



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

Organization Name Fallbrook Senior Citizens Service Club

Person submitting the impact report Christopher Tobin

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)	
Seniors (60+)	100
Unknown	

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

	Percentage served
Female	70
Male	30
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: 200

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 0

GOALS & OBJECTIVES

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

Objective #1 Measurable outcomes: 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 Measurable Outcomes: 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. To conclude, due to the pandemic and the COVID-19 virus this essential program remained sustainable and not affected. The positive measures of support remain open for those that qualify to receive assistance. We are working towards hiring a second driver and purchasing an additional truck to serve more seniors as it is stated in our upcoming strategic plan for the center's future.

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

Goal #2 & Objective Measurable Outcomes: 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.

PARTICIPANT SUCCESS STORY

Participant Success Story:

"The Home Delivered Meals Program enables my wife and I to stay safe in the comfort of our home during these uncertain times while we receive a nutritious five times a week, sometimes seven if we do not feel like cooking on the weekends." - Ronald T.

"I am getting up there in age. Making a meal for myself takes longer to make, and sometimes not always appealing, but I know The Fallbrook Senior Center is there for me on the daily to provide me a nice hot meal; that comforts me when I do have an appetite!" - Marcella V.

"Being isolated and alone at home sure has its downfalls especially with my current illness. I rely on the Home Delivered Meals Program from the Center because I know every day I have someone coming to my door to deliver fresh food and a smiling face." - Martha S.

"It's a blessing to have such a service here in Fallbrook, I am so grateful because food is getting expensive and I cannot afford to pay all my bills. I would not be eating if it was not for the Center." - Beverly W.

ACKNOWLEDGEMENT

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

*Nutrition Angel Flyer

*Stepping Stone Flyer

*Donor Tree Flyer

*Fallbrook Senior Center Website

*Monthly Fallbrook Senior Center "Chronicle" Newsletter (to over 400+ seniors)

*Social and Community Context - sharing posts and collaborating for surveys

Acknowledgment example: please upload an example of one method in which the District was acknowledged.



FALLBROOK SENIOR
CITIZEN'S SERVICE CLUB
399 Heald Lane, Fallbrook, CA 92028
— 760-728-4498 —

***We need YOU to be a
Senior Center Nutrition Angel!***
— FSC Nutrition Angel Donation Form —

Name: _____

Phone: _____

\$20 \$40 \$100 Other _____

Received by: _____ Date: _____

Cash Check Check # _____ Credit Card: Visa MC
Make checks payable to: Fallbrook Senior Center

CC #: _____ Exp: _____ Sec. Code: _____

www.fallbrookseniorcenter.com

Thank You for being a Senior Center Nutrition Angel!

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

Fallbrook Regional
HEALTH DISTRICT
Aging and Independent Services

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

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.

No change in differences made or adjusted. We are serving more women than men and have increased our food support. We are still in the works to get another truck and driver so that we can provide support to over 6 people on our waitlist for support.

Please sign your form:

