

## Organization Information

### Legal Name

Fallbrook Healthcare Foundation Inc

### DBA (if Applicable)

Foundation for Senior Care

## Program Name/Title

Senior Care Services

## Brief Program Description

Our programs provide vital, wraparound support to seniors and individuals with disabilities in Fallbrook and neighboring communities. Through Senior Care Advocacy, Adult Day Care, Transportation, and Door-Through-Door services, we empower seniors to maintain independence, access critical resources, and enrich their lives—ensuring they can age with dignity, purpose, and connection.

## Service Area

Bonsall

De Luz

Fallbrook

Rainbow

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

498

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

English

Spanish

## Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	7	37

	Percent of program participants	Number of participants
Seniors (60+)	93	461
We do not collect this data (indicate with 100%)*		

### Target Population not collected - Age

NA

### Target Population - Gender

	Percent of program participants
Female	302
Male	171
Non-binary/other	
Unknown*	25

### \*Target Population - Gender

Some decline to provide this information.

### Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	16
Very Low (50%) Income Limits, ceiling of \$53,500	37
Low (80%) Income Limits, ceiling of \$85,600	43
Higher Than Listed Limits	4
We do not collect this data (indicate with 100%)*	

### \*Target Population - Income Level

NA

### 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)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and

## **Program Objectives & Measurable Outcomes**

### Program Objectives & Measurable Outcomes

The goal of the Senior Care Services program is to empower older adults and individuals with disabilities in Fallbrook, Bonsall, Rainbow, and De Luz to live independently, safely, and with dignity. As outlined in the original application, the program addresses key Social Determinants of Health through integrated Senior Care Advocacy, Adult Day Care, Transportation, and Door-Through-Door services. During this reporting period, the program continued to work toward this goal through the objectives and measurable outcomes outlined below.

#### Objective 1: Increase Access to Essential Services

##### Goal:

Expand access to advocacy, adult day care, and transportation services to enhance health, independence, and overall well-being.

##### Measured Outcomes:

During this reporting period, the program served 498 individuals across all Senior Care Services programs. This included the delivery of 1645 transportation rides, 3,548 advocacy interactions, and 835 days of adult day care, ensuring consistent access to healthcare, nutrition, and social engagement.

##### Impact:

Continued outreach through healthcare providers, senior living communities, and community partners increased referrals and service participation. Seniors accessed consistent healthcare, nutrition, and social engagement supports, helping them maintain independence and overall well-being.

#### Objective 2: Reduce Hospital Readmissions and Improve Health Outcomes

##### Goal:

Support post-discharge stability and prevent hospital readmissions through case management, advocacy, and transportation.

##### Measured Outcomes:

Through the Door-Through-Door program, 28 seniors were assisted following hospital discharge. The program successfully prevented 16 hospital readmissions, conducted 22 post-discharge wellness checks, and coordinated follow-up care with healthcare providers.

## Impact

The program supported safe transitions home for seniors following hospital discharge, reducing the risk of complications and readmissions. Seniors remained connected to medical and social resources necessary for a healthy recovery.

## Objective 3: Enhance Social Engagement and Reduce Isolation

### Goal:

Improve quality of life by providing social connection, mental stimulation, and caregiver relief.

### Measured Outcomes:

During the reporting period, Adult Day Care services delivered 835 days of care to 35 participants, including 34 scholarship days for low-income families. In addition, 2 caregiver support sessions were hosted to address caregiver well-being and dementia-related needs.

### Explanation of Success and Challenges:

Participants and caregivers reported improvements in emotional health, cognitive engagement, and overall quality of life. Adult day care and senior center programming provided routine, social connection, and caregiver relief, supporting seniors' ability to remain engaged and supported.

## Objective 4: Address Housing Instability and Mental Health Needs

### Goal:

Provide comprehensive advocacy and referrals to stabilize housing and improve mental health for vulnerable seniors.

### Measured Outcomes:

Advocacy staff assisted 155 seniors with housing navigation and 138 seniors with mental health referrals during the reporting period. As a result of these efforts, 15 high-risk seniors secured stable housing.

### Impact:

Ongoing collaboration with the Office of Homeless Solutions, Adult Protective Services, healthcare providers, and local landlords resulted in timely interventions. Seniors received consistent follow-up and resource support, improving housing stability and mental health outcomes.

## Summary

The Senior Care Services program continues to function as a vital safety net for older adults and individuals with disabilities in the community. By meeting established objectives and delivering

measurable outcomes across advocacy, transportation, adult day care, and transition support services, the program continues to strengthen health, independence, and quality of life for those served.

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



Impact Story.docx

## FRHD Acknowledgment

Social Media Postings

Website Display

Other

## FRHD Acknowledgment



Acknowledgements2526Q2.docx

## Program Budget



25\_26 FRHD CHC Program Budget F... .xlsx

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

Perla Hurtado

## 2025-2026 Q2 Impact Story

When Ms. E., a longtime Fallbrook resident in her late 70s, first connected with the Foundation for Senior Care, she was quietly struggling. Living alone and without family nearby, she was managing her basic needs but becoming increasingly isolated. Over time, the lack of regular social interaction, transportation support, and connection to community resources began to affect her overall well-being.

Ms. E. was referred to the Foundation through a community partner who recognized that while she was not yet facing an immediate crisis, she was at risk of declining health and further isolation without support. An advocate from the Foundation met with her to assess her needs and identify opportunities to strengthen her stability and connection to the community.

Through the Foundation for Senior Care, Ms. E. was connected to the nutrition program at the Senior Center, where she began attending regular lunches. What started as a referral for food access quickly became an important source of routine and connection. By participating consistently, Ms. E. formed friendships, became familiar with staff and volunteers, and began engaging in additional senior center activities.

As her comfort and confidence grew, Ms. E. became more socially active and shared that she felt “less alone and more supported.” Having a place to go, people who recognized her, and opportunities to connect made a meaningful difference in her daily life. By the end of the reporting period, she was participating in community events at the senior center, including seasonal celebrations she previously would not have attended.

Ms. E.’s experience reflects the broader impact of the Foundation for Senior Care’s work. While many seniors come to the Foundation during moments of crisis, others benefit from early, preventive support that strengthens social connection and overall well-being. By addressing isolation alongside basic needs such as food access and transportation, the Foundation helps seniors remain independent, engaged, and connected to their community.

Through integrated advocacy and senior-centered programs, the Foundation for Senior Care continues to support older adults throughout their aging journey, promoting stability, dignity, and a higher quality of life.

## Q2 2025-2026 FRHD Grant

### Acknowledgements

#### Email Signature



**Melanie Bonenfant** • Referral and Support Advocate

Office: 760-723-7570 • Fax: 760-723-0358

Email: [mbonenfant@foundationforseniorcare.org](mailto:mbonenfant@foundationforseniorcare.org)

**FOUNDATION FOR SENIOR CARE** • *Committed to the wellbeing of older adults*

135 S. Mission Rd., Fallbrook, CA 92028 • [www.foundationforseniorcare.org](http://www.foundationforseniorcare.org)

Programming supported by **Fallbrook Regional**  
HEALTH DISTRICT

#### Website

### Grantors and Foundations



Elizabeth Wilson  
Endowment

C. Mitchell  
Endowment

David T. and Dorris E. Staples  
Foundation

Samuel H. French and  
Katherine Weaver French Fund

#### Annual Impact Report

##### GRANTORS

We are sincerely thankful to the grantors and endowment organizations whose financial support sustained our work throughout 2025. Their continued investment is deeply appreciated and directly strengthens our ability to serve older adults with care, consistency, and impact.



Social Media



**FRHD CHC GRANT BUDGET REPORTING FORM**

Agency Name:

**Foundation for Senior Care**

PROGRAM NAME:

**Senior Care Services**

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

1)	<b>A</b>	<b>INDIRECT EXPENSES:</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL INDIRECT EXPENSE	<b>\$137,683.00</b>	<b>\$0.00</b>				
	<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL PERSONNEL EXPENSE	<b>\$474,333.00</b>	<b>\$93,000.00</b>	<b>\$23,250.00</b>	<b>\$23,250.00</b>	<b>\$23,250.00</b>	
	<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL OTHER EXPENSES	<b>\$107,595.00</b>	<b>\$2,000.00</b>	<b>\$500.00</b>	<b>\$500.00</b>	<b>\$500.00</b>	
	<b>D</b>	<b>TOTALS</b>	<b>PROGRAM COST</b>	<b>FRHD Funds Awarded</b>	<b>Total Amount Q1</b>	<b>Total Amount Q2</b>	<b>Total Amount Q3</b>	<b>Total Amount Q4</b>
			<b>\$719,611.00</b>	<b>\$0.13</b>	<b>\$23,750.00</b>	<b>\$23,750.00</b>	<b>\$23,750.00</b>	<b>\$0.00</b>

 Total funds expended to date: **\$71,250.00**