



2025 IMPACT REPORT

**FOUNDATION FOR
SENIOR CARE**

Committed to the wellbeing of older adults

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LOOKING BACK

As we look back on a year shaped by more than 40 years of memories, service, and impact, we do so with deep gratitude – while we also embrace a future filled with promise, possibility, and an even greater commitment to older adults

As we reflect on 2025, I am filled with great appreciation and respect for the extraordinary community that stands beside older adults in Fallbrook. This year reminded us that impact is never created alone – it is built through compassion, collaboration, and a shared belief that older adults matter.

Because of grants, donations, community support and immense generosity, we were able to serve more than 1,200 older adults and their families this year, providing essential services such as safe transportation, referral and support advocacy, adult daytime caregiving, and opportunities for connection.

From innovative pilot programs that delivered meaningful results, to the heartfelt words of gratitude shared by the seniors and families we serve, this year was defined by connection, creativity, and community-wide impact. You will see how our work reached far beyond our walls – through community outreach events focused on services and resources, celebrations that brought people together in support of older adults, moments of recognition and pride, and seasonal efforts that ensured more seniors than ever felt seen and cared for.

This year also marked an extraordinary milestone: the announcement of our merger with the Fallbrook Senior Center. Together, we are forming the Center for Senior Wellbeing – a unified, trusted place where older adults can access services, build connections, and thrive. This historic step honors more than 90 years of combined service, while positioning the new Center to meet the growing and changing needs of our community.

Looking ahead, this moment sets the foundation for 2026 – a year marked by expanded services, deeper collaboration, and a stronger, more connected network of care that opens the door to a future filled with lasting impact for older adults – today and for generations to come.

With heartfelt thanks,



Executive Director
The Foundation for Senior Care



BY THE NUMBERS

OLDER ADULTS



1,200

individual
seniors served
in 2025

TRANSPORTATION



5,500

rides within
and outside of
Fallbrook

ADVOCACY



10,000

referral and
support
interactions

ADULT DAY CENTER



2,900

full days of
caregiving and
family respite

In 2025, we reached thousands of older adults through transportation, advocacy, caregiving, outreach, and other supportive services. While numbers matter, they never tell the whole story. What truly gives those numbers real meaning, are the individual lives behind them. If we can bring relief to one stressed or isolated senior, open a new door for one more older adult, or make a single day a little easier for a cherished senior, we consider our work a huge success.

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HAPPY TRAILS

Too often, older adults are expected to navigate complex systems on their own – traveling to offices, completing confusing paperwork, or coordinating services across multiple agencies. Our approach is different. Whenever possible, we believe meaningful support begins in-place by meeting seniors where they are – physically, emotionally, and logistically

TABLE TALK 2025

Another way we worked to meet seniors “in place” in 2025 was through our weekly presence at the Fallbrook Senior Center lunches. Every Tuesday and Thursday, Diana (Di), one of our referral and support advocates, was on site to meet with older adults and provide guidance, resources, and support – answering questions, making connections, and helping to navigate challenges. Di also served as our lead advocate for our Spanish-speaking clients.

In mid-2025, the Foundation for Senior Care launched a pilot program at Fallbrook Trails, an independent living apartment community for adults 55 years and older, with a simple but powerful goal: bring trusted support directly to seniors where they live. Rather than asking residents to navigate transportation, paperwork, or unfamiliar systems, Melanie, one of our referral and support advocates, spends one day each week on-site – meeting one-on-one with residents in her dedicated office to walk alongside them through both everyday challenges and complex life transitions.

What began with just one resident showing up at her office on day one, has quickly grown to nearly 40 Fallbrook Trails residents now receiving personalized, hands-on advocacy. Mel works closely with each individual – listening first, and then guiding them step-by-step through solutions that fit their unique circumstances.

- For Joe and Marie, a couple facing financial hardship and the real fear of falling behind on rent, Melanie coordinated with the Office for Homeless Solutions to secure short-term financial assistance. This bridge of support helped stabilize their housing situation while Joe currently prepares to begin a new job in January – restoring hope during an incredibly stressful time
- When Dorothy arrived in Fallbrook, she had been in town for just four days and felt overwhelmed and alone. Melanie helped her complete MediCal paperwork, apply for Cal Fresh, find a local doctor, and enroll in our transportation program so she could get to her medical and other essential appointments with confidence
- After an emergency medical procedure left Palmer with an unexpected \$500 bill which he could not afford, Melanie worked directly with St. Peter Thrift Shop to help cover the cost. She also coordinated with our transportation department so that Palmer could attend the holiday lunch at the Fallbrook Senior Center – ensuring he could still enjoy the holidays and stay connected to the community.
- Melanie connected Florence, who was living on a limited income, to both the Fallbrook Food Pantry and Meals on Wheels, ensuring she had reliable access to nutritious meals. Florence spends much of her time caring for her daughter’s new puppy, so during our Senior Holiday Gift Giveaway Melanie also delivered a gift bag with treats for both Florence and her beloved fur-baby grandchild – a small gesture that brought immense joy to them both.

The success of this program has made its impact unmistakable. As a result, the Foundation is hoping to expand this model to new senior apartment communities coming to Fallbrook – ensuring even more older adults can access support, connection, and care right where they are.



ADULT DAY CENTER

In 2025, our Adult Day Center (ADC) – affectionately known as *The Club* – served as a trusted source of daytime caregiving, stability, and connection for older adults living with cognitive and physical challenges, including stroke, traumatic brain injury, Parkinson’s disease, Alzheimer’s, and other forms of dementia. As the only daytime caregiving facility of its kind in Fallbrook, the ADC filled a critical gap for families seeking supportive care that allowed their loved ones to remain living at home, while also providing real caregiver respite.

Over the past year, the Club provided over 2,900 of caregiving hours and much-needed respite to approximately 50 families. These outcomes were made possible by skilled, attentive staff who knew each member well – their history, preferences, and changing needs – and who created a safe, engaging environment rooted in dignity and consistency.

Donor contributions in 2025 directly funded creative, meaningful programming that kept members engaged and connected. Members took part in music, gentle movement, games, storytelling, gardening, cooking, and crafts, along with seasonal events that brought familiarity and joy. Highlights included a St. Patrick’s Day celebration, Aloha Day with entertainment from the Sue Palmer Quartet, a Thanksgiving lunch shared with family members, and a holiday visit from Santa.

Partnerships with local organizations further enhanced daily experiences. Therapy dogs from Canine Companions offered comfort and connection, D’Vine Path provided monthly lunches, North Coast Church brought heavenly singers, and in collaboration with the Care Excellence Team, the ADC hosted a monthly Caregiver Support Group offering practical guidance and support. In addition, the North County Parkinson’s Support Group scholarship funds helped ensure access to care for individuals living with Parkinson’s disease.

In 2025, the Adult Day Center helped reduce isolation, supported ongoing wellbeing, and gave families the reassurance and time they needed – making a true difference in the daily lives of both the members and families we served.



Impact is both seen and felt at our Adult Day Center. It shows up in engaged minds, active movement, and familiar routines – and in the peace-of-mind families experience when they leave loved ones in safe, trusted care. Each day at the Club reflects dignity preserved, isolation reduced, and caregivers given time to recharge



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TRANSPORTATION

Transportation for older adults is not just about getting from one place to another – it's also about independence, connection, and peace-of-mind. Every ride to an appointment, every grocery bag delivered, and every visit with friends or family helps a senior to remain active, feel supported, and be included

In 2025, our Transportation program provided over 5,500 rides to older adults in Fallbrook, Bonsall, Rainbow, and De Luz. These rides were more than trips – they were lifelines, ensuring participants made it to critical medical appointments, got to the pharmacy, bought groceries, visited family, and remained connected to the community they love. For many, this program is the difference between isolation and independence.

Each ride was delivered with care, attention, and respect by our team of dedicated staff and volunteer drivers. Their commitment and heart for seniors allowed riders to travel safely and confidently, knowing they were in capable hands.

Donor support in 2025 made this possible. From routine appointments to trips that helped seniors stay socially connected, each ride was an investment in helping older adults stay mobile, included, and empowered -- and an investment in the overall strength and health of our community as a whole.



IN THEIR WORDS



Impact is measured not only by services delivered, but also in the voices of the people we serve. Every story shared and every note of thanks reflects a moment when someone felt supported, seen, and cared for. Together, these experiences tell a larger story – of older adults finding relief, families gaining peace-of-mind, and lives made a little easier. These simple words remind us why this work matters and how collective care creates lasting change

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OUTREACH



In 2025, we engaged our community through meaningful events that brought people together in support of tenors and their families. From local outreach initiatives to our signature fundraising gala, each event provided an opportunity to celebrate the contributions of seniors while raising awareness and resources to ensure their continued wellbeing. These activities strengthened our mission and deepened our community connections, while honoring older adults.

MUSIC TO THE EARS • FEBRUARY 2025

Our first-ever Dueling Pianos fundraiser was truly a night to remember! Held at the beautiful Pala Mesa Resort, the evening was filled with music, laughter, and community spirit. Guests enjoyed lively entertainment from Killer Dueling Pianos, tasty appetizers, a fun photo booth, and a welcoming atmosphere made possible by our generous sponsor, Regency Fallbrook. Dueling Pianos was so well-received that we held a second Dueling Pianos event in November at the local VFW Post 1924. The November Dueling Pianos was sponsored by EPIC Realty, Amada, Shield by Guardant Health, and Whitley Insurance.

SHARING THE LOVE • FEBRUARY 2025

This Valentine's Day, we shared a little extra joy with local seniors through our "I Froggin' Love You" outreach. With help from dedicated volunteers, generous donors, and the kids at the North County Boys & Girls Club, we delivered cheerful cards and adorable Froggie-Grams to more than 30 seniors – spreading smiles, connection, and a reminder that they are valued and loved.

STAND UP FOR SENIORS • MARCH 2025

Laughter filled the room at our second annual Stand Up for Seniors comedy night! Sponsored by Silvergate Retirement Residence, the evening featured hilarious performances, exciting prize drawings, and the crowning of Ernie Gebler here as our Silvergate King. More than just a fun night out, the event reminded us how deeply laughter can lift the spirit and connect us all.

OUTREACH (CONTINUED)

SENIOR RESOURCE FAIR • MAY 2025

In May, we proudly co-hosted our first Senior Resource Fair with Your Personal Pharmacy. Designed to connect seniors, caregivers, and families with local resources, the Fair brought together a wide range of organizations focused on senior living, healthcare, home care, financial planning, and support services. Attendees had the opportunity to explore services, ask questions, and gather information – all in one welcoming setting.

NORTH COUNTY FIRE SYMPOSIUM • MAY 2025

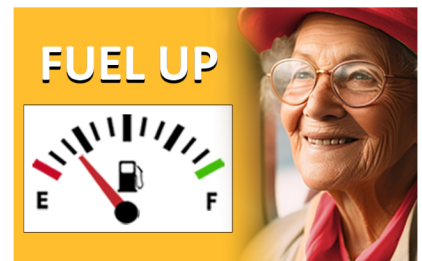
At the North County Wildfire Preparedness Symposium, two of our technology support instructors, Irv Rudderow and Dan Wise, helped attendees download and set up emergency alert and evacuation apps on their phones. This hands-on support is especially vital for older adults and those with limited mobility. Irv and Dan also volunteer regularly with our Fix-It Friday sessions and technology classes, making technology safer and more accessible for seniors year-round.

FUEL UP CAMPAIGN • MAY 2025

Our Fuel Up campaign rallied the community to help keep our Care Vans on the move as gas costs continued to rise throughout the county. This outreach directly supported our transportation program, helping provide more than 5,500 essential rides each year – connecting seniors to medical appointments, groceries, and vital social opportunities. Early generosity made an immediate impact, helping dozens of older adults get where they needed to go and showing how small gifts can drive big change.

HEALTHY LIVING FAIRE • JUNE 2025

The 2025 Healthy Living Faire brought wellness, resources, and community together in the heart of downtown Fallbrook. Located alongside the Fallbrook Farmer's Market and presented by Golden Care, the Faire featured more than 40 vendors offering health screenings, services, and information for all ages. With strong attendance and positive feedback from vendors and visitors alike, the Healthy Living Faire highlighted Fallbrook's shared commitment to healthy living and connection for everyone.



OUTREACH (CONTINUED)



HOLIDAY PARADES • NOVEMBER & DECEMBER 2025

We were proud to participate in the annual Veterans and Christmas Parades, honoring tradition, representing older adults, and celebrating community spirit. On both occasions, one of our Care Vans made its way along the parade route, with staff and volunteers walking alongside and greeting spectators. These moments are more than festive traditions – they are meaningful opportunities to say thank you and stay visibly connected to the community we serve.



SENIOR HOLIDAY GIFT GIVEAWAY • DECEMBER 2025

The season of giving culminated with our annual Senior Holiday Gift Giveaway, a cherished tradition that brings warmth and care to seniors experiencing financial hardship or isolation. This year, more than 220 personalized gift baskets were delivered, each thoughtfully assembled with items tailored to individual needs, including hand-knit blankets, toiletries, fur-baby supplies, and gift cards to local businesses.



This outreach was made possible through the generosity of community partners, donors, and volunteers, including the Fallbrook Blanket Project, Home Instead®, Kahoot's, Kelly Jameson of the LDS Church in collaboration with Village Medical Center, the Fallbrook Firefighters Association, North Coast Church, Rotary Club of Fallbrook, The Give Back Gals, The Place Church, and numerous individual supporters. Adding a special intergenerational touch, children from the Fallbrook Boys & Girls Club created handmade holiday cards to accompany each basket, making the season brighter for seniors across our community.



MORE ...

Alzheimer's Longest Day Activities • Bonsall Chamber of Commerce Events • Bingo Nights at Fallbrook Que & Brew • Community Collaborative for Health and Wellness • Community Forum • Fallbrook Chamber of Commerce Events • Fallbrook Senior Center Holiday Lunches • Fallbrook Trails Friendship Circle • FFSC Caregiver Support Group • FFSC Heart-to-Heart Companionship Program • FFSC Technology Support and Informational Workshops • Friends of Fallbrook Community Center Activities • Glowga with Sage Yoga • Rotary Club of Fallbrook • Serving Seniors Networking Breakfast • VFW Thanksgiving Meals for Seniors • Wealthlynk Holiday Event

2025 ANNUAL GALA

The Foundation for Senior Care's 2025 Annual Gala, "Honoring the Past – Embracing the Future," was a meaningful evening that brought together more than 120 friends, partners, and champions of older adults for a night rooted in gratitude, connection, and shared purpose. Surrounded by warmth and celebration, guests gathered to honor the seniors who have shaped our families and community, while also rallying support for the care, innovation, and collaboration needed to help older adults thrive now and well into the future.

The evening was both reflective and forward-looking, reminding us that the wisdom and experiences of older adults are the foundation upon which our future is built. Guests enjoyed a welcoming reception with music from the Sue Palmer Quartet, a delicious dinner, and multiple opportunities to give generously: a silent auction filled with unique items and experiences; the Giving Tree to honor a special senior; live auctions featuring unforgettable trips to Mexico and New Orleans, a Firehouse Dinner Night, a Girls' Night In with Rebecca Jones; and a heartfelt paddle raise. Thanks to the extraordinary generosity of attendees, sponsors, donors, community partners, board members, volunteers, and staff, the gala raised more than \$80,000 in direct support of older adults in our community.

AND THE AWARD GOES TO ... The gala also featured the presentation of our 2025 Change-Maker Awards. The *Volunteer Change-Maker Award* was proudly presented to North Coast Church, recognized for their transformative volunteer efforts, including revitalizing our Adult Day Center, serving as a founding partner in our Heart-to-Heart companion program, and giving generously to our Senior Holiday Gift Giveaway.

The *Community Partner Change-Maker Award* honored D'Vine Path for the creativity, collaboration, and joyful spirit they bring to our shared work. From culinary and floral programs that have elevated key events, to singers and dancers who fill our Adult Day Center with holiday cheer, their presence consistently enriches our programs. We also partner with them through our transportation program, to ensure their students can travel safely to and from campus.

David Garcia
accepts the
Volunteer Award
on behalf
of North Coast
Church



Community Partner Award winners
Ginna Brooks, Tom
Olmsted, and Judi
Hayden of D'Vine
Path, along with
Perla Hurtado
from the Foundation
for Senior Care

This year's gala was more than a fundraiser – it was a celebration of seniors, our community, and the power of coming together in support of older adults and the greater good



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SUPPORTERS

The progress we make each year is not the work of one organization alone – it is the result of a deeply connected community of supporters, collaborators, and grantors who believe in the value of older adults and the power of working together. Through shared purpose, financial support, and coordinated effort, these partners help transform our vision into real and meaningful outcomes

COLLABORATORS

The organizations recognized below are essential collaborators in the Foundation for Senior Care’s mission. By working together, we are better equipped to expand our reach, deepen our impact, and build a coordinated and responsive network of support for older adults throughout our community.

Canine Companions • Care Excellence Team • Christ the King Lutheran Church • City of Temecula • Daily Blooms • Fallbrook Chamber of Commerce • D’Vine Path • Fallbrook Fire Fighters Association • Fallbrook Regional Health District • Fallbrook Senior Center • Fallbrook Trails Senior Living • FRHD Community Health & Wellness Center • Gary and Mary West PACE • North Coast Church • North County Fire • North County Parkinson’s Support Group • REINS • Rob Sheehan and HiCAP • San Diego Gas and Electric • SD Sheriff’s Department • St. Peter Thrift Store

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.



HONORED

HHSA LIVE WELL SAN DIEGO PUBLIC HEALTH CHAMPION AWARD • APRIL 2025



The Foundation for Senior Care was honored by the County of San Diego Health and Human Services Agency (HHSA) as a 2025 Live Well San Diego Public Health Champion, receiving the prestigious Director's Award. This county-wide recognition celebrates organizations that strengthen public health through equity, resilience, and collaboration – and affirms the

Foundation's long-standing commitment to creating healthier environments for older adults right here in our community. The award reflects the collective impact of our staff, volunteers, partners, and supporters, whose shared efforts help ensure seniors have access to essential services, meaningful connection, and compassionate support at every stage of aging.

HARRAH'S ALL-IN-4-CHANGE GRANT AWARD • SEPTEMBER 2025



In September, the Foundation for Senior Care was honored as a recipient of Harrah's 2025 All-In-4-Change nonprofit cash grant, earning \$5,000 through a highly competitive process that included community voting and final selection based on impact and mission alignment. We were especially proud to be the only Fallbrook organization among all of the finalists – an achievement made possible by the strong support of our local community.

The funding directly strengthened our advocacy program, helping ensure older adults can access critical resources, navigate complex systems, and stay connected to the support they need.

COUNTY OF SAN DIEGO COMMENDATION • NOVEMBER 2025



In recognition of National Family Caregivers Month, the County of San Diego issued a formal proclamation honoring the Foundation for Senior Care for its dedication to supporting family caregivers. Presented by Supervisor Jim Desmond, the proclamation highlighted the Foundation's vital role in easing the

physical, emotional, and logistical demands caregivers face every day – through adult daytime caregiving, safe transportation, advocacy, support groups, and hands-on guidance. This recognition affirms the Foundation's belief that caregivers are the quiet backbone of our community and reflects our ongoing commitment to standing beside them with dignity, compassion, and meaningful support.

While each of these recognitions is distinct, together they highlight the value of older adults in our communities and the vital role nonprofits play in bringing people, resources, and compassion together on their behalf.

We were deeply honored in 2025 to receive recognition from several local and county-wide organizations. While we are immensely grateful for these awards, we know they represent the collective commitment behind our organization, and we view these honors as both a reflection of that shared dedication and a reminder of our responsibility to keep listening, collaborating, and working toward a future of even greater impact for older adults

UNITED FOR SENIORS

Together, we are building a stronger, more connected future for older adults and our community ... a go-to resource where older adults and their families know exactly where to turn for guidance, connection, and the opportunity to live healthy, engaged, and supported lives

The announcement of the merger between the Fallbrook Senior Center and the Foundation for Senior Care at our 2025 Gala marked a defining moment for our organization and the community we serve. With a shared mission and complementary strengths, this step forward reflects our commitment to building a stronger, more connected, and more responsive network of care for older adults and their families – today and well into the future.

Together, we are forming the **Center for Senior Wellbeing**: a single, trusted organization where older adults, families, caregivers, and community partners can easily access care, support, and opportunities to stay active, connected, and thrive. By combining resources, expertise, and programs, we are strengthening what already works while creating a more efficient and accessible system of care. All existing services will continue without interruption, now delivered through a more unified framework.

This merger comes at a critical time. As the senior population grows, so does the need for coordinated, proactive solutions that strengthen individuals, families, and the community as a whole. By coming together now, we reduce confusion by offering one, centralized place to turn – and lay the groundwork for programs and services that are more impactful and better positioned to evolve with the needs of older adults.

As the Center for Senior Wellbeing begins operations in January 2026, our focus will be on deepening partnerships, expanding services, and maximizing every dollar, volunteer hour, and collaborative effort. Donors, partners, and supporters can be confident their investment will go further and create greater impact across the community.

This merger is more than an organizational change – it is a promise to our community that we are building a sustainable future where older adults are valued, cared for, and given every opportunity to thrive.



NEW NAME • MORE IMPACT • SAME HEART

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The Foundation for Senior Care succeeds through the leadership of its Board and the dedication of its staff. Board members volunteer their time, expertise, and resources. And our compassionate staff works tirelessly to provide much-needed services to older adults. Together, the team creates a powerful force for good, enabling care, dignity, and community for those we serve



FRONT: Cristina Nunez • Linda Kohler • Miranda Escoto • Imelda Flores • Deanna Badgley • Perla Hurtado • Joanna Costello • BACK: Melanie Bonenfant • Teri Massey • Rosie Estrada • Jonny Viau • Elisha Wright • Alyce Guerrero • Kym Heisler • (Not Pictured) Sandra Perez • Sherene Pierce

STAFF



FOUNDATION FOR SENIOR CARE
Committed to the wellbeing of older adults

The Foundation for Senior Care is a 501 (c) 3 charitable, nonprofit organization that provides vital services to older adults in the Fallbrook, Bonsall, Rainbow and De Luz communities. Services include transportation, referral and support advocacy, hospital-to-home recovery support, daytime adult caregiving, and senior-focused education • Tax ID # 95-3389263