

It is with great pride that I introduce to the population of Frelighsburg the “plan d’action Municipalité des Aînés”. This process has allowed us to target the appropriate measures to improve the quality of life for our elderly and to establish solid collaborations with other neighbouring municipalities and our partners. The adoption of this policy and this action plan officially registered the elderly right in the heart of our concern in our municipality. I warmly invite you to read about it and to live accordingly with the commitment we have undertaken.



Jacques Ducharme  
Mayor of Frelighsburg



It is with great enthusiasm that I present the very first Policy for the Elderly for the Municipality of Frelighsburg.

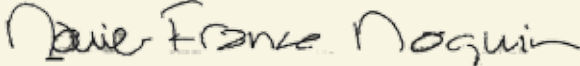
It is with great pleasure that I wish to thank all our partners who made possible the drafting of this MADA policy. The purpose is to create a policy to clarify the various functions of the municipality in regard of the needs and aspirations of our elderly, and that directly or in partnership with government services, institutions as well as with the community groups. This policy tends to support the active participation of the elderly in the development of communities, home care and their social inclusion.

Thanks to the committee for their commitment and time to reach this unveiling today. Also thanks to our partners who have agreed to join the municipality in the implementation of these actions. I also want to sincerely thank all the people who participated in the public consultation of last autumn. Your precious collaboration, dear citizens, was essential to reach this result.

I am sure that this policy will further contribute on many levels while improving the quality of life for our elderly. Our community should be proud and will benefit from these actions in order to revitalize itself within the next few years.

In conclusion, dear Frelighsburgers, I invite you to participate in the implementation of plan of action because this is the way you will contribute towards making our municipality as a place where “I want to age well in Frelighsburg”

Thanks to all!



Marie-France Moquin  
Municipal Counsellor and responsible for MADA

## MEMBERS OF THE AFM-MADA COMMITTEE

WE WISH TO EXTEND OUR SINCERE THANKS TO THE STEERING COMMITTEE THE AFM INITIATIVE-SENIORS POLICY (MADA PROJECT) WHO HAVE VOLUNTARILY GIVEN OF THEIR TIME OVER A PERIOD OF ALMOST TWO YEARS IN THE UNDERTAKING OF THIS PROJECT.



**Municipalité  
amie des aînés**

Nicole Boily, citizen (absent on the photo)

Johanne Boisvert, in charge of the MADA Project (AFM Initiative-Seniors Policy)

France Breton, citizen

Nicholas Brien, representative from Camp Garagona

Louise Corriveau, representative from Golden Age Club

Monique Lacroix, community organizer for CSSS La Pommeraie

Martine Leduc, representative from « Les deux clochers » restaurant

Marie-France Moquin, municipal counsellor responsible for the AFM Initiative Seniors Policy (MADA project)

Andrée Potter, representative from Société d'histoire et du patrimoine de Frelighsburg (Frelighsburg Historical Society)

Jessica Roy, representative from Vitalité Frelighsburg

André Viau, representative from Carrefour action municipale et famille (absent on the photo)

Marie-Andrée Yelle, representative from the Conseil d'établissement de l'École Saint-François d'Assise (Board of Directors)



# Portrait of the Municipality

## GEOGRAPHIC PROFILE

The municipality of Frelighsburg has preserved the loyalist charm that has presided over this town since its birth. From an architectural standpoint, many patrimonial buildings reflecting its bicentennial origins are evident. Its unique cachet has enabled it to become a member of the Association des plus beaux villages de Québec (Association of the most beautiful towns in Quebec), as well as part of the Route des vins (Wine Route) and the Chemin des cantons (Townships Roadways).

## ECONOMIC PROFILE

Fruit-growing farms proliferate throughout the territory of Frelighsburg, and the magnificent landscape has attracted many artists and artisans who have captured the splendor of the village, undulating with beauty. Tourists are also very evident in this natural, carefully preserved, environment; where they can find historical information sites, lodging and restaurants reflecting the unique character particular to the municipality.

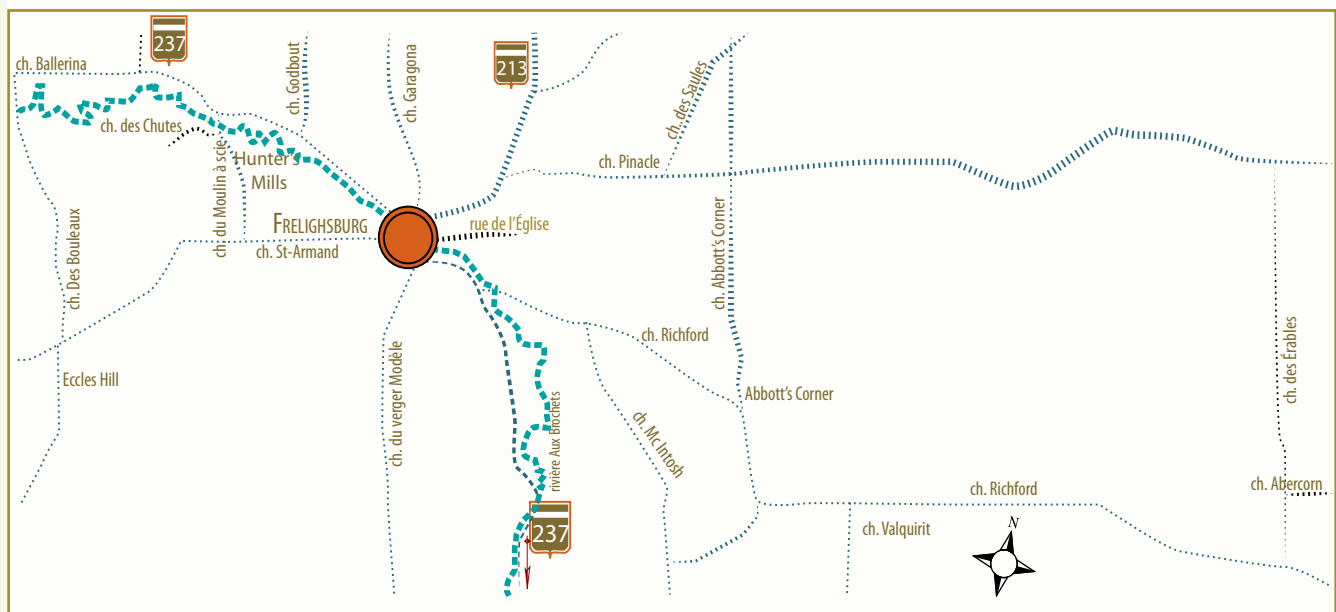
## SOCIO-CULTURAL PROFILE

Numerous non-profit organizations operating in Frelighsburg, as well as many involved citizen committees, make this an extremely dynamic community: there being more than fifteen currently participating in various fields of activities. Whether speaking of leisure activities, environment, history, art, culture or crafts, be assured that there is a corresponding organization actively in place. As concerns citizen involvement in the life of the school, churches or simply in the offer of activities for seniors, you will encounter numerous dedicated volunteers.

## DEMOGRAPHIC PROFILE

Legally constituted since 1806, and after experiencing a final fusion in 1951, the municipality of Frelighsburg now covers a surface area of

123.7 Km<sup>2</sup>; the average population density is approximately 8.8 persons per Km<sup>2</sup>.



## Global Population Profile of Frelighsburg and MRC Brome-Missisquoi according to the 2011 census

	Frelighsburg	MRC BROME-MISSISQUOI
Population 2006	1030	52769
Population 2011	1094	55620
Median age of the population in 2011	49.2 yrs	46.5 yrs
Variation in the population 2006-2011	+ 6,2%	+ 5.4%

It should be noted that according to the most recent statistics from the MRC Brome-Missisquoi, the population of the Municipality of Frelighsburg 1084 persons in 2015. It can therefore be stated that the population has been very stable over the last couple of years.

## Proportion of older people aged 55 years and older according to the 2011 census

The population of Frelighsburg comprises a higher proportion of older people than the MRC (4.5% more) but, in spite of this, there are less persons aged 75 years and older in the municipality than in the MRC.

	FRELIGHSBURG		MRC BROME-MISSISQUOI	
	Number of persons	% of the population	Number of persons	% of the population
55-64 yrs	225	20,5%	9585	17.2%
65-74 yrs	140	12.8%	6140	11%
75 yrs and older	75	6.9%	4155	7.5%
Total of those 55 and older	440	40.2%	19 880	35.7%

It is possible that those persons 75 years and older leave Frelighsburg to reside in a more densely populated city, offering more services.



Johanne Ratté



# Age-Friendly Initiative- A Seniors Policy (MADA)

## VISION FOR SENIORS

Throughout the reflection by committee members, all agreed that seniors do not constitute a uniform group. Even though chronological age is not a determining factor, the Frelighsburg seniors policy targets persons 55 years and older.

- Two central facts have guided the group reflection, they are:
- Seniors are full citizens living different realities
- Seniors are not a population sub-group, but rather a link in a bigger chain.

Thus, the actions proposed to encourage “the TASTE for aging well in Frelighsburg”, are intended to be inclusive, with a particular concern for seniors who are more isolated or English speaking, as well as a desire to foster intergenerational relationships.



## VALUES IN THE FOREFRONT

The areas of intervention that were explored during the public consultation held in Frelighsburg have been imbued with the following values:

- Integration of seniors in an intergenerational context
- Integration and citizen participation
- Mutual support and solidarity
- Support for autonomy



Johanne Ratté

## Action Plan AFM Initiative A Seniors Policy (MADA)

The role that the municipality has given itself is to adapt its services and infrastructures to take into account an aging population and to foster a healthy lifestyle. Its leadership has rallied its key community members to encourage an active aging lifestyle and to enable its citizens to have “the TASTE for aging well” in Frelighsburg.

### TERRITORIAL PLANNING ●

OBJECTIVES	ACTIONS	SERVICE RESPONSIBLE	PARTNERS	TIMELINE		
To enhance citizen safety	To identify and update a list of persons with reduced mobility and vulnerable in case of disaster	Fire Department and the Municipality of Frelighsburg	AFM (MADA) Committee Golden Age Club CSSS	2015		
	To research the possibility and put in place, if feasible, a program of shared costs for chimney cleaning and emptying of septic tanks	Municipality of Frelighsburg		2015		
To facilitate and encourage an active, walking lifestyle	To build a network of walking trails, including the construction of a foot-bridge, connecting the various sectors of the village core	Municipality of Frelighsburg	Ministry of Transport CSSS La Pommeraiie	2015	2016	2017



Johanne Ratte

COMMUNICATION AND INFORMATION ●

OBJECTIVES	ACTIONS	SERVICE RESPONSIBLE	PARTNERS	TIMELINE		
				2015	2016	2017
To inform seniors of services available	Review the contents of the <i>Messenger</i> and reserve a section for information of interest to seniors	Municipality of Frelighsburg	AFM (MADA) Commitee	2015	2016	2017
	To review the contents of the <i>Messenger</i> , making information on Municipal Council more accessible	Municipality of Frelighsburg		2015	2016	2017
	To publicize activities offered to seniors in the regional municipalities via the <i>St-Armand</i> newspaper	Municipality of Frelighsburg Golden Age Club Vitalité Frelighsburg OBNL		2015	2016	2017
	To develop and distribute a memo sheet listing emergency numbers for seniors' services	Municipality of Frelighsburg		2015	2016	
	To organize information sessions on services offered to seniors	AFM (MADA) Commitee	Public organizations an institutions	2015	2016	2017



Johanne Ratte



OBJECTIVES	ACTIONS	SERVICE RESPONSIBLE	PARTNERS	TIMELINE		
To remedy the limited availability of rental housing	Encourage residential development	Municipality of Frelighsburg			2016	2017
Encourage access to home ownership for people of all ages	To consult the population on any desired amendments	Municipality of Frelighsburg		2015		
	Review the urban planning rules and regulations	Municipality of Frelighsburg		2015	2016	2017
To maintain seniors in the community	To review municipal regulations allowing inter-generational housing	Municipality of Frelighsburg			2016	
	To inform seniors of the various types of housing and services possible for living and remaining in Frelighsburg	AFM (MADA) Committee	AQDR ACEF-ME PAIR	2015	2016	2017



Johanne Ratté



LEISURE AND RECREATIONAL ACTIVITIES ●

OBJECTIVES	ACTIONS	SERVICE RESPONSIBLE	PARTNERS	TIMELINE		
Diversify leisure activities	To offer ViActive workshops	Golden Age Club	Vitalité Frelighsburg	2015	2016	2017
	To develop agreements to have access to equipment of Camp Garagona or two private camping areas)	Vitalité Frelighsburg Municipality of Frelighsburg	Camp Garagona OBNL		2016	2017
To promote physical activity for seniors	To design a training circuit at Goodhue Park	Municipality of Frelighsburg Golden Age Club			2016	2017
To encourage intergenerational mingling and promote services for seniors	To plan for a community hall (accessible at all times)	Municipality of Frelighsburg OBNL			2016	2017
	To arrange for space for intergenerational meetings at Goodhue Park	Municipality of Frelighsburg Golden Age Club Vitalité Frelighsburg			2016	2017

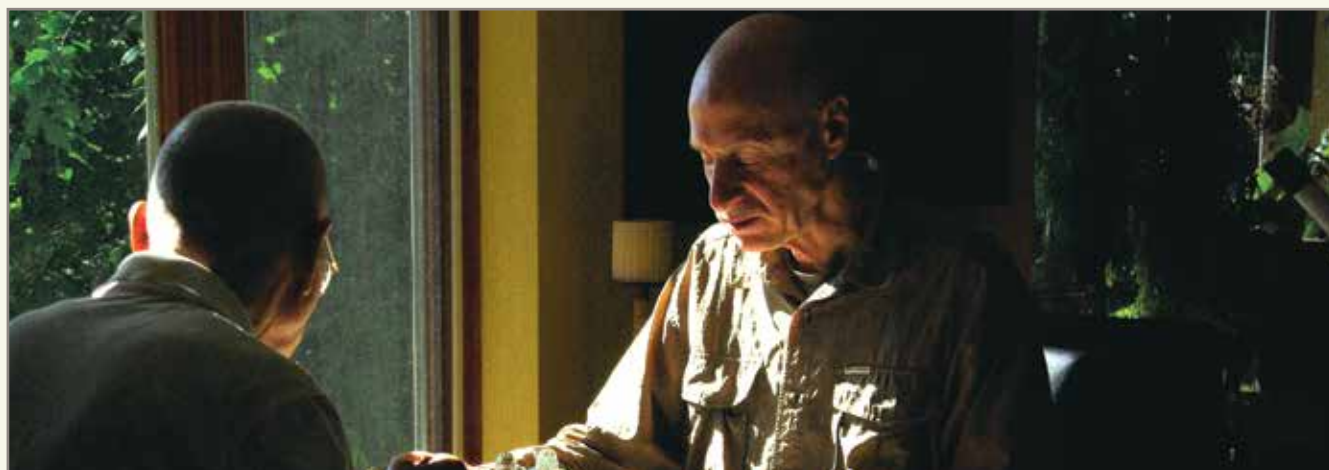


Johanne Ratté



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OBJECTIVES	ACTIONS	SERVICE RESPONSIBLE	PARTNERS	TIMELINE		
To encourage seniors to become involved in municipal life	To put in place measures to encourage the participation of seniors in the elaboration of a policy of support and recognition of organizations	Municipality of Frelighsburg	CSSS La Pommeraie Sports Loisirs Montérégie OBNL	2015	2016	2017
	To improve accessibility to municipal council meetings (physical access, acoustical improvement)	Municipality of Frelighsburg			2016	2017
Encourage development and the upgrading of local services	To verify the need to organize a meal delivery service or accessibility to prepared meals (Meals on Wheels or other means)	AFM (MADA) Committee	Golden Age Club CSSS La Pommeraie	2015		
	Involve seniors in the development of services destined for seniors	AFM (MADA) Committee		2015		
To encourage citizens' computer access and usage	To enable the possible development of access to high speed internet	Municipality of Frelighsburg		2015		
	To offer computer initiation courses	Golden Age Club	U T A Brome-Missisquoi	2015	2016	2017



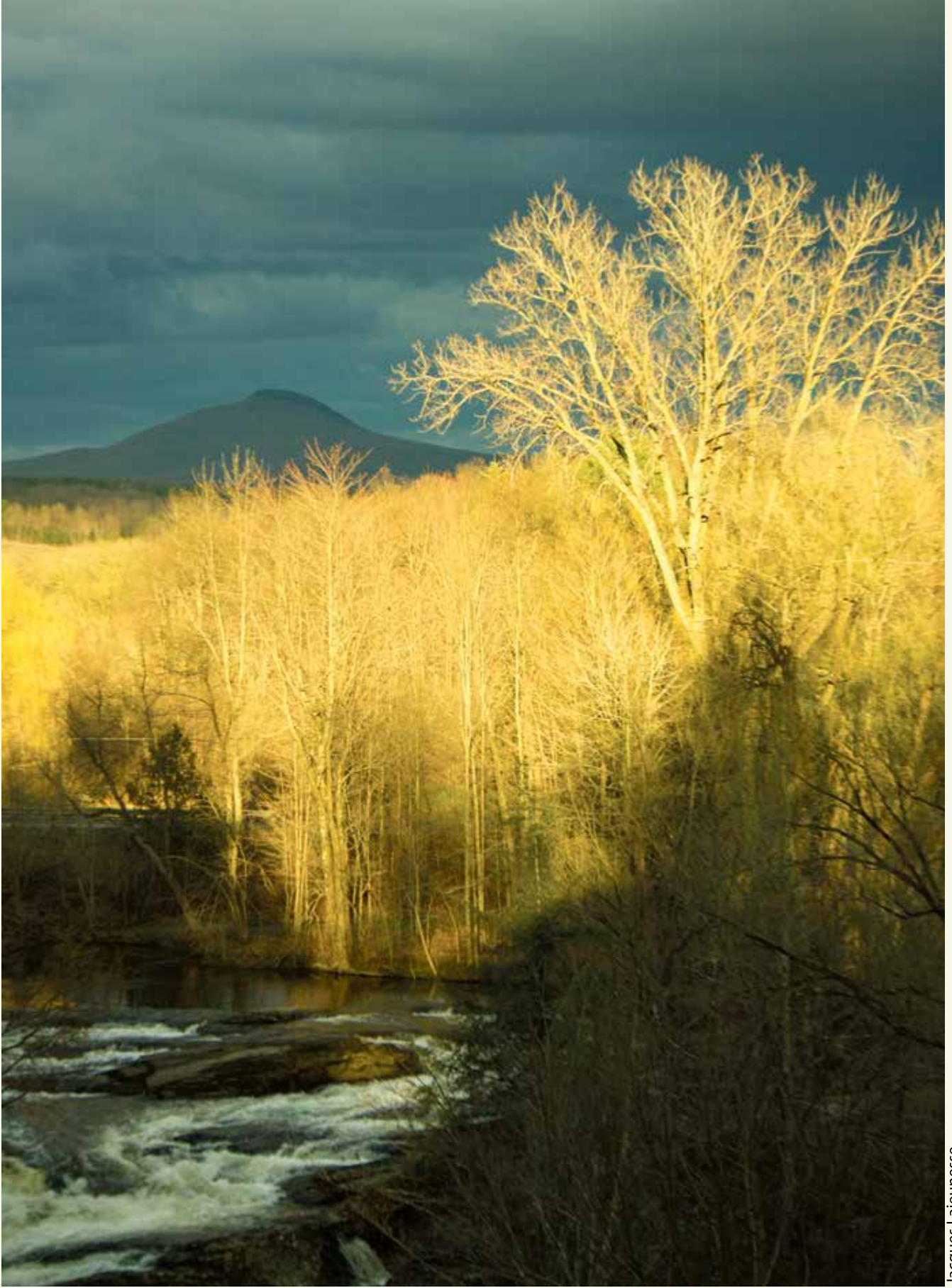
Jacques Lajeunesse

OBJECTIVES	ACTIONS	SERVICE RESPONSIBLE	PARTNERS	TIMELINE		
To promote collective transportation	To inform the population of existing transportation services via information sessions	AFM (MADA) Committee	Adapted Transport and Collective Transport of the MRC	2015	2016	2017
	To plan for and organize the usage of collective transportation for special events or activities (ex.: vaccination clinic)	AFM (MADA) Committee	Adapted Transport and Collective Transport of the MRC	2015	2016	2017



Johanne Ratté





Jacques Lajeunesse