



FAMILY AND SENIOR POLICY

MILLE-ISLES



MRC
D'ARGENTEUIL
Authentique. Avec vous.





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LIST OF ACRONYMS USED

- CISSS : Centre intégré de santé et de services sociaux
- MADA : Municipalité Amie des Aînés
- MRC : Municipalité régionale de comté
- MFP : Municipal family policy

MESSAGE FROM THE MAYOR



Michel Boyer
Mayor

The Municipality of Mille-Isles enthusiastically joined in the process of developing a Senior and Family policy. A very large number of people took the time to participate in the survey concerning this issue. I would like to thank the members of the Senior/Family committee for their dedication and hard work. The volunteers that make up this committee took the time to listen and suggest courses of actions that now form our policy.

On behalf of the Municipal Council, I am proud to introduce our first Senior and Family policy. This is part of our commitment to make Mille-Isles a community where the happiness of our seniors and families is a priority.

With this policy, the Municipality is demonstrating its dedication and eagerness to pay particular attention to its seniors, while wanting to be open and welcoming to all age groups. This policy contains the values and issues the council will now refer to in order to offer services that will ensure a good quality of life to all.

I invite you to review this policy and to apply its values and rules in your own lives so that its objectives can transcend into our community.

A handwritten signature in black ink that reads "Michel Boyer". The signature is written in a cursive style.

MESSAGE FROM THE COUNCILLOR RESPONSIBLE FOR FAMILY AND SENIOR ISSUES



Brenda Dawson

*Municipal Councillor,
responsible for family
and senior issues*

A handwritten signature in cursive script that reads "Brenda Dawson".

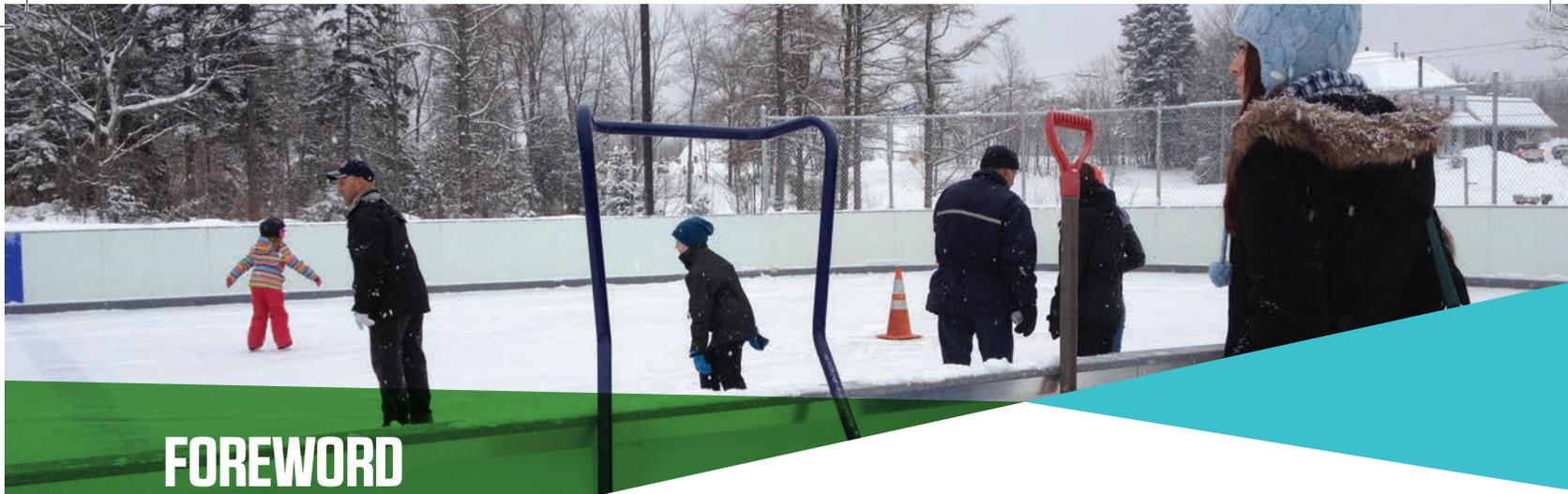
Hi everyone,

It is with great pleasure and enthusiasm that I present our first Family and Senior policy and its action plan. A plan designed by us for us.

The members of the working committee, composed of citizens from different sectors of our little community, have worked very hard during this mandate to gather the most insights from neighbors, friends and families. I want to thank and congratulate them for leading this project, which received one of the highest participation rate throughout the MRC d'Argenteuil. This policy was possible thanks to a dynamic and dedicated team who is committed to improving the quality of life in our community.

I also wish to thank all those who responded to the survey, allowing us to create an action plan that mirrors its citizen.

We hope that all families and all seniors will see themselves when reading this policy and its action plan!



FOREWORD



The Municipality of Mille-Isles considers that families and seniors are important in its community. That is why it has embarked on the development of a regional family and senior policy, together with the municipalities of the MRC of Argenteuil. This policy is a concrete way of expressing our desire to focus on families and seniors at the heart of municipal actions.

Local committees were set in motion in each of the nine municipalities of the MRC of Argenteuil to participate in the development of a regional policy. The mandate given to the committee was to determine the specific character of families and seniors within each municipality and to exploring the needs, and interests of each. A vast consultation process was held in order to collect the necessary information from residents. After compiling the data, numerous meetings were held which allowed us to develop an action plan reflecting the needs of our families and seniors.



MILLE-ISLES FAMILY AND SENIOR COMMITTEE

The Mille-Isles Family and Senior policy in numbers :

- 123 questionnaires completed by Mille-Isles residents
- 24 residents participated in one of the 3 discussion groups
- 8 Family and Senior committee meetings
- A little over 24 months of work

The Mille-Isles Family and Senior committee will continue to monitor the progress and application of the action plan and policy.

Members of the local committee and the people who contributed to it :

- Darina Bélanger, resident
- Céleste Bénard, resident
- Nathalie Bouchard, municipal employee
- Sylvie Brière, resident
- Brenda Dawson, municipal Councillor
- Charles Lapointe, resident
- Danielle Leblanc, resident
- Louis-Martin Scraire, resident
- Laurent Thouin, resident

FAMILY AND SENIOR POLICY FOUNDATIONS

MISSION

Integrate “thinking and acting families/seniors” in the planning, administration and projects to enhance the vitality and well-being of everyone.

GENERAL OBJECTIVES

- Improve the quality of life for families and seniors;
- Promote the establishment of new families, retention of current families and seniors;
- Harmonise municipal actions based on common objectives;
- Develop a framework for planning, implementation and monitoring of actions;
- Develop a sense of belonging and civic involvement.



DEFINITION | FAMILY

Argenteuil families come in different styles, but they all define the link between at least one adult and at least one child living together in continuity. They are an ideal living environment for the transmission of values between generations. They are characterized by the responsibility of their members to provide emotional, moral and material support to one another.

DEFINITION | SENIOR

Argenteuil seniors form a diverse group that contribute to community enrichment by sharing their values, knowledge and experience. They play an important role in their communities, not only through community involvement, but also in their family nucleus. Seniors are in a period of life characterized by changing or emerging needs, and ways to meet their needs are as unique as they are diverse.



VALUES

The values from the MRC d'Argenteuil strategic planning will guide actions for families and seniors :

Proximity - Solidarity - Commitment - Respect

Fairness - Integrity - Pride - Discipline - Transparency

GUIDELINES

- Promote favourable environments for healthy lifestyles;
- Acting in consultation while recognizing the jurisdiction of the partners who work every day with families and seniors from the territory;
- Promote access to services based on the families' and seniors' needs and realities;
- Ensure effective flow of information.

AREAS OF INTERVENTION

- Social Participation
- Transportation
- Housing and living environment
- Security
- Health and community support
- Communication
- Administration and follow-up



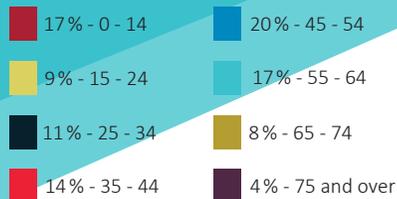
OVERVIEW OF THE MUNICIPALITY OF MILLE-ISLES' POPULATION

The Municipality of Mille-Isles has a total of **1681 inhabitants** (Decree 2016), an increase of 13.5 % compared to 2006 when the decree identified 1480 inhabitants.

The median age of residents is **44.3**, compared to 46.9 for the MRC of Argenteuil and 41.9 years for the province of Quebec.

21 % of the population is younger than 18 and 12 % is 65 years and older.

POPULATION DISTRIBUTION BY AGE GROUP



*Statistics Canada, 2011

COMPOSITION AND DIVISION OF HOUSEHOLDS



*Statistics Canada, 2011

EDUCATION OF ADULTS AGED 25 YEARS AND OLDER

Schooling	Mille-Isles	Québec
No diploma or certificate	20%	17%
High school diploma	20%	21%
Professional studies	27%	18%
College studies	13%	18%
University studies	20%	26%

*Statistics Canada, 2006

AVERAGE FAMILY INCOME

Mille-Isles : 59 078 \$

Argenteuil : 51 234 \$

Québec : 58 678 \$

*Statistics Canada, all census families 2006



French



English



French &
English

MOTHER TONGUE



Other

*Statistics Canada, 2011

NUMBER OF BIRTHS

2013



2014



2015



* Data supplied by the CISSS Laurentides

ACTION PLAN FOR MILLE-ISLES FAMILIES AND SENIORS 2016-2019

Social participation

HL : Healthy lifestyles

Goal A : Expand the number of activities and events dedicated to families and seniors in the municipality

ACTIONS	FAMILIES	SENIORS	HL
Establish a recreation committee made up of volunteers	●	●	●
Encourage and support citizen initiatives (courses, workshops, etc.)	●	●	●
Consider developing activities dedicated to children 0-5 years of age	●		●

Goal B : Allow families and seniors to enjoy the activities and local infrastructures that are not located directly within the territory of Mille-Isles

ACTION	F	S	HL
Offer reimbursements (in part) for the difference between resident and non-resident fees for cultural and recreational activities that take place outside of Mille-Isles that are not offered by the municipality - Publicize the offer	●	●	●

Goal C : Promote and support volunteering

ACTION	F	S	HL
Create volunteering opportunities by creating a database of offers and requests via the municipal News Bulletin	●	●	

Transportation

Goal A : Develop public transit services to better meet the needs of seniors and families needing public and adapted transportation

ACTION	F	S	HL
Analyze the possibilities for further development in public transit	●	●	

Housing and living environment

Goal A : Facilitate the retention of seniors in the municipality

ACTIONS	FAMILIES	SENIORS	HL
Promote the construction of housing for seniors (verify zoning, public consultations, etc.)		●	
Promote the construction of intergenerational housing		●	
Promote assisted home-living services		●	

Goal B : Provide gathering centers for families and seniors activities for their events

ACTIONS	F	S	HL
Restore the community center of Mille-Isles keeping in mind the needs of families and seniors	●	●	
Establish agreements for the use of private community centers	●	●	
Conduct a feasibility analysis for the use of the Maple Grove hall	●	●	
Alleviate reservation requirements for the community hall regarding activities for Mille-Isles families and seniors	●	●	

Goal C : Improve access to natural areas of the municipality

ACTIONS	F	S	HL
Support the Tamaracouta Scout Reserve in the development of walking, snowshoeing and cross country skiing trails and offer discounts to families and seniors residing within the municipality wanting to access them	●	●	●
Develop an agreement with the Tamaracouta Scout Reserve granting access to Mille-Isles residents to their beach (eg. Saturday afternoons)	●	●	●

Goal D : Increase the amount of protected green spaces

ACTION	F	S	HL
Develop a green space protection plan	●	●	

Goal E : Promote reading amongst families and seniors

ACTIONS	F	S	HL
Install free book exchange stands, made by local artists, in different areas within the municipality	●		
Provide training on the rental of digital books to seniors and to a municipal employee (to monitor use)		●	
Offer partial refunds on subscription fees to libraries outside the municipality – Publicize the offer	●	●	
Promote the fact that subscriptions to the Saint-Jérôme library are free for children attending school in Saint-Jérôme	●		

Security

Goal A : Reassure seniors by strengthening community spirit

ACTION	FAMILIES	SENIORS	HL
Initiate sectorial surveillance committees (neighborhood watch, Bon voisin bon oeil program from the Sûreté du Québec)		●	

Goal B : Form a link between citizens and the police

ACTION	F	S	HL
Provide outreach activities with representatives of the Sûreté du Québec during municipality events		●	

Goal C : Prevent theft in relation to moving activities (ex. empty boxes left outside the houses)

ACTION	F	S	HL
Educate newcomers about theft prevention (note in the welcome package)	●	●	

Goal D : Develop dissuasive actions in regards to speeding

ACTION	F	S	HL
Install speed signs	●	●	●

Goal E : Promote and facilitate walking and cycling

ACTIONS	F	S	HL
Widen road shoulders during future road repairs	●	●	●
Install "Share the road" signs	●	●	●

Health and community support

Goal A : Promote services offered by community organisations and partners

ACTION	FAMILIES	SENIORS	HL
Continuously publicize the services offered by community organizations	●	●	

Goal B : Support healthy eating through the development of community gardens

ACTIONS	F	S	HL
Renew the community garden project at City Hall	●	●	●
Offer gardening workshops (tips and techniques) to citizens who have a garden at home	●	●	●

Goal C : Promote the practice of physical activities

ACTION	F	S	HL
Encourage physical activity classes (eg. workouts with outdoor park exerciser installations)	●	●	●

Communication

Goal A : Provide Internet access for all families and seniors

ACTION	FAMILIES	SENIORS	HL
Provide access to Internet services by creating a public computer lab adjacent to City Hall	●	●	

Goal B : Inform the citizens of all MRC of Argenteuil news to increase the sense of belonging to the MRC of Argenteuil

ACTION	F	S	HL
Make sure the Info Mille-Isles informs citizens of what is happening in the MRC of Argenteuil	●	●	

Goal C : Inform families and seniors of all the activities, events and services in the municipality

ACTIONS	F	S	HL
Reserve a space within the Municipal Bulletin to promote activities offered by partners and associations regarding the well-being of families and seniors	●	●	
Develop a permanent section for community news from local organizations within the Municipal Bulletin	●	●	

Administration and follow-up

Goal A : Continuously monitor and evaluate the action plan to ensure its sustainability

ACTIONS	FAMILIES	SENIORS	HL
Transform the Family and Senior committee into a monitoring committee after the adoption of the Action Plan	●	●	
Ensure the presence of seniors and families on all municipal committees in order to promote the "think and act Families and Seniors" initiative	●	●	





CONCLUSION

The development of the Family and Senior policy has led to a close collaboration between citizens, elected officials, administrative staff and partners within the territory. It has allowed us to question some basic elements and thus renew interventions targeting families and seniors.

The Municipality of Mille-Isles will continue its work to maintain and optimize the quality of life of its residents. It is committed to remaining attentive to citizens and encouraging their involvement in community life. The participation of youth, families, seniors and community stakeholders will be essential in making this policy a success.

***The Municipality of Mille-Isles
“thinks and acts families and seniors”!***



ACKNOWLEDGEMENT

The Municipality of Mille-Isles wishes to thank all the citizens who took part in the various consultation activities that led to the development of this policy and its action plan.

A special thank you to the Family and Senior committee members for all the time they spent working for our citizens' well-being.

Finally, thank you to the ministère de la Famille and the secrétariat des Aînés for their financial support.

Famille
Québec 



Municipalité
amie des aînés

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