



"At the end of your life, you will never regret not having passed one more test, not winning one more verdict, or not closing one more deal. You will regret time not spent with a husband, a friend, a child or parent."

Barbara Bush  
Former U.S. First Lady

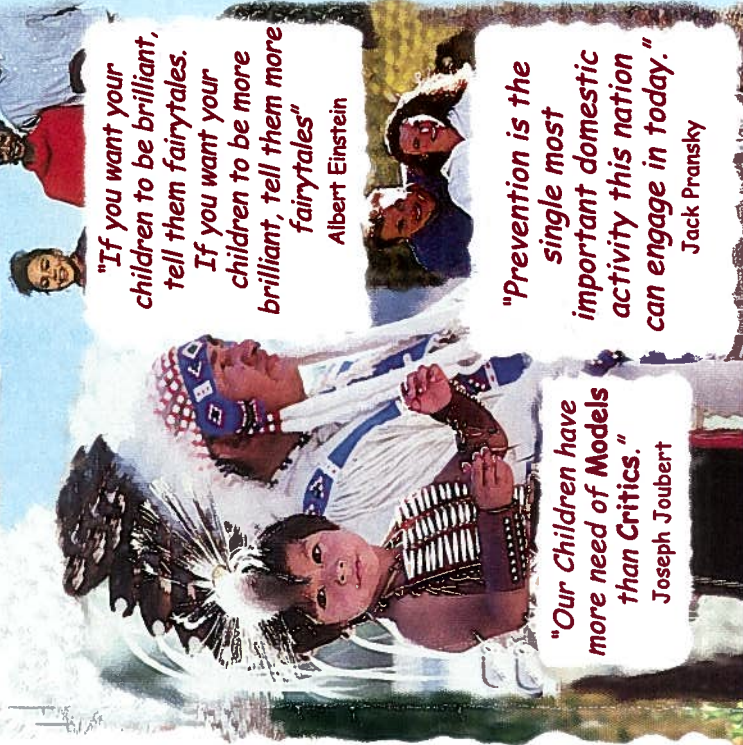
"The secret lies in how we handle today, not yesterday or tomorrow. Today...that special block of time holding the key that locks out yesterday's nightmares and unlocks tomorrow's dreams."

Charles Swindall

Everyone needs recognition for his accomplishments, but few people make the need known quite as clearly as the little boy who said to his father... "Lets play darts. I'll throw and you say "Wonderful."

# FCSS

- ❖ Is preventive in nature
- ❖ Enhances, strengthens and stabilizes family and community life
- ❖ Helps people to develop independence and strengthen coping skills
- ❖ Helps people develop interpersonal and group skills which enhance relationships
- ❖ Promotes volunteerism
- ❖ Encourages and facilitates co-operation and co-ordination
- ❖ Promotes, encourages and facilitates the development of stronger communities
- ❖ Promotes citizen participation
- ❖ Enables local decision making



"If you want your children to be brilliant, tell them fairytales.  
If you want your children to be more brilliant, tell them more fairytales"

Albert Einstein

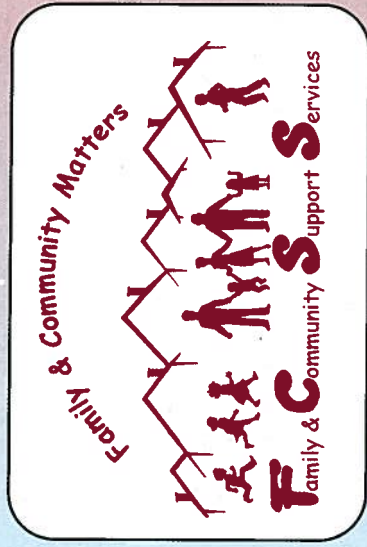
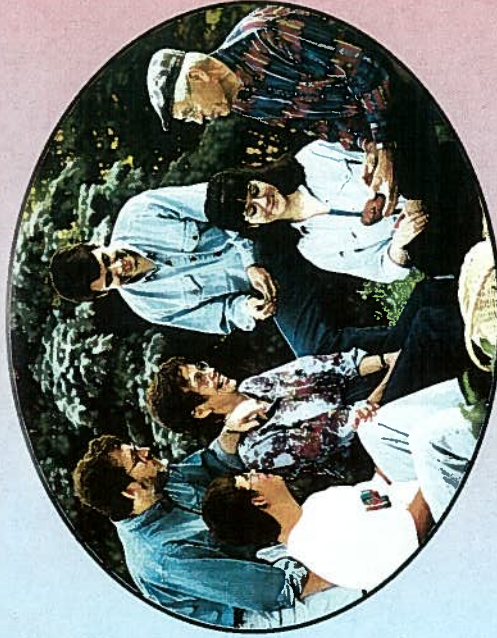
"Prevention is the single most important domestic activity this nation can engage in today."

Jack Pransky

"Our Children have more need of Models than Critics."

Joseph Joubert

## Crowsnest Pass Family and Community Support Services Meals on Wheels Program



**Crowsnest Pass  
Family and Community  
Support Services**

**MEALS ON WHEELS  
PROGRAM**

**Helping adults, families  
and the aging population.**



**Contact F.C.S.S. and the  
Meals on Wheels Program  
by calling the Municipal  
Office at 562-8833.**

**F.C.S.S.  
P.O. Box 600  
Blairmore, Alberta  
TOK OEO**



**WHO?**

You are eligible to receive Meals on Wheels if you:

- ξ Are elderly or frail
- ξ Are convalescing or ill
- ξ Have disabilities or mobility problems
- ξ Have vision problems
- ξ Have shopping difficulties



**WHAT?**

Meals on Wheels provides soup, a hot meal, sandwich and dessert.



**WHEN?**

Meals are available Monday to Friday AND statutory holidays. You may choose which days you would like a meal to be delivered. To **RE-ORDER** OR **CANCEL** a meal, call the Municipal Office at 562-8833 before 10:00 a.m.

You can also **pre-order additional meals to freeze** for weekends. These meals would have to be ordered at least two days in advance.



**WHY?**

During times or stages in life when meal preparation is unmanageable, the Meals on Wheels program is in place to provide a nutritional, well-balanced meal.



**WHERE?**

Caring and trained volunteers deliver Meals on Wheels anywhere in the Crowsnest Pass.



**HOW?**

To join Meals on Wheels call the CNP Municipal Office, 562-8833 between the hours of 8:30 a.m. and 4:30 p.m. Monday thru Friday. Be prepared to give the following:

- ξ Name, Street and Mailing Address
- ξ Phone Number, Age, and Emergency Contacts and if you have any pets
- ξ Dietary Restrictions and Allergies
- ξ Information on your Health and Physical status.



**YOUR RESPONSIBILITIES?**

- ξ Being home between 11:00 a.m. and 12:30 p.m. for delivery.
- ξ Notify the office no later than 10:00 a.m. to cancel your meal.



**PAYMENT?**

To pay your monthly invoice you can drop in to the Municipal Office or **MAIL** a cheque to F.C.S.S. at P.O. Box 600, Blairmore, AB TOK OEO

**NOTE: Administration and supplies are covered by F.C.S.S.**