

# Winter 2012 Schedule

	PROGRAM	AGE GROUP	DAY	TIME	LOCATION	COST
EARLY YEARS	Early Years Drop In	Parents with children ages 0—6 years	Monday Tuesday	9:30—11:00 AM 6—7:45 PM	Langs Main Site	Fee for childcare: \$0.50/child
	Let's Talk About It	Parents with children ages 6—12 years	Thursday	9:30—11:00 AM	Langs Main Site	Fee for childcare: \$0.50/child
	Parent, Caregiver and Tot	Parents/ Caregivers with children ages 0—6 years	Wednesday	9:15—11:00 AM	King Street Baptist Church	\$2 suggested donation
			Thursday	9:15—11:00 AM	Preston Mennonite Church	
	Kids in the Kitchen	3-5 years	Tuesdays	10—11:30 AM	Langs Main Site	
YOUTH & TEEN	Super Snackers Jr Super Snackers Sr	5—7 years 8—10 years	Tuesday Wednesday	4—5:00 PM 4—5:00 PM	Langs Main Site Youth & Teen Centre	\$2 per child per week
	Youth Drop In	5—10 years 11—13 years 12—17 years 14-18 years	Monday	6—7:30 PM	Youth and Teen Centre	No Cost
			Friday	4—5:00 PM		
			Thursday	6—7:30 PM		
			Friday	6—7:30 PM		
Breakfast Club	Youth (5+)	Monday	7:30—9:00 PM	Youth and Teen Centre	\$0.50 per meal	
		Wednesday	7—9:00 PM			
Competitive Basketball	16+ years	Tuesday	7:30—9:00 PM	Youth and Teen Centre	No Cost	
		Thursday	7—8:00 PM			
PA Day Programs	5—11 years	Jan 20, 2012 Feb 3, 2012	1—5:30 PM 1—5:30 PM	Youth & Teen Centre	\$2 per day	
Holiday Break Program	5—11 years	Dec 28-30, 2011 Jan 3—6, 2012	1—3:30 PM 1—3:30 PM	Youth & Teen Centre	\$0 first week / \$8 second week	
Gym Generation	7—10 years	Thursday	6—7:30 PM	Coronation Public School	No cost	
ADULT	Retired and Ready Starts Jan 16	Adults 50+	Monday Varies	1—3:00 PM	Langs Main Site / Outing locations	Varies
	Multi-Cultural Cooking Starts Jan 16th	Adult Women	Monday	4—6:00pm 5 Weeks	Langs Main Site	\$2 per week
	Yoga Starts Jan 16th	Adults	Monday	6:30—7:30 PM	Preston Mennonite Church	\$2.50 per class
	Take a Break Starts Jan 18th	Adults	Wednesday	12:45-2:45 pm	Langs Main Site	\$1.00 suggested per class / additional for crafts/outings



# Langs Farm Village Association



# Winter Newsletter 2012

## Chair's Remarks

Greetings to all! I'm bringing you greetings this month on behalf of our Theresa Wilhelm, Board Chair who is off on a parental leave. We would like to congratulate Theresa and her husband on the birth of their daughter. The winter season is upon us, as we start celebrating the holiday season and the upcoming New Year.

Langs has certainly accomplished many goals during the 2011 year. As you are aware, we have successfully moved into our new space at 1145 Concession Rd. I would encourage you to take advantage of our programs, services or partnerships!! Thanks to our incredible staff and volunteers for their tremendous work in helping us set up to be ready to serve our community by September 19<sup>th</sup>. Special thanks go to Doug McIntosh, Project Manager from Robertson Simmons Architects Inc. and Ray Orser, Construction Superintendent from Melloul-Blamey Construction Inc. Both of these individuals worked at 'hyper speed' along with the substantial work of the trades and sub-trades to ensure we moved into our new home within one year.

Our new 58,000 sq. ft. facility has enabled us to relocate most of Langs' current programs under one roof. There are some unique features about the building which includes a living wall, gymnasium, walking track and 6 group rooms of various sizes. We are also so pleased to be co-located with the William E. Pautler Seniors Centre from the City of Cambridge. We are excited that over 20 agencies will be on-site by 2012 which means increased access to essential services in the community. See inside of newsletter for more information on our new community partners, and the services being offered to our community.

I would also like to take this opportunity to congratulate the North Dumfries Team and their Advisory Committee Members and the Regional Diabetes Co-ordinating Centre on their successful moves to new homes. The North Dumfries satellite moved from a 4,000 square foot facility into the new Multi-Purpose Complex that was also built by Melloul-Blamey Construction. We are pleased to be co-located with the Township of North Dumfries in this exciting new building located at 2958 Greenfield Road in Ayr that includes an ice surface, walking track, banquet hall, a youth lounge and a seniors lounge. The Regional Diabetes Coordination Centre re-located to our former location at 887 Langs Drive and the space looks fantastic. Thanks to both teams for their hard work in making these significant changes!

Thanks to our volunteers, community members and partners who have participated in numerous Strategic Planning Consultation Sessions at Langs and offering your feedback. Sage Consultants will be compiling all the information gathered at these sessions to finalize a new Strategic Plan to present to the Board and the community in 2012.

Langs plays an important role in the community through the range of programs and services it offers to people of all ages. We know for every dollar invested in community based organization like Langs, several thousand tax dollars are saved in paying for costly services down the road. If you haven't contributed to our capital campaign, there is still time to sponsor a room or buy a brick. Help Langs reach its goal and Grow It Forward by visiting our website at [www.langs.org](http://www.langs.org) or call Karyn at 519-653-1470 ext. 263 to donate today! For more information, see inside the newsletter for details.

As in the past years, we held our Annual Community Christmas Dinner on December 8<sup>th</sup> for community residents and special guests. Thanks to Preston Legion and Ladies Auxiliary for providing such great food and service. Also, please feel free to support our Langs Holiday Giving Tree. This initiative sponsors families and individuals in our community with gift certificates, toys, gifts and stocking stuffers for the Holiday Season. Please call Crystal at 519-653-1470 ext. 235 for more information on this project.

In closing, we wish all of you the very best health, peace and prosperity in 2012 and remain committed to serving the needs and interests of our community.

Sincerely,

Gary Desborough,  
Langs Board Vice-Chair

## What's Inside

- \*Early Years Programs
- \*Youth/Teen Programs
- \*Adult Programs
- \*Cold/Flu Season Info
- \*Outreach Services
- \*Diabetes Info
- \*Volunteer Requests
- \*Holiday Festivities

## Registration Dates

- Monday January 9th  
9:30am—4:30pm
- Tuesday January 10th  
9:30am—7:00pm
- Wednesday January 11th  
9:30am—4:30pm

## Our Locations:

- Langs Main Site / Community Health Centre**  
1145 Concession Road  
519-653-1470
- Resource Centre**  
1145 Concession Road  
519-653-1182
- Youth and Teen Centre**  
581-E Langs Drive  
519-653-1263
- North Dumfries CHC**  
2598 Greenfield Rd. Ayr  
519-632-1229



A United Way  
Member Agency

## Adult Programs and Services

### "Emergency First Aid & CPR Course"

#### CPR for infant, child & adult

Come out and take this important course by St. John Ambulance. Please be aware this is an Emergency First Aid Course only with CPR.



- \* Friday February 10th, 2011
- \* 8:30 am to 4:30 pm
- \* Ages 12 plus welcome
- \* Cost: \$20 in boundaries, \$35 outside of boundaries

### Collective Kitchen Cooking Program

Come out and make some meals ahead of time with others in our Community Kitchen. Take home enough leftovers to share with your friends or family as a meal.



- \* Monday Jan 30 & Monday Feb 13
- \* 12:45 pm to 2:45 pm
- \* Cost: \$5

Money must be paid 1 week before class in order to attend. Pre-registration is required. Childcare available, sign up ahead of time with Tammy 519-653-1470 Ext 228

### Prestonia Time Program

#### (Prestonia Residents and Older Adults)

Come on down to the lounge at Prestonia to have some fun and meet new people during your coffee hour.

- \* Tuesdays, once a month, dates may vary
- \* 10:00 am to 11:30 am
- \* Cost: donation of .50 cents to \$1 appreciated

#### What are we doing for the Winter session in Prestonia Lounge?

January 24th Brunch & Learn  
February 28th Valentines Fun!  
Call Tammy 519-653-1470 Ext 228

## Income Tax Clinics

It's that time of year again! Call to see if you are **eligible** for free income tax services through the Volunteer Income Tax program.

**Mon March 5th, 19th & 26th & April 16th**  
**5:00—8:00pm**

Pre-registration required.  
Call Tammy 519-653-1470 Ext 228



### "Cooking Healthy Together"

#### Are you interesting in cooking?

This Winter, learn how to make healthy and nutritional meals, meet new people & cook with our Community Nutrition Worker. Learn new recipes that are cost effective!

- \* Fridays (Starts Jan 27 for 6 weeks)
- \* 12:45 pm to 2:45 pm
- \* Childcare is available, must sign up ahead of time.
- \* Cost: \$2.00 each, per a class.
- \* **All welcome! Call Tammy 519-653-1470 Ext 228**

### "Guy's Night Out!"

#### Dinner Night

An evening of social & recreational fun for adult men! Enjoy making supper together with our Community Nutrition Worker.



- \* Monday February 6th, 2011 / 5:30-7:30 pm
- \* Cost: \$2.00
- \* Location: Langs

Childcare provided, sign up ahead of time, **space is limited. Call Tammy 519-653-1470 Ext 228**

### "Girl's Night Out!"

#### Dipity Dip, Banana Split Night

An evening of fun, friends & great food! We will have some fun, play cards, socialize & make some dips & banana splits together!

- \* Monday January 30th, 2011
- \* 5:30 pm to 7:30 pm
- \* Cost: \$2.00
- \* Location: Langs



Childcare provided, sign up ahead of time, **space is limited. Call Tammy 519-653-1470 Ext 228**



### Strengthening Step Families

Many people today are part of a stepfamily. The stepfamily is different from other families. You will explore topics such as the instant love myth, expectations, discipline & issues between step-siblings. Learn how to build a lasting relationship with your partner. Share experiences, solutions & support with other step-parents.

6 weeks Jan 18—Feb 22 6-8pm  
Call Suzanne at 519-653-1470 Ext 286

### How can an Outreach Worker help?

Is your family struggling with food? Can you not afford to take the bus to get to an appointment this month? Do you want to go back to school to upgrade your education so you can get a better job, but just can't find the extra money? Or, is your child wanting to participate in a recreational activity but you can't afford to pay for it?

Call Crystal at 653-1470 ext 235 for info on support with food, clothing, shelter, counseling, childcare, recreation, transportation, and more.

## Building Campaign Update

Thanks to a number of donors who have made contributions, we have raised over \$950,000 to date. This is almost two thirds of our \$1.5 million dollar campaign goal that has been raised. We have completed construction and have opened our doors but we still need your help in reaching our goal.

There are two opportunities for the community to participate in the Brick by Brick Campaign. You can help Grow It Forward by purchasing individual bricks for \$10 and the new Family Bricks (\$50) or Family Stones (\$100). Why not buy a Brick for Christmas for the person that has everything and give a gift that lasts forever! Businesses can Grow It Forward by purchasing Cobble Stones (\$25), Centre Stones (\$50) and Flag Stones (\$100) Every brick that is bought brings us closer to reaching our goal and you are eligible to receive a tax receipt. You can also make a onetime special donation or pledge in support of the new building.

You can help us Grow It Forward for a better tomorrow by downloading one of the brick by brick forms on the website at [www.langs.org](http://www.langs.org) and mailing it back to us with your donation. Visit us at [www.langs.org](http://www.langs.org) and make your donation through the "CanadaHelps" icon. This is a safe and secure site where you can designate your gift to the Campaign. You can also contact Billie-Jo O'Brien at [billieo@langs.org](mailto:billieo@langs.org) or (519) 653-1470 ext. 264 to make a brick purchase in person.

There are many different ways for you to make a contribution to the campaign. You can purchase a brick, make a one-time donation or a three year pledge. An exciting and lasting opportunity to leave a legacy is to name a room after your family or your business. It is now easier to visualize rooms like the Cowan Resource Centre, the Lyle S. Hallman Foundation Early Years Room or the Gary & Sherry Hauser Counselling Room because the rooms are finished and are being used by the community. There are many more opportunities to name a room and make a lasting contribution today.

For more information on the Growing It Forward Campaign, and donation options such as naming a room, making a one-time donation or making a three year pledge, please feel free to contact Karyn Racher, Director of Development and Communications at (519) 653-1470 ext. 263 or [karynr@langs.org](mailto:karynr@langs.org)



## Winter Clothing Giveaway



It's Free and you are all invited!

Tuesday January 10th 4-6:30pm / Wednesday January 11th 9am-12

\*Also register for Winter Programs during these times\*

Want to donate clothes for this drive? Do so in the Resource Centre ONLY from :  
December 27, 2011 — to January 6, 2012 / Call 519-653-1182 for more info



## New Walking Track / Gym Info

### Walking Track:

Opens Mon January 9th, 2012. Free in January!

Children under 14 must be supervised by a parent or guardian at all times. Clean indoor footwear reqd.  
**Hours: Mon 9-6, Tues 9-8, Wed 9-6, Thurs 9-8, Fri 9-4 (May change based on group requests/special events)**

### Gym:

Look for a variety of activities to be offered in the New Year. Check the website for more details. New programs will be offered over time once we are settled into the new facility.

**Volunteer walkers required to assist with the opening & closing of the track each day.**  
**Please call our volunteer coordinator if you are interested.**

# EARLY YEARS

## Parent, Caregiver and Tot

Join us for Winter fun! Highlights include: Warn snowmen for a cold day; Bubble Wrap Blizzards; Pop-up Ground Hogs; Family Quilt & lots more.  
Dates / Times / Fees on calendar at back.  
**Call Suzanne at 519-653-1470 ext. 286.**

## Early Years Drop In Winter Programming

Parents and Caregivers of children 0-6 years, come in and check out the program! There will be lots of great topics including child development, early literacy, discipline & stress management just to name a few. Childcare will be provided during the sessions.  
Dates / Times / Fees on calendar at back

## Let's Talk About It

For Parents of children aged 6—12 years. Parents are faced with tons of new challenges as children grow and gain increased responsibility and freedom. Spend time with other parents facing the same joys and concerns.  
Dates / Times / Fees on calendar at back.  
**For more information contact Julie at ext. 324.**

## Kids in the Kitchen

Interactive cooking program for Preschoolers ages 3-5. Learn safety rules of the kitchen & enhance literacy/ numeracy skills while cooking.  
Dates / Times / fees on calendar at back  
**Call Suzanne 519-653-1470 Ext 286**

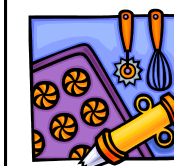


# YOUTH and TEEN

## PA Days Programs

The Youth & Teen Centre will be hosting afternoon activities during Professional Development Days.

- \* January 20th & February 3rd
- \* 1:00-5:30 pm / \$ 2.00 per afternoon.



## Supersnackers Jr & Sr.

Cooking & baking programs for youth aged 5-7 & 8-10. Introduces youth to the basics of kitchen safety, the 4 food groups & how to create a well-balanced snack or meal.  
Dates / Times / Fees on calendar at back

## March Break Programs

Join us for an exciting March Break (March 12-16) at the Youth & Teen Centre. Games, outings, cooking & crafts.  
\* Afternoons from 1-3:30pm  
\* \$10.00 for the week.

## Open Gym

Tuesday nights at William G Davis School : a fun variety of different activities, sports & games! Let us know about a favorite sport you want to play!  
Dates / Times / Fees on calendar at back.. There is also competitive basketball for ages 16+.

## Healthy Child Screening

Langs will be offering screening days throughout the year for children under the age of 6. Families will visit with a variety of staff to learn more about their child's development.  
Tuesday February 21st, 2012  
4:30—7:00 pm  
Registration is required / Call Suzanne 519-653-1470 Ext 286



# HOLIDAY FESTIVITIES

## De-Stress your Holidays!

Join us for some FUN, hands-on activities to help us de-stress the holiday season!  
Thursday December 8  
9:15am—11:00am  
Childcare available.  
Call Teresa 519-653-1470 Ext 244.

## Christmas Lights

Join us to view the beautiful Christmas lights at Waterloo Park. Evening of Tuesday December 20  
Call Julie 519-653-1470 Ext. 324

## Holiday PJ Party!

Come decorate cookies, enjoy story time, games & dancing with your children.  
Wednesday December 21  
6—7:30 pm  
Call Crystal 519-653-1740 Ext 235

## Jump, Play, Explore!

Fun afternoon of obstacle courses, bowling, goop experiments, sand play & more. Bring your children to explore with us.  
Thursday December 29  
10:00—11:30 AM  
Call Suzanne 519-653-1470 Ext 286

## Fun in the Snow!

Join us for some fun in the snow.  
Wednesday Jan 4 2012  
1:30—3:00 pm  
Call Rosalie 519-653-1470 Ext 371

## Crafty Cooking

Spend time baking cookies with your children & enjoy seasonal crafts.  
Wednesday December 28  
10—11:30 am  
Call Suzanne 519-653-1470 Ext 286

## LEAD

This is a program for youth aged 11-15 which focuses on **gaining leadership & experience through fun activities!** It is a standardized certification program that provides youth with essential skills to become a Leader-In-Training. Applications are available at the Youth Centre, give us a call for more information. Program runs on Wednesdays starting Jan 15th. Cost is \$35.00

## Evening Drop-In Programs

Come out to the youth centre to hang out with your friends on Mondays, Wednesdays,  
Thursdays & Fridays!  
Dates / Times / Fees on calendar at back

## Gym Generation

A drop-in style sports program for youth aged 7-10.

- \* Thursdays
- \* 6:00—7:00 PM
- \* Coronation School



**Winter session starts on January 19, 2012.**

## Breakfast Club

Join us Tuesday and Thursday mornings from 7:45 —8:30 AM for a yummy breakfast and fun activities with friends.



- \* Program follows the school calendar
- \* Cost is \$0.50 per morning  
A real meal deal!!

**Contact Jill at the Youth and Teen Centre if you have any questions about programs 519-653-1263.**

## Youth Volunteers Required!

We are looking for youth in grades 6-12 to help out at the Youth Centre. Volunteer for one hour a week after school doing reception or helping children with homework, computers & educational activities. For more info call 519-653-1263

## Take Charge!

Helping people with chronic conditions take control & take charge of their symptoms & their life!

FREE 6-week Self-Management Program offered throughout the Waterloo-Wellington region.

Also included, the book 'Living a Healthy Life with Chronic Conditions'.

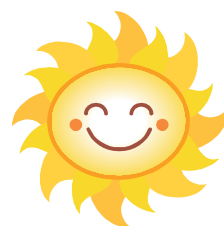
LOW ENERGY \* DIABETES \* ARTHRITIS \* PAIN \* DEPRESSION \* HEART DISEASE \* STROKE

Family members & caregivers also welcome to attend.

Registration req'd. Various workshop dates available

Phone: 1-866-337-3318

Email: selfmanagement@langs.org



## Become more involved—Volunteer as a Peer Leader!

We offer a free 4 day group training led by Stanford trained Master Trainers to give you the skills & confidence you need and qualifies you to co-lead a Take Charge workshop in your community.

This training is open to volunteers & health professionals.

Next session starts March 2012

Phone: 1-866-337-3318 Email: selfmanagement@langs.org

### Training

Knowledge  
useful abilities  
backbone of co  
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today

## Community Diabetes Program

We're growing!

We've recently had 2 new dietitians & nurses join our team as well as a social worker & a chiropodist (foot specialist) & a kinesiologist (exercise specialist).

If you have diabetes and would like to talk to a dietitian or nurse about your blood sugar, your medications or even losing weight, call us for an appointment! You do not need a Dr's referral.

Book a free foot assessment with our chiropodist.



**FREE Classes! Call 519-653-1470 Ext 285**

**For people with diabetes, their friends & families**

### "ABC's of Diabetes"

Topics: how to test your blood sugar, what do blood sugar #'s mean, diabetes medications—how do they help, diet & exercise for ppl with diabetes.

\*\*Free glucose meters provided to people with diabetes

**Other Classes include: "Footcare for people with Diabetes" & "Let's Move—Physical Activity for People with Diabetes"**

## Flu Season is here!



It's that time of year again! Make sure you stay healthy & get your flu shot.

Log onto [www.langs.org](http://www.langs.org) for our clinic dates/time.

Here are some other tips on staying healthy this Winter:

- \* Make soap & water your best friends—wash thoroughly & regularly
  - \* Cough or sneeze into your sleeve, not your hands.
  - \* Take good quality vitamins & drink plenty of water
- \* Eat healthy (garlic, onions, mushrooms & oregano have immune boosting properties!)
- \* If you get sick, remember, homemade chicken noodle soup is soothing, tasty & helps loosen mucus in your chest.



### Cold vs. Flu

#### Cold Symptoms:

Runny, stuffy nose / sneezing

Coughing

Headache

Mild sore throat

Loss of appetite

Fatigue / mild fever

#### Flu Symptoms:

Sudden fever

Chills / shakes

Headache

Muscle aches

Extreme fatigue

Dry cough / sore throat

### Fever

When your child is sick with infection it is common to have a

fever. A fever will not hurt your child & should go away

after 72 hours. Babies under 6

months should see their HCP

when they have a fever. Other

children can be treated at

home, as long as they get

enough liquids & seem fine

otherwise. However, if the

fever lasts longer than 72

hours, you should see a HCP.

### Common Cold

It may seem like your child has one cold after

another all Winter. Young children haven't built

up immunity (defenses) to the more than 100

different cold viruses out there.

### Earache

Can occur as part of a sore throat / simple

cold. Administer correct dose of Tylenol/

Advil for pain. Do not put drops into the ears.

If earache persists & you are unwell after a

day or 2, consult your HCP.

### Sore Throat

Do not require antibiotics! Often take a day or two

to develop & at their worst on day 2 or 3. If they

do not ease after 5 days consult your HCP.

**HCP = Health Care Provider**

### Vomiting / Diarrhea

Usually gets better within 36 hours. Replace lost fluids

and avoid solid food for 24 hours. If the diarrhea

contains blood or there is severe pain or fever, inform

your HCP. Diarrhea/Vomiting in babies should be

treated with caution—consult your HCP.



Check out [www.caringsforkids.cps.ca](http://www.caringsforkids.cps.ca) OR [www.kidshealth.org](http://www.kidshealth.org) for more info

## Preparing for your appointment at the CHC

#### Before your visit:

- \* Make a list of your medications, supplements & vitamins
  - \* Make a list of your health concerns in priority
- \* Plan to update your health care provider on what's happened since your last visit.
  - \* Bring your glasses / wear your hearing aids
- \* Bring a notebook to write down important information.

#### During your visit:

- \* Ask the most important questions 1st
- \* Discuss symptoms, when it started, how often.
- \* Answer all questions openly & honestly
- \* Ask questions about prescriptions, treatments & tests
- \* Advise if you are pregnant or trying to get pregnant
- \* If you don't understand something, be sure to ask again