



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

Organization Name Fallbrook Senior Citizens Service Club

Program Name Congregate Meals Program

Person submitting the impact report Renae Rasmussen

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)	2.37
Seniors (60+)	97.63
Unknown	

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

	Percentage served
Female	51
Male	49
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 Incomelimits:4person family).

	Percentage served
Extremely Low-Income (ceiling of \$32,100)	
Very Low (50% Income (ceiling of \$53,500)	50
Low (80%) Income (ceiling of \$85,600)	
Higher than listed limits	

	Percentage served
Unknown	

How many District residents directly benefited (participant/client) from this program: 257

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.

The goal of the Fallbrook Senior Center Congregate Meal Program is to provide food security with high nutritional value in a social setting for seniors who are economically challenged in the communities of Fallbrook, Bonsall, Rainbow and DeLuz.

During this quarter, the Fallbrook Senior Center provided a total of 2,383 meals-to-go for seniors 60 and above and 59 meals for adults under 60 years of age.

There are three objectives of the Congregate Meal Program.

1. Offering approximately 30-45 congregare meals each day, five days per week, Monday through Friday at no cost to seniors 60 years and older in the communities of Fallbrook, Bonsall, Rainbow and DeLuz.
2. Provide congregare meals that are substantial, hot and nutritious, meeting the strict guidelines established by the San Diego County Aging and Independence Services and based specifically on the nutritional needs of seniors.
3. Create a welcoming environment for the congregare meal with table and seating arrangements that encourages social interaction with other seniors in the community.

Objective 1: The Fallbrook Senior Center is still serving approximately 30-45 congregare meals each day, five days per week, Monday through Friday, at no cost to seniors 60 years and older in the communities of Fallbrook, Bonsall, Rainbow and DeLuz. Due to the current state of our world and community during this pandemic, the Fallbrook Senior Center is taking extra precautions and providing safety standards to our members and the most vulnerable seniors we serve on a weekly basis. Our program's name and operations has slightly changed from Congregate to "Meals-to-go" to meet social distancing standards. We are currently following state guidelines to maintain six-feet apart and having a hygienic meet-up station process through means of food distribution.

Objective 2: Our healthy meals are still freshly prepared and provide substantial nutritious support given by strict guidelines established by the San Diego County Aging and Independence Services.

Objective 3: The Fallbrook Senior Center is still providing a warm welcomed experience of engagement to our seniors. One staff member and a volunteer pass out each freshly prepared meal as a "meals-to-go" curbside service of excellence. The Fallbrook Senior Center provides this curbside service with a sanitized table, hand-sanitizer for seniors to utilize, in an insulated hot and cold box. Each senior is greeted with heartfelt smile and embraced with care. Staff members and volunteers are handling each food exchange with protective gloves and face masks. Every senior is also wearing masks for each food pickup by walk-up support or in-car service.

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

The Fallbrook Senior Center has a goal of providing nutrition education as an element of the Congregate Meal Program. By providing current and relevant nutrition education on topics of interest

to seniors, we hope to support the efforts of our seniors to remain healthy, active and independent members of the community.

During this quarter, the Fallbrook Senior Center provided nutrition education on the topics of Nutrition and Aging and Physical Fitness & Exercise from the National Institute on Aging.

Objective 1: Each educational presentation will include informative material related to the topic presented for each guest to take home. Offering material to take home provides our seniors with helpful visual reminders of the subject presented. We take nutrition education seriously by advocating meal instructions by handing out flyers for directions on how to consume food immediately to prevent food borne illnesses and ways to reheat or freeze each sealed food package. Education presentations have been altered to education handouts. Our goal is to reopen group education presentations as soon as the emergency health order is lifted.

PARTICIPANT SUCCESS STORY

Participant Success Story:

Everyone who receives these warm nutritious meals are so grateful, the following are a few testimonials:

"I would like to compliment the people who compile the menu for the Fallbrook Senior Center food. It is diverse and well thought out, low in sodium and high to taste. We can always count on having one hot meal each day. My wife and I look forward to picking up our food for the day. The real KUDOS goes to the cook and the people who pass out the food. We moved from Orange County area and have used the senior food service there. This is much superior. It is far more appealing in its looks, taste, and it doesn't leave us wanting more. This cook does a fantastic job preparing the food in the Fallbrook Senior Center. The food is hot, with just the right amount of seasoning, and cooked just right, GREAT COOK! The people who serve the meals are friendly and caring. They care for the people they serve. WE LOVE THEM!"

- Beverly and Bobby Rainwater

"I am thankful for the Congregate Meal Program. The meals are tasty and provide food for most of the day. I don't cook much at home anymore. They also provide a safe place to say hello to friends from a safe distance. I'll be glad when we can sit around the table together again."

-Nannette Schuyler

"Thank you for the service you are providing for us during the covid-19 time."

- Carmen Cervantes

"Many thanks are due to the providers and those who support them for the service to the community in this time of troubles. The nutritious drive by meals has been essential to families with seniors observing distance rules."- John Watson

"Having the opportunity to pick up ready to eat tasty and nutritionally balanced meals is a real gift to the senior community of Fallbrook. During this stressful time of covid-19, with self-imposed isolation and crowd avoidance for my high risk family, the Congregate meal program has helped lessened the need for frequent grocery store visits and provided a nice variety of balanced meals to enjoy. I have been picking up the meals for my parents, who are in their mid-90s, elderly friends and for my husband and I for over a month now. It is a daily treat we all look forward to. It will be a sad day if this Meals-to-go program has to end. Thank you so much for all your time and effort." - Claudia Watson

"Many thanks are due the providers and those who support them for the service to the community in this time of troubles. With restaurants closed, or partially opened within safe measures; the nutritious congregare meal program has been essential to families with seniors observing social distance rules."

-Anonymous

Participant Success Story:



FRHD Investment Partnership - Copy.pdf

Fallbrook Regional Health District's investment partnership support:

Currently Mentioned in our:

- *Nutrition Angel Flyer
- *Stepping Stone Flyer
- *Donor Tree Flyer
- *Monthly Fallbrook Senior Center "Chronicle"
- *Fallbrook Senior Center Website

Future and projected in our:

- *Village News Ads with partnering Logo
- *Social Media Outlets (Facebook, Twitter, Instagram)
- *E-blast communication supporter logo



FALLBROOK SENIOR CENTER DONOR TREE

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



Bonsall Woman's Club

David and Carmen Cervantes & Family



Bonsall Woman's Club

Fallbrook Citizens' Crime Prevention

More of Him less of me John 3:30



Anthony & Emilia Armenise

Berry-Bell & Hall Fallbrook Mortuary

Fallbrook Village Rotary Club

Gary & Deborah Wolcott

Independent Medicare Broker

Jack & Jeanette Schirner

*Memory of Claude & Leona
Your Daughter Sheila*

Rod and Teri King & Family

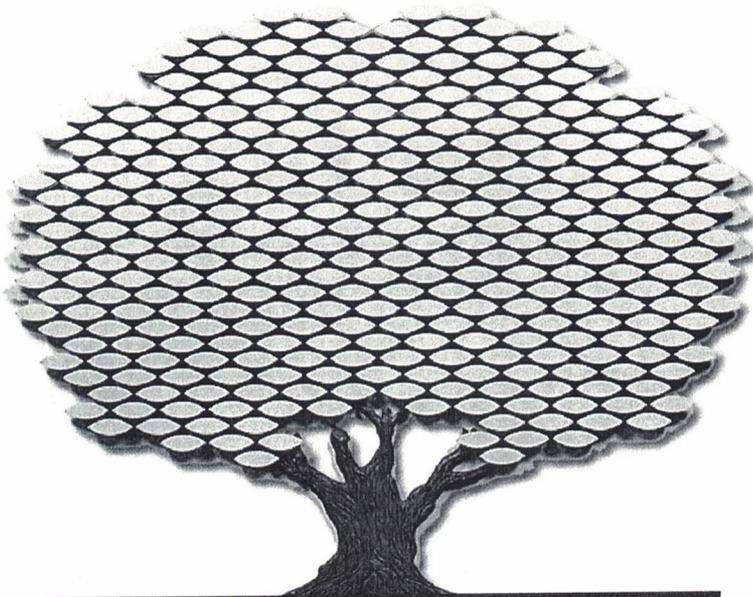
The Brian & Pam Hermansader Trust

The Bruce Englebrecht Trust

Purchase a leaf to be part of this tree:

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

(Donations are tax deductible. Tax ID #95-2892632)



www.fallbrookseniorcenter.com

*Fallbrook Senior Center
Generous Supporters:*

**Fallbrook Regional
HEALTH  DISTRICT**

Aging and Independence Services

Fallbrook Senior Center

399 Heald Lane, Fallbrook CA 92028

— 760-728-4498 —



FALLBROOK SENIOR CITIZEN'S SERVICE CLUB

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

— Stepping Stone/Brick Application Form —

Name: _____

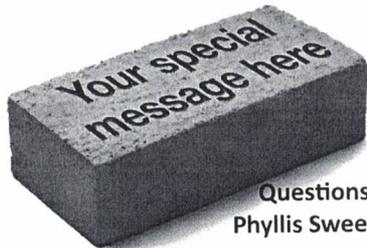
Date: _____ Phone: _____

Line 1: _____

1-18 characters and spaces (Please print clearly in ink)

Line 2: _____

1-13 characters and spaces (Please print clearly in ink)



Cash Check Check # _____ Credit Card: Visa MC

Make checks payable to: Fallbrook Senior Center

www.fallbrookseniorcenter.com

Questions or additional information contact **Fallbrook Regional**
Phyllis Sweeney, Fundraising/Outreach Advocate **HEALTH DISTRICT**



— FSC is a non-profit organization, 501 (c)(3) • Tax ID #95-2892632 • Donations are tax deductible —



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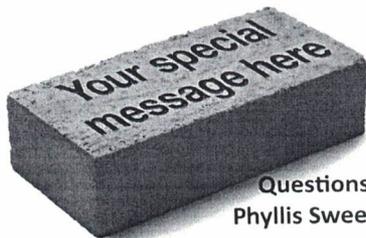
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CITIZEN'S SERVICE CLUB
399 Heald Lane, Fallbrook, CA 92028
— 760-728-4498 —

**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.
Aging and Independent Services

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Fallbrook Senior Center — January 2021 Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy New Year!</p>				
4 Cheese Ravioli ▲ Fresh Zucchini Mixed Green Salad Whole Wheat Roll Apple	5 Meat Loaf Broccoli Baked Potato Mixed Green Salad Apricots	6 Broccoli & Cheese Soup Ham Sandwich Corn & Tater Tots Mixed Green Salad Whole Wheat Sandwich Roll Cantalope	7 Barbeque Chicken Baby Carrots Mixed Green Salad Whole Wheat Roll Dessert/Banana	8 Salmon Oriental Vegetables Coleslaw Whole Wheat Roll Orange
11 Barbeque Ribs Brussel Sprouts Baked Potatoes Mixed Green Salad Whole Wheat Roll Banana	12 Roast Turkey Stuffing Mashed Potatoes Mixed Green Salad Whole Wheat Roll Grapes	13 Chicken Tamales ▲ Black Beans White Rice Mixed Green Salad Whole Wheat Roll Watermelon	14 BIRTHDAY LUNCH Roast Beef w/Gravy Mashed Potatoes • 5-way Veggies Mixed Green Salad Whole Wheat Roll Dessert/Honeydew	15 Fish Veracruz Wax Beans Brown Rice Coleslaw Tropical Fruit
18 CLOSED - MLK DAY 	19 Polish Sausage ▲ Lima Beans Roasted Potatoes Mixed Green Salad Whole Wheat Roll Pineapple	20 Chicken Pot Pie Cauliflower Mixed Green Salad Whole Wheat Roll Peaches	21 Teriyaki Beef Oriental Vegetables Quinoa Mixed Green Salad Dessert/Banana	22 Fried Shrimp Green Beans Sweet Potato Fries Coleslaw Whole Wheat Roll Orange
25 Beef Lasagna Squash Mixed Green Salad Whole Wheat Roll Strawberries	26 Pork Chops Spinach Roasted Potatoes Mixed Green Salad Whole Wheat Roll Cantalope	27 Bell Peppers w/Ground Turkey California Vegetables Baked Potatoes Whole Wheat Roll Mixed Green Salad Banana	28 Sweet & Sour Chicken Carrots Brown Rice Mixed Green Salad Grapes	29 Curried Shrimp Peas & Carrots Whole Wheat Fettuccini Mixed Green Salad Apple
1 Closed for New Year's Day				

Suggested donation: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad, bread and 1% milk. Menus are subject to change without notice. ▲ denotes meal >1,000 mg of sodium



Fallbrook Regional Health District

Fallbrook Senior Center — February 2021 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Chicken Brown Rice Peas Mixed Green Salad Tropical Fruit	2 Pork Loin Baked Potato Broccoli Mixed Green Salad Whole Wheat Roll Cantaloupe 	3 Beef Stew Cornbread Carrots Mixed Green Salad Whole Wheat Roll Fresh Strawberries	4 Chicken Tamales White Rice Black Beans Mixed Green Salad Whole Wheat Roll Dessert/Banana	5 Crab Cakes Oven Roasted Potatoes California Blend Vegetables Coleslaw Whole Wheat Roll Grapes
8 Honey Mustard Chicken Brown Rice Spinach Mixed Green Salad Pineapple	9 Beef Stroganoff Whole Wheat Noodles Peas & Carrots Mixed Green Salad Banana	10 Lasagna Cauliflower Mixed Green Salad Three Bean Salad Whole Wheat Roll Apricots	BIRTHDAY LUNCH 11 Roast Beef w/Gravy Mashed Potatoes Normandy Blend Vegetables Whole Wheat Roll Birthday Dessert/Apple 	12 Fish & Chips Brussel Sprouts Coleslaw Whole Wheat Roll Pears
15 **HAPPY PRESIDENT'S DAY** CLOSED - PRESIDENTS DAY	16 Baked Cod Brown Rice Butternut Squash Mixed Green Salad Apple 	17 Beef Short Ribs Mashed Potatoes California Blend Vegetables Mixed Green Salad Whole Wheat Roll Peaches	18 Ground Turkey Stuffed Peppers Scalloped Potatoes • Carrots Mixed Green Salad Whole Wheat Roll Dessert/Banana	19 Fried Shrimp Sweet Potato Fries Mixed Vegetables Coleslaw Whole Wheat Roll Tropical Fruit 
22 Pork Chops w/Applesauce Brown Rice Green Beans Mixed Green Salad Cantaloupe	23 Chicken Pot pie Spinach Mixed Green Salad Whole Wheat Roll Banana 	24 Ground Beef Meatloaf Mashed Potatoes Malibu Blend Vegetables Mixed Green Salad Whole Wheat Roll Grapes	25 Barbeque Chicken Baked Potato Corn Whole Wheat Roll Mixed Green Salad Dessert/Apple 	26 Fish Veracruz White Rice Broccoli Coleslaw Whole Wheat Roll Mango

Suggested donation: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad, bread and 1% milk. Menus are subject to change without notice.
 ▲ denotes meal >1,000 mg of sodium

Happy Valentine's Day

Fallbrook Senior Center — March 2021 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ▲ Baked Ham Malibu Blend Vegetables White Rice Mixed Green Salad Whole Wheat Roll Apple 	2 Cabbage Beef Rolls Peas & Carrots Brown Rice Mixed Green Salad Banana	3 Swiss Steak 4-Way Mixed Vegetables White Rice Mixed Green Salad Whole Wheat Roll Grapes	4 ▲ Turkey w/Cranberry Sauce Green Beans Stuffing Mixed Green Salad Whole Wheat Roll Dessert/Orange	5 Salmon California Blend Vegetables Rice Pilaf Coleslaw Melon
8 ▲ Polish Sausage w/Sauerkraut Broccoli Brown Rice Mixed Green Salad Peaches	9 ▲ Barbeque Pork Ribs Corn Baked Potato Mixed Green Salad Whole Wheat Roll Banana 	10 Chicken Pot Pie Spinach Mixed Green Salad Whole Wheat Roll Mango Slices 	BIRTHDAY LUNCH 11 Roast Beef w/Gravy Carrots Mashed Potatoes Whole Wheat Roll Birthday Dessert/Apple 	12 Crab Cakes California Blend Vegetables Quinoa Coleslaw Orange 
15 Baked Chicken Cauliflower Rice Pilaf Mixed Green Salad Apricots 	16 ▲ Turkey Meat Loaf Fiesta Blend Vegetables Scalloped Potatoes Mixed Green Salad Whole Wheat Roll Grapes	17 ▲ Corned Beef & Cabbage Carrots Baked Potato Mixed Green Salad Whole Wheat Roll Fresh Strawberries Happy Patrick's Day! 	18 Pot Roast Peas & Carrots Mashed Potatoes Mixed Green Salad Whole Wheat Roll Dessert/Banana	19 Baked Cod w/Lemon Italian Blend Vegetables Brown Rice Coleslaw Pear
22 Chicken Alfredo California Blend Vegetables Whole Wheat Pasta Mixed Green Salad Peaches	23 ▲ Beef Taco Refried Beans Spanish Rice Mixed Green Salad Whole Wheat Roll Cantaloupe	24 ▲ Teriyaki Beef Oriental Vegetables Brown Rice Mixed Green Salad Watermelon	25 Spaghetti & Meatballs w/Ground Chicken Zucchini Whole Wheat Pasta Mixed Green Salad Dessert/Tropical Fruit	26 Fried Fish Corn Mac & Cheese Coleslaw Whole Wheat Roll Honeydew
29 Barbeque Chicken Spinach Quinoa Mixed Green Salad Apple 	30 Salmon Banana Squash Rice Pilaf Mixed Green Salad Banana 	31 Beef Stuffed Bell Peppers Brussel Sprouts Brown Rice Mixed Green Salad Orange	Suggested donation: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad, bread and 1% milk. Menus are subject to change without notice. ▲ denotes meal >1,000 mg of sodium	

ACKNOWLEDGEMENT

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

The following is how Fallbrook Senior Center acknowledges Fallbrook Regional Health District's investment in our programs:

Monthly Senior Center Chronicle

Fallbrook Senior Center Website

Donor Tree Flyer

Stepping Stone Flyer

Nutrition Angel Flyer

Future acknowledgements:

Village News Ads with partnering Logo

Social Media Platforms

E-blast communication with partnering Logo

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.



FRHD Q3 Actual vs Budget Cong.pdf

Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.

The significant change in the Administrative Support subcategory, in 2020 additional administrative personnel was hired for grant writing and fundraising which increased administrative costs.

Please sign your form:

A handwritten signature in black ink, appearing to read 'Ren Fas'.