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Fallbrook Area Organizations You Should Know – Part 4 *By Jack Schirner*

PALOMAR HEALTH SERVICES

This is the fourth article in a series describing North County organizations that you should know more about. This month, we feature the Palomar Health Organization. Palomar Health is a California health care County. It operates Palomar Medical Center in Escondido and other locations. The district is the largest health care district in San Diego County, covering 800 square miles. Palomar Health is California's largest health care district by area. The district was formed in 1984, replacing the Escondido Valley Hospital Association which itself was formed in 1945.



You've probably heard of, or even been treated at Palomar Hospital in nearby Escondido. But did you know that they also have several non-medical collaborative community health initiatives? Some of these agencies operate within the primary hospital and some operate outside the hospital, serving Fallbrook and all North County. Operating under the Palomar Home Health District umbrella, are the "Home Caregivers," "Home Health Services," and "Lifeline Medical Alerts." Home Health Care is currently the only four-star home health agency in San Diego County. They are accredited by the Joint



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
Executive Director

Jeffrey Dionisio
Administrative Assistant

Araceli Flores
Server/Facilities/Driver

Rodolfo Pedroza
Chef

Veronica Orozco
Kitchen Assistant

David Vidaca
Home Delivered Meals Driver

The Fallbrook Senior Center Form 990
can be viewed and printed from the
guidestar website: www.guidestar.org

Fallbrook Senior Center
399 Heald Lane
Fallbrook, CA 92028

OFFICE HOURS

Monday-Friday 8am - 4pm
Closed Saturday & Sunday

(760) 728-4498

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com

**THRIFT
STORE**

(760) 723-4602

Monday-Friday 9am - 3pm
Closed Saturday & Sunday

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

Commission, an independent non-profit national regulatory agency that ensures every operating homecare health agency meets or exceeds specific healthcare performance standards.

Take a few minutes to learn more about Palomar Health Services being offered, either for yourself or for a family member.

Home Caregivers: Palomar Health Home Caregivers can provide you with personal care attendants and homemaker companions, to assist you with all your non-medical home care needs. They can assist you with things like bathing and dressing, meal preparation and shopping, light house-keeping, companionship, Alzheimer's care, or post-surgical after care. They also offer a "Rides with Care" program, providing transportation services to and from the hospital, physician appointments and/or prescription pickups.

All their caregivers are Palomar Health employees who are bonded, health screened, drug tested, and background checked. They are specifically trained in providing home care. For more information about their important services, you may contact them at (800) 520-3528.

Home Health Services: After an illness or injury, Palomar Home Health Services can bring licensed and certified healthcare attendants to you in the comfort of your own home. They can provide skilled nursing care for issues like wound management, pain management, diabetic or Ostomy management. They also can provide Ambulatory Care, Behavioral Services, Physical Therapy, Speech Therapy, Occupational Therapy, and Social Work. Every patient's situation is unique, and the appropriateness of home health is ultimately determined by your physician. To discuss your specific needs, call them at (800) 525-3010.

Lifeline Medical Alert Services: Lifeline offers an affordable way to summon help at home at the push of a button. They require no long-term contracts and are available with or without a landline. Some of their devices can automatically call for help when a fall is detected. For more information you can contact them at (888) 704-2774.

Palomar Health Services is located at 800 West Valley Parkway, Suite 200, Escondido, CA. 92025

Fallbrook Senior Center Thrift Shop



Hours: Monday - Friday 9am - 3pm
760 723.4602



Monday, December 4th 12:15 p.m.
Holiday Paint n' Sip

(Space limited to 15) Fallbrook Senior Center Auditorium -
RSVP to the Senior Center Office 760-728-4498

Thursday, December 14th Holiday Lunch
with entertainment by the Toe Tappers Doors open at 10:30 a.m.
RSVP to the Senior Center Office

Monday, December 18th
Old Fashion Christmas Sing Along 12:15 p.m.
with Fun, Food and Gifts.
In the Senior Center Auditorium.
Call the office to save your spot.

Friday, December 29th
New Years Eve Lunch Celebration
with entertainment Doors open at 10:30 a.m.
RSVP to the Senior Center Office

Monday, January 8th Bingo 12:15 p.m.
in the Senior Center Auditorium Food and Prizes

Monday, January 15th
Minute to Win It Competition 12:15 p.m.
in the Senior Center Auditorium Food and Prizes

Happy Birthday



Hawk Magnussen
11/16



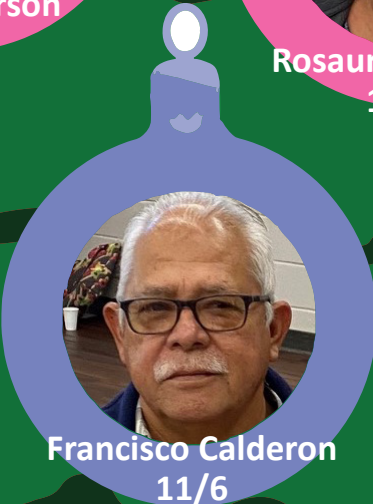
Carol Pearson
11/16



Rosaura Calderon
11/29



Rose Marie Peralta
11/18



Francisco Calderon
11/6






Amelia Gonzalez
11/20

FALLBROOK SENIOR CENTER DECEMBER 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane


Monday - Friday Doors open at 10:30 760-728-4498

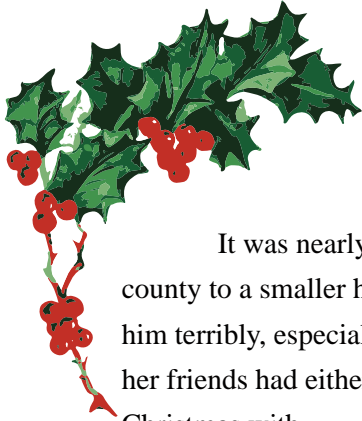
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal ≥1,000 mg of sodium</p> <p>4 Chicken Rolled Tacos Black Beans Mixed Green Salad w/garbanzos Brown Rice Orange</p>	<p>COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY</p> <p>Fallbrook Regional HEALTH DISTRICT</p> <p>5 Swiss Steak Baby Carrots Baked Potato Mixed Green Salad Whole Wheat Roll Yogurt with Blueberries</p>	 <p>6 Chicken Pot Pie Spinach Mixed Green Salad Whole Wheat Roll Cantaloupe</p>	 <p>7 Turkey Meatballs with Whole Wheat Spaghetti Corn w/red pepper Mixed Green Salad w/ red pepper Apple</p>	<p>1 Tomato Basil Bisque Soup Tuna Sandwich on Whole Wheat California Blend Mixed Green Salad Ambrosia ▲</p>
<p>11 Bean and Cheese Burrito Fiesta Blend Quinoa Mixed Green Salad w/garbanzos Tropical Fruit</p>	<p>12 Beef Stuffed Bell Pepper Spinach Brown Rice Mixed Green Salad Tangerine</p>	<p>13 Honey Mustard Chicken Brussels Sprouts Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Grapes</p>	<p>14 Birthday/Holiday Lunch Roast Beef w/gravy Glazed Carrots Mashed Potatoes Broccoli Salad Whole Wheat Roll Jello with Strawberries ▲</p>	<p>15 Cilantro & Lime Tilapia Green Beans Mixed Green Salad Farro Cantaloupe</p>
<p>18 Minestrone Soup Black Beans Sweet Potato Mixed Green Salad Whole Wheat Roll Canned Pears ▲</p>	<p>19 Orange Chicken Asian Blend Farro Mixed Green Salad w/garbanzos Tangerine</p>	<p>20 Beef Fajitas Mixed Vegetables Whole Wheat Tortilla Mixed Green Salad Yogurt w/ Strawberries</p>	<p>21 BBQ Chicken Butternut Squash Baked Potato Mixed Green Salad w/beets Whole Wheat Roll Apple</p>	<p>22 Baked Pollock Broccoli Brown Rice Mixed Green Salad w/garbanzos Canned Peaches</p>
<p>25 CLOSED</p> 	<p>26 Baked Chicken Tuscan Blend Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Green Grapes</p>	<p>27 Teriyaki Beef Peas and Carrots Farro Mixed Green Salad Orange</p>	<p>28 Pork Loin Butternut Squash Brown Rice Mixed Green Salad Strawberries</p>	<p>29 New Years Eve Celebration BBQ Ribs California Blend Sweet Potato Fries Mixed Green Salad Whole Wheat Roll Apple</p>

FALLBROOK SENIOR CENTER DECEMBER 2023 ACTIVITY SCHEDULE

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

4 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle 12:15 Paint n' Sip RSVP Required	5 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	6 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	7 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	1 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club
11 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	12 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	13 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos 12:30 Board Meeting	14 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	8 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge
18 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle 12:15 Christmas Sing Along	19 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	20 9:00 Exercise Class 9:30 Veterans Support Group 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	21 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	22 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge
25 CLOSED 	26 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	27 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	28 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	29 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge



A Short Christmas Tale

(By Jack Schirner)

It was nearly Christmas Eve, and Helen was feeling lonely. She had moved from a northern county to a smaller home in our village a few months ago, after her husband passed away. She missed him terribly, especially during the holidays. She had no children or relatives nearby, and most of her friends had either moved away or passed on. She felt like she had no one to share the joy of Christmas with.

She decided to go for a walk around her neighborhood, hoping to see some festive decorations and cheerful faces. It was a brisk Fallbrook early evening. She put on her coat and hat and headed out the door. As she walked, she admired the colorful lights and wreaths on the houses. She smiled at the children playing in their yards. She smelled the inviting aroma of burning logs as she saw families gathering around their fireplaces. She wished she could be part of their happiness, but she felt like an outsider.

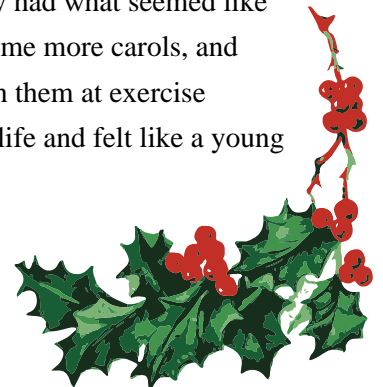
She came upon a small park where a group of seniors were singing carols around a small spruce tree that had been decorated with Christmas decorations. They looked so merry and lively that Helen felt a surge of curiosity and hope. She approached them, and asked if she could join them. They welcomed her warmly and invited her to sing along. Helen felt a spark of joy in her heart, as she sang the familiar tunes with her new friends. She felt like she belonged.

She learned that they were part of the Fallbrook Senior Center and that met regularly for various activities and events. They told her that they were always looking for new members, and that she was welcome to join them anytime. They also invited her to join them at their Christmas Luncheon the next day at the Community Center. Helen accepted their invitation and thanked them for their kindness.

She walked back to her little home, feeling a new sense of hope and excitement. She realized that she was not alone, and that there were still people who cared for her. She decided to make the most of the season, and to enjoy the company of her new friends. She felt like she had found a new family.

The next day She headed to the Community Center. She was greeted by the same group of seniors, who hugged her and wished her a merry Christmas. They introduced her to some of the other members of the Senior Center, who were equally friendly and welcoming. They had what seemed like a feast of delicious food, exchanged conversations of Christmases past, sang some more carols, and listened to the music of a ukelele group. Her new friends also invited her to join them at exercise classes and pinocle the next week at the Center. Helen had the best time of her life and felt like a young girl again.

She realized that it was shaping up to be one of the best Christmases she ever had, and that she had received the best gift of all: friendship.



Join or Renew Your Membership



The Senior Center's annual membership runs from January to December, and it's time to renew for the year 2024. To beat the rush, consider signing up early starting November 1st. If you have your completed form and payment (check, cash, or credit card) ready when you visit our office, the process will take less than a minute.

Becoming a member of the Senior Center is a breeze and opens up a world of benefits. Membership grants you access to various activities, such as Pickleball, Mah Jong, Line Dancing, Exercise Classes, Yoga, Ukulele, Spanish Class, and more. You can also peruse our library, savor a cup of coffee and cookies, and unwind in the lounge. Additionally, members enjoy a 10% discount at our Thrift Shop and receive a copy of our newsletter.

Starting November 1st, we will be accepting memberships for 2024. You can either visit our office in person or send in your membership application by mail, including your payment made out to FSC.

Whether you're actively participating in our activities and events or simply enjoying a coffee and a cookie in our welcoming environment, don't forget to become a member. Membership remains incredibly affordable at just \$15.00 per year.



FALLBROOK SENIOR CITIZENS'S SERVICE CLUB

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

Membership Application - Annual Dues \$15.00

Name: _____

Date: _____

Address: _____

City, State, Zip: _____

Phone: _____

Date of Birth: _____

Emergency Contact: _____

Phone: _____

Do you wish to receive the monthly newsletter? Yes

☐ No

If yes, how would you like to receive the newsletter? Mail

☐ Email

☐ Both

Email (required for email option on newsletter): _____

Would you like to receive updates and notifications via email? Yes

☐ Opt out of notifications

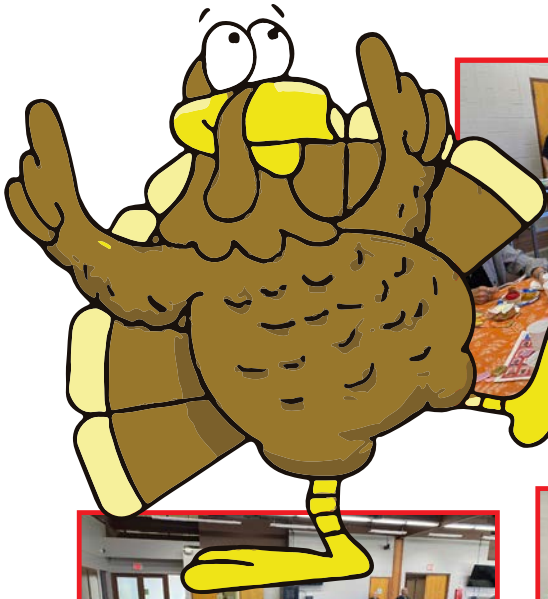
Current/Prior Occupation: _____

Hobbies & Interests: _____

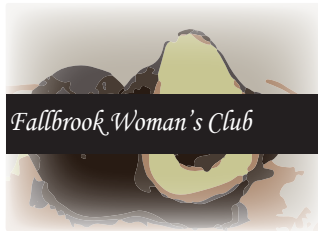
Participation in any activities at the Fallbrook Senior Citizens Service Club is at your own risk.

Signature _____

Thanksgiving Lunch



- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -





Don't forget to save your receipts from Major Market and bring them into the Senior Center.

We total all of the receipts and submit them to Major Market in return for a donation each month. Every little bit helps.

VOLUNTEER OPPORTUNITY

“Those who bring sunshine to the lives of others cannot keep it from themselves.”

-James Matthew Barrie

Consider volunteering at the Senior Center just a few hours a week. Call the office to see how you can help.

760-728-4498

FALLBROOK SENIOR CITIZENS SERVICE CLUB



The mission of the Fallbrook Senior Center is to promote healthy aging, independence and well-being of active, older adults in the communities we service. We will provide programs and services which support the dignity and enrichment of life for seniors fifty (50) and above. The Center provides a place to gather with activities and services including:

- ***Nutrition Services including lunches***
- ***Health Education and Exercise Classes***
- ***Legal and Financial Services***
- ***Educational and Cultural Programs***
- ***Recreational and Social Activities such as bridge, bingo and pool***

The Center is a membership organization but has a goal to coordinate services, skills and knowledge to benefit our seniors in the wider community.