



e-Leaflet: Summer Highlights

Friday, September 11, 2020

CHANGED LIVES, HEALTHY COMMUNITIES



COVID-19 Update

2020 has been quite a year - historical, unbelievable and often surreal. We are very proud of the work of our team during COVID-19, they stepped up, leaned in and delivered quickly by transforming programs, services and operations to support the community. We are also very grateful to our funders who supported us to re-direct funding to where it was needed the most in this crisis. It's hard to think of what life was like before COVID when our halls and meeting rooms were filled with community members and when our special events were attended by hundreds of people. Despite the unknown future of this pandemic, we continue to remain optimistic while rebuilding, re-opening and welcoming back partners and the community.

Summer Highlights



- We provided 4643 visits, 49% of these were in person with the appropriate PPE - it is nice to see our community returning
- 233 visits were pre-booked time on the walking track
- Community Services offered 11 virtual programs that had 290 visits
- 5 summer camps across 3 sites were offered that served 62 different youth

following provincial guidelines

- The Youth Wellness Hub offered STEAM Camp, Tech Centre appointments, and saw the return of our HOOPS basketball program with limited numbers
- While safely practicing physical distancing, the summer camp participants had a walk-a-thon on the walking track and raised \$957.75!



Safe Reopening

As we gradually re-introduce more in-person programs and services, we remind visitors of our entrance requirements:

- Face coverings are mandatory and we ask that you arrive with your own
- Everyone will be screened for COVID-19 prior to entry
- If you are unwell on the day of your appointment, please call in advance to determine if rescheduling is necessary



Wellness Check Returning to School



For those of us supporting our families, friends, work colleagues and community as we transition to the next experience of children returning to school, consider the following 5 pillars to support children:

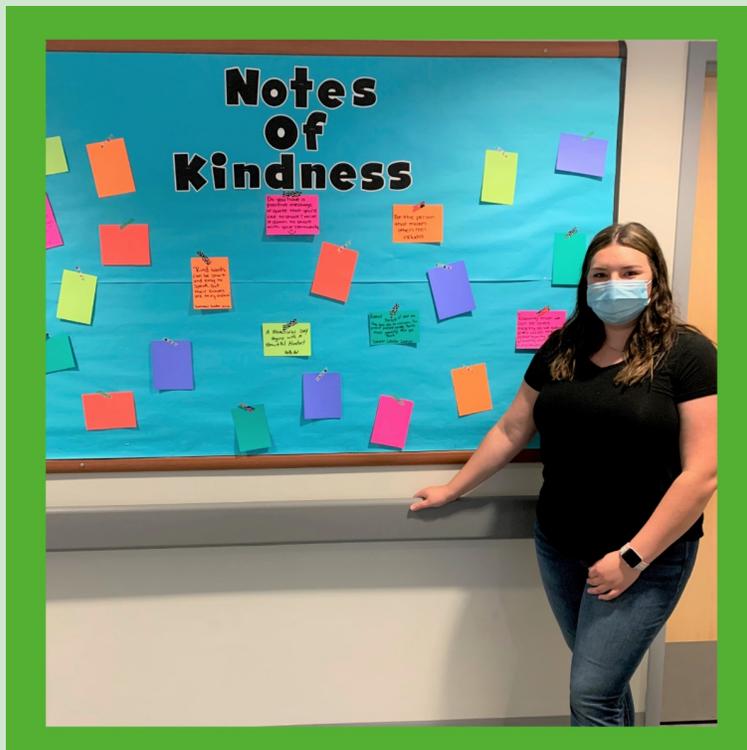
1. Sense of safety - a sense of normalcy can be achieved through re-establishing predictable and familiar structures and routines so children/students know what to expect
2. Sense of calming – ensuring regular and frequent opportunities for children/students to talk about, share and process their thoughts, feelings and experiences in safe and supportive environments with familiar and caring adults
3. Sense of self and community-efficacy – Giving children/students, parents and staff a sense of participation and agency by motivating them and giving them confidence to engage. Acknowledging that simply “getting through” this period is an achievement.
4. Sense of connectedness – re-establishing and encouraging a sense of belonging to the school community
5. Sense of hope – reflecting on the positive changes as a result of this crisis,

for individuals, families, communities, the country and the world can be a powerful antidote to a seemingly constant stream of negative media (Public Health Ontario, *Trauma-Informed Practices for Children and Families during the Covid-19 Pandemic*, 2020)



LEAGUE OF LEGENDS

Athena Magarvey, Community Youth Worker



Athena understands the importance of being connected for well-being. So when the pandemic forced a temporary closure of the North Dumfries Community Health Centre (the Hub@2958), she immediately understood that the interruption of services could have a huge effect on participants she served. Athena decided, “It was time to do the best that I could.”

Hopping into her car with a “*bucket of smiles*”, Athena drove around Ayr waving and greeting residents, from a safe distance, to let them know she was thinking about them. She would place a rock, painted with bright and cheerful words, into gardens and on lawns. “The rocks,” Athena says, “were anonymous, subtle affirmations of kindness to boost spirits and act as gentle reminders that no one is alone.”

But she didn’t stop there! Athena delivered postcards with inspirational messages of hope and belonging and created a new bulletin board in the entrance of the

North Dumfries Community Health Centre where visitors can post “Notes of Kindness”.

“No matter what is going on in the world,” says Athena, “I think we can choose to find things that bring us joy, and share them with others.”



Notes of Gratitude

Langs is grateful for our legendary donors who continue support our community with generous gifts.



Thank you to Bob and Kendra of Toyota Motor Manufacturing Canada (TMMC) for quickly pulling together a donation of PPE during our time of urgent need.



Many thanks to TMMC, EFTO Waterloo Region Occasional Teacher Local and KW Famous for supporting us with recent financial donations.



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