

## Organization Information

### Legal Name

Fallbrook Healthcare Foundation

### DBA (if Applicable)

The Center for Senior Wellbeing

## Program Name/Title

Nutrition Program 2025-2026

## Brief Program Description

The Fallbrook Senior Center (now The Center for Senior Wellbeing) provides a welcoming, restaurant-style lunch experience, promoting healthy aging through nutritious meals and social connection. We also offer engaging health workshops and lively events with music, creating opportunities for learning, laughter, and community.

## Service Area

Bonsall

De Luz

Fallbrook

Rainbow

## Number of residents that directly benefit (participant/client) from this program.

227

## What language(s) does this program accommodate:

English

Spanish

## Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	11	27

	Percent of program participants	Number of participants
Seniors (60+)	89	200
We do not collect this data (indicate with 100%)*		

### Target Population not collected - Age

N/A

### Target Population - Gender

	Percent of program participants
Female	63
Male	37
Non-binary/other	
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%)*	100

### \*Target Population - Income Level

N/A

### What demographic group does this program predominately serve:

Older Adults

### 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 Objectives & Measurable Outcomes**

The Fallbrook Senior Center Nutrition Program continued to meet and exceed its objectives of reducing food insecurity and social isolation among older adults in Fallbrook, Bonsall, Rainbow, and De Luz during the third quarter (January through March 2026). Throughout the quarter, the program provided 2,681 nutritious, low-cost meals to 227 unduplicated seniors, reflecting both sustained daily participation and growing community demand for accessible, congregate meals.

In addition to consistent meal service, the program further strengthened social connection and community engagement through Lunch and Learn educational sessions, live entertainment, monthly birthday celebrations, and culturally themed events.

Partnerships with Cal State San Marcos nursing students continued to enhance program impact by providing free health screenings and health education, supporting seniors in managing chronic conditions and promoting overall wellness.

Overall, third-quarter outcomes demonstrate continued progress toward improving nutritional health, expanding social engagement, and supporting the physical and emotional well-being of older adults across the community.

**Please upload an Impact Story (Word doc or pdf preferred).**



Impact Story Q3 FRHD 2026.pdf

# FRHD Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

# FRHD Acknowledgment



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable Lasagna Sweet Potato Salad/Garlic Bread Fruit	3 Split Pea Soup w/ Ham Cheese Quesadilla Vegetable Salad/Roll Fruit	4 Sweet & Sour Meatballs Vegetable Rice Salad/Roll Fruit	5 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit	6 Baked Cod w/ garlic & lemon Vegetable Barley Salad/Roll Fruit
9 Chicken Rolled Tacos Vegetable Rice Salad/Roll Fruit	10 Chicken Parmesan Vegetable Salad/Garlic Bread Fruit	11 Teriyaki Beef Vegetable Brown Rice Salad/Roll Fruit	12 Birthday Lunch Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll Dessert	13 Fish & Chips Vegetable Baked Potato Fries Salad/Roll Fruit
16 <b>CLOSED</b> President's Day	17 BBQ Pulled Pork on bun Vegetable Macaroni Salad Roll Fruit	18 Shepherds Pie Potato Topping Vegetable Salad/Roll Fruit	19 Soft Chicken Tacos Black Beans Rice Salad/Roll Fruit	20 Baked Shrimp Vegetable Farro Salad/Roll Fruit
23 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	24 Orange Chicken Vegetable Rice Salad/Roll Fruit	25 Salisbury Steak Vegetable Scalloped Potatoes Salad/Roll Fruit	26 Chicken Vegetable Noodle Soup Cheese Quesadilla Salad/Roll Fruit	27 Fish Veracruz Vegetable Farro Salad/Roll Fruit
<b>TECH CONNECTION</b> 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.		<b>Check out our new Tech Connection!</b> On the 4 <sup>th</sup> Monday of every month, our tech support group will be onsite during lunch to answer questions and provide help with your phones, laptops or tablets.		<b>Have Questions?</b> Care Advocates are here every Tuesday & Thursday for any questions you might have.

▲ Denotes meal that is > 3,000 mg of sodium.

# Program Budget

FRHD CHC GRANT BUDGET REPORTING FORM							
Agency Name:	Fallbrook Senior Citizens Service Club	PROGRAM NAME:	Nutrition Program 2025-2026				
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	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL INDIRECT EXPENSE	\$49,500.00	\$0.00				
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL PERSONNEL EXPENSE	\$87,750.00	\$10,000.00	\$2,500.00	\$2,500.00	\$2,500.00	
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL OTHER EXPENSES	\$93,600.00	\$35,000.00	\$8,750.00	\$8,750.00	\$8,750.00	
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	TOTAL AMOUNT Q1	TOTAL AMOUNT Q2	TOTAL AMOUNT Q3	TOTAL AMOUNT Q4
		\$231,000.00	\$0.19	\$11,250.00	\$11,250.00	\$11,250.00	\$0.00
	Total funds expended to date	\$33,750.00					

**Please type the name of the person submitting this report.**










Matt Tompkins

## Impact Story

Paul is a regular participant in the program and a familiar face in the dining room. When he hadn't attended for over a week, fellow participants began to notice his absence and shared their concern with staff. Because of these close social connections, our team was able to check in on Paul and ensure he was okay. He had been dealing with a short-term health issue, but the situation highlighted something powerful—the strength of the community built through the program. When someone is missing, they are noticed. These relationships go beyond a shared meal, creating a network of care, connection, and support that helps ensure no one is overlooked.



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<p><b>2</b> Vegetable Lasagna Sweet Potato Salad/Garlic Bread Fruit</p>	<p><b>3</b> Split Pea Soup w/ Ham Cheese Quesadilla Vegetable Salad/Roll Fruit</p>	<p><b>4</b> Sweet &amp; Sour Meatballs Vegetable Rice Salad/Roll Fruit</p> 	<p><b>5</b> Baked Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p><b>6</b> Baked Cod w/ garlic &amp; lemon Vegetable Barley Salad/Roll Fruit</p> 
<p><b>9</b> Chicken Rolled Tacos Vegetable Rice Salad/Roll Fruit</p> 	<p><b>10</b> Chicken Parmesan Vegetable Salad/Garlic Bread Fruit</p>	<p><b>11</b> Teriyaki Beef Vegetable Brown Rice Salad/Roll Fruit</p>	<p><b>12</b> <i>Birthdays Lunch</i> Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll Dessert</p> 	<p><b>13</b> Fish &amp; Chips Vegetable Baked Potato Fries Salad/Roll Fruit</p> 
<p><b>16</b> <b>CLOSED</b> <i>HAPPY Presidents Day</i></p>	<p><b>17</b> BBQ Pulled Pork on bun Vegetable Macaroni Salad Roll Fruit</p>	<p><b>18</b> Shepherds Pie Potato Topping Vegetable Salad/Roll Fruit</p> 	<p><b>19</b> Soft Chicken Tacos Black Beans Rice Salad/Roll Fruit</p>	<p><b>20</b> Baked Shrimp Vegetable Farro Salad/Roll Fruit</p> 
<p><b>23</b> Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit <b>TECH CONNECTION</b></p>	<p><b>24</b> Orange Chicken Vegetable Rice Salad/Roll Fruit</p>	<p><b>25</b> Salisbury Steak Vegetable Scalloped Potatoes Salad/Roll Fruit</p> 	<p><b>26</b> Chicken Vegetable Noodle Soup Cheese Quesadilla Salad/Roll Fruit</p>	<p><b>27</b> Fish Veracruz Vegetable Farro Salad/Roll Fruit</p>
<p>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.</p>	<p><b>Check out our new Tech Connection!</b> On the 4<sup>th</sup> Monday of every month, our tech support group will be onsite during lunch to answer questions and provide help with your phones, laptops or tablets</p>	<p><b>Have Questions?</b> Care Advocates are here every Tuesday &amp; Thursdays for any questions you might have.</p>		

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



# YOU'RE NOT ALONE!

Supportive space for family members, friends, caregivers, anyone else navigating the challenges of dementia

## WHAT TO EXPECT

• Safe, confidential space to share and be heard  
 • Practical tools and strategies for daily challenges  
 • Support for emotional, physical, and psychological impacts  
 • Education on the importance of respite and self-care  
 • Support from dementia-care experts

## WHEN AND WHERE

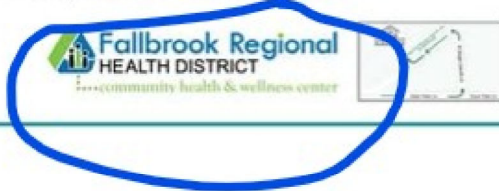
Last Thursday of Every Month  
 10:00 am to 11:00 am

1636 E. Mission Road, Fallbrook, CA 92028

**BE CARING FOR SOMEONE WITH DEMENTIA MEANS ALSO CARING FOR YOURSELF!**

**CALL 760-723-7570**  
 TO REGISTER IN ADVANCE

Center for Senior Wellbeing • Facilitated by: Silverado Dementia Care Group  
 Space provided by: FRHD Community Health & Wellness Center



**fallbrookseniors**  
 Fallbrook Regional Health District



**fallbrookseniors** Has dementia touched your life for a loved one and feeling overwhelmed, uncertain...

You don't have to navigate this journey by yourself.

Join us this Thursday for our February Dementia Support Group — a welcoming, confidential space for members, friends, and caregivers to connect, share...

You'll gain:

- Practical tools and strategies for daily challenges
- Guidance on the emotional and physical impacts
- Education on the importance of respite and self-care
- Support from others who truly understand

📅 Last Thursday of every month  
 🕒 10:00–11:00 AM  
 📍 1636 E. Mission Road, Fallbrook

Call 760-723-7570 to register.

Because caring for someone with dementia also means caring for yourself.

6w



👤 Liked by bradbury\_ins and 6 others  
 February 23

😊 Add a comment...

## FRHD CHC GRANT BUDGET REPORTING FORM

**Fallbrook Senior Citizens  
Service Club**

PROGRAM  
NAME:

**Nutrition Program 2025-2026**

categories align with the budget submitted with your application. Aggregate totals are all that should  
ed under each heading.

INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
TOTAL INDIRECT EXPENSE	<b>\$49,500.00</b>	<b>\$0.00</b>				
PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
TOTAL PERSONNEL EXPENSE	<b>\$87,750.00</b>	<b>\$10,000.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>	
DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
TOTAL OTHER EXPENSES	<b>\$93,800.00</b>	<b>\$35,000.00</b>	<b>\$8,750.00</b>	<b>\$8,750.00</b>	<b>\$8,750.00</b>	
TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
	<b>\$231,050.00</b>	<b>\$0.19</b>	<b>\$11,250.00</b>	<b>\$11,250.00</b>	<b>\$11,250.00</b>	<b>\$0.00</b>
Total funds expended to date:	<b>\$33,750.00</b>					