

May/June 2023

COMMUNITY CONNECTOR

Bringing news from Leduc Assisted Transportation Services
to Seniors and LATS clients

Keeping you 'Connected to your Community'

We have some exciting ideas to help you connect to your community. Leduc and the communities surrounding us, have many opportunities that are waiting to be explored and we would like you to see what they are. The focus is to help you engage in activities, tours, and events in and around the community and learn about the resources that are available to you that you may not be aware of.

The first is a tour of the **Leduc Public Library on Friday, May 19, 2023, from 2:00 pm to 3:00 p.m.** Carla Frybort, Library Director, or one of her fabulous staff, will teach you everything you need to know about the library and will provide you with tea, coffee, cookies, and a free library card at the end of the tour.

The tour will include a walk around the inside of the city's beautiful library, a talk about the in-library resources and books as well as, online resources such as e-books and audiobooks. You will also learn about the different types of programs that the library runs and the special services they offer such as their homebound delivery program and helping connect those with low vision and blindness to specialized materials.

This tour can take 14 interested individuals along for the ride to and from the library, where we are sure you will be delighted not only with the scenery along the way, but the learning opportunity and the new friendships you will develop on the tour. The cost is \$7.50 per person. **Availability is based on a first-come, first-served basis** so please don't miss out.

To take advantage of this fabulous offer and to book your seat, call 780-980-8445 and talk to Maureen.



Other possible ideas we are exploring for the future are a tour of Reynold's Alberta Museum in Wetaskiwin, the Edmonton Valley Zoo, the Ukrainian Cultural Centre, performances at the Maclab Centre for the Performing Arts and at the Stone Barn and Cultural Village in Leduc, or perhaps dinner at a local restaurant and a movie at the Leduc Cinema might be exciting for you. The possibilities are endless!



Costs for each event will vary depending on the venue and location. All tours will be advertised well in advance of the event so you can decide which you would like to attend.

Travel Training

New to LATS? We are here to help. If you would like to learn more about our service and how we can assist you, please call Maureen at 780-980-8445 to arrange for a Travel Training session. We will come to you and teach you how to ride the bus.



Waivers

LATS provides door-to-door, driver-assisted service.

Our drivers assist our clients to and from the first set of accessible doors upon pick-up and drop-off. Some clients prefer to navigate things on their own and do not want the assistance of our drivers. We respect this choice. However, due to this, the City of Leduc will require clients or their caregivers to sign a waiver should they prefer to opt out of driver-assistance to and from the first set of accessible doors.

If you would like to opt out of assistance, please contact our office at 780-980-8445 and we will mail you out the appropriate waiver to sign or have your caregiver sign. The waiver can be mailed back to the City of Leduc and will be kept on file.

If you are happy with door-to-door, driver-assistance, then you do not need to sign anything, and our drivers will continue to assist you.

May and June Holiday Closures:

Victoria Day - Monday, May 22, 2023

Canada Day – Saturday, July 1, 2023

LATS will not operate on either day. Subscriptions will be automatically cancelled for both days.

What can I bring on the bus?

Because your personal space on the bus is under the seat in front of your feet, you need to remember that what you bring on the bus, needs to be able to fit in that space. For shopping bags, two cloth reusable shopping bags are your limit so whatever you can fit in those bags without them overflowing, is what is allowed onboard. If you are purchasing water and kitty litter, please remember that counts as an equivalent to your two bags.

Due to safety reasons, we do not allow items that cannot be secured, and we do not have luggage racks like some buses do, which also limits us on what we can allow onboard. We appreciate your cooperation.

We ask that you please be respectful of these rules because putting our drivers on the spot when you are standing at the door of the bus with more than is allowed, is not fair to them and will not be tolerated.

Thank you for your understanding.



When to book a trip?

DATS Client Service Centre is open Monday to Friday from 7:30 a.m. to 5:00 p.m. and from 7:30 a.m. to 12:00 p.m. on Saturday and Sunday. They can be reached at 780-986-5000, 'option 2'.

For Monday trips – Call Friday or Saturday (any time), or Sunday (before noon)

For Tuesday trips – Call Saturday or Sunday (any time), or Monday (before noon)

For Wednesday trips – Call Sunday or Monday (any time), or Tuesday (before noon)

For Thursday trips – Call Monday or Tuesday (any time), or Wednesday (before noon)

For Friday trips – Call Tuesday or Wednesday (any time), or Thursday (before noon)

For Saturday trips – Call Wednesday or Thursday (any time), or Friday (before noon)

For Sunday trips – Call Thursday or Friday (any time), or Saturday (before noon)

DATS menu options are as follows:

- **Press 1** to cancel a trip or to check on a late ride.
- **Press 2** to book or change a trip.
- **Press 3** to register for DATS.
- **Press 4** to submit a commendation, concern, or any other inquiry.
- **Press 5** for IVR self-serve options.
- **Press 6** for subscription requests.



Our sponsors rock!

LATS is fortunate to have the support of many local businesses in Leduc. With their sponsorship, we can pass on the savings to you as they cover the cost of either one way or both ways of your trip, which is a huge benefit for you.

We recently found out that the **Leduc Recreation Centre (LRC) will sponsor both your trip to the LRC and then also your way home from the LRC.** We are very excited about this! If you are a senior and are taking advantage of the free weekday senior afternoons at the LRC, this makes taking in the activities at the facility even more attractive.

Here is a list of our sponsors:

One-way Sponsors	Two-way Sponsors
Second Glance	Medicine Shoppe
Craig's No Frills	Canada Safeway
Farmer's Market	Leduc Co-op Grocery and Hardware
	True Touch Massage Therapy and Fitness
	The City Centre Mall
	Progress Health Physiotherapy
	Leduc Recreation Centre (LRC)

Just for fun

Q. "Do buses and trains run on time?"

A. "No, they don't. Buses run on wheels while trains move along the tracks."



Q. "What do bus drivers eat in their sandwiches?"

A. "Traffic jam."



Q. "How do you get Pikachu on a bus?"

A. "You poke-em-on!"

Effective May 1, 2023, we will no longer be taking LATS clients to Costco and the Premium Outlook Collection mall.

If you are interested, you can book a LATS ride from home to the Alexandra Arena to connect with Leduc Transit's Route 10. Route 10 runs hourly to and from both locations. When booking your return trip, ask for a trip from the Alexander Arena to home. For assistance coordinating the times you would like to travel, please call the LATS office at 780-980-8448. We will help you determine your trip times before you call into DATS to book your LATS rides.

Fares will still be \$2 when you board the LATS bus from home, and you can ask for a transfer to give the route 10 driver.

When leaving the mall on Route 10, you can pay \$2 and ask the driver for a transfer to give to the LATS driver.

Recipe Corner

Pea Soup

- 2 potatoes, peeled and cubed
- 2 tablespoons butter
- 6 cups chicken stock (salt reduced)
- 2 cups fresh or frozen peas
- 1 cup grated carrots
- 1 bay leaf
- 2 tablespoons of minced chives
- 1 cup finely minced ham

Method:

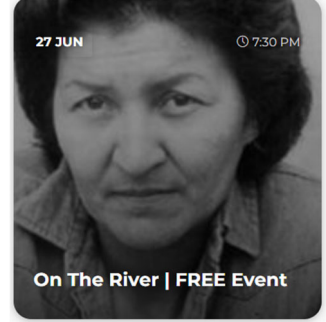
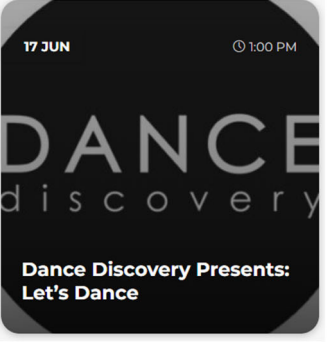
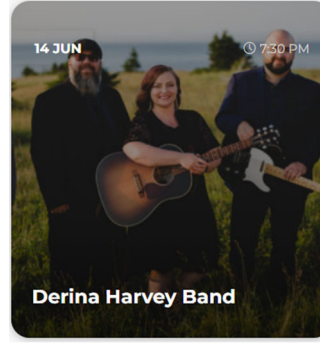
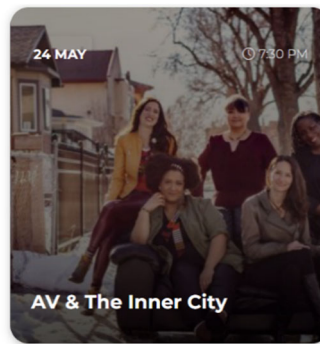
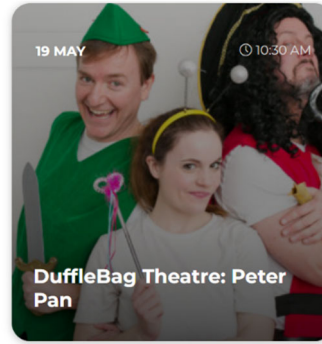
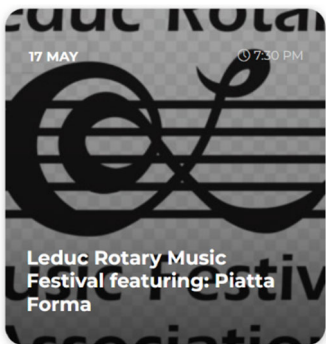
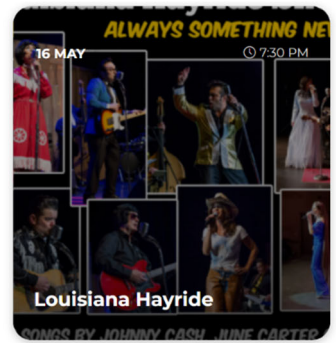
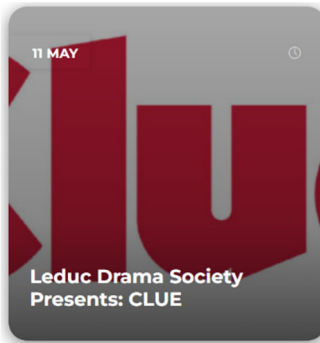
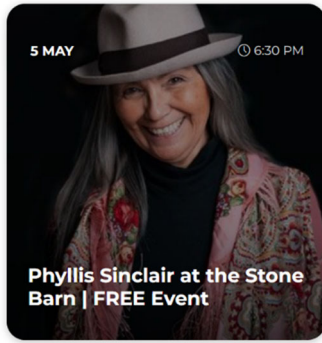
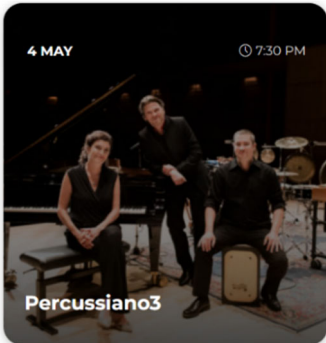
In a saucepan, sauté the potatoes until lightly browned and then add the chicken broth. Stir and bring to a boil. Cook until the potatoes are tender, about 10-15 minutes, and then add the peas and cook for an additional 5-7 minutes.

Allow soup to cool slightly and then working in batches, process in blender or with hand emulsifier, until smooth. Return the soup to the pot, add the ham and grated carrots, and gently reheat over medium-low heat until the carrots are cooked through. Stir often. Sprinkle with chives and serve with a toasted baguette.





Check out the May and June Performances:



Box Office

Now Open

Tuesdays & Thursdays 9 a.m. - 5 p.m.

Box office opens one hour before each show.

Location:

Maclab Centre for the Performing Arts
4308- 50 Street
Leduc, Alberta T9E 6K8

Ticketpro

www.ticketpro.ca

**All ticket service fees, GST, and the Maclab Centre Capital Replacement Fee are included in the price of the ticket.*

Note: Your seats may be re-assigned to allow for physical distancing measures. Thank you for your understanding.

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

“COOK WITH CAUTION”

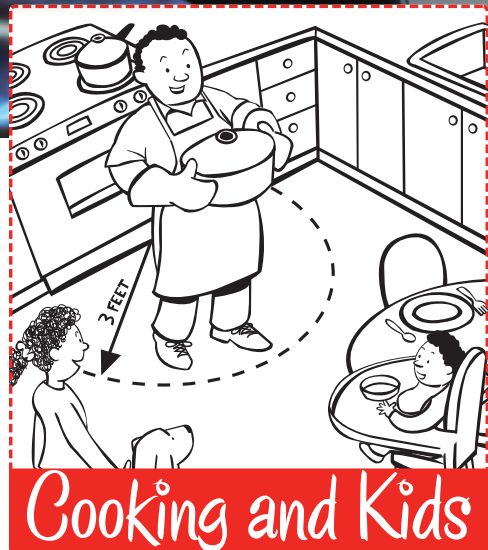
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Have a “kid-free zone” of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

