

NOVEMBER 2024

PARTNERS NEWSLETTER



THE
Hub@1145

Important Updates for On-Site Partners at Langs



WE ARE LIVE!

Welcome to the November edition of the Langs Partner Newsletter. We are excited to announce that our new website and Partner Portal are now live! We hope you have found our monthly newsletter informative and engaging, as we move forward to quarterly newsletters in the new year.

ROOM BOOKINGS - NEW 2024 RATES & BOOKING REQUEST GUIDELINES*

HEALTH & SAFETY CODE REVIEWS - CODE BLACK

LANGS' PARTNER PORTAL

REMINDERS - MAIL, ADDITIONAL KEY REQUESTS & INCLEMENT WEATHER

THIS MONTH'S NOTABLE SPOTLIGHT SERIES PARTNER

CITY OF CAMBRIDGE

UPCOMING EVENTS



CAMBRIDGE NEIGHBOURHOOD TABLE
November 11 & 25, 2024 | 5-6:30pm

LANGS GIFT CARD PROGRAM
November 20, 2024

LANGS COMMUNITY HOLIDAY DINNER
December 11, 2024 | 5:00-7:30pm

BUILDING UPDATES



HOLIDAY HOURS:

Open 8:30am-4:30pm for the period of December 23rd to January 3rd, with the exception of the following:
December 24th & 31st - 8:30am-2:00pm
December 25, 2024 - CLOSED
December 26, 2024 - CLOSED
January 1, 2025 - CLOSED

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 BLACK- BOMB THREAT

Code Black: Bomb Threat

A bomb threat or bomb scare is a threat, usually verbal or written, to detonate an explosive or incendiary device to cause property damage, death, injury, and fear, whether or not such a device actually exists. Making a bomb threat is a criminal offence. Do not try to guess whether the threat is real or a hoax. Bomb threats can come in a variety of ways, including:

- Texts/SMS
- Phone calls
- Social media postings
- Unidentified packages left or received at a worksite
- A suspicious object left in a public area
- Handwritten note, memo, or letter

A bomb threat must be considered serious unless it is proven otherwise, and action must be taken to ensure the safety of all. Failing to act appropriately could lead to the loss of lives; DO NOT HANG UP. The actual removal or diffusing of a bomb is the responsibility of the police. These procedures are a resource tool and provide principals and guidance as each incident will be unique and unpredictable in nature. The following procedures should be taken in the event of a bomb threat:

- When a bomb threat is received via telephone, remain calm, listen, do not interrupt the caller.
- Record the exact wording of the threat by pressing the record/call record button on your phone, or by taking detailed notes. (Hitting the record button will send an email transcript after the call is ended to the email associated with the phone extension. The caller will not know that the call is being recorded).
- Notify a co-worker with hand gestures and writing a note that says “Bomb Threat” or send an email to the panic button distribution list. Attempt to keep the caller on the line. If the caller hangs up immediately, call 911 and notify the CEO or an on-site Manager yourself.
- If able to remain on the line, the notified co-worker will call 911 and alert the police and will contact the CEO or an on-site Manager immediately.
- Record as much information as possible in the Bomb Threat Checklist located at main reception desks. If you do not have access to the checklist, record as many details as possible including: Time, where the bomb is located, what does it look like, what will make it go off, when will it explode, if the speaker is male or female, if the speaker has a distinctive accent, if the voice is disguised, muffled, or strange sounding, or any background noises (e.g., traffic, bus passing, bell ringing, printer sounds).
- If you are able to talk to the caller, ask questions to gather information such as: where the bomb is, when it will explode, what it will do, what it looks like, what kind of bomb it is, where the caller is calling from, how the caller can be contacted; if they would like to speak to a manager, etc.
- The CEO or a Leadership team member will become the emergency coordinator and begin an evacuation of the building by paging “Code Black” twice. Staff are not to pull the fire alarm.
- The emergency coordinator will designate several employees to inform other employees in the building or neighbours of the need to evacuate.
- Do not tell visitors that there is a bomb threat, conduct the evacuation as per the Evacuation Procedures policy. OHS Manual Policy 3.01.

For more information on what to do if you suspect a bomb on site or find a suspicious package, and what to do when the police arrive, please refer to the Partner Portal.

NEW

LANGS' PARTNER PORTAL

Welcome to those accessing our online newsletter for the first time and welcome back to those returning. Thank you for signing on and keeping in touch with us at Langs! From now on, you'll have access to regular updates about events, newsletters, learn about other on-site partners, and, yes, find the meeting room that suits your needs....all at the push of a button.

Starting January 2025, we look forward to creating content on a quarterly basis that is accessible, informative and keeps you in touch with what's happening here at Langs and in the community.

To get started, scroll down to the bottom of the Langs webpage at www.langs.org, click "Partner Login" and enter the new username/password noted below. From here feel free to scroll through the tabs for what you need (i.e., meeting room capacity chart, weather and parking updates, etc.)

Username: LangsPartner

Password: Port@IPas5

This is a new username and password, and is the same for all our onsite partners, so please feel free to share with your staff.

Got a suggestion or feedback to share? We're always looking to improve how we connect with our on-site partners. If you have a question, comment or suggestion, please share it with Alison at alisonb@langs.org.

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.





Links2Wellbeing: Social Prescribing for Older Adults

Since the fall of 2023, The City of Cambridge has been pleased to offer Links2Wellbeing (L2WB), a social prescribing initiative aimed at supporting older adults who may face negative health impacts from social isolation and loneliness and may experience a lack of, or limited, connections to social and recreational opportunities.

The Links2Wellbeing project evolved from the Older Adult Centres' Association of Ontario's (OACAO) Social Inclusion through Social Prescribing (SITS Rx) project funded by the New Horizons for Seniors Program and blossomed into an initial three-year project (2021-2024) in partnership with the Alliance for Healthier Communities and funded by an anonymous donor. With appreciation, the anonymous donor has committed to an additional 4-year enhancement for the program.

Social prescribing is a means for healthcare providers to use a formalized pathway of referral to connect patients to a range of non-clinical programs and services in the community, to improve their social, mental, and physical health and wellbeing.

With thanks to the vision, leadership and support of the Langs Community Health Centre team (Langs CHC), a lead partner and primary source of referrals, L2WB has had significant traction, and this ongoing relationship results in continuous improvement and communication. This is evidenced by the recent 'Social Prescribing Connector Award' recipient, Langs CHC Clinical Coordinator Kelly Conrad, a strong champion of social prescribing. In addition to Langs CHC, healthcare providers at local hospitals, the Waterloo Region Nurse Practitioner Led Clinic and Ontario Health at Home have made referrals to this program. To date, more than 60 referrals have been received.

Once a referral is received, a follow up connection takes place to confirm interest, discuss and obtain consent and complete intake. At that time, the referral and the City of Cambridge staff explore and discuss interests, goals along with options at one or more of the City of Cambridge 50+ Active Living Centres and look to co-creating a plan to meet referral's expressed needs and interests with the goal of reducing social isolation and loneliness. Should finances be a barrier to participation at a City of Cambridge 50+ Active Living Centre, L2WB can assist to offset fees as funding is available.

Based on the conversation with the L2WB referral, additional information about community programs and opportunities is provided. On October 1, 2024, the City of Cambridge launched an Age Friendly Community Services Guide: a directory of resources for older adults in both print and online versions. This guide will be incorporated into the package that L2WB receives to support and access information of community programs and services.

Every dollar invested in social prescribing has the potential of returning \$4.43 to society through improved wellbeing and reduced health care costs. – Canadian Institute for Social Prescribing Economic and Social Impact report.

As a result of this program, adults, age 50+ in the community can learn, be supported to connect with various opportunities and improve their social wellbeing. An investment in social prescribing is an investment into the health and wellbeing of our community.

Contact:

Kim Cusimano, Age Friendly Coordinator

cusimanok@cambridge.ca

(519) 740-4681 extension 4433

UPCOMING EVENTS



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 OR Dave at davidc@langs.org.

LANGS GIFT CARD PROGRAM...just in time for the Holiday Season!

The holiday season brings thoughts of joy and gratitude, and with the Langs gift card program you can purchase that perfect gift for that special someone....all with the click of a button. By taking part in this program, Langs benefits from a commission that goes right back into our programs and services. It's the gift that just keeps on giving! To access this gift card list and for further information on how to purchase your card(s), please refer to the [Announcements](#) tab in the [Partner Portal](#).



Payment can be made by cash, cheque (payable to Langs Farm Village Association) or e-transfer (to the director of finance). Completed forms with accompanying cash or cheque can be submitted in person to Sarah at Langs main site. All electronic forms can be submitted to sarahm@langs.org and will be processed after confirmation of e-transfer.

Order forms are due by November 20th and cards will be delivered to you at Langs during the week of December 9th.

We thank everyone in advance for making a purchase and giving back to the community.



Langs Community Holiday Dinner | December 11th | 5:00-7:30pm

Partners interested in participating in the upcoming Langs Holiday Dinner by setting up a table for outreach and/or volunteering their time with the event, please contact our Volunteer Coordinator & Special Events Assistant, Sandra Colwell, at sandrac@langs.org or 519-653-1470, Ext. 232.

REMINDER

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.

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@langs.org.

Make sure to check your Lease Agreement for details.

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|--------------|------------------------------|
| 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@langs.org or Alison at alisonb@langs.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.langs.org)



THE **Hub@1145**