of the San Diego Health & Human Services Agency website, under "nutrition services."
2. The Fallbrook Senior Center is also working together with Fallbrook's local newspaper, The Village News, to create a greater awareness of the meal programs available to seniors in the community. The Village News has published articles and photos with details of the nutrition program at no cost to the Senior Center as a community service. The inclusion of articles and advertising in The Village News also allows the Senior Center to attempt to reach as many low-income minorities as possible.

Program Information

Is this application being submitted in collaboration with another agency?: Yes

If yes, please provide the collaborating organization name: San Diego County Aging and Independence Services

Project Title: Home Delivered Meals Program

Requested Cash Amount: \$127,056.44

This is an ongoing program that began on: 10/01/1978

Name of the person submitting the grant: Joan Spencer
714-325-4115
joantaylor@yahoo.com

Name of Program Coordinator: Renae Rasmussen
760-728-4498
fallbrooksc@att.net

Is the Program Coordinator responsible for submitting quarterly reports?: Yes

Ages Served: Seniors (60+): 100%

Gender: Female: 69%
Male: 31%

Select the income limit category of your target population: We do not collect this data

Projected number of residents (participant/client) that will directly benefit from this program: 65

Projected number of residents that will indirectly benefit from this program: 300

How will the program be staffed?: Paid: 100%

Statement of Problem/Needs Assessment

Discuss the need for the proposed program or service within the District.:

The village of Fallbrook is a rural, unincorporated community located in northern San Diego County, immediately east of U.S. Marine Corp Camp Pendleton, and inland from the City of Oceanside. According to the 2010 U.S. Census, Fallbrook's total estimated population is 32,988, of which 14% (4,618 people) are 65 years of age or older. More than 8% of those who are 65+ live below the poverty line. A recent assessment¹ conducted by the San Diego Seniors Community Foundation, estimates the senior (60+) population of the Greater Fallbrook area (which includes Bonsall and Rainbow) at 13,000. Based on this number, the Fallbrook Senior Center is serving less than 4% of the regional senior population.

Due primarily to the fact that the Greater Fallbrook area is a rural area, our public transportation system is not as robust as systems in the more densely populated areas of San Diego County. With the lack of public transportation, those seniors who no longer can drive their own vehicles and who live alone with no close relatives to help support them, they must rely on others to help provide them with basic necessities such as groceries and transportation to and from doctor's appointments and pharmacies. Food security and independence are growing concerns among our aging population. Seniors who live alone, and in particular, those who are reluctant or unable to cook their own food, must rely on someone outside their home to provide them with nutritious meals. For some seniors, such as those returning home from hospitalization or from a nursing facility, the need is temporary. For others with severe mental or physical disabilities, or those who have become frail due to old age, the need is more long term. Recent large-scale studies suggest that the quality and quantity of meals, like those provided by our Home-Delivered Meals Program, are extremely valuable in decreasing the risk for depression, benefiting mental and emotional health, and enhancing long-term, positive brain function.² Food security for our home-bound seniors is available now through the Fallbrook Senior Center Home-Delivered Meals Program.

Reference your supporting data below.:

1. San Diego Seniors Community Foundation (2019, Summer). "The State of San Diego Senior Centers". p. 90.
2. The American Counseling Association (2020, February 6). "Eating for better mental health". The Fallbrook Village News, p. D6.

What other organizations within the community offer similar programs/ services that address this need?:

There really is no other organization in our community that offers a hot nutritious meal delivered to home-bound seniors seven days a week at no cost to the recipient. The closest offerings would be: The Fallbrook Food Pantry that offers food boxes, but the food is not cooked; or Meals on Wheels that delivers to home-bound residents and provides a week's food supply, frozen, and for a fee.

Program/Services Description

The Fallbrook Regional Health District has identified several health disparities that effect the long term health and well being of our community. The following questions address how your program addresses these concerns. :

Which one of the following categories best describes the primary goal and objectives of your program?:

Ancillary: Services that support our mission to promote health for the people of the District.

Which of the following health disparities does the program address:

- Cardiovascular health (e.g., High Cholesterol, Hypertension)
- Nutrition & Access to Food (e.g., Meal programs, Food Bank, Healthy Eating, Obesity, Type 2 Diabetes)

Describe how the program provides the service.:

The Fallbrook Senior Center strives to address the significant concerns of seniors as they relate to food security and independence. Our Home-Delivered Meal Program can be an integral factor in relieving those fears and concerns. When a request is made to receive home-delivered meals, an assessment is made to determine if the person is eligible based on the criteria set by the San Diego County Aging and Independence Services (AIS). The minimum requirements are 1. being a home-bound senior (60+) or disabled person, and 2. unable to drive. Further eligibility is based upon their functioning level as it relates to Activities of Daily Living (ADL). Eligibility is determined if they are unable to perform at least two ADLs (activities such as bathing, walking, mobility, grooming, and driving). If eligible, a representative from the Senior Center will visit the individual for an in-person assessment to confirm the person's functioning level. If approved, the new client will be given an intake form to complete. A staff member then reviews the assessment and follows up with an intake interview by telephone. Relevant information and demographics are collected and entered into our system, forming a client "Care Plan". Our clients are informed during intake that our services rely in part on donations, with the suggested amount being \$5, although no one is denied a meal based on whether or not they donate. Client privacy is respected and maintained throughout the process as we strive to promote client dignity. With the Care Plan established, the senior is now ready to receive meals at their home. San Diego County AIS provides the specialized HotShot truck with temperature regulated compartments to maintain proper conditions for both hot and cold foods to insure healthy, uncontaminated meals are delivered to our home-bound seniors. The Senior Center is responsible for maintenance of the vehicle and all operating expenses including insurance.

Every employee of the Senior Center is integral to the success of the Home-Delivered Meals Program; however, the meal delivery driver is the face of the program to our clients. The driver is the near-daily direct point of contact with our clients. The driver not only hand-delivers the meal, but also provides a brief social visit, a wellness check, and as a trained "mandated reporter" the driver looks for evidence of neglect, abuse, or at-risk warning signs. Our clients receive freshly prepared, hot nutritious meals delivered five days a week, Monday - Friday. On Fridays, the delivery includes two additional frozen meals to meet the client's nutrition needs during Saturday and Sunday. The meals follow strict nutritional guidelines established by AIS. Periodic unscheduled visits are made at least five times each year by the AIS Nutritionist. During these visits, the kitchen where the meals are prepared is inspected and staff are observed to determine that County health, safety, and nutrition guidelines are met. Once each year, the County Nutritionist will inspect the HotShot delivery truck to confirm that the temperature-regulated compartments are functioning properly. The Nutritionist will also accompany our driver for a number of the meal deliveries. The Nutritionist will engage with our clients and solicit their comments on the food and service provided. This interaction with our clients allows the Nutritionist to confirm information from client Care Plans and our assessment intake forms.

The Senior Center also provides nutrition education as an element of the Home-Delivered Meal Program. By providing current and relevant nutrition education to seniors, we hope to promote an enrichment of life for our clients. Nutrition education will be provided four times per year to all participants of the Program covering a variety of topics. The education will include informative printed materials that will be delivered to meal recipients along with their daily food.

What is/are the program goal(s) and what are the objectives for each goal.:

Define goal #1 for this program :

The goal of the Fallbrook Senior Center Home-Delivered Meal Program is to provide food security to home bound and economically challenged seniors in the Greater Fallbrook regional area. The high nutritional value of the meals coupled with home delivery allows seniors the ability to remain in their home for as long as is safely possible.

Number of Objectives for this program: 2

Objective 1:

Provide approximately 60 -- 65 meals each day, seven days a week, at no cost to seniors (60+), including delivery direct to their homes in the Fallbrook regional area.

Objective 2: Provide meals that are substantial, hot and nutritious, meeting the strict guidelines established by the San Diego County AIS and based specifically on the nutritional needs of seniors.

Measuring Success for Goal #1: Objective 1: Due to the limited capacity of the Hot Shot delivery truck (60 to 65 meals), we are restricted in the number of home-bound seniors we are able to serve through the Home-Delivered Meals Program. We measure success when we are at full capacity for the program delivering approximately 60 meals each day, Monday through Friday, direct to the homes of our home-bound seniors. On Fridays, the delivery includes two additional frozen meals to meet the client's nutrition needs during Saturday and Sunday. Full capacity means the recipients of our home-delivered meals are satisfied with the quality of our nutrition program. The Home-Delivered Meals Program never charges a client for the cost of the meal. Our clients are informed during the intake process that our services rely in part on donations, with the suggested amount being \$5, but no one is denied a meal based on whether or not they donate.

Objective 2: Meal planning for the Home-Delivered Meal Program starts with our Chef's conception to maintain an interesting and varied menu for the month. Our Nutrition Manager then takes those ideas and creates specific recipes, insuring each one meets the precise nutritional requirements mandated by AIS. Menus for the Home-Delivered Meal Program are prepared one month in advance and must be approved by the AIS Registered Dietician. Of particular consideration are the inclusions of certain foods and food groups, specifically protein, dairy, and fruit/vegetable content as well as the exclusion of excessive salt, fat, and sugar. Including foods in the menu that contain a certain amount of vitamins and minerals specific to the health of seniors is also an AIS requirement. Success is achieved when menus are submitted and approved by AIS with no or minimal alterations required. Throughout the delivery day, the driver assures proper food safety temperatures are maintained in the Hot Shot food compartments. A temperature log is maintained daily to ensure that healthy, uncontaminated meals are provided to our seniors. The kitchen where meals are prepared is subject to unscheduled, on-site evaluation inspections by the County to assess the food preparation environment, cleanliness, and proper hygiene of food handlers during packaging of meals. In addition to the kitchen inspections, at least once each year, the County Nutritionist will inspect the Hot Shot delivery truck to confirm that the temperature-regulated compartments are functioning properly. As part of the inspection/evaluation, the Nutritionist will accompany our driver for a number of the meal deliveries. The Nutritionist will engage with our clients and solicit their comments on the food and service provided. This interaction with our clients allows the Nutritionist to confirm information from client Care Plans and our assessment intake forms. Success is achieved when we pass these inspections with few or no corrective action items.

Define goal #2 for this program if applicable.:

The Fallbrook Senior Center has a goal of providing nutrition education as an element of the Home-Delivered Meal Program. By providing current and relevant nutrition education on topics of interest to seniors, we hope to promote an enrichment of life for our seniors.

Number of Objectives for Goal #2 of this program: 1

Objective 1 for Goal #2: Nutrition education will be provided a minimum of four times per year to all participants of the Home-Delivered Meal Program. Each educational installment will include informative material related to a specific topic and will be delivered to meal recipients along with their daily food. Providing the material for our seniors offers helpful visual reminders to reinforce the quarterly education topic.

Measuring Success for Goal #2:

Our Nutrition Education Plan is based on a needs assessment that is conducted each year through a Nutrition Education Survey developed and provided by the San Diego County AIS. The Senior Center delivery driver distributes and returns the survey for our Home Delivery clients. The survey results are compiled and the top four topics are addressed in our annual Nutrition Education Plan. Nutrition education will be provided a minimum of four times per year to participants in the Home-Delivered Meal Program. The education plan for 2019/2020 is Physical Fitness, Eating on a Budget, Nutrition & Aging, and Nutrition & Dental Health. The Senior Center is partnering with the Community Healthcare Collaborative, Madelyn Lewis and CSU San Marcos School of Nursing students to develop a Nutrition Education Plan for 2020 that will provide current and meaningful education for our seniors. The annual Nutrition Education Plan includes professionally created collateral provided by the Community Healthcare Collaborative. These materials are specific and help reinforce the quarterly education topic. The collateral may take the form of a single-page flyer, booklet, or multi-page handout. The Plan is approved and the materials monitored by the AIS Registered Dietician. Providing the materials for our seniors offers helpful visual reminders to reinforce the quarterly education topic.

Anticipated Acknowledgment

Acknowledgment: The approved monthly meal menus will advertise that the Nutrition Program is sponsored by the Fallbrook Regional Health District with the FRHD logo. At the beginning of the month, the menu is provided to each recipient of the Home-Delivered Meal Program. The FRHD sponsorship is also published in our monthly newsletter "Fallbrook Senior Center Chronicle", and posted on our website and at various locations inside the Fallbrook Senior Center. All of our printed marketing collateral highlights our partnership with FRHD. Articles published in the Village News that describe our Nutrition Program will acknowledge support provided by the FRHD. Continual interaction with our community at large will allow for our collaborative relationship with the FRHD to be acknowledged during regular meetings with the Fallbrook Women's Club, Bonsall Women's Club, the Fallbrook Chamber of Commerce, the Bonsall Chamber of Commerce, and Rotary.

Financial Reporting & Budget

Has your organization requested funding from FRHD for this program before?: Yes, requested and funded

Have grant funds awarded to your organization ever been withdrawn, reduced or discontinued?: No

Please list other grant funders that have been approached by your organization in the past 3 years, including FRHD. Include Name, Date, Amount Requested, Declined or Pending.:

FRHD: Applied 04/29/19 for \$125,000, approved and being funded.

San Diego County AIS: Applied 10/2019 4-year contract for \$91,402/year, approved beginning 01/2020 and being funded.

Archstone Foundation: Applied 12/2019 for \$20,800, declined due to a change in the Foundation's strategic direction.

Please list the fund raising events conducted by yourself or other organization(s) where proceeds have been designated to your organization as beneficiary of funds raised. Include Name, Date, Amount:

Fallbrook Senior Center Stepping Stone fundraiser, various dates in 2019, \$1,700

Fallbrook Senior Center Home Delivered Meals Angel fundraiser, various dates in 2019, \$695

Fallbrook Senior Center & VFW Flag Day Event, June 2019 \$3,859

Fallbrook Chamber of Commerce Wine & Bite, August 2019, \$500

Fallbrook Chamber of Commerce Honorary Mayor Event, September 2019, \$1,578

Fallbrook Women's Club, April 2019 \$500, June 2019 \$748

Bonsall Women's Club, May 2019 \$500, June 2019 \$6,000

Angel Society, October 2019 \$10,000

Vintage Car Club, December 2019 \$2,000

Better World Trust, June 2019 \$5,000

**Describe your plan for maintenance/
continuation of the proposed program
beyond the 2020-2021 fiscal year.:**

Our nutrition program has been serving seniors for almost 41 years in the Fallbrook regional area. Currently we receive from the San Diego County AIS funding that covers approximately 25% of the cost of the Home-Delivered Meals Program. The County contract is for a four-year renewable period that just began in January 2020. We plan to continue the program with the aid of grants and donations, as well as fundraisers to cover the cost of the program. Senior Center funding sources will be continued through Fallbrook Senior Center on site Angel Tree, Donor Tree Wall, Stepping Stone/Brick and other on-site fundraisers and events. The plan to maintain this program is to continue to bring awareness through education, activities and interaction within the Greater Fallbrook area.

**Describe what other funding sources will
be used to support this program; include
fees for services contracts or other
revenue sources?:**

The Fallbrook Senior Center operates a Thrift Shop adjoining its main facility. The revenue generated by the Thrift Shop is designated to fund our nutrition programs. For seniors who participate in the Home-Delivered Meals program, \$5 donations are suggested, but not mandatory. Grant applications will be submitted to various organizations throughout the year, along with donation letters requesting funding for our nutrition program.

Program Budget File: 2020_2021_FRHD_CHC_Program_Budget_Form_v01-HDM.xlsx

Attestation: • I certify that all information presented in or attached to this Application is complete and accurate

Payment

Scan

No matches were found

Approval

Requested Amount: \$127,056.44

***Recommended Amount:**

Prior Approved Grants:

Request Status: External

Contact

Salutation: Ms.

***First Name:** Renae

Middle Name:

***Last Name:** Rasmussen

Title: Executive Director

Address: 399 HEALD LN

Address 2:

City: FALLBROOK

State: California

Province:

Zip/Postal Code: 92028-3029

Country:

Telephone: 760-728-4498

Fax:

Email Address: fallbrooksc@att.net

Contact Type:

Creation Date: 04/01/2020

Last Saved By: 1000000010568463

Last Saved Date: 01-APR-20 11.28.45.258302 PM

Notes:

***Internal Use Only?:** N

Suffix: