



## FAMILY AND SENIOR POLICY

# WENTWORTH



MRC  
D'ARGENTEUIL  
Authentique. Avec vous.





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## LIST OF ACRONYMS

- CISSS : Centre intégré de santé et de services sociaux
- MADA : Municipalité Amie des Aînés (Senior Friendly Municipality)
- MRC : Municipalité régionale de comté (Regional County Municipality)
- PFM : Politique familiale municipale (Municipal Family Policy)

# MESSAGE FROM THE MAYOR



**Marcel Harvey**  
*Mayor*

Dear citizens,

As Mayor of the Township of Wentworth, I proudly present you our first Family & Senior Policy (MADA).

It is the great result of many hours of work within various committees that contributed to its content.

I congratulate and thank everyone who participated.

This new Policy reflects our commitment to improving the quality of life for the entire population and will guide our decisions for our citizens : children, youth, parents and the elderly. Indeed, each elected official will have to constantly remember that the decisions they make today will affect the quality of life of citizens, which they have a duty to humbly serve.

This Family & Senior Policy belongs to each citizen. Together, we must rejoice to now have the necessary tools to enhance the quality of life for our seniors.

I invite you to consult, and make it your own to put into practice in your everyday life. We will all benefit from it.

I take this opportunity to thank the members of the consulting committee for their hard work and their vision.

A handwritten signature in black ink, appearing to read "Marcel Harvey". The signature is written in a cursive style and is positioned above a horizontal line.

# MESSAGE FROM THE MUNICIPAL COUNCILLOR RESPONSIBLE FOR FAMILY & SENIOR ISSUES



**Lorraine Lyng-Fraser**

*Municipal councillor,  
responsible for  
Family & Senior issues*

*Lorraine Lyng-Fraser*

Dear fellow citizens,

It is with great pride that we present the first Family & Senior Policy of the Township of Wentworth. This policy is the result of a process for which various people from different backgrounds took part and paved the way for the implementation of an action plan that will affect all municipal services.

I want to thank the members of the Committee who have invested time and energy in the implementation of this policy as well as citizens and the Ministère de la Famille et des Aînés who contributed to the realization of this important project for our community.

A big thank-you to all those who were involved in the realization of this document.



## FOREWORD

The Municipality of the Township of Wentworth considers that families and seniors occupy a prominent place in the community : that is why it embarked on the development of a Regional Family and Senior Policy, together with the municipalities of the MRC d'Argenteuil. This policy is a concrete way of expressing the desire to place families and seniors at the heart of municipal actions.

Local committees were set in motion in each of the nine municipalities of the MRC d'Argenteuil to participate in the development of a Regional Policy. The mandate given to the committees required a good knowledge of the characteristics of the families and seniors of each municipality, and an understanding of their needs and interests. Extensive consultations were held with residents in order to collect the necessary information. After compiling the data, a series of meetings led to the development of an Action Plan reflecting the needs of the families and seniors of the Township of Wentworth.



## WENTWORTH FAMILY AND SENIOR COMMITTEE

### The Wentworth Family and Senior policy in numbers :

- 79 questionnaires completed by Wentworth residents
- 8 residents participated in one of the 2 discussion groups
- 9 Family and Senior committee meetings
- A little over 24 months of work

The Wentworth Family & Senior Committee is mandated to monitor the progress of the Action Plan and Policy.

### Members of the local committee and others who contributed to the project :

- Johanne Asselin, municipal employee
- Aline Gravel, municipal employee until June 2015
- Lorraine Lyng-Fraser, municipal councillor
- Linda Mell, citizen
- Barbara McGaw, citizen
- Arlene Rust, citizen

# FAMILY & 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
- Housing and living environment
- Transportation
- Security
- Health and community support
- Communication
- Administration and follow-up



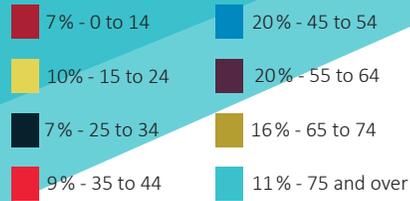
# THE POPULATION OF THE TOWNSHIP OF WENTWORTH IN BRIEF

The Township of Wentworth has a total of **531 inhabitants** (Decree 2016), an increase of 9.9 % compared to 2006 when the decree identified 483 inhabitants.

The median age of residents is **53.5**, compared to 46.9 for the MRC of Argenteuil and 41.9 years for the province of Quebec.

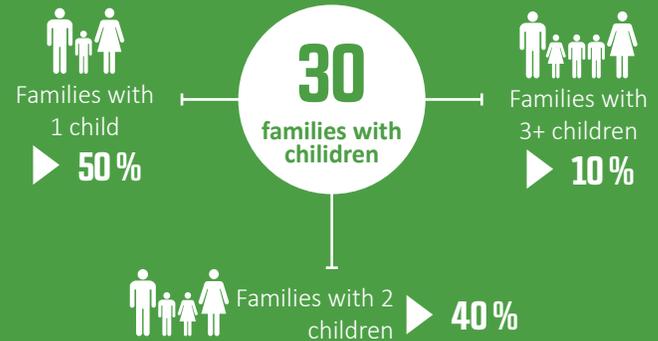
9 % of the population is younger than 18 and 27 % is aged 65 years and older.

## POPULATION DISTRIBUTION BY AGE GROUP



\*Statistics Canada, 2011

## HOUSEHOLD COMPOSITION AND DISTRIBUTION



\*Statistics Canada, 2011

## EDUCATION OF ADULTS AGED 25 AND OVER

Schooling	Wentworth	Québec
No diploma or certificate	7%	17%
High school diploma	39%	21%
Professional studies	9%	18%
College studies	20%	18%
University studies	17%	26%

\*Statistics Canada, 2006

## AVERAGE FAMILY INCOME

**Wentworth : \$61 177**

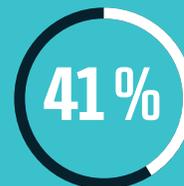
**Argenteuil : \$51 234**

**Québec : \$58 678**

\*Statistics Canada, all census families 2006



English



French



French and English

## MOTHER TONGUE



Other

\*Statistics Canada, 2011

## NUMBER OF BIRTHS

2013



2014



2015



\*Data supplied by the CISSS Laurentides

# ACTION PLAN FOR FAMILIES AND SENIORS OF WENTWORTH 2016-2019

## Social participation

HL : Healthy lifestyles

### Goal A : Develop, support and promote volunteerism in the community

ACTIONS	FAMILIES	SENIORS	HL
Recruit volunteers to facilitate the offers of services of community organizations	●	●	
Pursue and promote the Order of Merit (recognition of volunteers)	●	●	

### Goal B : Offer a diverse, accessible program of sports, cultural and community activities that meets the needs and interests of families and seniors of the Municipality

ACTIONS	F	S	HL
Continue to offer the events and activities currently underway	●	●	●
Think of new activities to implement, for example: <ul style="list-style-type: none"> <li>• Language workshops (English and French)</li> <li>• Knitting and quilt sessions</li> <li>• Craft day (combined with Wentworth Day)</li> <li>• Carpet bowling</li> <li>• Board games evenings</li> </ul>	●	●	●
Evaluate the possibility of offering courses during evening to accommodate families and seniors in the labor market	●	●	

### Goal C : Involving citizens in a collective memory project

ACTION	F	S	HL
Constitute an album of photo memories of the municipality in collaboration with seniors (scanner booth at the Wentworth Day)		●	

### Goal D : Unifying the three areas of the municipality

ACTION	F	S	HL
Ensure representativeness of each sector on the various committees of the Municipality	●	●	

## Housing and living environments

### Goal A : Help seniors to stay in the Municipality

ACTIONS	FAMILIES	SENIORS	HL
Promote the construction of seniors housing with basic care		●	
Promote various home care services		●	
Promote the different grant programs offering seniors to encourage home maintenance (ex: property tax credit from Revenu Québec)		●	

### Goal B : Facilitate access to natural areas of the Municipality

ACTIONS	F	S	HL
Develop a multi-use trail (walking, cross-country skiing, snowshoeing) with park furniture and exercise equipment	●	●	●
Continue the agreement with the Dunany Golf Club for use of the site in winter for cross-country skiing and snowshoeing	●	●	●

### Goal C : Maximise the use of the municipal park by families and seniors

ACTIONS	F	S	HL
Reserve time frames for the free skating and hockey at the outdoor rink	●		●
Build games of petanque and horseshoe at the municipal park		●	●

### Goal D : Facilitate access to book reading

ACTION	F	S	HL
Promote book sharing at the Community Center <ul style="list-style-type: none"> <li>• Add a children's book section</li> <li>• Facilitate access to the Community Center (not only during organized activities)</li> </ul>	●		
<ul style="list-style-type: none"> <li>• Organize a children's story time</li> <li>• Add a board games' section</li> </ul>	●	●	

## Transportation

### Goal A : Publicize transportation services available

ACTION	FAMILIES	SENIORS	HL
Promote existing transportation services on the territory	●	●	

### Goal B : Encourage people to use collective transit services

ACTIONS	F	S	HL
Reserve an incentive parking space at the Community Center (Park 'n Go) with panels and schedules	●	●	
Organize initiation days by the collective transportation (group of citizens who wishes to go to the library, arena, pool, Flea Market or to the Dunany Golf Club for a snowshoeing activity...)		●	

## Safety

### Goal A : Create closer ties between citizens and the police

ACTIONS	FAMILIES	SENIORS	HL
Encourage establishment of neighborhood watch committees (Neighborhood Watch)	●	●	
Invite the Sûreté du Québec to the various events organized	●	●	

### Goal B : Empower families and seniors on fire prevention regulation

ACTION	F	S	HL
Continue the home visits by firefighters and verification of smoke detectors	●	●	

## Health and community support

### Goal A : Break isolation by creating opportunities to meet and exchange

ACTIONS	FAMILIES	SENIORS	HL
Implement collective cooking workshops at the Community Center		●	●
Organize get-together dinners for seniors		●	

### Goal B : Support healthy eating

ACTION	F	S	HL
Continue to offer community gardens to citizens	●	●	●

### Goal C : Facilitate access to health care

ACTION	F	S	HL
Initiate discussions to bring health services sporadically at the Community Center (vaccination clinic, blood sample, blood pressure, etc.)	●	●	

### Goal D : Informing citizens of the range of services and resources for families and seniors

ACTIONS	F	S	HL
Train and assist municipal staff to refer the various regional services offered to families and seniors	●	●	
Promote the services of community organizations within the municipal bulletin, electronic newsletters and website	●	●	

### Goal E : Encourage eco-friendly gestures by families and seniors

ACTIONS	F	S	HL
Organize a Door-to-Door Collection Day for bulky waste, for the purpose of recycling and promoting the Eco-Center	●	●	
Start a home compost bin program	●	●	

## Communication

### Goal A : Continue to use communication tools with a commitment to continual improvement

ACTIONS	FAMILIES	SENIORS	HL
Continue writing and distributing the Municipal bulletin	●	●	
Continue distributing the electronic newsletters	●	●	
Encourage citizens to use the public billboards (mailboxes) to swap services (offers and requests)	●	●	
Keep bilingualism in Municipal communications	●	●	

### Goal B : Allow families and seniors to speak more

ACTIONS	F	S	HL
Establish a listening mechanism of citizens (eg: survey every three (3) years)	●	●	
Install a Suggestion Box at the Municipal Office and a section for the transmission of anonymous comments on the website	●	●	

### Goal C : Provide free internet access (WiFi) in a convenient location

ACTION	F	S	HL
In the perspective of building a new Municipal Office, to reserve space for workstations with Internet access for citizens	●	●	

### Goal D : Ensure effective communication between the various associations of the Municipality

ACTION	F	S	HL
Creating a communication network between the various associations of the Municipality	●	●	

## Administration and follow-up

### Goal A : Promote the Family and Senior Policy and action plan

ACTION	FAMILIES	SENIORS	HL
Hold an official launch followed by ongoing promotion (municipal bulletin, newsletter, website, etc.)	●	●	

### Goal B : Monitor and evaluate the action plan to ensure sustainability

ACTIONS	F	S	HL
Transform the Family & Senior Committee into a Monitoring Committee after the adoption of the action plan	●	●	
Promote the policy and its action plan among the Municipal Council and Municipal Staff	●	●	



## CONCLUSION

The development of the Family and Senior Policy has led to close collaboration between residents, elected officials, administrative staff and agencies of the territory. It has allowed us to question some basic elements and thus renew our interventions targeting families and seniors.

The Municipality of the Township of Wentworth intends to continue its work to maintain and optimize the quality of life of its residents. It undertakes to remain attentive to residents and encourage their involvement in community life. The participation of youth, families, seniors and community stakeholders will be essential to make this policy a success.

***The Municipality of the Township of Wentworth  
“thinks and acts families / seniors”!***

## ACKNOWLEDGEMENTS

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

A special thank you to the Family & Senior Committee members for all the time they spent working for our citizen’s well-being.

Finally, thank you to the Ministère de la Famille and the Secrétariat des aînés for their financial support.



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## TOWNSHIP OF WENTWORTH

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