

FCSS Agenda

May 5, 2025 at 4:00 p.m.

Town Office Council Chambers 502 -2nd Avenue



VISION

Bassano FCSS is a strong partner in a healthy community.

Mission

Bassano FCSS works to build a strong community through locally driven proactive partnerships and preventative programming.

1. Call to Order
2. Attendance and Regrets
3. Adoption of Agenda for May 5, 2025
4. Adoption of Minutes
 - 4.1 Minutes of April 7, 2025
5. Financial Summary
 - 5.1 Financial Statement for period ending April 30, 2025
6. Director's Report
 - 6.1 Period ending April 30, 2025
7. Unfinished Business
 - 7.1 Cake Awards – Volunteer Appreciation
8. New Business
 - 8.1 Connect and Cook – Open Discussion
 - 8.2 Small Town Smoke Down Mental Health Awareness Carnival - RFD
 - 8.3 Seniors Week – RFD
9. Correspondence
 - 9.1 Little Learners Fair Share Donation Request
 - 9.2 AMH Education Sessions Newsletter
10. Adjournment

Next Meeting Date: June 2, 2025 at 4:00 p.m.

MINUTES OF THE REGULAR BASSANO FCSS ADVISORY BOARD MEETING HELD ON April 7,2025

ADVISORY BOARD MEMBERS

- Tammie Hauck
- Christine Petkau
- Heather Basarab
- Alice Slomp
- Evelyn Jensen
- Kevin Jones
- Skye Chartrand
- Matt Kelly

ADMINISTRATION

- Amanda Barron, FCSS Director

1. CALL TO ORDER

CHAIR HAUCK called the meeting to order at 4:00 p.m.

2. ATTENDANCE AND REGRETS

- Matt Kelly

3. ADOPTION OF AGENDA

FCSS22/2025 Moved by **MEMBER JONES** that the April 7, 2025 agenda is approved as presented.

CARRIED

Skye Chartrand entered the meeting at 4:03 p.m.

4. MINUTES OF March 3, 2025

FCSS23/2025 Moved by **MEMBER BASARB** to approve the minutes of March 3, 2025 FCSS Advisory Board Meeting as presented.

CARRIED

5. FINANCIAL SUMMARY

NONE

Christine Petkau entered the meeting at 4:18 p.m.

6. DIRECTOR'S REPORT

6.1 Director's Report – March 31, 2025

FCSS24/2025 Moved by **MEMBER JENSEN** that the FCSS Directors report for the period ending February 28, 2025 is approved as presented and discussed.

CARRIED

7. UNFINISHED BUSINESS

NONE

8. NEW BUSINESS

8.1 Free Home Buyers Seminar

FCSS25/2025 Moved by **CHAIR HAUCK** that the FCSS Advisory Board works in collaboration with Kelly Rasmusen from Royal LePage alongside his colleagues and partners to facilitate a free home buyers' seminar that will include BUILD Bassano Incentives hosted in Bassano at a date to be determined with a budget of \$100.

CARRIED

9. CORRESPONDENCE

FCSS26/2025 Moved by **CHAIR HAUCK** that the FCSS Advisory Board accepts the correspondence and files the item as information.

CARRIED

10. MEETING ADJOURNED

FCSS27/2025 Moved by **CHAIR HAUCK** for adjournment of the regular meeting at 4:33 p.m.

CARRIED

Chair Signature

Director Signature



TOWN OF BASSANO

FCSS Budget 2025

General Ledger	Description	2025 Budget	2025 Actual	2025 Budget Remaining \$
Revenue				
1-51-00-410-00	FCSS - 2025 WOMEN'S WELLNESS	(5,000.00)	(120.00)	(4,880.00)
1-51-00-590-00	FCSS - GENERAL REVENUE	(2,700.00)	(13.00)	(2,687.00)
1-51-00-590-03	FCSS - DONATIONS	0.00	(300.00)	300.00
1-51-00-595-00	FCSS - COMMUNITY CHRISTMAS DONATIONS	(6,982.00)	(1,982.22)	(4,999.78)
1-51-00-710-00	TSF FROM FCSS RESERVE	(9,517.00)	(9,517.23)	0.23
1-51-00-840-00	FCSS - CONDITIONAL GRANT	(41,280.00)	0.00	(41,280.00)
1-51-00-850-00	FCSS - GRASSLANDS FCSS /TOWN CONTRIB.	(36,700.00)	(5,000.00)	(31,700.00)
* TOTAL Revenue		(102,179.00)	(16,932.45)	(85,246.55)
Expenditures				
2-51-00-130-00	FCSS - EMPLOYER CONTRIBUTIONS	4,200.00	1,433.69	2,766.31
2-51-00-110-00	FCSS - SALARIES	58,000.00	18,808.56	39,191.44
2-51-00-135-00	FCSS - AUMA BENEFITS	7,300.00	2,435.28	4,864.72
2-51-00-137-00	FCSS RRSP CONTRIBUTION	1,200.00	400.00	800.00
2-51-00-150-00	FCSS - ADM TRAINING & EDUCATION	2,800.00	845.00	1,955.00
2-51-00-200-00	FCSS PROGRAMS	8,800.00	1,582.36	7,217.64
2-51-00-200-01	FCSS PROGRAM - 2025 WOMEN'S WELLNESS	6,500.00	921.88	5,578.12
2-51-00-211-00	FCSS -TRAVEL/LODGE/PHONE & BOARD DEVEL.	1,970.00	15.45	1,954.55
2-51-00-220-00	FCSS - ADVERTISING & MEMBERSHIPS	620.00	625.71	(5.71)
2-51-00-510-00	FCSS - GENERAL GOODS & SUPPLIES	3,800.00	0.00	3,800.00
2-51-00-595-00	FCSS - COMMUNITY CHRISTMAS	6,982.00	0.00	6,982.00
* TOTAL Expenditures		102,172.00	27,067.93	75,104.07

*** End of Report ***

FCSS Director's Report

Period Ending: April 30, 2025

Prepared By: Amanda Barron, Director

Supporting Community Members



SUPPORTS

Seniors Benefits

In March we provided service to 4 individuals in submitting Seniors Benefits

Referrals/ Supports

As part of our services FCSS provides support to individuals in aiding access to various supports such as government programs, housing assistance and food bank access. FCSS has provided support with the online and print application processes. We have also aided local the Pioneer Damsiters with a grant application to the Blue Cross Wellbeing Grant to support internal programming.

PROGRAMS

Fit and Free Programs

Fit and Free Adults Programming continues to see regular utilization having 12 registered participants. Youth programming has 3 registered members. The programs have experienced some interruptions due to the Federal Election requiring use of space. As we move into the summer months equipment will remain accessible to participants.

Lending Shed

The Community Lending Shed was well utilized this winter at the Outdoor Rink, I will be removing, inspecting and repairing the equipment to put into storage to make room for the summer equipment which includes soccer, basketball, street hockey and badminton. I will be providing a status update on the winter equipment at our June meeting.

Canadian Volunteer Income Tax Program (CVTIP)

We continue to complete tax preparations in office as the April 30th tax deadline approaches. The 2024 Community Volunteer Tax Clinic has been widely utilized locally with over 80 returns being completed by Bassano FCSS. Thank you to all our residents who have taken advantage of this great program. We are hopeful the CVTIP Grant program will be available for the 2025 tax cycle, as we continue to see growth in subscribership from our pilot year of 2021 in which 12 preparations were completed.

Women's Wellness Resilient Women- Empowered Futures

Bassano FCSS made the decision to cancel our Women's Wellness Conference scheduled on April 12, 2025 in Bassano. The total cost incurred for Women's Wellness is \$921.88 of which \$564.76 are sunk.

A discussion is required to determine if Bassano FCSS will continue trying to deliver Women's Wellness in future years or if programming time/resources will be directed to other priorities. A

FCSS Director's Report

Period Ending: April 30, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

motion of the board is required for whichever outcome it determined. **DISUSSION/MOTION required.**

Volunteer Appreciation

As of now, the status of our grant application for Volunteer Week celebrations remains unknown. While we are hopeful for a positive outcome, it is important that we had contingency planning to ensure that we have provided a Volunteer Week celebration locally. By taking these preparatory steps, we can ensure that Volunteer Week celebrations continue to honor our dedicated volunteers. On April 23 the FCSS Advisory Board determined via email to host a Thank You – Coffee and Treats Morning hosted at Town Office with a budget of \$150. **MOTION required.**

This event was proposed as a warm and informal gesture of appreciation for our local volunteers during Volunteer Appreciation Week. The goal is to recognize and thank individuals who have contributed their time and energy to support community programs and events throughout the year. Additional planning for Volunteer Recognition to follow upon grant determination.

INITIATIVES

Welcome Wagon

Through the month of April, FCSS distributed 2 Welcome Packages. A Welcome Wagon restock with inclusion updates was completed this month.

724 2nd Ave	April 11/25
525 8 Ave	April 14/25

GENERAL UPDATES

South Directors Meeting

The South Region met via Zoom on April 9 for Director's in the South region. The South will be planning the FCSSAA Conference this coming November, a group of Directors has been organized to tackle the challenge.

On January 30, 2025, the Alberta government outlined additional details on the establishment of Assisted Living Alberta (ALA) – the provincial agency responsible for continuing care, home care and community supports. A key priority for this part of the health system refocus is to more effectively leverage expertise and strengthen the connections to social services. A roundtable discussion was held on April 9, 2025 in Lethbridge engaging on the ground perspectives and a variety of stakeholders. Discussions will be solutions and implementation focused and will be informed by and build from the work underway by the ALA Transition Committee led by Dr. Sayeh Zielke.

Our next South Regional Meeting is Wednesday May 28th in person hosted in Cypress County.

FCSS Director's Report

Period Ending: April 30, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

Community Foundation of South Eastern Alberta

Regarding our recent grant application for the Swim to Survive program. Unfortunately, we were not selected to receive funding in this round. While disappointing, we've been encouraged to reapply in the Fall intake. We'll take this opportunity to review and strengthen our proposal, and I remain optimistic about our chances in the next round. I'll keep you informed as we move forward with the reapplication process.

Professional Development

The Family and Community Support Services Association of Alberta recommends that all directors complete the *Brain Story Certification*, a free, science-based online course developed by the Alberta Family Wellness Initiative. This course offers in-depth education on how early experiences shape brain development and influence health, learning, and behavior throughout life. Comprising 20 modules, the Brain Story provides foundational knowledge about topics such as toxic stress, executive function, and resilience. As a director currently progressing through this learning journey, I have completed 7 of the 20 modules, gaining valuable insight into how brain science can inform more effective policies and community support strategies. The course supports FCSSAA's commitment to evidence-based practice and the promotion of lifelong mental and physical well-being. Additionally, I continue to work towards gaining a Certificate in Information Access and Privacy Protection through the U of A. I will be registering for the final course this fall.

UPCOMING PROGRAM

- Fit and Free – Ongoing
- Rural Pop Up May 20 @ 10am – Community Hall
- Community Garden Rentals open
- Fraud/Scam Prevention May 5 @ 12:10pm – Bassano School
- Spring Clean Up begins May 12
- Caregivers/Elder Abuse Session June 5 @ 9:30am – Pioneer Damsiter's
- Home Alone Course June 13 @ 1 – 3:30pm – Community Hall
- Babysitters Course June 28 @ 9 am – 4pm @ Council Chambers

Attachments

1. Action Items

CAKE (COMMUNITY, APPRECIATION, KINDNESS, EXCELLENCE) AWARDS

BACKGROUND

At our January 13, 2025 Advisory Board Meeting we discussed the idea of recognizing local volunteers through the use of CAKE (Community Appreciation, Kindness and Excellence) awards to help promote attendance at our local volunteer appreciation event. The FCSS Advisory Board has had several discussions surrounding program alignment with Volunteer Appreciation for these awards pending the outcome of a pending grant proposal.

The CAKE Awards aim to recognize and celebrate individuals or groups within the municipality who have shown an outstanding commitment to supporting and improving their community through volunteerism. It's about recognizing the people who go above and beyond to contribute to a better, more connected community.

This program encourages a culture of kindness and promotes positive social interactions that strengthen the community. The goal of this program is not only to recognize individuals and groups in our community, but to also promote and procure a culture of kindness demonstrated in daily interactions long term. By acknowledging this effort we can encourage more people to get involved in their communities and highlight the importance of community bonds and collective action.

PROPOSED PROGRAM

The FCSS Advisory Board will bring forward nominations and decide upon CAKE award recipients utilizing the following criteria:

- **Consistency:** Nominations must be for individuals that have consistently engaged in acts of kindness and empathy over time, not just one-time events.
- **Impact:** The award will recognize those whose actions have made a positive, measurable impact on others' lives or the community as a whole.
- **Inclusivity:** Acts that are inclusive and promote diversity and equity within the community.
- **Innovative Approach:** Recognizing those who have introduced unique ways to promote kindness and empathy.

Awards will consist of a fancy cupcake, along with recognition for their impact locally through the following:

- **Ceremony:** An award ceremony will be organized, coinciding with our community Volunteer Appreciation.

- Recognition: Each winner will receive a cupcake, and personalized thank you detailing why they were chosen and in what capacity they contribute to the fabric of the community during our annual Volunteer Week celebration at a date to be determined. They will also be featured in the municipal newsletter, FCSS social media platforms, and the Bassano Banner.

By hosting the CAKE awards at an existing local function such as Volunteer Week, we may boost attendance and provide a program that ties closely with volunteerism.

The CAKE Awards have a strong tie to volunteerism because they are specifically designed to recognize the contributions of volunteers who dedicate their time, energy, and resources to making a positive impact on their communities or causes. In essence, the CAKE Awards are a way to acknowledge and celebrate those who help to drive social change, make lasting impacts, and inspire others through the act of volunteerism. They shine a light on how volunteering not only helps those in need but also contributes to building a stronger, kinder, and more excellent community.

ALIGNMENT TO MANDATE

The FCSSAA mandate focuses on enhancing the well-being of individuals and communities through prevention, empowerment, and building strong, supportive networks. Volunteerism aligns perfectly with this mandate, as it encourages community members to actively engage in the betterment of their surroundings. By fostering consistent acts of kindness and empathy, volunteerism strengthens the social fabric and supports the FCSSAA's goal of creating resilient, inclusive communities. Volunteers are key in delivering programs that support vulnerable populations, and their contributions not only address immediate needs but also promote long-term social change. Through volunteerism, the FCSSAA's mandate comes to life, empowering individuals to connect, care, and make a positive impact on the lives of others.

A program budget of \$ 400 would be allocated to prepare CAKE awards.

OPTIONS:

#1 – That the Family and Community Services Advisory Board prepares 3 CAKE awards to be delivered to recipients that the FCSS Advisory Board decides based upon the criteria of consistency, impact, inclusivity and innovation. The awards will be given at our annual Volunteer Appreciation event in early May, additional recognition via municipal newsletter and online through FCSS social media and the Bassano Banner with a program budget of \$400.

#2 - That the Family and Community Services Advisory Board prepares CAKE awards with amendments. Define amendments.

#3 – That the Family and Community Services Advisory Board forgoes preparing CAKE awards during the 2025 programming cycle.

DIRECTOR COMMENTS:

The decision on CAKE awards has been delayed several times, therefore a decision is required at this time to begin the planning process for a Volunteer Recognition event if in fact it is desired by the board.

ALIGNMENT WITH OPERATIONAL POLICIES

- P-FCSS006 – Financial Planning Policy (program fits within budget)

- P-FCSS007 – Programming Policy (program logic model, establish advertising timelines)

PROPOSED RESOLUTION:

#1 – That the Family and Community Services Advisory Board prepares 3 CAKE awards to be delivered to recipients that the FCSS Advisory Board decides based upon the criteria of consistency, impact, inclusivity and innovation. The awards (cake and personalized award) will be given at our annual Volunteer Appreciation event in early May, additional recognition via municipal newsletter and online through FCSS social media and the Bassano Banner with a program budget of \$400.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Attachments:

1. None

COMMUNITY COOK AND CONNECT

BACKGROUND

In today's fast-paced world, many individuals and families face challenges related to food security, limited time for meal preparation, and the rising cost of nutritious food. Cook & Connect was created in response to these challenges, with the goal of promoting food autonomy and empowering community members through shared cooking experiences. By bringing together individuals from diverse backgrounds, the program not only addresses the practical needs of preparing healthy and affordable meals, but also fosters a sense of community, collaboration, and support.

PROPOSED PROGRAM

This program is designed to encourage participants to take control of their food choices, learn valuable cooking and meal-planning skills, and work together to overcome barriers related to food insecurity. Cook & Connect provides a platform for individuals to share resources, save money through group buying, and gain confidence in their ability to cook and plan meals independently. Through these efforts, the program aims to create a more resilient community, where everyone has access to the tools, knowledge, and skills to prepare nutritious meals for themselves and their families.

Purpose: A community-driven program where participants cook meals together, learn about healthy cooking, and share the experience of preparing affordable, nutritious meals.

How It Works:

- Participants collaborate in groups to prepare and cook meals together.
- Input is welcomed for recipe ideas, and participants could make a minimal payment to help cover the cost of ingredients.
- Each participant takes home meals for the week.
- The program encourages group cooking, allowing participants to share responsibilities and learn together.

Program Benefits:

- **Skill Development:**
 - Learn how to prepare healthy, affordable meals.
 - Gain knowledge of meal planning and food safety.
 - Improve cooking skills through hands-on experience.
- **Social and Community Building:**
 - Have fun while cooking in a group setting.
 - Meet new people and work as a team.
 - Build a sense of community and share culinary knowledge.

- Financial and Time-Saving:
 - Save time and money through group buying and cooking.
 - Discover new recipes and try foods that participants may not typically prepare at home.
- Health and Nutrition:
 - Learn about Canada's Food Guide and healthy eating practices.
 - Prepare meals that cater to specific dietary needs, such as low-income, medical conditions, or family-focused meals.
- Key Pre-Employment Skills Gained:
 - Culinary Skills – Participants learn basic food prep, cooking techniques, hygiene, and kitchen safety, which are core requirements in most food service jobs.
 - Time Management – Working in a kitchen environment teaches how to manage time efficiently under pressure.
 - Teamwork & Communication – Cooking collectively fosters collaboration, a critical soft skill in any food industry setting.
 - Responsibility & Reliability – Showing up regularly and completing tasks helps develop a work ethic valued by employers.
 - Customer Service Exposure – If the program serves meals to the public, participants may also gain front-of-house or customer interaction experience.
 - Inventory & Kitchen Organization – Learning how to manage food supplies, plan meals, and reduce waste mirrors real-world restaurant operations.

Who Can Join:

- Seniors
- People with limited time to cook
- New moms, single parents, and young adults/teens
- Individuals with low income
- People with medical conditions needing dietary adjustments
- Anyone looking to learn cooking or meal planning skills

Program Goals:

- Enhance participants' ability to cook healthy, affordable meals.
- Foster a collaborative environment that encourages learning and sharing.
- Create an inclusive and supportive space for people from diverse backgrounds.
- Help participants save time and money while enjoying the process of cooking.

Program Format:

- Monthly sessions
- 5- 6 recipes each session
- Each session lasts approximately 2-3 hours with next session menu selected by participants.
- Community Hall - Kitchen

BUDGET/ COST PER PARTICIPANT

Supply costs will vary from session-to-session dependent on subscribership and grocery costs.

Fee Structure Options

1. Sliding Scale (Most Inclusive)

- \$10–\$30 per participant, depending on income or ability to pay.

- Subsidies available via FCSS Program Subsidy Policy P-FCSS014.
- Encourages participation while maintaining dignity and inclusion.

2. Flat Fee

- Charge a standard \$20–\$25 fee per session.
- Helps recover some costs without creating barriers.
- Easy to manage administratively.

If the board favors this program, I will need to work through a full fee structure to formalize the programs.

ALIGNMENT TO MANDATE

The Cook & Connect program aligns with the FCSS mandate by promoting the well-being of individuals and families within the community. FCSS is dedicated to building healthy, resilient communities by offering preventive social services and empowering individuals to address challenges independently, strengthening resilience. Through Cook & Connect, we empower participants to take control of their food security by providing them with the skills, resources, and knowledge to prepare healthy, affordable meals. This aligns with FCSS's focus on fostering self-reliance and community engagement.

Additionally, the program strengthens social connections, as it encourages collaboration, knowledge-sharing, and community building. Participants from various backgrounds come together to cook, learn, and support one another, fostering a sense of belonging and reducing social isolation. The program also contributes to improved quality of life by addressing practical needs such as food security, meal planning, and health, all key components of FCSS's mission to enhance the overall well-being of individuals and families in the community. It also provides pre employment skills valuable to participants looking into employment within the food services industry.

DISCUSSION

1. What are the current challenges related to food security, nutrition, or social isolation in our community?
2. How do people in the community currently access food education or cooking resources, and are these resources sufficient?
3. What measurable outcomes should we aim for, such as improved nutrition, increased social cohesion, or reduced isolation?
4. How can we tailor the program to meet the needs of diverse participants (e.g., different ages, cultures, dietary restrictions)?
5. How can we ensure that the program is inclusive and invites a diverse group of participants to share their stories and experiences?
6. How will the program be funded, and what types of partnerships or sponsorships might be necessary to ensure its success?
7. What qualitative feedback will we seek from participants to assess the program's effectiveness in fostering connections and improving cooking skills?
8. How can we collaborate with local food banks, farmers' markets, or other community organizations to provide ingredients, materials, or funding?

CLARIFICATIONS/CONSIDERATIONS

Direct delivery service provides immediate relief by preparing and distributing meals to those in need—meeting urgent food insecurity but often with limited participant involvement. In contrast, creating autonomy through a collaborative cooking program empowers individuals by involving them in every step—from planning and preparation to cooking and serving. This participatory model builds practical skills, confidence, and community connection, fostering long-term independence rather than ongoing dependence.

The Community Connect and Cook is not just about preparing meals; it's about building community, learning essential life skills, and having fun while doing it. Whether people are looking to improve their cooking skills, save money, or meet new people, this program offers an inclusive environment for all.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

SMALL TOWN SMOKE DOWN MENTAL HEALTH AWARENESS COMMUNITY CARNIVAL

BACKGROUND

The Small Town Smoke Down is a vibrant, family-friendly BBQ competition that has become a beloved annual event in the community. Now in its fourth year, the competition celebrates the art of barbecue while bringing together amateur and professional pitmasters, as well as young aspiring chefs in the kids' BBQ competition. Held free to the public, the event offers something for everyone, from delicious food and exciting live music to friendly competition and fun activities for all ages. With its inclusive atmosphere and emphasis on community spirit, the Small Town Smoke Down continues to grow, fostering a sense of local pride while providing a unique and engaging experience for families, food enthusiasts, and BBQ lovers alike. FCSS has committed to sponsoring alongside volunteering to provide the Kid's Que competition.

Due to the cancellation of our Women's Wellness Conference, we have pre-purchased supplies that can now be redirected to host a Free Family Carnival. These supplies, originally intended for the conference, will be repurposed to create a fun and engaging event for families in the community. This shift allows us to continue providing a meaningful experience for attendees while making the most of the resources already in place.

PROPOSED DELIVERY

Overview:

The event will be held at the Community Sport Court, where there will be a central Refreshment/Resource Booth and five stations offering a variety of games and activities for families of all ages. The delivery model will ensure a smooth flow of participants, provide engaging entertainment, and maintain accessibility and safety throughout the event.

1. Event Layout and Structure:

- Central Hub:
 - Refreshment Booth located centrally to serve Popcorn and Lemonade.
 - Resource Table: Mental Health Awareness - Local resources available, related awareness swag.
- Stations (7 stations):
 - Station 1 – The Great Ring Fling: A classic game where families can compete to land rings bottles, promoting hand-eye coordination and friendly competition.
 - Station 2 – Chuck the Duck : Players aim to toss plastic ducks into openings at varying heights, providing fun and challenging activity for children and adults alike.
 - Station 3 – Eggs-press Lane: A small, fun course that encourages physical activity and teamwork. Participants can race through, enhancing physical fitness and coordination while balancing an egg on a spoon while weaving through pylons.

- Station 4 – Face Painting A creative space where children can get their faces painted.
- Station 5 – Pop Zone: popping balloons with darts.
- Station 6 – Sling Shot Showdown– using a toy slingshot participants will knock down stacked cans.
- Station 7 – Prize Wheel : Participants can spin and win.

2. Time Allocation & Supervision:

- The event will run for 2 hours, allowing families to participate in games at their own pace.
- Each station will have an attendant and games– participants line, first come.
- Volunteers and staff will be positioned throughout the event to provide guidance, monitor the safety of activities, and engage with participants.

3. Safety and Accessibility:

- **Safety:**
First aid kits and trained personnel will be available at the event for emergency situations. The community sport court will be monitored to ensure safe play during the event.
- **Accessibility:**
The event is designed to be inclusive, with accessible pathways for individuals with disabilities. Games and stations will be adaptable to various abilities, ensuring all community members can participate.

4. Evaluation and Feedback:

- **Feedback Mechanisms:**
At the end of the event, families will be invited to provide verbal feedback on their experience. This will help assess the success of the event and identify areas for improvement in future events.
- **Outcome Measures:**
Tracking attendance, participation in each station, and engagement at the refreshment booth will help evaluate the event's reach and effectiveness. Community well-being can be assessed through participant feedback on overall enjoyment, sense of connection, and accessibility.

PROGRAM GOALS

1. **Enhance Community Connection:** Foster a sense of belonging and social cohesion by providing a space for families and community members to interact and form connections.
2. **Promote Family Well-being:** Offer a range of activities that encourage positive family interactions, enhancing overall family relationships and well-being.
3. **Increase Access to Mental Health Knowledge and Supports:** Provide accessible and free information, resources and supports to promote mental wellness.
4. **Encourage Volunteering and Local Involvement:** Involve community members, volunteers, and local businesses in event planning and execution, strengthening community engagement and support.
5. **Improve Social Inclusion:** Ensure the carnival is inclusive by providing activities and accommodations for individuals of all abilities, promoting an accessible environment for everyone.
6. **Support Emotional and Mental Health:** Create a positive, enjoyable environment that reduces stress, provides entertainment, and promotes emotional well-being for participants.

7. Enhance Family Resilience: Build stronger, more resilient families by providing opportunities for bonding, learning, and positive shared experiences.

BUDGET

The Family Carnival will primarily utilize an existing surplus of supplies and materials from previous events, ensuring a cost-effective and sustainable approach to event planning. This strategy allows us to maximize available resources while minimizing waste and additional expenses. To complement this, an additional \$250 will be allocated specifically to support the refreshment/resource stand, ensuring that attendees can enjoy popcorn and lemonade throughout the event as well as Mental Health resources and learn about creating and sustaining positive mental health. This budget-conscious plan supports a fun, community-focused experience while maintaining financial responsibility.

ALIGNMENT TO MANDATE

The Free Family Carnival aligns with the FCSSAA mandate by promoting community well-being, strengthening family connections, and fostering a sense of belonging. The FCSSAA focuses on delivering preventive social services that enhance the quality of life for individuals and families. By offering a free, accessible event that encourages family participation, the carnival helps to build stronger, more resilient communities. It provides a safe and inclusive environment for families to bond, interact, and engage in positive activities within their community. Additionally, the event supports the development of social connections, reduces isolation, and promotes healthy lifestyles, all of which are central to the FCSSAA's goal of improving the overall well-being of individuals and communities. Hosting a fun, inclusive family event is a powerful way to foster positive family relationships and support the broader goal of family violence reduction. Shared experiences that emphasize joy, connection, and community create opportunities for families to bond in healthy and supportive ways. These moments of togetherness not only strengthen individual family ties but also help build resilience, improve communication, and promote mutual respect among family members.

OPTIONS:

#1 – That the Family and Community Services Advisory Board prepare a Mental Health Awareness Carnival to be held May 31st in the sport court at the Kinsmen Park from 3-5pm during the Small Town Smoke Down at no cost to participate. A budget allowance of \$250 will be allocated to support.

#2 – That the Family and Community Services Advisory Board decline preparing a Mental Health Awareness Carnival at the Small Town Smoke Down.

DIRECTOR COMMENTS:

Providing the free Community Mental Health Awareness Carnival creates a welcoming space where families can relax, connect, and experience joy together, key elements that support positive mental health. By offering free access to fun, low-barrier activities, the event reduces financial stress and increases opportunities for all families to participate regardless of background or ability. The

presence of a central mental health resource booth ensures that attendees can access helpful information and supports in a non-stigmatizing, approachable setting. Through laughter, play, and shared experiences, the carnival nurtures emotional well-being while promoting social inclusion. This intentional inclusivity not only strengthens community bonds but also contributes to a more resilient, connected, and mentally healthy community.

ALIGNMENT WITH OPERATIONAL POLICIES

- P-FCSS006 – Financial Planning Policy (program fits within budget)

- P-FCSS007 – Programming Policy (program logic model, establish advertising timelines)

PROPOSED RESOLUTION:

#1 – That the Family and Community Services Advisory Board prepare a Mental Health Awareness Carnival to be held May 31st in the sport court at the Kinsmen Park from 3-5pm during the Small Town Smoke Down at no cost to participate. A budget allowance of \$250 will be allocated to support.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Attachments:

1. None

SENIORS WEEK – VOLUNTEER WEEK

BACKGROUND

Seniors Week is a time to honor and recognize the invaluable contributions of older adults in our community. In our municipality, seniors are at the heart of our history, culture, and progress. They are caregivers, mentors, and community builders whose wisdom and life experiences shape our shared future. Seniors Week provides an opportunity not only to celebrate their achievements but also to strengthen intergenerational connections and promote active, healthy aging. Through community events, storytelling, and recognition initiatives, we proudly shine a spotlight on our seniors and everything they continue to give. Senior's Week runs June 2-8, with Town Council preparing to make this declaration in Bassano at an upcoming meeting.

PROPOSED PROGRAM

Seniors Week Recognition Package – "Wellness & Warmth"

In celebration of Seniors Week, Bassano FCSS could create the "Wellness & Warmth" Recognition Package—a carefully curated collection of items designed to promote relaxation, health, and joy.

This package is a small token of our deep appreciation for the contributions of our older adults and a gentle reminder to prioritize wellness in everyday life.

Each package includes:

- Herbal Tea Sampler – A soothing variety of caffeine-free teas to encourage moments of calm and comfort.
- Aromatherapy Room Spray – Featuring relaxing scents like lavender or eucalyptus to promote stress relief and relaxation.
- Note Pad and Pen – A beautifully designed notebook with prompts to encourage reflection, gratitude, and mindfulness.
- Hand Cream or Lip Balm – Gentle, nourishing products to support self-care and hydration.
- Healthy Snack Pack – A small selection of heart-smart snacks such as mixed nuts, dried fruits, or whole grain crackers.
- Inspirational Card – A handwritten or printed message from local leaders or schoolchildren, expressing gratitude and appreciation.
- Resistance band – allowing for gentle physical activity, promoting wellness.

These thoughtfully selected items aim to uplift, energize, and remind our seniors that their well-being matters. It's not just a package, it's a heartfelt thank-you wrapped in care.

Packages will be an addition to the Caregiver's Session to be hosted at the Pioneer Damsiters Centre on June 5 at 9:30 am.

BUDGET

To keep costs low while maintaining the quality and thoughtfulness of each recognition package, we can creatively repurpose unused items from the cancelled Women's Wellness event and other programs. By utilizing existing supplies, we're not only being resourceful and budget-conscious, but also ensuring that nothing goes to waste—making this initiative both sustainable and heartfelt.

We have supplies prepared between 50 to 60 Seniors Week Wellness Packages, filled with care and appreciation for the older adults in our community. A portion of these packages will be delivered directly to residents at Playfair Lodge and the participants at the Damsiters Centre to ensure they receive them with ease and comfort. The remaining packages will be available for pickup at the Town Office during regular business hours, while supplies last. We invite local seniors to stop by and collect their package as a small token of our gratitude during this special week of celebration.

An additional \$ 200 would be allocated for additional item purchase.

ALIGNMENT TO MANDATE

These Seniors Week Wellness Packages directly support the FCSSAA provincial priority of Aging Well in Place by promoting the health, independence, and social connectedness of older adults in our community. Each item in the package is thoughtfully selected to encourage self-care, emotional well-being, and gentle physical activity—key elements in supporting seniors to remain active, engaged, and comfortable in their own homes and communities. Through this initiative, we are not only recognizing our seniors but also reinforcing our commitment to helping them thrive in place with dignity and purpose.

OPTIONS:

#1 – That the Family and Community Services Advisory Board prepares Wellness and Warmth Seniors Care Packages to be delivered to both the Playfair Lodge and Pioneer Damsiters for local seniors to access. A program budget of \$200 will be allocated for additional supply purchases.

#2 – That the Family and Community Services Advisory Board forgoes preparing Wellness and Warmth Seniors Care Packages.

DIRECTOR COMMENTS:

None

ALIGNMENT WITH OPERATIONAL POLICIES

- P-FCSS006 – Financial Planning Policy (program fits within budget)

- P-FCSS007 – Programming Policy (program logic model, establish advertising timelines)

PROPOSED RESOLUTION:

#1 – That the Family and Community Services Advisory Board prepares Wellness and Warmth Seniors Care Packages to be delivered to both the Playfair Lodge and Pioneer Damsiters for local seniors to access. A program budget of \$200 will be allocated for additional supply purchases.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Attachments:

1. None



March 20, 2025

A group of organizations in Brooks and the County of Newell recently formed a collaborative partnership aimed at providing further support around early childhood development to meet the needs of the families. Our partners include Alberta Health Services, Grasslands Public Schools, SPEC Family Resource Network, The Brooks Public Library, Bridges Family Programming, and Parents as Teachers.

We are currently planning our second Community Share Fair event for May 28th, 2025 from 4-6pm at the JBS Canada Centre Fieldhouse. It includes a free family BBQ, live entertainment, family activities, door prizes, and parent information tables. Last year we had 28 local community agencies and organizations join us to set up an information table and we saw over 400 people attend the event.

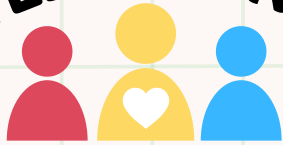
We appreciate the support of our local businesses in Brooks and the County of Newell and we would ask you to consider providing a donation of items for the raffle table, door prizes, or to include in the "swag bag". Monetary contributions would help to cover the costs of the event and donation receipts can be provided. If you are able to provide a donation, please call the committee member attached to this letter.

We look forward to providing a successful event and thank you for your consideration of a donation.



Little Learners Community Partners

LITTLE LEARNERS



COMMUNITY PARTNERS

**COMMUNITY
RESOURCE
FAIR**

**MAY 28TH 2025
4-6PM**

**JBS CANADA CENTER
FIELD HOUSE**



ENTERTAINMENT

**DOOR
PRIZES**

**FREE FAMILY EVENT
ALL AGES WELCOME**



**FREE
BBQ**

**Brooks & Area Community Services
Partnering to Support Children Ages 0-6**



**Grasslands
Public Schools**



**BRIDGES
FAMILY PROGRAMS**



Caregiver Education Team Newsletter

May/June 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Understanding Autism

For parents and caregivers of children in grades K-12

Part 1:

Tuesday, May 13
12:00 – 1:00 pm

Part 2:

Tuesday May 20
12:00 – 1:00 pm

Junior-High Jitters

Transitioning to the Teenage Years

For parents/caregivers and pre-teens (grades 6-8) to attend together.

Tuesday, May 27
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day *Understanding Depression*

For adults supporting their own wellness or the wellness of a loved one.

Wednesday, May 7
12:00 – 1:00 pm

Silver Linings

Supporting Wellness in the Later Years

For adults supporting their own wellness or the wellness of a loved one.

Part 1:

Wednesday, June 11
12:00 – 1:00 pm

Part 2:

Wednesday, June 18
12:00 – 1:00 pm

Participant Feedback

“Excellent presentation. The presenters seem like they have practiced well to deliver the content. I love that they are precise and clear and focused. Thank you!”

“Thanks for making this accessible to the public.”

“These sessions are excellent! The content itself is so bang on and very helpful.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May/June 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Autism

In this introduction to autism spectrum disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Part 1: Tuesday, May 13, 2025

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, May 20, 2025

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. We will look at ways to support these changes and boost wellness.

Date: Tuesday, May 27, 2025

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

“The method of presentation is excellent.”

“The techniques shared in this webinar were helpful and I am looking forward to trying to pass on some of them to the families I work with.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

May/June 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, May 7, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Silver Linings Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

Part 1: Wednesday, June 11, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Part 2: Wednesday, June 18, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

“Loved this session. The time, length and information were perfect.”

“I like both the video and lecture way of learning. I like the virtual delivery, time of day, and length of each session.”

“The information, discussion, elaboration, and videos all together, have made this a very valuable resource. Thank you all very much.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca