

# LATS NEWS

Leduc Assisted Transportation Services



[LeducTransit.ca](http://LeducTransit.ca)

December 2018

## 'Tis the Season to Give!



During the week of December 10<sup>th</sup> to 14<sup>th</sup>, LATS clients can enjoy a complimentary one-way trip, with a non-perishable

donation to the Leduc Foodbank. Collection bins will be available on all buses.

Please note: Complimentary trips are limited to one trip, per client, per day.

Thank you for your support.

## LATS Hours over the Holiday Season:

- December 24<sup>th</sup> – no service after 3:00 p.m.
- December 25<sup>th</sup> and 26<sup>th</sup> – closed (DATS is also closed)
- December 31<sup>st</sup> – no service after 3:00 p.m. (DATS is also closed)
- January 1<sup>st</sup> - closed

## Leduc Events

### 13<sup>th</sup> Annual Santa Claus Parade

**When:** November 25 from 7:00 p.m. to 9:00 p.m.

**Where:** The parade begins at the Bank of Montreal on 50<sup>th</sup> Avenue then heads west to 50<sup>th</sup> Street where it turns right and ends at 52<sup>nd</sup> Avenue.

### Christmas Farmer's Market

**When:** Saturday, December 1 from 10:00 a.m. to 5:00 p.m.

**Where:** The Leduc Recreation Centre

### Leduc Festival of Trees

**When:** Saturday, December 8 from 10:00 a.m. to 5:00 p.m. and Sunday, December 9 from 10:00 a.m. to 4:00 p.m.

**Where:** The Leduc Recreation Centre  
Cost: \$2 - All proceeds benefit the Boys and Girls Club of Leduc.

### CP Holiday Train

**When:** Sunday, December 9 from 7:30 p.m. - 9:30 p.m.

**Where:** No Frills parking lot at 3915 – 50<sup>th</sup> Avenue

There will be a shuttle service running from both the LRC and the Maclab Centre for the Performing Arts during the evening.



## Keep Us Informed

It is important to keep our LATS administration staff up-to-date with your current address and phone numbers.

If you are moving, going on vacation, have a new phone number or are going to be on respite care, please call (780) 980-8444. LATS needs your most current contact information so that operators, dispatchers and customer service representatives can best coordinate your rides and communicate with you and your emergency contacts if necessary.

**If you are planning to be away over the holiday season, please remember to cancel your subscriptions until you are back by calling DATS at 780-986-5000 (option 2).**

## Safety Tips for Winter

Winter weather has arrived! Clients are reminded to ensure driveways, sidewalks and steps at their residences are clear of snow, ice and other debris this winter. LATS operators are not obligated to pick clients up if these conditions are not met. Slippery sidewalks and driveways can be hazardous for both clients and operators. Moving clients who use mobility devices such as wheelchairs can be very difficult on snowy driveways and walkways.

When it is dark outside, please ensure that you turn the outside light on for the LATS operator and yourself.

Remember to always step carefully when getting on or off of the bus. The stairs can be slippery when wet. Use the handrails whenever you can.

If your bus is running late, please be patient. Sometimes operators are delayed due to road conditions. They will do their best to ensure you arrive at your destination on time.

Our weather can change quickly and unexpectedly. Please ensure you and those in your care are dressed appropriately for all trips, before heading out the door.

## Travel Training for Clients

Do you know someone who needs our services? We can help prospective new clients with the following:

- filling out an application for LATS
- answer questions about how the service works
- teach you how to book a ride
- answer questions about how much it cost to ride, what is sponsored, what is not

If you would like more information about this program, please call Maureen at 780-980-8445.

## Comment Boxes

Please remember to fill out a comment card while onboard a LATS bus. Boxes and cards are located at the front of each bus and are checked on a regular basis. Comments can be anonymous or you can include your name and phone number if you would like a call back from us. Your input is appreciated and valued.



*What does a snowman eat for breakfast?*

*Frosted flakes of course!*

## Have a Cup of Chocolate!

For chocolate lovers, there is nothing better than a cup of hot chocolate. If you are feeling a chill, there is just something comforting in enjoying a cup!

Chocolate is rich in antioxidants which can help us to fight the free radicals (unstable atoms) in our bodies, that can affect our health. Researchers are learning how chocolate impacts things such as aging, stress and blood pressure. It is proven that the higher the cocoa content, the more benefits there are so why not enjoy a cup today!

### Hot Cocoa

#### Ingredients:

- ½ cup white sugar
- ¼ cup cocoa powder
- Pinch of salt
- 1/3 cup hot water
- 4 cups milk
- 3/4/tsp. vanilla
- Marshmallows or whipped cream to garnish

#### Method:

1. Stir sugar, cocoa and salt together in a medium saucepan. Slowly add in the hot water and cook over medium heat, stirring constantly, until mixture comes to a boil.
2. Add the milk, stirring constantly until heated through. Do not boil! Carefully remove from heat and stir in the vanilla. Turn the burner off.
3. Beat the whipped cream with a whisk or electric mixer until thickened.
4. Serve in a big cup topped with marshmallows or whipped cream.

## What's in a Smile?

Did you know that your smile is contagious? It's true! When you share your smile, not only does it change your mood, but also brightens someone else's day too!

When you feel happy, your brain produces endorphins which cause little messages or signals to be sent to different areas of your body. In the case of happiness, these messages are sent to your facial muscles causing you to smile. It's these little endorphins that make you feel happy and also lower your stress levels.

Being happy is so important to living a well-balanced life. Happiness is associated with helping protect us against heart disease and enhancing our overall health.

In every culture around the world, people smile. A smile is universal and although no two are the same, they all evoke happiness!

In 1954, Nat King Cole wrote and recorded a song called 'SMILE' and he shared it with the world. Today is your day to share your smile! ☺



## Flu Season

At this time of year, being exposed to germs is almost inevitable which is why it is important to maintain a healthy immune system. You can help your body by eating things like fruits and vegetables. Fill up on foods that are rich in vitamins C, E, zinc, selenium and omega-3 fatty acids. These would include things such as broccoli, citrus fruits, nuts, whole grains, beans, chicken, water and tuna.

Drink plenty of water because not only does your body need it, but it flushes out toxins and prevents dehydration.

Remember when your Mom used to tell you to *wash your hands*? She was right! Hand-washing is an important step in preventing the spread of germs. Use warm soapy water and rinse and dry well.

Get a good night's sleep! When you are rundown, your body becomes susceptible to illness.

Take a walk! It's easy to get in a rut in the winter and just stay home and hibernate. Exercising and staying active, improves your immune function by increasing leukocytes, which are cells that help to fight infections.



## When to call and book your trip:

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

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

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

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

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

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

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

To book a ride, call DATS Customer Care at 780-986-5000 or 780-496-4567 and select option 2.

To cancel a ride, call DATS Customer Care at 780-986-5000 or 780-496-4567 and select option 1.



*We wish you all a safe and happy holiday season!*