

Enjoy having a place of your own but you have some chores you just can't manage?

M.I.L.E.S. CAN HELP!

Let us make your life safer and easier.

M.I.L.E.S. Services Are:

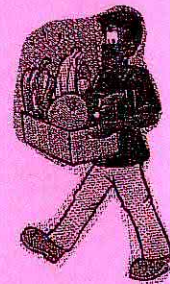
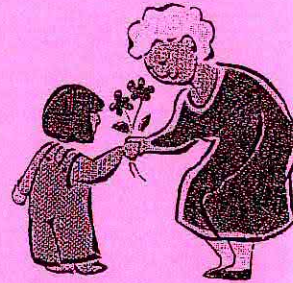
- * intended to help seniors and disabled individuals continue living in their own homes, independently, with dignity and without risk.
- * provided by volunteers at a reasonable rate

M.I.L.E.S. Can Put You In Touch With:

- * Meals on Wheels
- * Consumer Information
- * Support Groups
- * Other Agencies

Services Available:

- * M.I.L.E.S. Medical Loans
- * 4 Congregate Meal Programs
- * 3 Home Delivery Meal Programs
- * Emergency Response Systems
- * Transportation (local or long distance)
- * Driver and Escort
- * Housekeeping (light & heavy)
- * Teamcleaning
- * Laundry
- * Yard Care
- * Snow Removal
- * Friendly Visitor
- * Telephone Reassurance
- * Junior Services for Seniors
- * Resource
- * Vacation Home Checks
- * Shopping
- * Handi-Person Chores
- * Filling out Forms
- * Wellness Days



THE DOERS

Do you:

- * Have free time?
- * Like to be involved?
- * Enjoy helping others?
- * Want a feeling of satisfaction?
- * Want to make our community better?

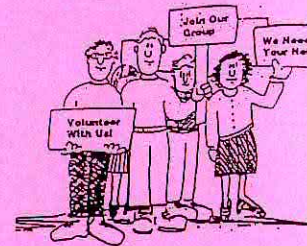
Then

M.I.L.E.S.

Needs

You!!!

Our program is dependent upon caring people like YOU to provide the services mentioned.



BE A DOER!!!

**Maintaining
Independent Living
with Extended
Services**

**Municipal Office of Victoria
130 Broadway St.
Box 40
Holland, MB.
ROG OXO**

**Phone: 526-2249
Fax: 526-2028**

**Office (working) Hours:
Monday - Friday
9:00 am - 5:00 pm**

*Visit today and get acquainted:
then, when and if you need
help, you'll be calling a friend.*

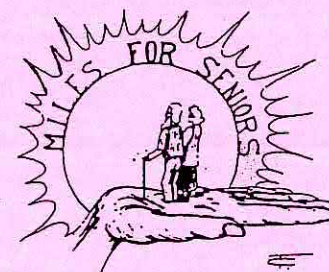
M.I.L.E.S. FOR SENIORS INC.

M.I.L.E.S.

FOR

SENIORS

INC.



**COMMUNITY RESOURCE
COORDINATOR**

- DEBBIE DRUMMOND -

526-2249