

November - December 2023

COMMUNITY CONNECTOR

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

Winter Safety Tips

With winter on its way, we need to take extra precautions to ensure we are safe and warm. Make sure that you have everything you need when stepping outdoors and onto the bus.

What you wear impacts how the cold weather can affect you. Ensure you are equipped with the appropriate attire such as boots, gloves, a hat and scarf, and a warm coat.

If you are planning on walking outside and it is slippery due to icy conditions, boots or overshoes with wide treads or a pair of winter safety cleats to attach to your footwear, can provide extra traction and grip and may help you avoid a slip, trip, or fall. Use sand or cat litter on your walkways if needed.

Did you know that you stay warmer when you layer your clothes? It's a known fact that the air between the layers of clothing you wear helps to keep you warm. If you get too warm, you can remove a layer. If you are cold, you can add a layer. As we age, our body loses heat faster than when we were younger, so we need to always be prepared.

Plan and remember that sometimes the winter weather can cause delays for LATS due to road conditions, heavy snow, ice, traffic, etc. Please be patient if your bus is delayed.

Be cautious when you board the bus, especially in snow covered areas. The stairs and aisles can become slippery when wet so take extra care. Try to clean the snow off your boots or shoes before boarding to avoid slips and falls.

Ensure that your home sidewalks are kept clear of snow and ice so that you don't slip and fall.

Safety first! Please know that LATS drivers are not obligated to pick you up if your walkway is not cleared of snow and ice.

When traveling at night, turn your porch light on so that both you and the driver can see the walkway.

Be visible – carry a small blinking flashlight or have something reflective or light coloured on, so that you can be easily seen in the dark.

On sunny, winter days, don't forget to wear your shades! Sunglasses reduce glare from snow and ice and may help you to safely choose where you step.

Lastly, remember to walk like a penguin this winter when walking on snow or ice. Bend both your knees, hold your arms slightly out to the sides for balance and walk slowly taking small steps.



LATS is open on:

- Saturday, November 11th – Remembrance Day

LATS is closed on:

- Friday, December 8th from 11:15 a.m. – 4:30 p.m. for staff professional development
- Monday, November 13th – day in lieu of Remembrance Day
- Monday, December 25th – Christmas Day
- Monday, January 1st – New Year's Day

LATS will close at 3:00 p.m. on:

- Sunday, December 24th – Christmas Eve
- Sunday, December 31st – New Year's Eve

Please note:

- All subscriptions will be cancelled during Christmas week and will resume on Tuesday, January 2nd.
- DATS will be open for reservation and demand bookings during this time period.

Are you having trouble getting through to DATS to book your trips?

The City of Leduc contracts Edmonton Disabled Adult Transit Service (DATS) to perform some of our administrative functions such as trip bookings, registrations, dispatch, et-cetera. Recently, they have been experiencing higher than normal call volumes resulting in some of our clients being asked to be on hold or

prompted to leave a message and receive a call back. We enquired as to what solutions could be put into place to remedy this.

If you are unable to get through on the 780-986-5000 line, try 780-496-4567.

1. If you are calling in to put a subscription into place or to change a subscription, choose option 6. The subscription line is open after 12:30 p.m. so don't call before this time or you will be prompted to leave a message.
2. If you want to book a ride, try to book in advance of the day you need the trip. You can call up to three days in advance.
3. Remember that the phone lines are very busy first thing in the morning so if you know you want to travel on a Friday for example, call on Tuesday or Wednesday and perhaps in the afternoon when the lines are quieter, or Thursday before noon.
4. Weekends are less busy as well and DATS recommends you use these days for trips occurring at the beginning of the week as Mondays are the busiest day for the phone lines. Booking is open on weekends until noon.

If you have specific concerns or complaints call Community Relations at DATS at 780-469-4567 and choose option 4. The Community Relations team will help you troubleshoot issues you are having or sign you up for I-Book so you can book online and assist you with many other concerns.



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 or 780-496-4567, 'option 2'.

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 Community Relations and subscription requests.

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)



Do you like to shop?

If you are interested in going to the Premium Outlook Mall by the Edmonton International Airport, you can. You need to book a ride with LATS to the Alexandra Arena and transfer onto Leduc Transit's route 10, which goes up to the mall. To come back you will need to catch route 10 again and ride back to the Alexandra Arena, where you will catch your pre-booked return trip on LATS to get home. For more information on how this works, please call us in the office at 780-980-8444 or 780-980-8445.

Recipe Corner

Chicken Bacon Ranch Casserole

- 2 cups frozen mixed vegetables
- 2 pounds cooked chicken thighs, cooked and chopped
- 12 slices of bacon, cooked and chopped
- 2/3 cup ranch dressing
- 1/2 cup each of gouda and white cheddar, shredded
- 4 green onions, chopped
- 2 teaspoons minced garlic
- 1/2 teaspoon each of black pepper and salt

Preheat oven to 400 degrees. In a large bowl, mix the chicken, bacon, vegetables, ranch dressing, 1/2 of the green onions, minced garlic and salt and pepper. Add 1/2 of the cheese and mix well.

Spread mixture in a greased 9 x 12 baking dish and sprinkle the remaining cheese and the rest of the green onion on top. Bake 25-30 minutes.





Enjoy a Good Night's Sleep Wednesday, November 1 7:00 p.m. (Registration required)

This is a ZOOM presentation run in partnership with Strathcona County Library. Participants will receive a link to the ZOOM program through an email prior to the event.

Learn ways to address common sleep disturbance issues and create an atmosphere for deep, healing slumber, so you can wake up refreshed and ready to face whatever the day may bring. Provided by Kim Silverthorn, Counsellor, BA, RPC, MPCC, CT.

Investigating Energy Providers Tuesday, November 14 7–8:30 p.m. (Registration required)

This is a ZOOM presentation run in partnership with Strathcona County Library. Participants will receive a link to the ZOOM program through an email prior to the event.

Explore everything about energy usage and providers: regulated rate, competitive contract services, saving money on energy costs, plus a round table of energy saving tips. Provided by Irena Struk, specialist from the Utilities Consumer Advocate office.

The Read Watch and Discuss Club! Movie - Drop-in Book and Movie Discussion (Registration required)

Read the book, watch the movie, and then come and discuss! Please note, participants have the choice to watch the movie on their own or come and watch it on the provided day at the library.

The Kings Speech:

Movie – Saturday, October 14, 2:15–4:15 p.m. (drop-in)

Book and movie discussion – Tuesday, November 28, 6:30–7:30 p.m. (registered)

Fried Green Tomatoes:

Movie – Saturday December 9, 2:15–4:15 p.m. (drop-in)

Book and movie discussion – Tuesday, January 30, 6:30–7:30 p.m. (registered)

Card Games and More for Older Adults (Drop-in)

November 14 & December 12, 2-3 p.m.

Yahtzee, Cribbage, Hearts and more! We provide the games while you get to meet new people and play some of your favourite games!

Library Christmas Tea Thursday, December 7, 2–4 p.m. (Drop-in)

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 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.

Do you love to read but are no longer able to commute to the library? We can now bring library items to you! Books, Audio Books, Daisy Books, Large Print Books, Magazines, DVD's, etc...

Please call 780-986-2637 or **email** Kristi at kwollman@leduclibrary.ca for more information.

There's SOMETHING FOR

EVERYONE

Plan a day at the LRC

There's something for everyone at our 309,000 sq. ft premium multi-use Recreation and Fitness Facility.

Let's get moving and feel great while having some fun!

Did you know that your admission includes access to all of our amenities?

There are so many combinations to suit your unique needs and interests.

Start off by playing a game of horse on the Basketball Court, move on to play some soccer on the Fieldhouse and then finish the day with public swim at the Aquatic Centre.

OR

Check out one of our drop-in group fitness classes (don't forget to pre-book your spot) and then stop by the Aquatic Centre to enjoy the sauna or soak in the hot tub or whirlpool.

OR

Workout in the Fitness Centre and then join some friends playing Pickleball on the Courts.

Make the day your own.

For a full schedule of activities and classes, visit Live.Leduc.ca.

We look forward to seeing you at our safe, clean, friendly and inclusive facility!

Admission Options with built-in flexibility

Single Visit or Family Pass Admission
Monthly Pass | Continuous Membership
Annual Membership | Flex Pass 10 Admissions

Where we are located...

4330 Black Gold Drive
Lots of parking available on both sides of the facility.

How to get the latest information about what is happening at the LRC

Follow us @leducrecreationcentre

What we offer...

Aquatic Centre

- AquaFit Classes
- Lane Swim
- Public Swim

Aspen Custom Trailers, Chemco and Wilhauk Beef Jerky Arenas

- Friday Fun Skates (themed once per month)
- Pre-school Skate
- Public and Family Skate
- Shinny
- Stick & Puck

AWG Indoor Running/Walking Track

- 4 lanes ranging from 175 - 200m
- Elevator accessible
- Stroller friendly

Leduc County Courts

- Badminton
- Basketball
- Pickleball
- Volleyball
- And more...

Leduc Co-op Fieldhouse

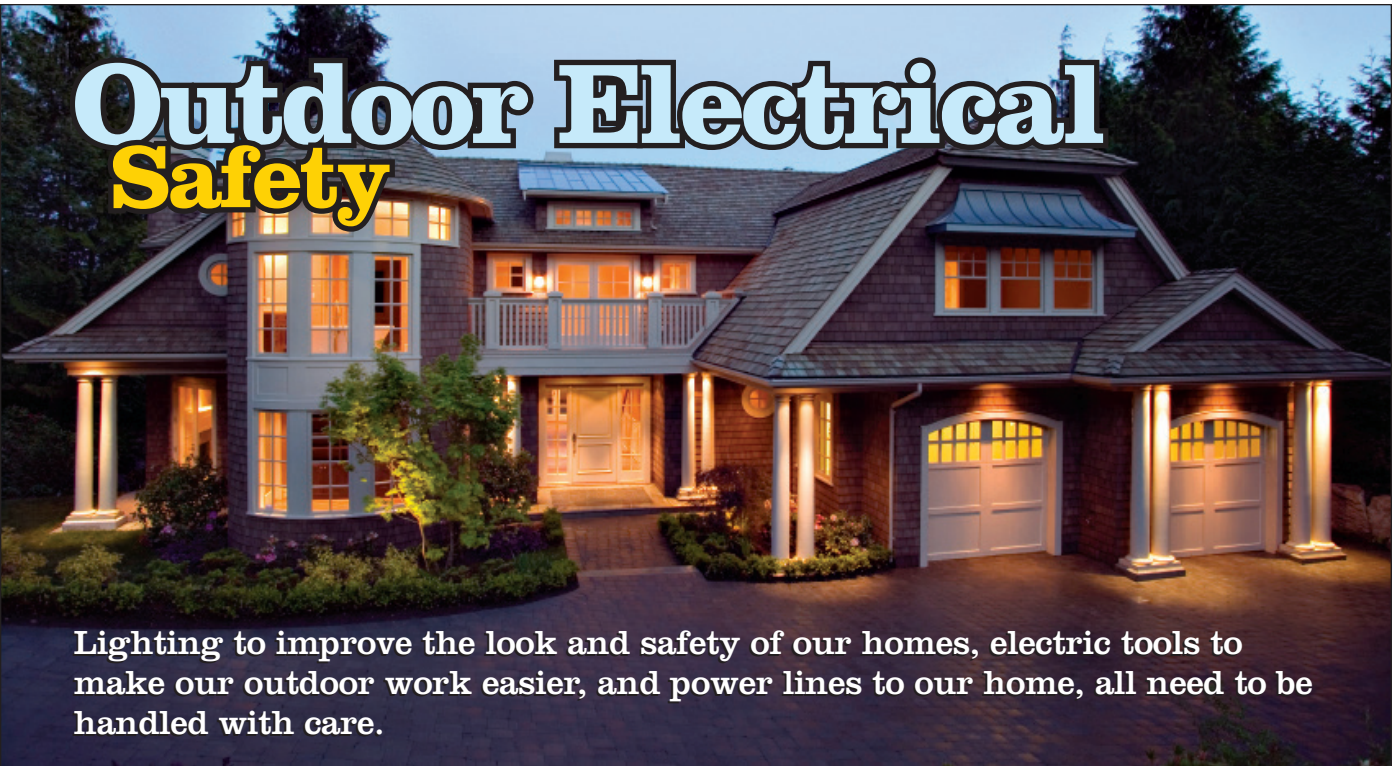
- Pre-school Playtime
- Soccer
- Tennis
- And more...

RE/MAX Fitness Centre

- Cardio Equipment
- Functional Training Equipment
- Group Fitness Classes
- Specialized Strength Training
- Free Weights



Outdoor Electrical Safety



Lighting to improve the look and safety of our homes, electric tools to make our outdoor work easier, and power lines to our home, all need to be handled with care.

Outside Electrical Work

- Have a qualified electrician do all electrical work.
- To prevent an electrical shock, make sure all your outside electrical receptacles are GFCI (ground-fault circuit interrupter) protected.

Equipment Safety

- Use lighting and power tools that are listed by a qualified test laboratory and make sure they are made for outdoor use.
- Store your electrical tools indoors.
- Keep electric tools away from children.
- Keep the area around your electric meter and other electrical equipment clear.
- Check lighting and extension cords for damage before using. Replace any damaged cords right away.
- Use extension cords that are listed by a qualified test laboratory and are marked for outdoor use.
- Extension cords are not meant for long-term use.

POWER LINES

Have a professional tree cutting service trim branches that might fall on electric wiring. Use a wooden or fiberglass ladder outside. Keep the ladder at least 10 feet away from power lines. Never touch anyone or anything in contact with a downed wire. Power lines may be live, stay a safe distance away. Report downed wires to authorities right away.

IMPORTANT REMINDER

Call "Before You Dig"
1-800-242-3447 before any digging
on your property. They will mark
where your underground utilities are
located. It's a free service!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



LEDOC SNOW AND ICE CONTROL



Our crews are out once snowfall stops to provide you safe passage to work, school, the grocery store, and wherever else you need to go.

Sharing the snow load

Your effort is essential to keeping our streets clear and safe each winter. We appreciate your help to:



Remove any rubber driveway/curb pads, basketball nets, or other materials along your curb



Keep fire hydrant areas clear of snow



Move your cars off the street when a parking ban is declared



Shovel snow onto your property, not onto the roadway



Give snow removal and sanding equipment room to do their job safely

Free sand and chips are available to you, to help control snow and ice, at one of the many bins located around the city.

Find these bins, the snow removal schedule, and more at leduc.ca/snow.

Thank you for your efforts this winter season!



[Leduc.ca/snow](https://leduc.ca/snow)

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PLAN FOR A PARKING BAN



Parking Bans

Type 1: Seasonal Parking Ban

Will impact arterial and collector roads (e.g. 48 Street and Corinthia Drive). You will be given 24 hours' notice to move your vehicles before the parking ban goes into effect. Permanent signage has been installed to identify these roads and temporary signage will be placed (no dates) near the road.



Lasts up to 1-2 days

Type 2: Residential Snow Removal Parking Ban

Will impact residential roads. Temporary signage (with dates) will be placed at the entrance to neighbourhoods giving you 48 hours' notice to move your vehicles before the parking ban goes into effect. Residential parking bans will rotate as crews move through residential neighbourhoods in the City.



Lasts up to 1-4 days

Parking bans end once the road has been cleared and the windrows are removed. Parked vehicles will be subject to tag and tow if found blocking snow removal equipment's path during the ban.

Tag and Tow

Vehicles found in place will be towed to a nearby street that has either been cleared or is not affected by the ban. A \$250 ticket will be issued to cover the towing expense. The City may attempt to contact the owners of any vehicles not removed from the street, as a courtesy, on the day of snow removal.

If a towed vehicle is not collected within 72 hours, it will be considered abandoned and towed to an impound facility where it will be subject to impound fees in addition to the issued ticket.

Stay Connected with Us

Subscribe to the snow removal email list to be notified about parking bans and snow removal updates.



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[Leduc.ca/snow](https://leduc.ca/snow)