



## Your Municipality collectively contributes to the efforts of confinement and community support

Citizens,

Around you, local initiatives are multiplying to help isolated and vulnerable people, especially those aged 70 and over.

The Municipality of Mille-Isles is actively mobilizing to be a part of this movement of support and solidarity. We have mobilized staff to contact you and ensure your safety and your essential needs. Organizations and businesses have been targeted to help you during this period of confinement.

- IGA S. Albert in Lachute, offers a free home delivery service to Mille-Isles residents aged 65 and over. The order must be made by phone at 450 562-6882 (minimum \$65).
- The Café Partage, which is a low-cost community grocery store, also offers free home delivery service. You must contact the organization between 8:00 a.m. and 4:30 p.m. Monday to Friday at 450 562-0987.
- The Centre d'action bénévole d'Argenteuil proposes a variety of frozen meals delivered free of charge to your home. The order must be completed by phone at 450 438-2958, ext. 2610, from Monday to Thursday between 7:45 a.m. and 4:30 p.m. A receipt for tax purposes is available for people aged 70 and over.
- Friendship calls are available through the Centre d'action bénévole d'Argenteuil. If you need to talk, to take your mind off things or if you feel lonely, call 450 562-7447, ext. 233.

All those who apply for support will be taken care of by the community organizations of the MRC d'Argenteuil and the Municipality of Mille-Isles.

For more details, contact us at 450 438-2958, ext. 2600, Monday to Friday, between 7:45 am and 4:30 pm.

**If you have concerns about your health, the CISSS des Laurentides invites you to contact the general line 1 877 644-4545. A nurse will assess your situation and make the appropriate recommendations.**