MESSAGE DE LA MAIRESSE

Je suis très heureuse que la Municipalité de Sheenboro se soit jointe à la démarche MADA. Les aînés jouent un rôle important au sein de nos petites communautés. Grâce à ce plan d'action, nous souhaitons continuer à bâtir une communauté où les aînés se sentent valorisés, respectés et pleinement inclus.

Doris Ranger
Mairesse de Sheenboro

MESSAGE FROM THE MAYOR

I am very pleased that Municipality of Sheenboro has joined MADA. Seniors play a big part in our small communities. Through this action plan, we hope to continue building a community where seniors feel valued.

Doris Ranger
Mayor of Sheenboro



MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Communication & Information	Bridge the digital divide and centralize information	*Develop a multichannel communication strategy using a local directory, municipal websites, public bulletin boards, electronic signs and telephone services. *Designate a community information advisor to gather, coordinate and share information. *Create and regularly update a local directory of services, organizations and community resources. *Install digital bulletin boards in strategic locations and promote the year-round use of existing boards. *Encourage event organizers to submit their activities for publication on community bulletin boards and electronic signs, including the MRC's sign. *Encourage organizations to share information and collaborate more closely with one another. *Promote the use of The Equity newspaper among organizations that do not currently use it to advertise their services and activities. *Offer training sessions to help older adults use tablets, smartphones and online services. *Establish a support resource, such as a community assistance team or concierge service, to help residents access information and services.	Universal access to information, even without the Internet	MRC ; WQLC, Connexions, Library ; Non-Profit organizations, Mont d'or, Résidence Meilleure : event organizer / recreational organization; Patrimoine Sheenboro	Year 1
Transport & Mobility	Breaking Down Geographic Isolation	*Raise awareness of existing transportation services, including TransporAction. *Explore the creation of a volunteer carpool network or work with TransporAction to secure a local driver for municipal residents. *Improve access to transportation for essential services, community activities and day centres. *Continue to maximize the use of the day centre bus to better meet residents' transportation needs. *Improve pedestrian safety throughout the municipality.	Increased outings; Reduced isolation; Greater participation	TransporAction, CISSSO, Connexions ; Transport Collines, Taxi Royale ; CREDDO, MOBIO	Ongoing
Health & Social Services	Simplifying Access to Healthcare	*Explore the implementation of the PAIR Program to provide regular safety check-ins for older adults. *Establish a buddy system involving volunteers and engaged community members. *Advocate for expanded CLSC services and more regular staff availability at the local service point. *Develop home support and concierge-type services to help older adults remain in their homes. *Offer educational workshops on health, wellness and available community resources. *Provide a volunteer or staff member at the library to assist residents with reading documents, completing forms and booking appointments through platforms such as Clic Santé. *Recruit volunteers and establish a community telephone tree to contact vulnerable residents during emergencies, such as floods and power outages. *Support West Pontiac Connects in maintaining and expanding its assistance services, including help with forms and medical or other appointments. *Identify sustainable funding to maintain and improve existing community support services.	Reducing administrative stress; Prevention; Support for family caregivers	west pontiac Connexions, CISSSO	Ongoing

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Social Participation	Strengthening Mutual Support	*Create a welcoming committee and designate community members to introduce newcomers to the community during activities and events to welcome newcomers, introduce them to other participants and help them feel included. *Establish recognition initiatives to celebrate the contributions of local volunteers. *Identify and support who can serve as community resource persons, volunteer ambassadors or activity leaders. *Encourage seniors to share their experience, knowledge and skills with younger generations. *Explore the development of accessible community gardens as intergenerational spaces for learning, cooperation and knowledge sharing. *Build partnerships with schools and community organizations to support volunteering and intergenerational initiatives. *Increase the use of the intergenerational park by organizing and promoting more activities. *Hire or assign a summer student to show residents how to safely use the park's exercise equipment.	Reduced feelings of loneliness	Non-Profit organizations, Connexions, Seniors committee ; Municipalities, Seniors clubs ; Autonhomme, Jardin éducatif	Ongoing ; Year 1-2
Recreation	Make activities accessible and inclusive	*Expand partnerships with local organizations *Promote local libraries, book clubs and library-based activities. *Reintroduce card clubs and promote trivia nights. *Support groups in developing new free activities and a variety of workshops. *Organize cultural and tourism outings, including transportation or ride-sharing options. *Hold community fundraising activities throughout the summer to support at least one cultural outing per year. *Organize special fundraising events featuring entertainment. *Offer regular coffee gatherings at the farmers' market. *Organize a joint Heritage Day involving the three municipalities, including local history presentations and heritage information*	Increased Participation	Municipalities, MRC ; MCC, TransporAction, Seniors clubs/ Patrimoine Sheenboro /	Year 3-5
Respect & Social Inclusion	Honoring Seniors and Promoting Inclusion	*Encourage organizations to offer activities at varied times to accommodate working older adults, such as social gatherings and coffee meetups. *Identify community resource persons. *Create a welcome kit for older adults and new residents. *Continue and expand intergenerational activities. *Promote a positive image of older adults. *Encourage intergenerational knowledge sharing. *Organize open houses and information sessions to raise awareness and gather ideas from residents. *Promote and offer activities throughout the year, rather than only during the summer.	*Improved public image; *Knowledge transfer	Seniors clubs | Non-Profit organizations |CISSSO | Municipalities	Year 2 ; Ongoing

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Outdoor Spaces & Buildings	Ensure a safe environment	*Regularly inspect, maintain and repair public lighting. *Improve lighting in strategic areas to increase pedestrian safety. *Revitalize the Heritage Trail and develop a walking tour with benches and rest areas. *Add benches and accessible rest areas in strategic locations. *Improve pedestrian safety by installing appropriate retaining walls, guardrails or handrails. *Ensure thorough and timely snow removal from sidewalks during winter. *Find solutions for residents who have difficulty bringing their garbage bins to the roadside. *Improve the accessibility of sidewalks, pathways and public spaces through paving and other appropriate upgrades. *Assist businesses and community organizations in identifying and applying for grants to improve building accessibility. *Promote accessibility standards and provide information sessions, potentially through the MRC, to ensure accessibility projects are completed properly.	Fewer falls; Increased physical activity	Municipalities ; MRC ; CREDDO, MOBIO, LSO	Year 3 ; Ongoing
Security	Ensuring Resilience to Emergencies	*Establish a community emergency call chain.(Call for Citizens to Volunteer for Emergency Calls) *Explore the implementation of the PAIR Program, including automated calls and safety check-ins for older adults. *Raise public awareness about speeding and install electronic speed-awareness signs in strategic locations. *Improve access to reliable communication services and connectivity during emergencies. *Distribute a clear list of emergency telephone numbers. *Inform residents that, when calling police or emergency services near the Quebec–Ontario border, they should immediately specify that they are calling from Quebec.	*Raise awareness among residents and visitors about the importance of immediately specifying that they are calling from Quebec when contacting 911. *Distribute magnets displaying emergency contact numbers and a space to record the exact address of the residence or accommodation, particularly for tourists.	CISSSO, West Pontiac Connect, Connexions, seniors group ; Warden & elected |Sûreté du Québec |Fire Department; Schools	Year 3 ; Ongoing
Housing & Living Environment	Diversify the housing supply	*Promote available home accessibility and adaptation programs. *Create and share a directory of individuals and businesses offering home maintenance services, such as minor repairs, window cleaning, lawn care and snow removal. *Partner with local high schools and community organizations to recruit youth who can assist older adults. *Support the development of small, accessible housing units and housing cooperatives for people aged 55 and over. *Establish a home maintenance assistance service to help older adults remain in their homes. *Partner with West Pontiac Connects to coordinate volunteers who can assist older adults with yard work and basic outdoor home maintenance.	*Home Care for Seniors *Information on making their homes accessible (handrails, etc.) with a list of companies that offer this service	OH ; CISSSO ; Maison des jeunes, Mont d'Or	Ongoing