



MUNICIPALITÉ DE
Barnston-Ouest

FAMILY AND SENIORS POLICY

A WORD FROM THE MAYOR



Dear fellow citizens

The Municipality of Barnston-Ouest is pleased to present the Family and Seniors Policy update as it places great importance on families and seniors when it comes to its development.

After a few years of implementation of the family policy and seniors developed in 2013, the members of the Recreation, Family and Seniors Committee made a positive assessment. Several planned actions have been carried out and others have been added, particularly with regard to the improvement of municipal infrastructures.

Our municipality evolves at the rhythm of its inhabitants. Citizen participation is an important issue and the new policy takes this aspect into account while meeting the needs of citizens.

I would like to acknowledge the outstanding work accomplished by the members of the Recreation, Family and Seniors Committee in recent years, and more specifically for the updating of this policy.

I would also like to thank the Seniors' Secretariat of the Ministry of Health and Social Services of Quebec, because it is through their financial support that we have been able to meet this challenge.

Finally, a big thank you to you, citizens, who participated in the public consultations held in the spring of 2019

Johnny Pizar

In this document, the masculine gender is used for the sole purpose of making the text more readable, where appropriate, refers to both women and men.

A WORD FROM

THE COUNSELLOR

RESPONSIBLE FOR FAMILY AND SENIOR'S AFFAIRS

In recent months, members of the Recreation, Family and Seniors Committee have met regularly to review the latest policy, review its fundamentals, make adjustments and propose new actions. All this has been done with the valuable input of citizens during the consultation activities. We were also assisted by a project manager who accompanied us throughout the process to synthesize and prioritize the ideas and advice provided by citizens in order to develop and draft the policy that we are presenting to you today.

The Recreation, Family and Seniors Committee is proud to present a document that reflects the key needs and aspirations of our citizens. We are ready to roll up our sleeves, because over the next few years, we will work to achieve this planning in collaboration with the municipality, citizens and partners.

The main issue remains the citizen participation. I hope that the citizens will be there and that we will continue to develop a more vibrant community together. I invite you to get involved in an action or activity that is important to you. Just go to the municipal office or even contact us by phone.

I would like to thank the members of the Recreation, Family and Seniors Committee for coming together and organizing activities throughout the year. I also want to acknowledge the support of my municipal council colleagues and staff.

Now let's put our plan into action to mobilize and energize our community.

Julie Grenier

Recreation, Family and Seniors Chair



THE RECREATION, FAMILY AND SENIORS COMMITTEE

Consist of:

Julie Grenier, municipal councillor responsible for family and senior's affairs;

Pascale Morin, citizen;

Cynthia Ferland, municipal councillor;

Isabelle Barthélemy, citizen;

Johnny Pizar, mayor.

Étaient absents :

Richard d'Amours, citizen;

Sarah Coté, citizen.

The work of the committee was supported by:

Céline Bouffard and **Jim Arévalo**, project managers of the MRC of Coaticook Family and Seniors Policy

Sara Favreau-Perreault, Rural Development Officer of the MRC of Coaticook



INTRODUCTION



Always attentive to the needs of its community, the Municipality of Barnston-Ouest decided to mandate the Recreation Committee, which quickly became «Recreation, Family and Seniors Committee», to renew its family and senior's policy. The committee first reviewed its 2013-2015 and 2016-2018 action plans and continued consultations with the public.

The municipality recognizes the challenge of community mobilization. This is why the committee has focused on the participation of people of all ages. This is what made the richness of our working meetings, and which enriched thus all the stages of the renewal of the policy.

The Family and Seniors Policy proposes simple actions to improve the quality of life for families and seniors in the municipality.

FAMILY AND SENIORS POLICY

THE VALUES OF THE POLICY:

To promote the well-being of families and seniors in the municipality, this Policy puts forward the following three main values:

- **Honesty:** To reflect the importance of transparency in decision-making for the good of the community;
- **Community:** To continue building our community together;
- **Respect:** To ensure conviviality between citizens.



HOW WE DEFINE FAMILY

«The family is at the heart of the development of our municipality and is the source of its existence. The family is the basic cell of our community. It is evolving and inclusive of all the peculiarities. It provides a structure for mutual assistance and sharing to allow everyone to develop.

Its members are united by bonds of love and friendship. Family members gather and meet for the pleasure of being together.”

HOW WE DEFINE SENIOR

«Because of his life experience, the senior ensures the transfer of knowledge and traditions. On the other hand, he is more likely to have specific needs, and therefore to need help. For the senior, the family is a mutual source of security, love and friendship.”

The family and senior's policy is based on the principles of **ACTIVE AGING**

PARTICIPATION

HEALTH

SECURITY

EXISTING MEASURES

Since 2006, measures have been put in place to increase the feeling of belonging to our municipality. These are always present and are periodically reviewed to ensure that they continue to meet the main needs of the community.

- Gift of cash for each newborn:
 - \$ 100 for first child;
 - \$ 200 for second child;
 - \$ 300 for third child and subsequent children.
- A refund representing 50% of the cost of purchasing cotton diapers, up to a maximum of \$ 200. A single refund per family.
- Refund of \$ 100 per family (or residence) for sports, recreational or cultural activities, upon submission of a bill evidencing the expense.
- Availability of premises and infrastructure of the municipality for activities accessible to all citizens and for community programs.



ACTION PLAN 2020-2024

The Municipality wishes to contribute to the development of favorable conditions for the development of families and seniors by reinforcing the reflex «thinking and acting families-seniors» in municipal decisions. The following four axes of intervention have therefore been prioritized because they hold sway over the quality of life of citizens.

- Recreation, culture and community life;
- Housing and living environment;
- Security and Transportation;
- Communication and information.

AXIS OF INTERVENTION: RECREATION, CULTURE AND COMMUNITY LIFE							
OBJECTIVES	ACTIONS	RESPONSIBLES (R) AND PARTNERS (P)	2020	2021	2022	2023	2024
To contribute to and promote the organization of sports, social, cultural and recreational activities for families and children	Encourage and support the development of activities for families with the MRC of Coaticook Maison de la famille /Family House	(R) Municipality (P) Recreation, Family and Senior Committee (P) MRC of Coaticook Family House	✓	✓	✓	✓	✓
	Encourage the organization of a monthly activity for children and youth at the Community Centre, such as arts, dance, Book club, etc. Refer to the ideas proposed at the consultation	(R) Recreation, Family and Senior Committee	✓	✓	✓	✓	✓
	Thinking about strategies and structures for youth participation in projects and activities that affect them	(R) Municipality		✓			
	Support groups and / or organizations wishing to set up events or activities on the territory	(R) Municipality (P) Recreation, Family and Senior Committee	✓	✓	✓	✓	✓
	Ensure youth participation in summer day camps in surrounding municipalities by providing \$ 50 per family for day camp registration of children	(R) Municipality	✓	✓	✓	✓	✓
Promote the participation of seniors in the organization of cultural, social, sports and recreational activities	Put in place a «Café des aînés» in partnership with the Municipality of Stanstead-Est	(R) Recreation, Family and Senior Committee (P) Municipality of Stanstead-Est (P) MRC of Coaticook Volunteer Service (CAB)	✓				
	Ensure that appropriate, safe and accessible public facilities are available for recreational activities for seniors	(R) Municipality	✓	✓	✓	✓	✓
	Co-organize community kitchens with CAB Coaticook	(R) Recreation, Family and Senior Committee (P) MRC of Coaticook Volunteer Service (CAB)			✓		
	Support the organization of cultural activities according to the needs expressed by seniors	(R) Municipality (P) Recreation, Family and Seniors Committee (P) MRC of Coaticook	✓	✓	✓	✓	✓

ACTION PLAN 2020-2024

AXIS OF INTERVENTION: RECREATION, CULTURE AND COMMUNITY LIFE							
OBJECTIVES	ACTIONS	RESPONSIBLES (R) AND PARTNERS (P)	2020	2021	2022	2023	2024
Promote the organization of intergenerational activities	Maintain support for organizing activities such as: <ul style="list-style-type: none"> Bingo Christmas Fair Encourage the development of new unifying activities (eg Cine Club) Refer to the ideas proposed at the consultation	(R) Recreation, Family and Senior Committee (P) MRC of Coaticook Volunteer Service (CAB)	✓	✓	✓	✓	✓
	Develop strategies to stimulate the involvement and participation of different age groups in intergenerational activities proposed	(R) Recreation, Family and Senior Committee			✓		
	Support the organization of cultural activities through cultural mediation or other projects	(R) Municipality (P) MRC of Coaticook (P) Rozynski arts centre	✓	✓	✓	✓	✓
Provide financial support programs for families and seniors	Maintain the Family Financial Support Program and revise it as needed to adapt it to the reality of the community	(R) Municipality (P) Recreation, Family and Seniors Committee	✓	✓	✓	✓	✓
	Think about the possibilities of financial support for seniors	(R) Recreation, Family and Senior Committee			✓		
Develop, upgrade and enhance public buildings and recreational facilities to be accessible, safe and attractive in all seasons	Maintain maintenance and continuous improvement of infrastructure and amenities of public places	(R) Municipality	✓	✓	✓	✓	✓
	Plan the upgrade of parks and see the possibility of developing a multigenerational park	(R) Municipality (P) Recreation, Family and Seniors Committee				✓	
Enhance and promote volunteer involvement	Submit nominations and participate in the CAB Regional Volunteer Recognition Night	(R) Municipality (P) MRC of Coaticook Volunteer Service (CAB)	✓	✓	✓	✓	✓

ACTION PLAN 2020-2024

AXIS OF INTERVENTION: HOUSING AND LIVING ENVIRONMENT							
OBJECTIVES	ACTIONS	RESPONSIBLES (R) AND PARTNERS (P)	2020	2021	2022	2023	2024
Promote home care services to seniors	Promote existing and developing services that support seniors' home care	(R) Municipality (P) MRC of Coaticook home care (P) MRC of Coaticook Volunteer Service (CAB)	✓	✓	✓	✓	✓
Contribute to the development of a living environment that meets the needs of families and seniors	Create a municipal structure for newcomers	(R) Municipality (P) Recreation, Family and Senior Committee (P) MRC of Coaticook	✓				
	Develop a security service bank	(R) Recreation, Family and Senior Committee		✓			
Increase citizens' sense of belonging	Organize the annual Neighbors Day by highlighting the contribution of our volunteers, newcomers and the academic success of our youth	(R) Recreation, Family and Senior Committee (P) Municipality		✓	✓	✓	✓
	Establish a recognition program for school perseverance	(R) Municipality (P) Desjardins				✓	
	Offer refund for care taking expenses to elected officials, committee members and volunteers of the municipality when it is an activity or meeting as part of their involvement	(R) Municipality	✓	✓	✓	✓	✓
AXIS OF INTERVENTION: SAFETY AND TRANSPORTATION							
OBJECTIVES	ACTIONS	RESPONSIBLES (R) AND PARTNERS (P)	2020	2021	2022	2023	2024
Assure a safe living environment	Maintain speed readers at the most problematic places and for a period that promotes behavioural changes	(R) Municipality	✓	✓	✓	✓	✓
	Decrease speed limit at Way's Mills Village at 30km/h and add speed reduction awareness placards	(R) Municipality		✓			
	Promote accessible transportation to ensure citizen participation in one-off activities	(R) Municipality	✓	✓	✓	✓	✓

ACTION PLAN 2020-2024

AXIS OF INTERVENTION: COMMUNICATION AND INFORMATION

OBJECTIVES	ACTIONS	RESPONSIBLES (R) AND PARTNERS (P)	2020	2021	2022	2023	2024
Ensure the dissemination of relevant information for families and seniors	Maintain the publication of the municipal newspaper Le Joyau	(R) Municipality	✓	✓	✓	✓	✓
	Set up a communication committee to review the structure of the newspaper and other means of communication.	(R) Municipality		✓			
	Collaborate to make information accessible on: <ul style="list-style-type: none"> • Events organized by the various organizations of the area • Resources available for families and seniors. 	(R) Municipality	✓	✓	✓	✓	✓
	Send an e-newsletter to citizens to inform them of one-off events	(R) Municipality			✓		
	Maximize the dissemination of relevant information on the municipality's website and on social media	(R) Municipality	✓	✓	✓	✓	✓
	Promote the use of the "Ressources Coaticook" site by local organizations and promote it to the public	(R) Municipality	✓	✓	✓	✓	✓
	Thinking about the English-speaking clientèle in all that is developed	(R) Municipality	✓	✓	✓	✓	✓





IMPLEMENTATION OF THE POLICY

The Municipality of Barnston-Ouest entrusts the Recreation, Family and Seniors Committee with the mandate to monitor and implement actions stemming from the Family and Seniors Policy. It will meet annually to develop a detailed timetable including the expected results and indicators for each of the actions. It will determine the means and resources for achieving the objectives, review the status of the file and make recommendations to the municipal council.

The Recreation, Family and Seniors Committee will promote the actions carried out and these updates to the population.

CONCLUSION

Family and senior's policy and its action plan must remain flexible guides that are part of an ongoing and evolving process, so that municipal interventions can be effectively adapted to the changing reality of our population.

Together, we get a development tool that resemble us. The success of our policy lies in the involvement and active participation of all. Do not hesitate to contact the municipal office to send us your comments and suggestions.

We hope for a dynamic and evolving Family and Senior's Policy!

The translation of the document was made possible thanks to the financial contribution of the SADC of the Coaticook region.





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