

OCTOBER 2024

# PARTNERS NEWSLETTER

Important Updates for On-Site Partners at Langs



THE  
**Hub@1145**



**HAPPY FALL TO ALL!**



Welcome to the October edition of the Langs Partner Newsletter. We are excited to share with you that starting January 2025, our Partner Portal is getting a makeover with our new website launch. We will also be moving to quarterly newsletters at this time. In the meantime, we will continue to keep you updated and engaged with monthly newsletters for 2024.

**ROOM BOOKINGS - NEW 2024 RATES & BOOKING REQUEST GUIDELINES\***

**HEALTH & SAFETY CODE REVIEWS - CODE BROWN**

**REMINDERS - MAIL, ADDITIONAL KEY REQUESTS & INCLEMENT WEATHER**

**THIS MONTH'S NOTABLE SPOTLIGHT SERIES PARTNER**

Starling Community Services (formerly Lutherwood)

**UPCOMING EVENTS**



**CITY OF CAMBRIDGE :**

*Age Friendly Community Services Guide - Launch Event | Hespeler Arena - Gallery  
October 1, 2024 | 12-4pm*

*50+ Active Living Fair | Hespeler Arena - Beehive Hall | October 1, 2024 | 1-5pm*

**CAMBRIDGE NEIGHBOURHOOD TABLE**

October 8, 14, 22 & 28, 2024 | 5-6:30pm

**BUILDING UPDATES**

The walking track opens during the Fall/Winter on Saturdays from 8:30am-12:00pm, October 19th, 2024 to April 26th, 2025.



# HEALTH AND SAFETY CODE REVIEW: CODE BROWN - HAZARDOUS MATERIAL

## Code Brown: Hazardous Material

The employee member who received the call will initiate the completion of an incident report. Langs recognizes that some items may be a hazard if spilled or handled incorrectly.

To prevent chemical spills, the following is recommended:

- Keep chemical products neat and stored in a stable manner;
- Do not overload shelves, and watch for chemical products in public areas; and
- Be prepared. All employees will know where spill clean-up supplies are kept.

If a substance suspected to be hazardous is spilled, the following events will happen:

- The area will be secured and traffic to the area will stop. Someone will stand guard over the area to ensure no one walks through the spill.
- Determine the identify of the spilled product. Never touch, taste or smell a suspected hazardous material spill to try to identify it.
- The MSDS sheet for the substance will be reviewed and the proper process will be followed to clean up the spill in the safest way.
- Notify a member of the Leadership team will who decide if the fire department needs to be called.
- Personal protective equipment (PPE) will be utilized as necessary; this may include:
  - Eye protection;
  - Gloves that are compatible with the substance that was spilled;
  - Apron/coveralls;
  - Shoe covers; and
  - Other equipment as necessary (e.g., respirator/mask).
- Doors and windows could be opened, if appropriate, to improve ventilation.
- Properly store the spilled chemical and contaminated materials in a labelled container or doubled plastic bag for disposal - use good quality bags.
- Persons who have been contaminated will inform the responsible party that medical attention is needed and identify their location. Avoid physical contact with others.
- The fire alarm will be pulled if the building needs to be evacuated.
- Hands will be washed, and contaminated clothing will be removed after the spill cleanup is completed.

For more information on being prepared for a spill, minimizing the number of potential ignition sources that will cause a flammable spill and knowing the location of safety equipment, please refer to the Partner Portal.

# PARTNERS

# spotlight series

Join us every month as we feature a list of on-site partners and provide a platform to have conversations with a purpose. On-site Partners will have an opportunity to discuss and promote their innovative activities, ideas, and events happening in the community.

Alzheimer Society  
WATERLOO WELLINGTON

PORCHLIGHT  
COUNSELLING • ADDICTION SERVICES

Starling  
Community Services  
Formerly Lutheran

Front Door  
Access to Child and Youth Services

camino  
Wellbeing + Mental Health

Canadian Mental Health Association  
Mental health for all

TORONTO  
Toronto Orthopedic Services Ltd.

Region of Waterloo  
COMMUNITY SERVICES

Hospice  
Waterloo Region

Family Violence Project  
WATERLOO REGION

sasc  
SEXUAL ASSAULT  
SUPPORT CENTRE  
OF WATERLOO REGION

Cambridge  
CareerConnections  
Linking you with work...

CANADA  
CAMBRIDGE  
It's all right here

Chiropractors  
Dr. Amy Brown  
Dr. Peter Emary

Mobility Clinic  
THE CENTRE FOR FAMILY MEDICINE

FAMILY & CHILDREN'S SERVICES  
OF THE WATERLOO REGION  
Help Today for a Better Tomorrow

Dr. Rashad Ali – Respirology

House of Friendship  
FAMILY OUTREACH program

Langa Medical Pharmacy  
LMP  
We Look After You

HOME AND COMMUNITY CARE  
SUPPORT SERVICES  
Waterloo Wellington

Arthritis  
SOCIETY

Waterloo Region  
Community Legal Services

Endocrinologists  
Dr. Heather MacKenzie  
Dr. Joanne Liutkus

Community  
Diabetes Program  
WATERLOO REGION

St. Joseph's  
HEALTH CENTRE GUELPH  
Serving with Compassion, Care and Courage

Community  
Support  
Connections

YMCA of  
Three Rivers

WATERLOO REGION  
Suicide Prevention Council

Behavioural  
Supports  
Ontario

CANADIAN  
RED CROSS

Ontario



This Spring, Lutherwood announced it is changing its name to Starling Community Services.

Lutherwood has grown. We started 54 years ago as a Lutheran Church of Canada vision to support 10 “troubled” youth at a time when the term “children’s mental health” did not really exist. Today, we have grown into an independent, multi-service agency that annually supports about 18,000 people with diverse backgrounds and identities.

While our name has changed, our mission and vision remain the same. Starling Community Services is still committed to supporting children, youth and families experiencing mental health, emotional or behavioural challenges in Waterloo Region. We are proud to be a partner organization at Langs CHC, helping to provide vital mental health support to children, youth, and their families.

One of our programs offered in partnership with local medical clinics, including Langs CHC, is our Brief Community Mental Health (BCMh) Services. BCMh services provide an option to young patients at Langs who are struggling with their mental health .

For youth aged 6-17 struggling at home or in the community, BCMh services offer short-term mental health coaching, skill building and treatment support, including coordination with other community services to help improve the mental wellness of children, youth and their families. This program requires a direct referral through Langs Community Health Centre or partnering medical clinics.

If you are a youth or parent/caregiver supporting a child or youth who is struggling with their mental health, Front Door is here for you. As a program of Starling Community Services supported at Langs, Front Door is a great starting point for families and young people who have concerns related to behavioural or emotional mental health challenges. Call Front Door at 519-749-2932 and our experienced staff will help you identify the next steps including access to mental health services and other services in the Waterloo Region.

# UPCOMING EVENTS

## CITY OF CAMBRIDGE

### AGE FRIENDLY COMMUNITY SERVICES GUIDE - LAUNCH EVENT

Tuesday, October 1st, 2024 | 12-4pm

Location: Hespeler Arena - Gallery

FREE Admission and Parking

REGISTRATION REQUIRED

Register to join the City for the launch of the Age Friendly Community Services Guide and stay for the fair. Registration is required to attend. Space is limited.



**You're Invited!**

Join us for the Age Friendly Community Services Guide Launch Event  
**Tuesday, October 1 | 12 - 4 p.m.**  
Hespeler Arena – Gallery, 640 Ellis Road West

Light lunch provided with guest speakers and giveaways!

Space is limited, please register by September 16  
Email: [agefriendly@cambridge.ca](mailto:agefriendly@cambridge.ca) | Phone: 519-740-4681 Ext. 4433

Special thanks to the Government of Canada's New Horizons for Seniors Program for providing partial funding for this event

Partners:  

## CITY OF CAMBRIDGE 50+ ACTIVE LIVING FAIR

Tuesday, October 1st, 2024 | 1-5pm

Location: Hespeler Arena, Beehive Hall  
FREE Admission and Parking

Learn about the programs and services that the City of Cambridge has to offer to older adults in the community. This is a great opportunity for you to connect with other exhibitors looking to offer their products and services in helping you with an active lifestyle.



**50+ Active Living Fair**

Tuesday, October 1, 1-5 p.m.  
Hespeler Arena, 640 Ellis Road West

Live demos, exhibitors, snacks, seminars, and more.  
Empowering you to take an active role in your quality of life!

Free admission & parking  
[cambridge.ca/celebrates](http://cambridge.ca/celebrates)

Partners:   

## CAMBRIDGE NEIGHBOURHOOD TABLE | 5:00-6:30PM

For those onsite partners interested in taking part in any of the dates listed by volunteering their time and/or setting up a booth at Langs to showcase their services, please contact Alison at [alisonb@langs.org](mailto:alisonb@langs.org) OR Dave at [davidc@langs.org](mailto:davidc@langs.org)



**You're invited**

 Cambridge Neighbourhood Table

**5-6:30 PM** | **FREE DINNER & SOCIAL**

 1145 Concession Road |  1332 Hamilton Street

**Tuesday, October 8th** Freedom Centre  
**Monday, October 14th** **Cancelled**  
**Tuesday, October 22nd** Freedom Centre  
**Monday, October 28th** Langs

REMINDER

IDER

## MAIL



For our partners who have mailboxes at Langs, please make sure to check them when you are on site.

## ADDITIONAL KEY REQUESTS



As part of your lease agreement with Langs, our partners are entitled to two keys, free of charge, for their leased on-site space. **Effective January 1, 2024**, any additional key requests outside these two keys will result in a cost of \$10/key for each key request. This amount will then be invoiced on a quarterly basis. Please send any key requests to Alison at [alisonb@langs.org](mailto:alisonb@langs.org).

## INCLEMENT WEATHER



In the event of a closure, all announcements will be posted on our website.

If you notice any unsafe conditions (flooding, downed trees, power lines, etc.), please contact main reception so that this can be addressed as soon as possible.



# ROOM BOOKINGS - NEW 2024 RATES AND BOOKING REQUEST GUIDELINES\*

In order to find the most efficient meeting space for your needs, we have provided you with a list of our available meeting rooms. Rooms are available for client meetings, training sessions, workshops, community programs, etc.

\*Please note that effective immediately, partner meeting room booking requests are available MONDAY TO FRIDAY ONLY. Room booking requests made outside the work week are not part of the current lease agreements in place and will be charged normal Saturday non-profit rates.

\*Effective January 1, 2024 new room charge out rates will apply (see example below for comparison). These new rates have been adjusted for inflation.

2023 Room Rates for S206 (up to 4 hrs): \$30.00

2024 Room Rates for S206 (up to 2 hrs): \$25.00 | (2 to 4 hrs): \$35.00

Please make all room booking requests at least one week in advance through Alison at: 519-653-1470, Ext. 266 or at [alisonb@langsg.org](mailto:alisonb@langsg.org).

Make sure to check your Lease Agreement for details.

FIRST FLOOR	E105, E106
SECOND FLOOR	S206, S236, N210, E204, E206

If you have any questions or comments, please feel free to contact Dave at [davidc@langsg.org](mailto:davidc@langsg.org) or Alison at [alisonb@langsg.org](mailto:alisonb@langsg.org). We appreciate your ideas and support of the return to in-person services.

**Hub@1145** | 1145 Concession Road, Cambridge  
519-653-1470 | [WEBSITE](http://www.langsg.org)



THE  
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