

Organization Information

Legal Name

Fallbrook Senior Citizens Service Club, Inc.

DBA (if Applicable)

Fallbrook Senior Center

Program Name/Title

Congregate Meal Program

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The food program has made a significant community impact by providing nutritious, sit-down, restaurant-style meals for a \$5 nominal fee, Monday - Friday to seniors and older adults 50 and above in Fallbrook, Bonsall, Rainbow and Deluz. The program has created a welcoming environment where seniors can gather for meals, fostering both nutritional well-being and social interaction. The program serves as a crucial intervention for seniors who might otherwise struggle to maintain balanced diets, offering consistent, high-quality meals that support their health and independence. This quarter, the program has served 2631 meals, reaching 222 seniors and helping to enhance their quality of life through better nutrition and community engagement. In addition to daily meals, the program offers a variety of social and educational activities. "Lunch and Learn" sessions provide seniors with valuable information on topics such as health, nutrition, and senior-specific care. Nursing students from Cal State San Marcos attend these sessions to conduct health screenings, including blood pressure checks, and to offer other educational information. The program also celebrates community and culture with monthly birthday parties for seniors and holiday events, fostering a sense of belonging and enjoyment. These activities contribute to both the physical and emotional well-being of participants.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	2	5
Seniors (60+)	98	217
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Target Population - Gender

	Percent of program participants
Female	65
Male	31

	Percent of program participants
Non-binary	
Unknown*	

***Target Population - Gender**

N/A

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	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	0

***Target Population - Income Level**

We ask the question, no one has completed it.

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

222

Social Determinants of Health (SDOH)

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

The goal of the food program is to improve the nutritional well-being and social engagement of seniors. The program aims to serve sit-down, restaurant-style meals that offer seniors balanced nutrition and opportunities for social interaction each weekday. It targets serving 45-50 seniors daily, with an overall goal of roughly 2,800 meals by the end of each quarter. With current resources, staffing, and volunteers, the program is well-equipped to achieve this target. Additionally, the program features classes that include specialists such as Pharmacists, Home Health Nurses, along with discussions on managing high blood pressure and diabetes, further addressing the health needs of participants. Over the next three months, the program will track progress daily and monthly to ensure the goal of 2,800 meals is met while adjusting as needed to maximize impact.

Anticipated Acknowledgment

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Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Eligibility Check

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

Organization Information

Contact Information

Contact Name

Susie Gonsalves

Title

Executive Director

Primary Contact Phone

17607284498

Email Address

fallbrookscdirector@gmail.com

Organization Physical Address

399 Heald Lane, Fallbrook, CA
Fallbrook, California, 92028

Writing Instructions:

Program Information

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Older Adults

Program Objectives & Measurable Outcomes

The program has several key objectives aimed at enhancing the well-being of seniors in the Fallbrook area. The first objective is to provide nutritious, weekday meals to seniors, offering sit-down, restaurant-style meals Monday through Friday. Each meal is designed to meet at least 550 calories of the Recommended Dietary Allowance (RDA) for seniors, nutrition

guidelines. The goal is to serve 225 meals weekly, and success will be measured by tracking the number of meals served and collecting feedback through satisfaction surveys. The second objective is to improve social engagement among seniors by fostering a communal dining experience that encourages interaction and community-building. In addition to meals, "Lunch and Learn" sessions will be offered, covering topics such as health screenings, preventive care, and managing chronic conditions. Attendance will be tracked, surveys will measure the perceived improvement in social connectedness, with a target of 60% of attendees reporting positive social engagement by the end of the quarter. The program's measurable outcomes include the number of meals served, with a goal of serving 945 meals monthly. Social engagement will be measured by the number of attendees at each meal service, aiming for a 60% improvement in social well-being based on quarterly survey data.

Financial Reporting & Budget

Program Budget



24_25 FRHD-Nutrition Program Budget.xlsx

FALLBROOK SENIOR CITIZENS SERVICE CENTER

IMPACT STORY

I come to lunch at the center every day, and it's one of the highlights of my day. The food is always delicious, and I enjoy sitting with friends to catch up and share laughs. It feels like a real community, and I always leave feeling uplifted.

I also appreciate the nurses who come by every week to check our blood pressure and glucose levels. It gives me peace of mind knowing I can keep an eye on my health without having to go anywhere special. Plus, the educational talks they provide are so helpful—I've learned a lot about nutrition, exercise, and managing my health. This place truly cares about us, and it shows.


DR



FALLBROOK SENIOR CENTER FEBRUARY 2025 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetable Lasagna Sweet Potato Salad/Garlic Bread Fruit	4 Split Pea Soup w/Ham Cheese Quesadilla Vegetable Salad/Roll Fruit ▲	5 Sweet and Sour Meatballs Vegetable Rice Salad/Roll/Fruit	6 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit	7 Baked Cod with garlic & lemon Vegetable Barley Salad/Roll Fruit
10 Chicken Rolled Taco's Vegetable Rice Salad/Roll Fruit	11 Chicken Parmesan Vegetable Pasta Salad Fruit	12 Teriyaki Beef Vegetable Brown Rice Salad/Roll Fruit	13 Birthday Lunch Pork Loin Vegetable Mashed Potatoes Salad/Roll Dessert 	14 Happy Valentines Fish and Chips  Vegetable  Baked Potato Fries Salad/Roll Dessert
17 CLOSED 	18 BBQ Pulled Pork on bun Vegetables Macaroni Salad Salad/Roll Fruit ▲	19 Shepards Pie w/Mashed Potato Topping Vegetable Salad/Roll Fruit	20 Soft Chicken Taco's Black Beans Rice Salad/Roll Fruit	21 Baked Shrimp Vegetable Farro Salad/Roll Fruit
24 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	25 Orange Chicken Vegetable Rice Salad/Roll Fruit	26 Salisbury Steak Vegetable Scalloped Potatoes Salad/Roll Fruit	27 Chicken Vegetable Noodle Soup Cheese Quesadilla Salad/Roll Fruit	28 Fish Veracruz Vegetable Farro Salad/Roll Fruit
			 	Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.

Denotes meal that is > 1,000 mg of sodium.

FRHD CHC GRANT BUDGET REPORTING FORM

 Agency Name: **Fallbrook Senior Citizens Service Club** PROGRAM NAME: **Nutrition Program 2024-2025**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1) A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
	TOTAL INDIRECT EXPENSE	\$48,900.00	\$0.00				
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
	TOTAL PERSONNEL EXPENSE	\$87,750.00	\$23,000.00	\$5,750.00	\$5,750.00	\$5,750.00	
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
	TOTAL OTHER EXPENSES	\$76,000.00	\$27,000.00	\$6,750.00	\$6,750.00	\$6,750.00	
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
		\$212,650.00	\$0.24	\$12,500.00	\$12,500.00	\$12,500.00	\$0.00

 Total funds expended to date: **\$37,500.00**