

September-October 2022

COMMUNITY CONNECTOR

Bringing news from Leduc Family & Community Support Services and Leduc Assisted Transportation Services to Seniors and LATs clients

The American White Pelicans at Telford Lake

Certainly, if you have ever visited Telford Lake from May to now, you will have noticed the flock of large white birds. These birds are the American White Pelican. The Pelicans also frequent Saunders Lake and Coal Lake, choosing a particular lake based on the availability of nesting sites and sources of food. Here are some interesting facts about Pelicans:

- ◆ Pelicans are giant birds, with a wingspan of five meters which enable them to fly up to an altitude of 3,000 meters. They weigh about 5-8 kg.
- ◆ Pelicans live on every continent except Antarctica.
- ◆ Pelicans arrive in Alberta in late April and leave sometime in September before freeze-up and migrate to the coasts of Florida and Mexico.
- ◆ Pelicans eat fish, tadpoles, amphibians, and crustaceans. They consume about 2 kg. of food each day.
- ◆ They catch their prey by scooping up as much as twenty litres of water and straining out the prey. They move the food into their throat and then swallow it whole.
- ◆ Pelicans like to hunt in groups.
- ◆ Pelicans do not mate for life.
- ◆ Pelicans have a mating ritual which both the male and female take part in. They prominently display their bright orange bills during courtship rituals which include bowing, strutting and short flights.
- ◆ Pelicans do not build a complicated nest. They lay two chalky white eggs, which are incubated for about 29 days. If the eggs are destroyed, they will not lay another until the next year.
- ◆ Pelicans should be left alone while laying eggs, tending to eggs, or tending to chicks. If disturbed they will fly away and not return, leaving the eggs or chicks to the mercy of predators.
- ◆ Until 1987 the White Pelican was on the National List of Threatened Species. Pelicans are still considered endangered in Alberta (classified as Sensitive in the current General Status of Alberta Wild Species report), although the population is increasing. They live between 12-14 years in the wild.

♦ The most significant factor affecting white pelican populations in Alberta is the disturbance of their breeding sites. Human disturbance, even if motivated by simple curiosity and attraction, has been the most common cause of colony failure and abandonment in the past century

♦ American white pelicans are protected by the provincial Wildlife Act, and it is illegal to kill or harass individual birds or disturb their nests at any time of the year.

Being Grateful Will Impact your Life Deeply

To be grateful is to focus on what you have, not what you lack. It has been proven that being grateful, will make you a happier person. The best way to reap the benefits of gratitude is to notice new things that you are grateful for every day.

It is important to understand that what we have in life is a gift. Being grateful will not only benefit you but also others.

How many times you have felt valued because someone thanked you? How many times you have felt that someone values your work, your ideas, or you as a person because they have shown gratitude towards you? When we are grateful, we develop a tendency to see the positive side of things. As a result, you uphold a positive attitude, and you see the glass half full and the sun through the grey clouds. Being grateful will bring you more happiness, better health, deeper relationships and increased vitality and energy. As Thanksgiving approaches, this is a good time to think about all that you have.

Pumpkin Spice and Everything Nice

Have you ever had a pumpkin spice latte? Nothing beats the aroma of this comforting blend of steamed, frothy milk, hot coffee, and pumpkin spices. To make your own pumpkin spice blend and latte, try the following recipes:

Pumpkin Spice Blend

- 3 tbsp. ground cinnamon
- 2 tsp. ground ginger
- 2 tsp. nutmeg
- 1 ½ tsp. ground allspice
- 1 ½ tsp. ground cloves.

Pumpkin Spice Latte

You do not have to have latte machine to make a latte. 😊

- Pour ½ cup of milk into microwave-safe cup. Heat for 30-40 seconds. Carefully remove and whisk until foamy.
- Into a coffee cup, add 1 teaspoon of your spice blend and the fill the cup ½ full of hot coffee. Stir to incorporate. Top with your frothy milk with a dollop of whipped cream. Enjoy!



Local Restaurants

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | S | O | S | M | I | T | T | Y | S | C | F | K |
| L | M | S | S | A | N | A | T | N | O | M | S | S | N |
| Z | A | M | B | E | L | L | I | S | M | S | O | E | R |
| S | M | S | D | L | A | N | O | D | C | M | M | L | D |
| W | A | L | D | O | R | F | R | E | Z | A | S | I | C |
| S | B | A | S | H | A | S | I | R | S | P | O | S | O |
| A | B | P | S | Y | Y | E | C | I | Y | H | K | A | R |
| W | M | R | S | D | Y | D | K | S | Y | A | S | B | A |
| M | A | S | N | S | H | O | Y | P | Y | T | N | L | S |
| I | N | E | Y | M | R | L | S | N | E | T | E | S | F |
| L | W | E | H | A | B | A | N | E | R | O | S | M | A |
| L | O | U | A | U | D | R | E | Y | S | N | D | A | O |
| J | S | Y | B | A | R | N | E | Y | S | Y | O | S | J |
| H | M | A | G | G | I | E | S | S | B | S | E | K | S |

JOEYS
RICKYS
MONTANAS
BASHA
HABANEROS
MCDONALDS
MAGGIES
SAWMILL
WENDYS
KOSMOS
WALDORF
BARNEYS
CORAS
RYANS
SMITTYS
ZAMBELLIS
BASILES
KFC
AUDREYS
PHATTONYS
OJS
EDO
BPS

Solving puzzles is fun and helps us to improve our short-term memories.

Here are some fun puzzles that will make you think:

R|E|A|D|I|N|G

DOOR

Stood

Miss

HEAD

HEELS

Egg Egg

HAM

Blood
Water

Somewhere



HEART

ice³

Did you know that the City of Leduc offers Travel Training for new LATS clients?

Sessions are offered on an individual basis and in small group settings. Any individual or organization that would like to learn to ride with us or would simply like a refresher on the services we offer, is welcome to request training by calling Maureen at 780-980-8445. This service is free and includes the following:

- A meet and greet with Maureen and our friendly operator, Tim
- We show you how the lift works if you use a mobility device and need help getting onto the bus
- We show you what the inside of the bus looks like
- We explain what the operator will assist you with
- We discuss what the procedures are in the event of an emergency
- We explain what type of carry-on equipment or bags are allowed
- You learn how and where to purchase fare products
- You learn how to book or cancel your trip
- You enjoy a short, complimentary ride around the beautiful city of Leduc

By the time we are done, you will look forward to gaining your independence back and to getting out and about and making new friends.



LATS Service Hours

- **Sunday**
9 a.m. to 6 p.m.
- **Monday and Tuesday**
8:00 a.m. to 9:00 p.m.
- **Wednesday to Friday**
9 a.m. to 6 p.m.
- **Saturday**
8:30 a.m. to 5:30 p.m.

To book your ride call 780-986-5000 (option 2). Be sure to have your client card handy or your client number, which can be found on your client card. Know the date and time that you need to travel and the location address to where you are going. Remember to also book a return trip if needed.

LATS Fares

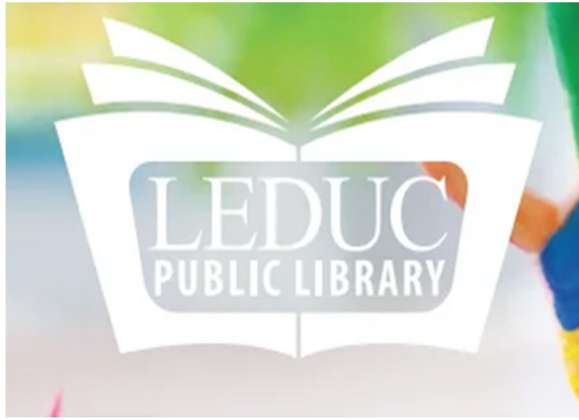
- Monthly pass - \$55
- Sheet of Tickets (10 rides) \$18
- Cash Fare - \$2

We accept cash fares or cheques onboard the buses. Alternatively, fare products can be purchased at the Leduc Recreation Centre (LRC) or at the Civic Centre. * All monthly passes must be purchased at the LRC or the Civic Centre.



The City of Leduc is closed on the following statutory Holidays:

- **Labour Day**
Monday, September 5
- **Thanksgiving Day**
Monday, October 10



Living Well on Retirement Income

A registered program held on ZOOM.

Tues, Sept 27, 6:30 – 7:30 p.m.

You will learn ways to increase your income, reduce expenses and live on a retirement income without having to rely on credit to get by. Provided by the Credit Counselling Society and run-in partnership with Strathcona County Library. Registration required.

Older Adult Falls Prevention

Tues, September 20, 1:30 – 2:30 p.m.

Come to the library for this interactive workshop which will explore the risks of falling, provide strategies for reducing fall, and instruct on balance-developing activities that participants can use to reduce future falls. Cookies, tea, and coffee to be provided. Registration required.

Seniors Cards, Dice and Board Games!

Wednesdays

**Sept 21, Oct 19, Nov 16, Dec 21
1:30 – 2:30 p.m.**

Yahtzee, Cribbage, Hearts and more! We provide the games, cookies, tea, and coffee while you get to play some of your favourite games! Registration required.

Christmas Tea Drop-in

Wednesday, December 14, 2-4 p.m.

The weather outside is frightful, but the warmth in the library is delightful! Enjoy the festive season with delicious goodies, piping hot tea and coffee, music, and holiday cheer! Everyone is invited to join.

Outreach Services

Outreach Services is a convenient service that supplies books, large print books, audio books, Daisy books, DVDs, and other library materials to people who are unable to use the library due to temporary or long-term physical and medical disabilities. Library staff or volunteers will deliver books to your home and pick them up once a month.

Please call Kristi at 780-986-2637 ext. 214 or email outreach@leduclibrary.ca for more information.

For more information about programs happening at the library, check out the Leduc Public Library Fall 2022 Community Program Guide for September-December 2022. Stop by to grab a copy or find it online at www.leduclibrary.ca

Do you feel like going to the movies?

Monday nights are a great choice to ride with LATS to the movie theatre. We bet you can already smell the popcorn.

Showtimes on Monday evenings are at 6:40 p.m.



How to make a Home Fire Escape Plan

100 YEARS
1922–2022



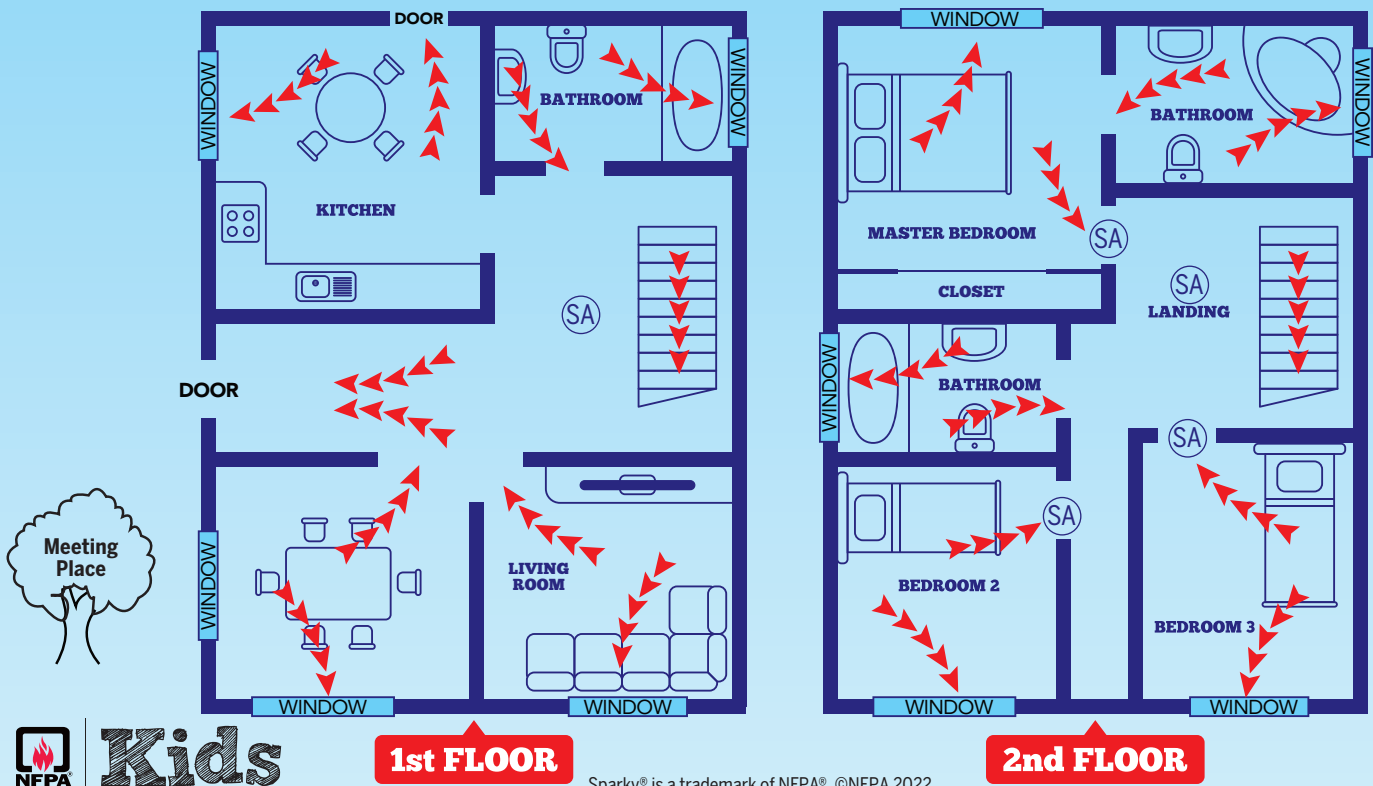
FIRE PREVENTION WEEK™



Visit Sparky.org
for more activities!

- ☐ Draw a map of your home. Show all doors and windows.
- ☐ Visit each room. Find two ways out.
- ☐ All windows and doors should open easily. You should be able to use them to get outside.
- ☐ Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- ☐ Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- ☐ Make sure your house or building number can be seen from the street.
- ☐ Talk about your plan with everyone in your home.
- ☐ Make sure everyone in your home knows how to dial 911 or your local emergency number.
- ☐ Practice your home fire drill!
- ☐ Make your own home fire escape plan using the grid provided on page 2.

Sample Escape Plan



Kids

1st FLOOR

2nd FLOOR

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Leduc and District Senior Centre

SEPTEMBER/OCTOBER ACTIVITIES AT TELFORD HOUSE

| | | | |
|-------------------------------------|--|-------------------------------------|--|
| EXERCISES | MONDAY & FRIDAY - WELLNESS 10-11 AM WEDNESDAY – YOGA 9:30AM | | |
| LINE DANCING | WEDNESDAY | 11:00 AM | |
| STURLING | THURSDAY | 1:00 PM | |
| BRIDGE | TUESDAY | 9:00 AM | DUPLICATE BRIDGE |
| | WEDNESDAY | 7:00 PM | DUPLICATE BRIDGE |
| | THURSDAY | 1:00 PM | DROP IN |
| CANASTA | MONDAY | 7:00PM | |
| CURLING | MONDAY | 1:00 PM | THIS IS A LEAGUE EVENT |
| | WEDNESDAY | 1:00 PM | THIS IS A LEAGUE EVENT |
| | THIS ACTIVITY WILL RESUME IN THE FALL, AGM is SEP 13 at 1pm | | |
| CRIB | TUESDAY | 1:00 PM | |
| | THURSDAY | 7:00 PM | |
| EUCHRE | FRIDAY | 1:00 PM | |
| GUITAR | MONDAY | 7:00 PM | JAM SESSION |
| | WEDNESDAY | 1:00 PM | LESSONS |
| KNITTING | THURSDAY | 9:30 AM | |
| LUNCH | THURSDAY | 11:30 AM – SERVED | |
| PAINTING | WEDNESDAY | 9:00 AM | THIS ACTIVITY WILL RESUME OCTOBER 12, 2022 |
| 1 st TUESDAY MUSIC JAM - | 1:30 – 4PM | THIS WILL RESUME SEPTEMBER 6, 2022 | |
| 3 RD TUESDAY MUSIC JAM - | 1:30 – 4PM | THIS WILL RESUME SEPTEMBER 20, 2022 | |
| DARTS | To be announced, please call if interested. | | |
| SQUARE DANCING | WEDNESDAY | 6:45pm | STARTS SEMTEMBER 21, 2022 |

Leduc and District Senior Centre (780) 986-6160

Email: telfordhouse@shaw.ca

www.leducseniors.ca