

# THE 1350-1360 LINK

## Q1 2022 HIGHLIGHTS AND UPCOMING EVENTS



At GWL Realty Advisors and its parent company, Canada Life Assurance Company (Canada Life), we proudly support equality and inclusion every day.

February was Black History Month. Our colleagues got to learn about the positive impacts three of their fellow colleagues of the Black community make through their volunteer efforts. The communications department also posted about four Canadian, notable Black community members in history, past and present: [Violet King](#), [Lincoln Alexander](#), [Kayla Grey](#) and [Eddie Bullen](#). We strongly encourage you to look them up and their fascinating journeys.

This Link's edition coincides with spring, the government's announcement of the loosening of most sanitary measures and the return of a beloved tradition. Check out sugar shacks in your favorite areas as they are finally reopening. But you may need to make reservations ahead and you need to keep following all the sanitary measures in place.

We are just in time to also remind you about Earth Hour at 8:30pm on March 26<sup>th</sup>. Find a spot with a panoramic view of downtown Montreal and watch as buildings turn their light off for an hour. We also look forward to Earth Day on April 22<sup>nd</sup> and collecting your broken and old small electronics, toners and other recyclable materials you are storing around your house. Look for our announcements in April. In the meantime, take the

### ... ENVIRONMENTAL QUIZ (answers at the bottom of the page)

1. Which country emits the most greenhouse gases?
2. Which country uses the most energy in the world?
3. Which country produces the most energy in the world?
4. To create 1Kg of consumer goods, how many kilograms of waste do manufacturers produce?
5. How many trees are saved for every ton of paper recycled?
6. What percentage of global electricity output is produced from renewable sources?
7. What percentage of air pollution comes from motor vehicles (cars, trucks)?
8. How many years does it take for a Styrofoam cup to decompose?
9. What percentage of the world's water is available for human use?
10. Which gas has a major effect in the Greenhouse Effect?

Quiz Answers  
Sources : [www.proprofs.com](#) / [www.factmonster.com](#)  
1. China 2. USA 3. China 4. 5kg 5. 17 trees 6. 8% 7. 50% 8. 400 years 9. Less than 1% 10. Carbon dioxide

## READER'S INPUT

Is there a type of information you would like us to write about? If you have suggestions of topics we could or should treat, let us know by writing in to [1350-1360rlo@gwlra.com](mailto:1350-1360rlo@gwlra.com).

# SAFE RETURN TO WORK

## TOP TIPS FOR GOING BACK TO WORK AFTER COVID-19

According to a recent survey revealed by Canada Life, 54% of Canadians feel anxious to return to the office. No one knows when the time is right but being prepared can help relieve some of the anxiety. Here are some things you can do to help manage anxiety.

- Prepare with your family: Maybe you have pets that will have to slowly get used to your absence all the time. Have an open and honest conversation with your kids about the return-to-work process that can help relieve fear of the unknown.
- Ask your employer what the return to work policy looks like. Ask questions like; Will all employees come back at the same time or in a phased approach? Have there been any physical changes in the work environment? How will the rules be strengthened, such as face coverings? etc.
- Talk to your colleagues about returning to work. Exchange thoughts, share strategies. Give yourself a period of adaptation. Just as it took us a while to adjust during confinement, the same adjustment is expected for the return to the office.

Click on the link for more tips: <https://www.canadalife.com/insurance/workplace-benefits/mental-health/top-tips-for-going-back-to-work-after-covid-19.html>

## HOW THE BUILDING'S MANAGEMENT CONTINUES ENSURING THE SAFETY AND SECURITY OF ITS TENANTS

The safety and well-being of all employees, tenants and visitors of the building remain our priority. Since the beginning and throughout the evolution of the pandemic, GWL Realty Advisors has put in place procedures, protocols and followed the public health recommendations regarding sanitary measures to fight against the spread of the Covid-19.

We continue to follow and adapt to changes in sanitary measures as updates are published by government agencies, including the Quebec Government (<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/measures-in-force/about-the-measures-in-force>) and the CNESST (<https://www.cnesst.gouv.qc.ca/en/prevention-and-safety/covid-19>).

Examples of what's staying:

More efficient filters that have been installed in the building's various air handling systems and hand sanitizing stations at points of entry

Examples of what's changing:

The food court sitting area is fully reopening.

To find out what measures are in place inside the tenant spaces, please refer to your Human Resources department.

### \* HVAC Upgrades in Buildings Managed by GWLRA

*Better indoor air quality for a safer return to the office.*

#### Optimized Ventilation

Improved filtration efficiency and circulation of fresh air within office buildings to continue meeting ASHRAE 62.1 recommendations.



#### Consistent Air Quality

More frequent HVAC system and air quality tests for high quality ventilation.



#### Equipment Sensors

Presence of pressure sensors to optimize frequency of air filter replacements.



#### System Run Time

Increased HVAC system operating time to increase air filtration to maintain ASHRAE 62.1 recommendation standards.



All new implementations align with the recommendations from The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) 62.1 ventilation requirements and Centers for Disease Control and Prevention (CDC) Indoor air quality.

\*HVAC : Heating, Ventilation, Air Conditioning



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